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THIS ISSUE IS ALL ABOUT MILLERTON, NEW YORK

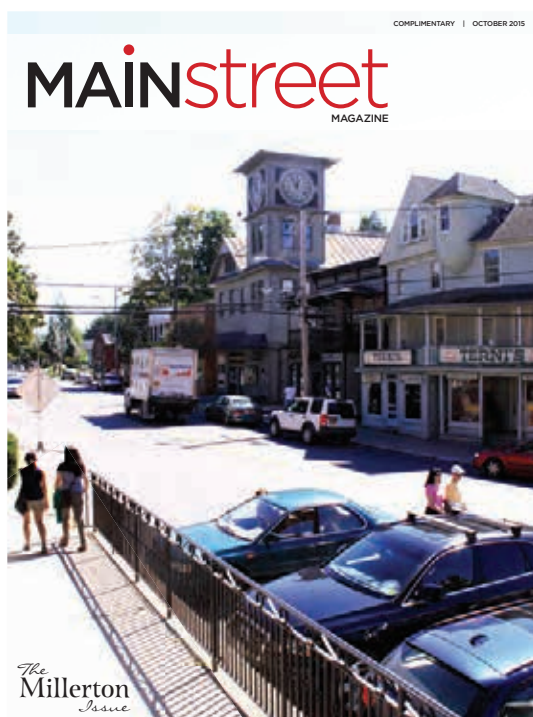
Thus far we've had a number of themed issues where we've focused on such things as food, weddings, cars, etc. Well, from there I had the idea of devoting an entire issue to a specific town or village. In this first town/village dedicated issue, we focus on Millerton, New York! So you guessed it: everything, more or less, revolves around Millerton on the following pages. Some might ask how we can fill an entire issue with stories of one village, but it was pretty easy and I'm excited to feature other towns / villages, too.

In this Millerton issue, Camille interviewed Patty Mullins for our artist profile, but Patty will be displaying her work in Millerton this fall. Christine interviewed Lew Saperstein for our entrepreneur feature, as well as looked at the real estate market here in the Village – two fascinating articles! For our local farm feature, Memoree interviewed Sky Farm. And for our restaurant review, I didn't limit myself to one restaurant this month, but highlighted all of Millerton's many eateries! Don't be hungry when you read that one.

You can't talk about Millerton without talking a little about its history, and so Allison shares with us a bit of the Village's history. Additionally, I have been fascinated with the concept of "then and now," especially after seeing so many images of the village from back in the day, and comparing to what's here now. I've often asked things like, "What happened?" "Why is that building no longer here?" And in this "then and now" feature, I show you images of what used to be and what's now, and talk a little bit about what happened. Such is the evolution of towns and villages, right? And speaking of which, John touches upon the Village's architecture, namely the beautiful Victorians that are found around town. Meanwhile, Allison caught up with Jonny at the Music Cellar and shares his story with us. And what happens when the weather cools and the leaves begin to turn? Fall sports is what! So John was able to catch up with the athletic director and coaches at Webutuck to talk about the kids' upcoming sports season.

This is just a taste of what we have in store for you in this issue. Each of our towns and villages are so full of history, character, past and future, and I think it is wonderful to be able to learn about all of these things, and share them with you. Thank you for reading and please enjoy.

- Thorunn Kristjansdottir



OCTOBER 2015

Historic Millerton and part of its Main Street, showcasing Terni's (which used to be called the George W. Brown Building), The Moviehouse (which used to be called Benedict Hall), down to what used to be the W.D. McArthur Building. To learn more, go to page 43 of this issue for the full story of "Then & now."

Cover photo by the editor/owner

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PUBLISHER, EDITOR, ADVERTISING, WRITING, PHOTOGRAPHY & OTHER DUTIES

Thorunn Kristjansdottir Publisher, Editor-in-Chief, Designer

Ashley Kristjansson and **Marq Reynolds** Directors of Advertising

Contributing Writers: **Allison Marchese** | **Camille Roccanova** | **Christine Bates** | **Claire Copley** | **John Torsiello** | **Mary B. O'Neill** | **Melissa Batchelor Warnke** | **Memoree Joelle** | **Paige Darrah** | **Sarah Ellen Rindsberg**. Contributing Photographer: **Lazlo Gyorso**

ADVERTISING

Ashley Kristjansson and **Marq Reynolds** Call 518 592 1135 or email info@mainstreetmag.com

CONTACT

Office 52 Main Street, Millerton, NY 12546 • **Mailing address** PO Box 165, Ancramdale, NY 12503
Phone 518 592 1135 • **Email** info@mainstreetmag.com • **Website** www.mainstreetmag.com

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reconstructing MEMORY

THE PAINTINGS OF
PATTY MULLINS



By Camille Rocanova
arts@mainstreetmag.com

The past

Patty Mullins's studio floor is covered in splotches of paint and pieces of tape that once marked the positions of furniture and easels. These layers of old paint reflect years of work and belong mostly to her father, who previously occupied the studio. "They're very indicative of the way he painted," Patty said. Because she lives and works next-door to her childhood home, it seems only natural that her paintings are populated with the environments in which she grew up. Though as a child she loved to draw, and always intended to be a painter, it wasn't until her late twenties that she began to paint in earnest. "I finally found a subject matter that resonated with me," she explained, and added, "I am mostly self-taught, and the way I paint has been a process of exploration and trial-and-error."

These studio floors show up frequently in her still-life paintings and her self-portraits, not as exact replicas, but as a way of capturing the sense of accumulation of hours spent working and the passing years. Though the subject matter might seem quite different between her still-life paintings and her figurative work, Patty sees the two as directly related because they both explore history and the passage of time. *Spirits* and *Spirits 2* depict her studio tabletop, which she first covered in paper for a clean surface, then began jotting notes on it as an afterthought. These notes (interesting things from the radio, snippets of phone conversations, to-do lists) layer and show a progression of time, like the paint on her floor. The titles are a nod to the bottles containing turpentine, and the ghosts of conversa-

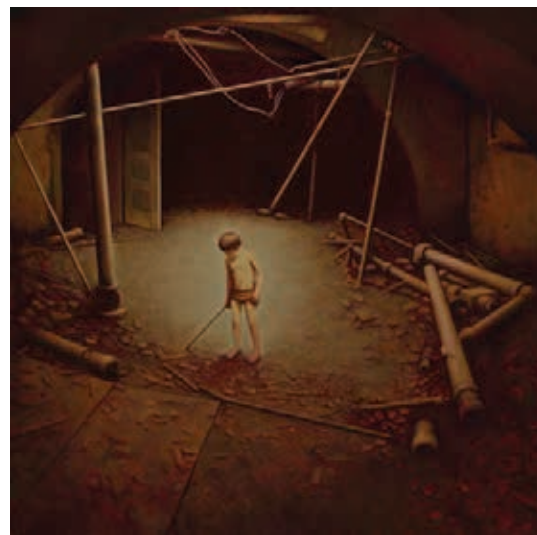
tions, and thoughts scribbled onto the paper. The liquid in the bottles distorts the words like the passage of time distorts memory. They're still-life paintings in a technical sense but they're also portraits of the artist and a visual recording of her thoughts over time, making them feel as personal as her work derived from old family photos.

The unknown

These figurative works don't begin with an exact end goal in mind. Instead they start with an intuition that she needs to paint an image or idea. "I get a feeling about a subject and want to juxtapose it with other images that might not seem connected on the surface, but which somehow resonate for me, and as I work I try to understand what the painting is really about."

The Turning began with the story of a workman who fell through the roof of the Metropolitan Museum of Art and landed, dead, in front of the Temple of Dendur. She couldn't shake that image and began researching landscapes where the temple once resided. That led her to a Roman fresco, which inspired the background of the painting and reminded her of the trees and sky of Tuscany. Within this ancient landscape she placed familiar figures from a snapshot taken by her father. The photos she chooses are of intensely personal moments in her family and this one is no different. "It was a photo that captured a moment in time where a lot of change was about to happen for my family. It was a turning point, a moment of innocence before an event that no one could truly recover from."

The end result of the painting is not directly related to anything concerning the original story, the catalyst that started it, but the process of creating it – the journey to the finishing point – is as



important and compelling as the end result itself. For Patty, painting is a way of deciphering her own meaning and learning how to express herself more clearly. "I don't know what the final product will look like until I start working. It's like I'm solving a puzzle. When I'm close to done I can more clearly realize what the piece is about."

An underlying existentialism is a central theme to her work; the idea that nothing is entirely as it appears on the surface; that a darkness might exist even in happy moments. Several years ago Patty came upon a derelict swimming pool deep in the woods and was compelled to paint it. From there, she sought out more abandoned pools, intrigued by the way these man-made structures were being



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Verdi's Otello
Oct 17, 2015 1PM
Wagner's Tannhäuser
Oct 31, 2015 12 PM
Berg's Lulu
Nov 21, 2015 12:30 PM
Bizet's Les Pêcheurs de Perles
Jan 16, 2016 1PM
Puccini's Turandot
Jan 30, 2016 1PM
Puccini's Manon Lescaut
Mar 5, 2016 1PM
Puccini's Madame Butterfly
Apr 2, 2016 1PM
Donizetti's Roberto Devereux
Apr 16, 2016 1PM
Strauss's Elektra
Apr 30, 2016 1PM

Adolphe Adam's
GISELLE
Oct 11, 2015 12:55 PM
Stravinsky's / Tchaikovsky's
JEWELS
Nov 15, 12:55 PM
Chopin's
LADY of the CAMELLIAS
Dec 6, 2015 12:55 PM
Tchaikovsky's
THE NUTCRACKER
Dec 20, 2015, 12:55 PM
Shostakovich's
TAMING of the SHREW
Jan 24, 2016: 12:55 PM
Kachaturian's
SPARTACUS
March 13, 2016 : 12:55 PM
Leon Minkus's
DON QUIXOTE
April 10, 2016: 12:55 PM

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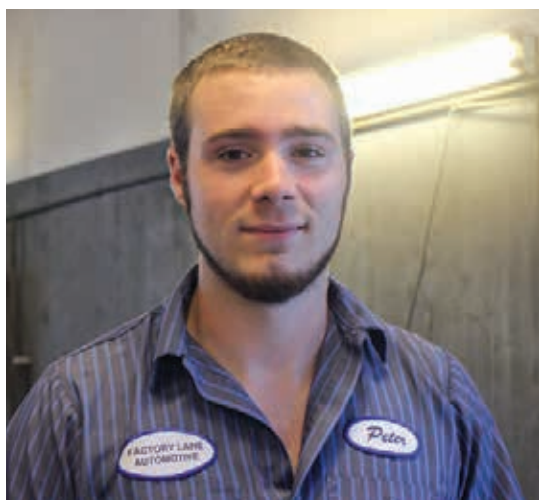
Barbara Walker, proprietor of B.W.'s Eagle Eye on Main Street, was a resident of Millerton long before she opened her store 24 years ago. Fashion has always been a huge part of her life and she started collecting vintage clothes at a young age. When she made the decision to open a store in Millerton, Barbara brought modeling, designer skills, and her genuine love of fashion with her. To this day she still attends big fashion shows and is up to date on the latest trends. She remembers Millerton being very much of a destination town and jam-packed with businesses, just as it is today. "It's the most well located town, welcoming everyone from our tri-state area." Her husband is an artist and in their free time they like to visit museums together.



Kris Littledale is the Dinner Chef at Country Bistro in Salisbury, CT. He has been a part of the family-owned business since its inception in 2007 and took over the reigns of Chef when they began serving dinner in 2009. Kris was born on Cape Cod and since then has traveled the world. He is a Falls Village resident and enjoys the area for its charm and beauty. His mother, Jacqui Heriteau, has written 30 cookbooks and she has been a huge influence on him. His job consists of ordering food, training kitchen staff, and creating an interesting, diversified menu and creating new dishes, which is what he enjoys most. In his free time you can find Kris fishing or hiking. Kris enjoys Millerton because it has become such an interesting destination with so much to offer.



Caroline Burchfield is the Director of Community Relations at Noble Horizons in Salisbury, CT. She has held that title for 11 years and likes being out in the community as well as bringing the public in to Noble to participate in special events. She also feels privileged to have daily interaction with the Noble community and with folks at that stage of life. Caroline is a Hotchkiss graduate and returned to campus after college with her husband to work and raise a family, and still resides there after 29 years. She is involved in many community organizations including S.O.A.R., which recently named an award in her honor. She loves the tri-state region and all that it has to offer. Caroline likes poking around the shops in Millerton and enjoys the energy and vitality that the town is so full of.



Peter Calabro is a car mechanic at Factory Lane Automotive in Pine Plains, NY, where his work is centered around working on Japanese and German cars. He has worked at Factory Lane Automotive since he was 16 years old, but has been around cars for his entire life and has many fond memories of being in the shop with his dad. "I like working with my hands – I can't sit still!" When the shop closes its doors at the end of the day, Pete likes racing on ice, dirt, and asphalt tracks. "My car is pretty much all set for ice racing, there isn't much left to do." Good thing because Pete is also attending college for business to one day take over the family business. Every once in a while he ventures to Millerton and spots a car or two there that catch his eye.



Licensed veterinary technician **Jessica Deister** has been with Millerton Veterinary Practice since April. Her days are varied but one thing remains true: her love of taking care of her four-legged patients. "My free time has totally changed. Now I like to play and go to the park with my one year old baby!" Jessica has made Amenia her home since meeting her husband, but says Millerton is their go-to town for strolling, catching a good movie, browsing for antiques, and so much more! With the holidays right around the corner, Jessica is looking forward to making new memories and traditions with her family and attending local light parades. Did we mention Jessica has a dog, cat, and chickens, too – talk about a busy lady!



CB Wismar spent summers growing up in Falls Village where he worked at The Sharon Playhouse and for legendary race car driver, John Fitch. His career took him far afield, writing and producing films, television and live events. When his love of racing intersected with producing events for AARP, CB returned to the Northwest Corner and is now a permanent Falls Village resident. Last year he brought NASCAR Champion Jeff Gordon and teammate Kasey Kahne to Lime Rock Park benefiting AARP's Drive to End Hunger. He is thankful for the support of Skip Barber and the LRP team who all assisted many people at risk. Retired from full time production, CB and his wife Kathy enjoy catching films at The Moviehouse and exploring the restaurants in Millerton, working in Kathy's Kent studio, and spoiling five grandchildren.

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CARING FOR YOU: SCREENING MAMMOGRAMS, CLINICAL BREAST EXAMS & SELF CHECKS

By Jill Musselman

jill.musselman@sharonhospital.com

October is Breast Cancer Awareness Month, and it is also referred to as National Breast Cancer Awareness Month. It is an annual and international campaign that is organized by the major breast cancer charities to bring both awareness and help to raise funds to enable continued research – and more. In honor of Breast Cancer Awareness month, we asked the doctors of Sharon Hospital to help educate us all further about breast cancer and all that it entails.

Screening mammograms – what you should know

Every woman over 40 has heard that a screening mammogram is recommended. But, when should they go? Yearly? Every other year? Over the last few years there has been confusing information in the media regarding this very topic.

At Sharon Hospital, our medical staff and radiologists recommend a screening mammogram every year beginning at the age of 40. In fact, the American College of Radiology (ACR) also recommends an annual screening for women over 40.

Ultrasound and MRI

For some women, dense breast tissue will require additional testing. Don't be alarmed if additional tests, such as an ultrasound, or MRI are ordered. These tests allow radiologists to get a better view of your breast health and rule out any potential cancers. A breast ultrasound can help find cysts (fluid-filled sacs), that aren't cancerous. Some women are at higher risk of breast cancer, therefore they may also require an MRI along with a mammogram as part of routine testing.

According to the ACR, Screening Mammography should be performed:

- Annually for asymptomatic women age 40 and older who are at average risk for breast cancer
- Asymptomatic women under age 40 who are at increased risk for breast cancer
- Women with known mutation or genetic syndrome with increased breast cancer risk: yearly starting by age 30, but not before age 25
- Untested women with a first-degree relative with known breast cancer: yearly starting by age 30, but not before age 25
- Women with a 20% or greater lifetime risk for breast cancer based on breast cancer risk models: yearly starting by age 30, but not before age 25, or 10 years earlier than the age at which the youngest first-degree relative was diagnosed, whichever is later



• There are additional recommendations based on your specific health so it is very important to have a yearly physical and speak with your primary care provider (PCP) or OB/GYN

So, if annual screenings begin at the age of 40, at what age should they discontinue?

According to Emilia Genova, MD, General Surgeon at Sharon Hospital, "There is no recommended age limit at which mammography may not be beneficial for women. Annual screenings should be considered as long as you are in good health. Decisions such as these should be discussed with your healthcare provider. It's important for me, that my patients are well informed," she added. "Remember to jot down a list of questions or concerns that you want to review during your next appointment."

Clinical breast exams and self exams

An annual clinical breast exam should be part of your health routine and self exams are just an added benefit. Recent studies suggest that self exams play a smaller role in finding cancer compared to other testing methods. Yet, it's very important to know your breasts, to be aware of any changes and to notify your doctor of any concerns.

What if you find a lump?

Don't be alarmed if you notice a lump, but *do* contact your healthcare provider. According to WebMD, 80% of breast lumps are not cancerous. Often they are simply harmless cysts or tissue changes

related to your menstrual cycle. Please notify your healthcare provider if you notice anything unusual in either of your breasts. If it is determined to be cancerous, the earlier it's found, the better. And, if it's not, then you have nothing to worry about.

According to Dr. Genova, "The only way to positively know that a lump is cancerous is to do a biopsy." A biopsy removes a sample of the lump so it can be tested in a laboratory. "Often, we are able to perform this with a small needle. However, occasionally surgery is required to remove either a portion of or the entire lump for testing," she added. The pathology reports will document whether a lump is cancerous, and if so, what type of cancer it is. "There are several forms of breast cancer, and the way we treat each individual patient is specific to each type of cancer," said Dr. Genova.

Quite simply, early detection saves lives. Period. At Sharon Hospital, we're educating women in our community about the risks, signs and symptoms of breast cancer every day. Our Women's Imaging Department offers a full range of services to foster good breast health – including screenings to detect cancer at the earliest and most treatable stages.

Breast cancer signs and symptoms

Breast cancer often has no symptoms, but you may notice something you want the doctor to check.

Continued on next page ...

Right: Emilia Genova, MD, General Surgeon at Sharon Hospital



Breast Imaging Center of Excellence at Sharon Hospital

Women's Imaging at Sharon Hospital, is a Breast Imaging Center of Excellence – a distinction awarded by the American College of Radiology. Comprised of a team of experts in Digital Mammography, Ultrasound, CT Scan, and Breast MRI. Highly trained, board-certified physicians and technologists with excellent quality and high patient satisfaction – together in a caring, patient-centered, healing environment. Experience outstanding care at Sharon Hospital. For more information about annual screenings and diagnostic imaging services at Sharon Hospital's Breast Imaging Center of Excellence, or to schedule an appointment, please call Radiology Scheduling at 860.364.4070.

Breast Cancer Awareness Month events and activities at Sharon Hospital

Annual Mammograms save lives. Plain and simple.

FREE Mammograms for UNINSURED Women Tuesday, October 6th, 8a-6p and Thursday, October 8th, 7:30a-7p. In addition, we have added a late night on October 20th and will take appointments for ALL women. Please have your insurance information when you call to schedule for the October 20th evening appointments. Call (860) 364-4070 today to schedule your appointment. Appointments are on a first come, first served basis.

Join us for Ladies Night with a Roundtable Discussion "Women's Health | Caring for YOU" on Wednesday, October 28th at 6p in the Four Trees Cafe at Sharon Hospital.

Dinner will be served. Call (860) 364-4444 to RSVP.

Presented by:

Emilia Genova, MD, General Surgeon, Kristin Newton, MD, Family Practice, Michelle Apiado, MD, Family Practice, Rebecca Malone, APRN, FNP-BC, Meg Corjulo, CNM, Tracey Sheedy, RPA-C, Joan Pezzano, RN, Director Women & Infant's Services, Pam George, RN, Director Emergency Services, Rachel Sobol, RD, CD-N, Nutritionist, and Melissa Braislin, MS, CCC-SLP, Stroke Coordinator

Keep an eye out for:

- A painless lump in the breast
- Changes in breast size or shape
- Swelling in the armpit
- Nipple changes or discharge
- A warm or tender area, small bumps that look like a rash

Good lifestyle choices and daily physical activity can lower your risk factors. Consult your healthcare provider about any concerns and before beginning a new exercise regime.

Breast cancer surgery

There are many types of breast cancer surgery, from taking out the area around the lump (lumpectomy or breast-conserving surgery) to removing the entire breast (mastectomy). "Talk about the benefits and risks of each type of surgery with your surgeon to decide what's best for your individual care," suggests Dr. Genova.

2015 key statistics about breast cancer in the US according to the ACR on cancer.org:

- Breast cancer is the most common cancer among American women, except for skin cancers
- About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime
- About 231,840 new cases of invasive breast cancer will be diagnosed in women
- About 60,290 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer)
- About 40,290 women will die from breast cancer
- Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer
- The chance that breast cancer will be responsible for a woman's death is about 1 in 36 (about 3%)
- Death rates from breast cancer have been declining since about 1989, with larger decreases

in women younger than 50. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment

- At this time there are more than 2.8 million breast cancer survivors in the United States

Survival rates

According to the ACS, the odds of beating breast cancer are strongly tied to how early you find it. 100% of women with Stage I breast cancer live at least five years, and many women in this group remain cancer-free for good. The more advanced the cancer, the lower this figure becomes. By Stage IV, the five-year survival rate drops to 22%. But these rates will rise as more effective treatments are found.

In a recent article posted by WebMD, breast cancer isn't what it was twenty years ago. Survival rates are climbing, thanks to greater awareness, earlier detection, and advances in treatment. For roughly 200,000 Americans who are diagnosed with breast cancer each year, there are plenty of reasons to be hopeful.

October is Breast Cancer Awareness Month

I want to remind women that *early detection* is the key to surviving breast cancer; annual screening mammograms and a healthy lifestyle are also positive factors in this fight. I urge all of you – mothers, daughters, sisters, grandmothers, and friends to see your primary care provider or OB/GYN for yearly exams, to be aware of changes in your breasts, and to have an annual screening mammogram.

I have a family history of breast cancer. Each year, just after my birthday, I have my annual screening mammogram and see my OB/GYN. I ask you to add these important screenings to your calendar and consider it as a gift to yourself – and, to your family. Take time to take care of *you*. Be well. •



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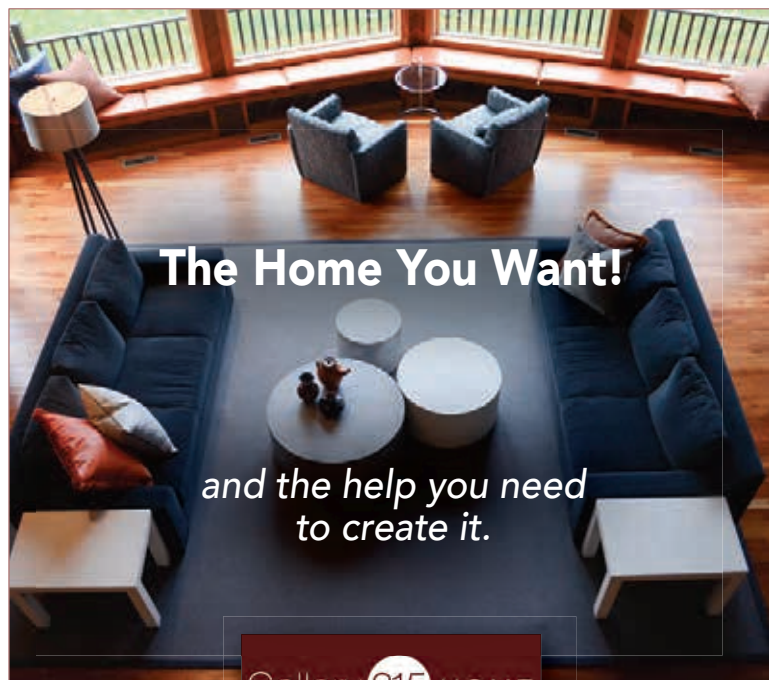
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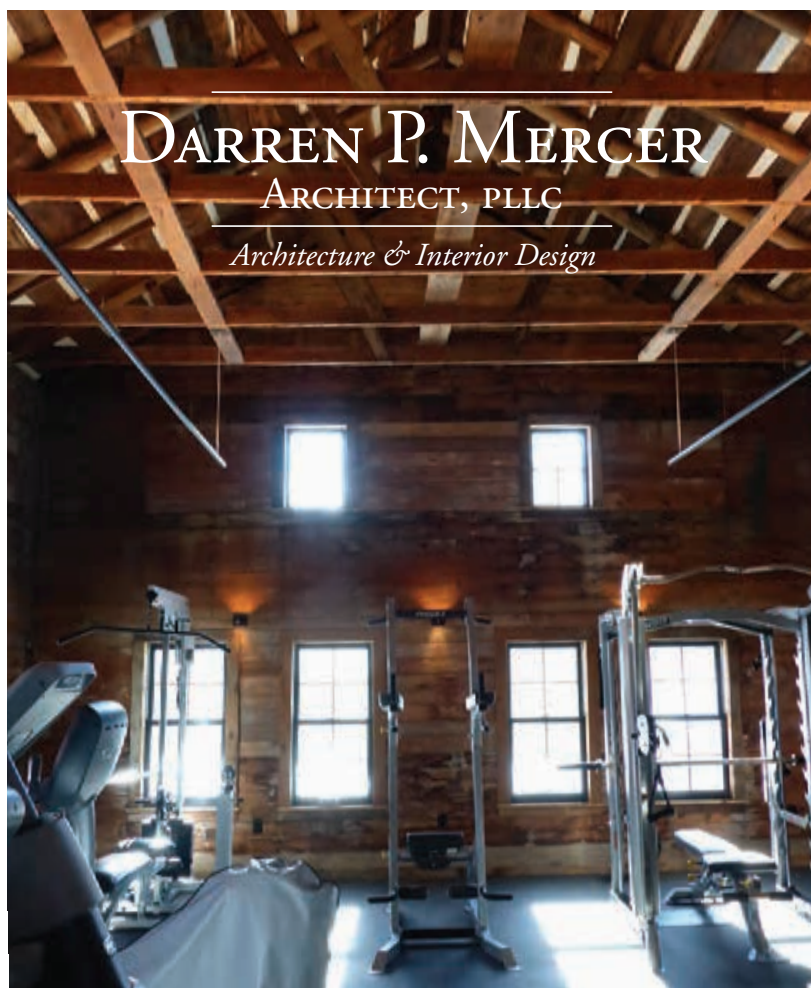
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SAPERSTEIN'S DEPARTMENT STORE, MILLERTON, NY

By Christine Bates

christine@mainstreetmag.com

Everyone driving through Millerton notices the bright orange façade with bold white letters and wants to know the story behind Saperstein's, Millerton's distinctive landmark at the corner of Dutchess Avenue and Main Street. We interviewed Saperstein's owner, Lew Saperstein, one morning just before the start of the busy back-to-school season.

Why did your father decide to start a store in Millerton?

It's quite a story. Before World War II my father, Irving Saperstein, ran an Army Navy store in Great Barrington. When he was drafted in 1942 he had to sell that business and was shipped off to Sioux Falls, South Dakota where he met a wing gunner, a real war hero, Jake Shoifet. Jake told him all about Millerton and said he should start a store here after the war. So in 1946 my father Irving arrived in the village and opened a store next to the diner. I was born in Millerton in 1947.

When did your father move to this larger location?

This building was originally First National Supermarket and was built on the location where Hawley's store burned down in the 1930's. When First National moved their store to the spot where CVS is now, my father bought their building and rented it to Joe Trotta. When I was growing up there were three supermarkets within the village. When Mr. Trotta built his own supermarket, my father expanded into this space in 1972. I helped him move in.

When did you start working at Saperstein's?

After graduating from college and serving three years in the military I really didn't know what I wanted to do. Except that I didn't want to work in my father's store in Millerton. I traveled around the country for a while and ended up in Albany, managing personnel for a large area retailer. After a while I realized that there was no path for advancement for me and I joined my father's business in the summer of 1977.

It was difficult but I learned the business little by little. I learned how to order merchandize in various categories from kids' socks to ladies' underwear. I was uneasy in New York show rooms and anxious about ordering items that might not sell.

How big is this store? When was it built?

The store has a selling area of about 7,500 square



feet and a basement storage area. This building was completely rebuilt in 1986 after the fire.

What fire?

Early on a Sunday morning on April 20, 1986 I got a phone call that the store was on fire. It was a hot, fast fire and the building burnt to the ground. All that was left was a file box and a Norelco electric razor. The police knew it was arson because of the type of accelerant and suspected who did it, but they could never prove it. We rebuilt and reopened with a full basement in 1987. The Millerton community was very supportive, but it affected me emotionally for a long time.

Do economic downturns or seasons affect your business?

We do well during extreme seasons – really cold winters and really hot summers. Our worst year was about five years ago. I had just finished replacing the roof, and improving the lighting and air conditioning, and then there was a mild winter. There was a lot of unsold inventory on the floor and spring inventory on the way. It was tough. During the most recent recession we were not affected very much. We sell basic necessities that people need at good prices.



Above: Saperstein's is a village landmark. Lew Saperstein behind the counter, where you can spot one of the legs of the famous oversized Saperstein's Levi's jeans! Photos by Christine Bates.

Continued on next page ...

What do you enjoy most about your business?

The most enjoyable part of my business is interacting with my customers. We have a large, interesting customer base from people who cut grass to movie stars.

Have you noticed any changes in the business?

On the supplier side it's more and more difficult for small stores because vendors are increasing minimum order sizes. For example Oshkosh went from a minimum order of \$500 to requiring \$50,000 of orders in a year. That's not possible for a small store in a single location. Nike did the same thing. Some companies now only want to sell to the big chains.

Our customer base has also changed. We still have a great mix of local residents from the surrounding area and weekenders, but we have lost our customers from the Wassaic Developmental Center and the Harlem Valley State Hospital in Wingdale. We have attempted to replace that lost business with tuxedo rentals and new lines of apparel.

Over the years tastes change. No one wants those buckle up galoshes or women's slips anymore. And the size of customers has changed. They have



Above: Saperstein's basement contains everything Carhartt from overalls to jackets and pants. Below, top to bottom: Saperstein's shoe department has everything from slippers to motorcycle boots in all sizes. The side of Saperstein's that faces Dutchess Avenue has a mural going the length of the building and depicted is its dedication. Photos by Christine Bates.

definitely gotten bigger. Twenty years ago the most popular size in men's pants was a 32" waist and 32" length and now it's a 36" waist and 30" length.

What are the big challenges in your business?

Ordering sneakers six or seven months ahead of time is always hard, but the biggest challenge for a small store is staying ahead of the competition. We compete with the Internet, Walmart, and all the big boxes in Kingston. We carry a large inventory, and keep our prices sharp. Of course, Amazon still hasn't made a profit.

And we try not to compete with local stores. Phil Terni carries Woolrich and Pendleton and we don't because he does. He sends customers over here for Carhartts – our biggest selling brand. And we send customers across the street to him. We're friends.

Is there a secret to success in the retail business?

Our goal is excellent, personal customer service. In order to survive you have to be able to buy direct from the manufacturer to maintain low prices and margins. You have to buy the right items at the right price.

I visit other stores and compare their prices and stock to ours to make sure we're on track. I sell mostly basic items, but we do carry some fashion for the ladies.

Do you have a view on marketing and advertising?

One year we did no advertising and didn't notice any difference in our business. Several years ago we did TV commercials on a local cable channel. I stood on my head in one segment. People still remember that ad and ask me if I'm the guy that stood on his head saying we would do anything to satisfy a customer. When there was a radio station in Lakeville that reached our customers those ads

were very productive.

And of course our old fashioned store itself is the biggest draw. People come in here to remember how things used to be when there were local department stores. We're a novelty attraction that brings back happy memories.

How has Millerton changed since you were a kid?

I grew up in Millerton and went to Millerton Elementary School and Webutuck High School before going to college at the University of Albany. When the drinking age in New York was 18 and Connecticut's was 21, Millerton was a rowdy place on weekends. It was a scrappy, farm town and now has evolved into a vibrant business community with a great variety of independent stores.

You live in Pleasant Valley. Are you active in the Millerton community?

Actually I know a lot more people here than where I live. I'm active in the Millerton Lion's Club, I target practice at the Millerton Gun Club, and I'm a member of the American Legion.

What are your plans for the future?

I'm 68 right now and have no plans to retire, at least not in the near future. I will know what to do when I get there.

What do you do for fun?

Tonight is a poker night. Every Thursday for 30 years I've played poker with a group of friends. I'm also into physical fitness and have a small gym at home; I've lifted weights since high school. And I also enjoy reading and traveling. •

To learn more about Lew or Saperstein's you can visit them at 41 Main Street – it's the big orange building, you can't miss it! Or you can call (518) 789-3365.



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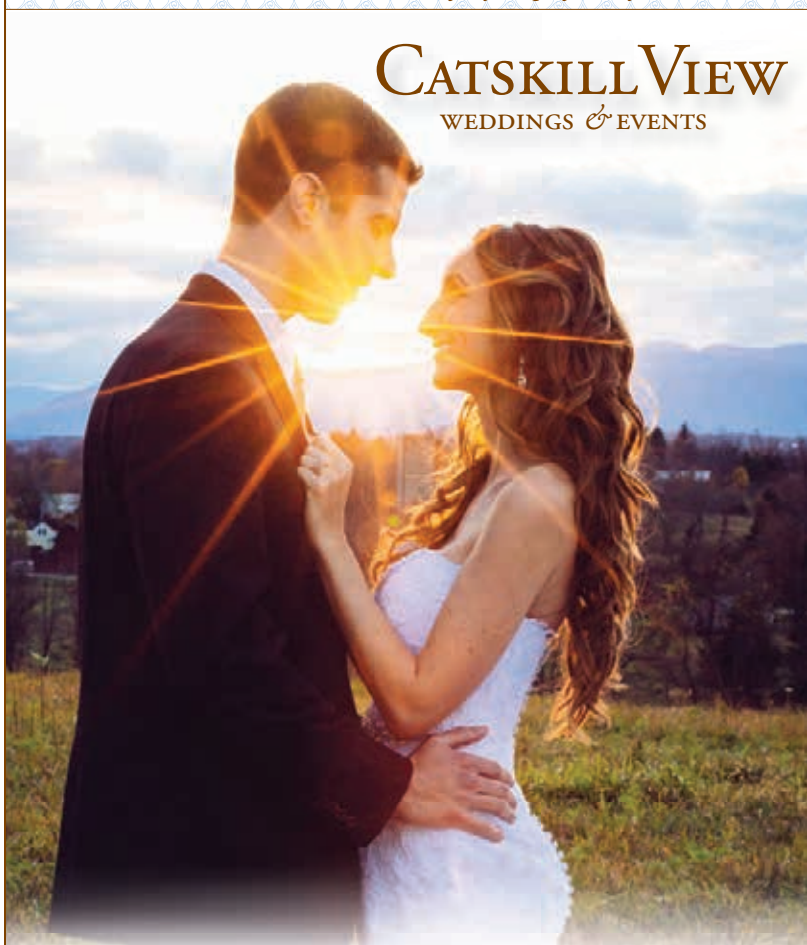
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GREAT GASTRONOMY

By Thorunn Kristjansdottir
info@mainstreetmag.com

Hungry? Well, you're in luck! Millerton has quite the selection when it comes to its food establishments! For this "Millerton issue" I have opted to not feature just one restaurant, but feature *all* of the restaurants that call Millerton home. So here we go, and in alphabetical order!

52 Main

52 Main is located, you guessed it! At 52 Main Street. They have a really nice bar scene and Jim (the bartender) can mix up a mean drink, or pour you a nice beer, if you so prefer. They have live music most Friday and or Saturday nights. And the food, you ask? It is a self-proclaimed Tapas – Bar – Restaurant. My favorite things to get are the famous 52 frites, the pork tacos are always great, too. And I love how the wedge salad has a kick to it! Tommy, the chef, also has a few specials that are pretty awesome and worth checking out.

Avocado Café

The Avocado Café is a fairly new addition to Millerton's food roster. I've once so far ordered from there and enjoyed the loaded nachos – and man were they loaded! The guacamole was very good as well. I also tried the chicken quesadillas and they were excellent, especially when dipped in the sour cream and or guacamole!

Barlow Farm Fresh Fruit & Dairy

Barlow Farm is located on South Center Street and they make a mean smoothie and ice cream cone! They offer all kinds of smoothies, whether you like the healthy and energy-boost kind, or just prefer the simpler and tasty ones. Or if you're like me and love their custard, well then don't forget the sprinkles! I like the vanilla custard on a cone and when I'm feeling youthful, I do ask for the sprinkles. Chocolate or rainbow? Surprise me! But Barlow has a number of other offerings, like fresh fruit. But they're seasonal, so don't go knocking on their door in January for ice cream.

Cozy's Pizzeria

Cozy's Pizzeria is one of the three places in town that you can get a pizza – but luckily all three establishments and pizzas are very different. Cozy's boasts a Neopolitan style pizza, using all fresh ingredients, and his family's secret recipe. But the menu doesn't start or end with pizzas, Cozy's also has great salads, subs, wings, and more. And you can't beat his great prices either! (View our chef profile on Cozy's in this issue).

Four Brothers

The Four Brothers' restaurants have a number of locations throughout Dutchess and Columbia Counties, and one of the nicest locations is right here in Millerton. My favorite thing to get is of course the Four Brothers' Salad – I mean, they have their own dressing! I'm also partial to the chicken gyro and their fried chicken. Yum!

Golden Wok

The Golden Wok restaurant is not only a convenient Chinese restaurant where you can pick-up and go, but they have a lovely sit-down area to the right of the pick-up entrance. In my opinion, Golden Wok's Chinese food is some of the best Chinese food in the area. Their avocado salad is one of my favorite thing there, it is fabulous. The miso soup is a constant favorite too (especially with the coming cold weather), as is my favorite, the chicken lo mein. But they also have a very nice sushi selection, which is usually what I get when we dine-in.

Harney & Sons

Right next door to the Golden Wok is Harney & Sons. Not only is this their retail store and tasting room, but they've got a lovely little restaurant that's great to go to for lunch. The atmosphere is cozy to sit down and have a pot of tea and a sandwich. Some of the menu selections have fun names, named for the family, which adds to the charm and the family-owned and operated theme. "I'll have the John, please."

Irving Farm

Irving Farm is a place to go, seven days a week, for breakfast, or lunch, or just for a great cup of pick-me-up. My favorites are the Evil Moo breakfast wrap, and for lunch I love their curry chicken salad on greens or as a wrap, as well as their Health Wrap. Their desserts and hot chocolate are pretty good, too! Plus free wi-fi!

Manna Dew

Manna Dew is located just a few doors down from Irving Farm and they have a wide selection of fresh dinner choices. Victor, the owner and chef, grows a number of the vegetables on site, and gets a lot of his other ingredients locally. My favorites vary, depending on how Victor changes up the menu, but the salmon is always fantastic.

McDonald's

Millerton does indeed have its very own fast food establishment, and it's none other than McDonald's. Located in the Grand Union plaza, you can of

course get all of the McDonald's staples there. I'm not one for fast food, but you can't deny that the fries and ice cream are always good!

McEnroe's Farm Market

McEnroe's is located just south of the Village of Millerton on Route 22, and besides being a farm market, they have ready-to-order and ready-to-take-home food choices. So when you pick up your tomatoes and corn, you can also pick up a sandwich and pasta salad, to name only two choices.

No. 9 Restaurant & Inn

No. 9 is located across the street from Manna Dew and 52 Main, in the Simmon's Inn building. The restaurant has expanded from being located in the back of the building to just about the entire first floor, adding to the ambience. The food has always remained constant, with fresh and local ingredients. The risotto is amazing there, and I just about always end up ordering it – yum!

Oakhurst Diner

No town is complete without the iconic diner! Oakhurst fills that role, and they do it well. I find that they do offer the traditional diner fare, but at a higher level and with a twist. Using some local ingredients and always being fresh, my favorites are their sweet potato fries, the chicken sandwich, and the Eggs Benedict for breakfast.

Talk of the Towne

Located by Millerton Golf and Chad's Hair Studio, Talk of the Towne does indeed know all of the town's talk! Besides that, they offer quick and easy breakfast and lunches, whether it's to eat-in or take-out (and easy as in easy to grab-and-go). Whether it's an egg sandwich or a roast beef sandwich with fries, or grilled chicken on a tossed salad, the Talk of the Towne gals got you covered.

Taro's Restaurant

Taro's has been in Millerton for as long as I've been here. They're the first place that I tried a deep dish pizza. It's a great place to take the family, whether it's to grab a pizza, soup or salad, or their many specialty dinners. My favorite is the New York Style Pizza and the Signature Salad. •

This list was compiled from my knowledge and experience of Millerton's restaurants, in addition to Google searching to cross-reference that list. If I missed a local restaurant, I apologize and assure you that it was not intentionally done. If I missed one, please contact us and bring it to our attention.

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YOUNG LETTUCE AND THE EVOLUTION OF THE AMERICAN SALAD

By Memoree Joelle
info@mainstreetmag.com

You've seen them around, and you've probably (hopefully) eaten them for lunch and dinner, at home and at your favorite restaurants. In farm stores, at the market, and in gourmet grocers, they come in clear sealed bags bearing the blue Sky Farm logo we've all come to know and love. I'm talking about those perfect baby lettuce mixes and spinach, spicy greens, and cultivated arugula. Sky Farm salad is a staple in some area homes all through summer, and sometimes into early fall. But have you ever wondered what makes the mesclun mix so wonderfully delicious, or examined each individual leaf? To find out what varieties of lettuces go into the final product, and what it takes to produce young lettuce with such bold flavor, I spoke with the owner of Sky Farm, Chris Regan, to get a better understanding of the art of gourmet salad mix.

Soil, climate, time, and care

To get perfect baby lettuce, Regan explains, "It needs to grow slowly. In a very rich fertile soil, which would grow good head lettuce, baby leaf would be very light in color and be flimsy and quick to age. So the soils at the farm are a light sandy loam that allow the lettuce to grow slow with a lot of time in the sun, which is how they develop dark, rich color. That is why cold weather grows better looking lettuce as well. Other greens like arugula and the Asian greens need a fairly rich fertile soil."

In peak season, he sews twice a week for at least twenty straight weeks, and doesn't grow any other vegetables on the farm because of the time it takes to grow his greens the right way. Those bags of mesclun and other greens sold in stores and at market contain eighteen varieties of lettuce, eight varieties of Asian greens, two chicory, along with flowers and herbs.

The American palate evolved to love gourmet greens

I also spoke with Regan about the demand for his lettuces, which is quite high. We fortunately live in a time where American consumers appreciate and seek out different varieties of greens, and a salad is expected to be more than a head of iceberg lettuce covered in dressing, as was the case twenty years ago. Back then, ordering a salad at most restaurants would get you some plain lettuce with refriger-



Above starting in upper left corner: "outredgeous" red romaine lettuce; "tango" green leaf lettuce; "jack ice" crisp-leaf lettuce; tat soi; "red rib" chicory; borage blossom; "ruby streaks" mustard; "scarlet frill" mustard; "blade" lettuce; "golden frill" mustard; bronze fennel; center: "red giant" mustard.

ated tomato wedges and croutons. Now, kale and arugula are commonplace, which Regan says is a dramatic change. "Even if what ends up on the majority of plates is a generic mesclun mix from California, it's still a vast improvement."

Salad has come a long way, indeed. The organic food movement that Alice Waters pioneered in the 1970's in Berkeley has long since been incorporated into mainstream palates, especially in the last ten years. And that movement has meant not only a shift toward healthier food and local ingredients (which tend to go hand-in-hand) but in flavor and variety as well. And so, enter the baby spinach and kale, the mesclun with herbs and edible flowers, the mustard greens and other bold and spicy Asian greens. And fortunately for us, you can get all of those right here in Millerton.

An aesthetically pleasing medley

Chris Regan founded Sky Farm in Millerton in 1998, after having farmed in Great Barrington alongside Ted Dobson of Equinox Farm. Before that he lived and worked in New York City, but felt the lure of country life calling him back to his roots. A Wisconsin native, he didn't grow up in a farming family, but he did grow up spending much of his time outdoors, with a deep appreciation for the beauty of nature. He describes the type of farming he does as solitary work that is 50% visual. "I don't call growing mesclun an art, but I did choose

all of the greens that I grow in part because of their natural beauty."

Using his visual sensibilities to guide what he chooses to grow, he emphasizes the importance of a visually appealing salad mix, which is just as important as flavor. Having one without the other does not a good mesclun mix make, after all. Regan's aesthetically rich lettuces include several herbs and flowers that always accompany each pre-washed, bagged mixture. You can find those beautiful Sky Farm greens at the Rhinebeck farmer's market on Sundays. Elsewhere, you'll find bagged mesclun, arugula, and Asian mix at stores in the area including the Sol Flower Farm store, at Herondale farm, Whippoorwill Farm, Willow Brook Farms, Montgomery Place Orchards, Paley's Market, and Red Hook Natural, among others. In addition, you'll find their mesclun, baby spinach and arugula on many local restaurant tables like The Woodlands, Manna Dew, Serevan, and Pastorale. ●

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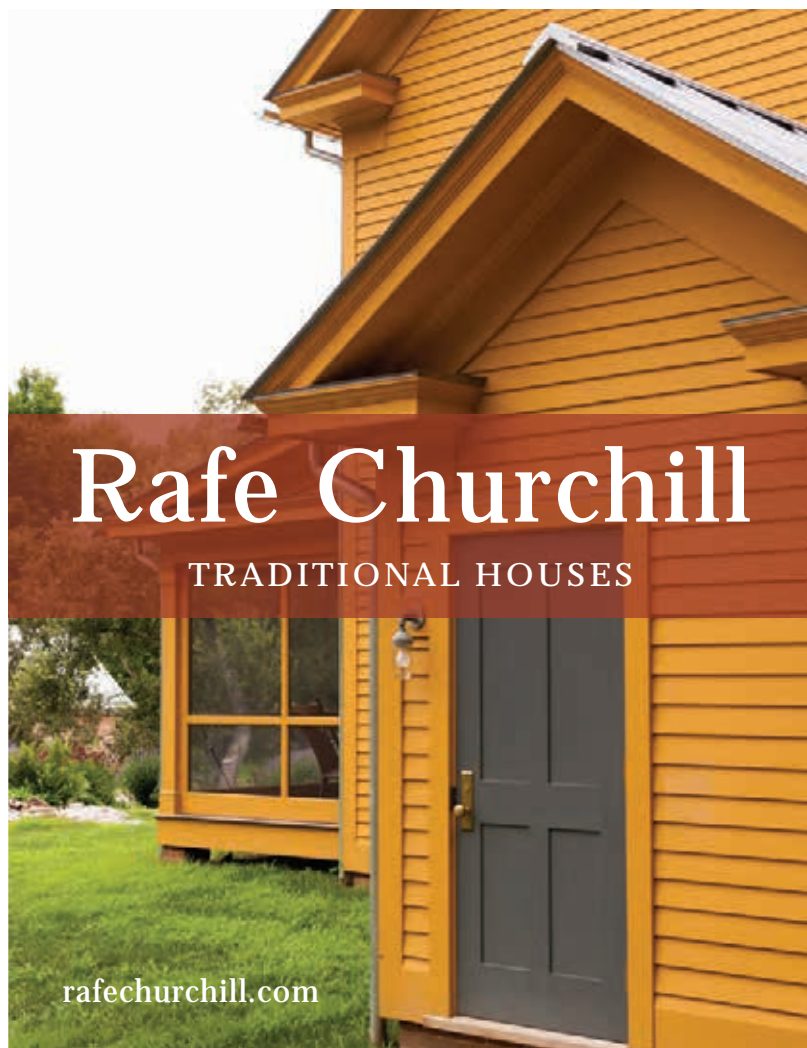


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Main Street Real Estate

THE REAL ESTATE MARKET IN THE VILLAGE OF MILLERTON

By Christine Bates

christine@mainstreetmag.com

Over two years ago in our May 2013 issue, Main Street wrote about the real estate market in the Town of North East and the Village of Millerton. With access to historic data from New York State we can now focus on an entire 10 year history of just village real estate transactions including commercial sales.

The Village of Millerton, with a population of around 950, occupies only a half a square mile within the Town of North East. Millerton is the smallest village in Dutchess County with its own mayor and government, police department and highway crew. The gradual transformation of this gritty, railroad village into a cultural “hipster” destination makes old timers scratch their heads. New York towns for miles around wonder why Millerton has a thriving Main Street. Is it geography, the four-screen movie theater, an outstanding independent bookstore, a tea parlor or Saperstein’s full line of Carhartt clothing (see article on Lew Saperstein on pages 15-16)? Main Street is jammed on weekends, but even during weekday mornings, Irving Farm is filled with local residents drinking coffee, checking their phones, and chatting with friends.

In 2010 the center of Millerton was officially designated as a Historic District by the National Register of Historic Places. The district includes 67 historic buildings dating from the mid-19th century and stretches along Main Street and up the side streets. Most of the structures have found new purposes. The Hanford Eggleston & Co shirt factory at 17 Dutchess, built in 1875, is now home to Moore & More Printing. At the top of Main Street, Gilmore Glass occupies what used to be a car dealership. Harney & Sons tea is served in the former McArthur’s Smoke House & Sausage Works while Country Gardeners Florist is located in the Gothic style New York & Harlem passenger depot built in 1851. There are no restrictions imposed by this historic designation on any changes to a building, although it may allow property owners access to tax credits and grants for historic renovations.



Above: Saturdays are a day to linger over lunch at the Oakhurst Diner on Millerton’s Main Street. Below: The Village has the distinction of being a Historic District. Photos by Christine Bates.

The Main Street real estate market

While Main Street’s strip of shops, stores and restaurants attracts visitors from everywhere, the real estate market in the village is slow. Actually village real estate activity has always been modest. An analysis of residential sales of single-family homes over the last ten years shows a slight bump up during the housing boom when a record 14 houses were sold within a 12-month period. Recently you can count annual sales on two hands. With only four houses sold in the last 12 months you would need only one hand. Total residential sales volume in the last 12 months is a third of 2007 (see chart). In looking at this activity you need to remember that the village is tiny – it has only 444 tax parcels in all, according to Katherine Johnson, Millerton’s Assessor. Only 231 of these are classified as single-family residences.

The housing stock in the Village of Millerton offers an enormous range in size and quality from rambling Victorians to 1950’s ranches. Interestingly, median and average prices are very similar because the market is not skewed by the sale of luxury homes. In May of this year the most expensive home in the last ten years was sold. The Highland Drive home was purchased for \$340,000 and includes a swimming pool and an additional parcel. Although only ten single family residences have been sold in the village during the last two years, the average and median price in both years is above \$220,000 – way above even the highest levels

of the boom years.

In the beginning of September there were 15 single-family homes for sale in the village with an average price of just under \$170,000 and a median price of \$179,000 – well below the price levels of sold homes in the last two years. Part of this price disparity is attributable simply to small homes on small pieces of land. The average village house listed for sale at the moment is only about 1,500 square feet and sits on a lot that is less than half an acre. The price per square foot is roughly \$110 including the cost of land – far under the cost of new construction. The total dollar value of these market listings is over three million dollars – three times greater than sales volumes in the last 12 months. Many of these houses have been on the market for years and are in poor condition. Some asking prices far exceed the market value. For homebuyers the assessed value for taxes is a fairly accurate indicator of final selling price with homes listed under \$200,000 closing at less than assessed value and homes assessed over \$250,000 generally selling at a premium of 5% to 15% over assessed value.

Commercial motives

Unlike homebuyers who are looking for a place to live, there are many types of buyers for commercial real estate. There are those who buy a property to house their own business like MWFC’s purchase

Continued on next page ...



Above: Simmons Way during renovation and today. Notice the large trees that are being removed in the before picture that used to block the front of the building. Before photo courtesy of Carol and Robert Sadlon. Today photo by Christine Bates.



of 34-36 Main Street to provide a Main Street storefront for Little Gates & Co. Wine Merchants for \$975,000 in 2010 or Salisbury Bank's purchase of 87 Main Street for \$1,160,000 in 2009. These two transactions are the highest prices paid for any property in the village in the last ten years. Location, long-term stability, and control are the motivations of these business owners.

Then there are those buyers who are able to act quickly when they see an attractive opportunity. The previous owners of Simmons Way (53 Main) purchased it for \$750,000 in 2003 and after listing the property for \$1.5 million, decided after years on the market to take an offer of \$675,000 at the end of 2014. Gilded Moon Framing & Gallery was able to buy the former M&T Bank on John Street to house their framing business for only \$250,000 in 2010.

Surprisingly, and perhaps part of Millerton's good fortune, there are real estate investors like Albert Francke and Robert Quinlan, who have invested in the community where they live. "My family partnership bought three properties in the village: Hotchkiss House, John St., and Railroad Plaza in 1997," explained Francke. "I believed then, and still believe, that one should invest in the community where you live, so when I bought my house here, I decided to invest here as well. I don't like the idea of absentee ownership. It isn't a matter of control. It is a matter of belonging to a community – if it grows, you prosper and if not, not. But I believe in supporting the community in a way that you can. I also believed that this area would grow over the years."

Robert Quinlan and his partner Lionel Goldfrank own most of the north side of Main Street from the Antique Center to the diner. "Our purchases thirty years ago were based on a very modest expectation of returns on investment," according to Quinlan who, with Goldfrank, served on the Preservation League of New York State. "At the time many downtown properties were for sale and the two of us bought Delson's Department Store on Main Street, and the Millerton Diner. We had, and still have, very modest expectations of a return on our investments. I guess you could say we hoped

SINGLE FAMILY RESIDENTIAL SALES* VILLAGE OF MILLERTON				
Years ¹	Total sales single family	Number of sales	Median purchase price	Average purchase price
2005	\$1,484,400	9	\$189,000	\$164,933
2006	\$2,591,251	12	\$209,000	\$215,938
2007	\$2,765,419	14	\$195,000	\$197,530
2008	\$895,574	5	\$178,000	\$179,115
2009	\$1,701,892	9	\$190,000	\$189,099
2010	\$1,629,833	10	\$170,000	\$162,983
2011	\$832,691	5	\$170,000	\$166,538
2012	\$1,444,420	9	\$147,500	\$160,491
2013	\$1,327,000	6	\$226,500	\$221,167
2014	\$982,000	4	\$270,000	\$245,500

* All data taken from New York State sales web. Results may vary from real estate brokers because private sales are included. Only residences classified as single family homes are included.
¹ Each year's calculations begin at the end of August. Results beginning in August 2014 and ending in August 2015 reflect assessor's records but may not include all sales in August.

not to lose money. Fortunately a generation of local citizens recognized the architectural merits and economic benefits of a dynamic downtown, versus the commercial sprawl that was creeping north on Route 22 starting in Brewster. Millerton has come back and the results are tangible. No one has made a fortune, and those investors most dedicated to a resurgent downtown are not looking for an immediate one. Twenty years from now, who knows?"

For bottom line investors, the value of commercial properties is determined by the income produced. Real estate professionals compare cap rates, cash on cash returns, multiples of net operating income, but it really comes down to how much money you will collect in rent minus all of your expenses as a percent of your investment. This type of calculation is often used when looking at multi-family residential properties. In the last 10 years there have been 11 sales of these types of properties in the village, most selling around \$200,000. The four properties of this type on the market right now range in price from \$130,000 to \$320,00 at an average price per square foot of \$78. Despite potentially attractive returns there are just not many buyers anxious to be a landlord.

Commercial properties may or may not have a for sale sign in front of them. A buyer has to search for sale listings on individual broker sites because there is no www.realtor.com for commercial properties. In early September, there were five commercial properties – retail/office/restaurant – for sale in the village ranging in price from \$895,000 for Coyote Point to \$225,000 for offices on North Center.

What happens next?
What is the future of the real estate market in the village? Trends suggest that well-maintained attractive properties not requiring renovation will sell near asking price and over assessed value, but those modest, smaller houses requiring work may have to reduce asking prices further. A reduction in bank lending requirements would provide a big boost to real estate activity. Millerton's Assessor observed that mortgage taxes paid at closing are way down because most sales are for cash. Albert Francke concurred, "Investors in real estate outside the big cities, particularly investors in second homes, are on hold right now, because they have doubts about the future and their doubts are amplified by the banks' unwillingness to lend." ●

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the music cellar:

LET YOUR MUSICAL VOICE BE HEARD

By Allison Guertin Marchese
info@mainstreetmag.com

The Music Cellar is an educational space with a long history of helping people of all ages develop what the Cellar founders call their “musical voice.” It’s with dedication and creativity that they accomplish this goal.

The force behind the Cellar

Jonathan Grusauskas and Kealan Rooney are friends, musicians and co-founders. I had the pleasure of talking to Jonny while his band, “Lespecial” was traveling recently. He had some down time as the group’s van was in the repair shop and so we talked by phone. He is first and foremost, a dedicated musician. Like a lot of young entrepreneurs these days, Jonathan is using creative expression as not just a form of entertainment, but as a method for social change and a tool for building community.

He feels that music can serve as a method for exchange among diverse groups. At the Cellar people can share musical notes, along with thoughtful ideas. He says he created the Cellar as a place for new people to meet who wouldn’t naturally get to know one another.

Jonny and the founding of the Cellar

Jonny grew up in nearby Falls Village, Connecticut. He said his high school offered an amazing music program where he got professional experience and even toured in England. A graduate of Bennington College, Jonny knew early on he wanted a career in music. Having come from parents who were played and lived the life of music professionals, he followed the track of playing in the school band and performing. It wasn’t until after college when he began teaching music that it dawned on him to have his own venue.

“I was traveling around a lot, teaching in community centers and so were some of my friends,”



Above: Music Cellar organizers and students. Below left: Lespecial’s poster. Photos courtesy of the Music Cellar.

said Jonny. “It occurred to us that instead of moving around so much we could have our own space. From the start the Cellar was intended to bring the magic of music to others.”

Perhaps the name gives away the fact that the Cellar was originally an ‘underground music school’ and a rehearsal space, but soon grew to be more than that. These days the storefront on Main Street in Millerton is filled with classes, teachers and regular jam sessions.

The students

Most of his students are youngsters from the immediate area. You can find quotes from pleased parents on the Cellar’s promotional poster and the website. “I wouldn’t want to single out one student over the other,” confesses Jonny, “because they’re all so amazing.” That said, Jonny in our interview couldn’t help but gush a bit about how proud he is of his pupils. He has a crew of eleven year old boys in a band called “Appello” (Latin for ‘name’). The band members write and perform their own songs, which for Jonny, their teacher, is most remarkable. Music of course is fun for the kids, but Jonny says it’s so much more.

“I’ve always been struck by the kind of joy that music can bring the team building and the way that music strengthens groups, and often can heal people on a deeper level.”

The impact of music

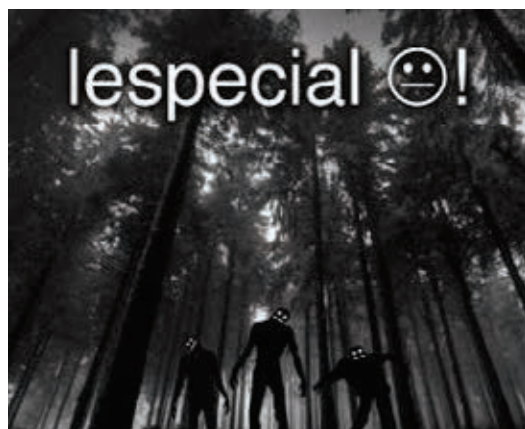
On the Cellar website, I read this: “Planting a positive musical seed in a child’s mind will have the

surest and most powerful impact on the world.” To which Jonny says, “Just ten minutes of sitting down with a child at a piano or drum will stick with them easier and longer than you think. And it’s not just about the music,” he says. “The real kicker is that it helps these kids grow into self-reliant, self-empowered people who fight for happiness and community.”

It’s not difficult to imagine why kids and parents and adults are drawn to the Music Cellar for instruction and a good time. Jonny’s enthusiasm practically jumps out of my cell phone. He’s just 27 and already making a difference with a wider group of students flocking to the Cellar each year.

As both a music school and recording studio, Jonny fully expects that he and his partners and students will be producing music of their own. In fact, Lespecial has a packed performance schedule with gigs throughout New England and into New York as well. There’s talk of a formal release party for the group’s new album in November. More of the group’s amazing music is on their official website: www.lespecial.net.

With strength, determination and with a whole lot of idealism still stirring in him, Jonathan and his Music Cellar have a bright future. If you care to find your own “musical voice,” stop by. You can find this sensational place at 14 Main Street, Millerton, NY. •



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THE History & Mystery OF MILLERTON, NY

By Allison Guertin Marchese
info@mainstreetmag.com

Whether to settle a bet, or satisfy a fantasy, Henry Hudson accidentally discovered the Hudson River and settled on the shores and created communities. The rest, as they say, is history. To our good fortune, Dutchess County was a stronghold for many reasons.

A truly picturesque countryside, the county has long-ridged hills, as well as deep troughs and valleys. Geologists have designated the area a portion of what is known as The Great Valley which extends from Alabama to the province of Quebec. The valley in Dutchess County is attributed to mostly a period of erosion of the Hudson Highlands during which many thousands of feet of rock were worn away. The region was also covered by ice probably 2,000 feet deep during the Glacial Period.

Henry Hudson, the Indians, and New York

In the time when Henry Hudson made friends with the native Indian tribes like the Wappinger Indians (originally the Wapani), a branch of the Lenni Lenape (Algonquin) in the 1600s, there was peace. Yet white civilization was intolerant and destructive of the ancient Indian modes of life and white man's diseases were fatal to them. Eventually, the Moravian Missionaries moved the native Indians out.

Dutchess County was one of the twelve original divisions of the Colony of New York, organized by the first Colonial Assembly on November 1, 1683. It was named in honor of the Dutchess of York, wife of the Duke, later King James II, to whom New York had been granted by King Charles II. The tract of land making up the region would eventually be known as the "Oblong."

The birth of Dutchess County

According to several histories, Dutchess County was not thoroughly explored until about 1694 when Reverent Benjamin Wadsworth took on the task and set out to discover the areas of Ancram near Indian Lake and Ten Mile River. He was said to have described the terrain as "very bad for riding."

It was for this reason that settlement was slow and folks didn't really get to set up homesteads and farms until around 1740 when the Spencers created Spencer's Corner. The town, Northeast, received its name from its geographical position in the county. This "NorthEast Precinct" was a fairly wide area and included the Towns of North East, Pine Plains and Milan. As it was in the old days, land borders broke apart frequently, pieces were pasted back together, and eventually there was agreement on who owned what.



Above: Newburgh, Dutchess, and Connecticut Railroad crew. This 1899 photograph is a reminder that Millerton was not only on the Harlem Line, but was also served by the N, D and C, which was consolidated into the Central New England at the beginning of the 20th century. - *Harlem Valley Pathways*.

As time passed and families and businesses grew, the town of North East was born. Millerton is the largest and the most significant village within the town. Millerton was put on the map mostly because of the introduction of the New York Central Railroad's Harlem Division which extended from Dover Plains to Chatham. This handiwork was the result of a fairly significant fellow in Millerton's history, Sidney G. Miller.

Sidney Miller and the railroad

Sidney G. Miller was a civil engineer with the New York & Harlem Railroad. The founding fathers of Millerton were so impressed with Sidney's savvy skills on the Railroad, that they named the town for him. The year was 1851, a time when the railroads brought commercial and agricultural prosperity to the region. The village was incorporated on June 30, 1875.

With a new town comes a list of firsts. The first postmaster was John H. Templeton appointed in 1879. The first person to keep a store was E.W. Simmons. Strangely, while there were many merchants in town, there were few houses. The Millerton Hotel was built in 1852 by Alexander Trowbridge. In 1889 Eggleston Brothers offered general merchandise. The Planet Hotel was built in 1859, by Edward Shinnars. The Brick Block Hotel was erected by James Conlan in 1872.



Above: As it states in *Harlem Valley Pathways* about this photo: "This formal portrait of Sidney Miller was done by Brady. The decision was made in the Wake-man house to name the village 'Millerton' after Miller ... The new center was soon seen as the location for up and coming businesses; entrepreneurs moved as close as they could to the new depot. Families and churches also relocated to Millerton, abandoning Spencer's Corners and North East Center."

Continued on next page ...

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Industrial development started early in North East back in 1770 when the iron-ore bed was opened near Spencer's Corner's thriving hamlet. These iron beds helped supply much needed munitions for the revolutionary army.

Before incorporating, Millerton, in the 1820s, was a very busy independent village with twelve cider-mills, two distilleries selling cider-brandy by the gallon for a mere three shillings a gallon. There were hotels like The Dakin and the Hartwell Inn and the Johnson Hotel. Many of the houses in Millerton were moved from locations outside the immediate area and some as far away as a mile and a half. The houses were virtually rolled into town, onto Main Street, on large beams placed under the structures. The houses were pulled by the tremendous strength of oxen.

Naturally with businesses thriving and homes being added, the Village grew. The Railroad, and the Millerton Ironworks added to the town's prosperity. Millerton also attracted lawyers and the Baptist Church moved to Millerton, as did other houses of worship.

The rich and the famous

Where there is business, railroads and commerce, there are famous people. Millerton had its share of dignitaries including a well know artist by the name of Ammi Phillips whose portrait paintings are now found in many of the finest museum and galleries around the world.

Phillips' second wife was from the town of North East and they lived in her hometown when they married. The artist's most famous work is *Girl in Red Dress with Cat and Dog*, which is in the collection of the American Folk Art Museum in New York. The painting is one of a group of four portraits of children in vibrant red with a dog on the floor that Phillips produced while living in Dutchess County, New York, in the mid-1830s. This iconic work is the only one that features a cat.

Ammi Phillips, one of the foremost American folk artists of the 19th century, and perhaps the best-known of the itinerant painters who lived and worked in Upstate New York and New England. Born in 1788 in Colebrook, Connecticut, by the age of 20 Phillips was painting what he called "likenesses of ladies and gentlemen ... correct in style, perfect in shadows, and elegant dresses in the prevailing fashion of the day ... Priced from \$1 to \$5, profiles two for 25 cents," according to an advertisement in the *Berkshire Reporter*, Pittsfield, Massachusetts, July 29, 1809. Phillips died in 1865 and is buried in the Amenia Island Cemetery.

Millerton, home of a KGB agent?

While researching the history of Millerton, I turned



Above: The Ragan Building on Main Street in Millerton circa 1900. It was a multi-purpose building having a grocery store, candy store, saloon, and meat market, probably built in the 1870s. Note the second story covered porch, many of Main Street's buildings had similar porches. Today this is the site of Copper Star Alpaca and Taro's Restaurant. Photo courtesy of the North East Historical Society.

over a few more interesting stones and found reference to Millerton, NY, in a William F. Buckley, Jr.'s novel called, *Spytime: The Undoing of James Jesus Angleton*. The reference to Millerton in this thriller comes when the FBI is looking for the perfect place to relocate a KGB agent turned witness. The character says in the novel, "While fully sympathizing with Golitsyn's concern for the safety of his family, Angleton had attempted to assure him about his prospective relocation. The FBI's Witness Protection program had come up, in October, with this little farmhouse in eastern New York State, a farm community which was never in the news. No famous people ever lived in Millerton, New York, or went there, Newton had told Golitsyn when briefing him on his new home."

Ok, well, obviously Mr. Buckley didn't do his homework because I found another famous person who lived in Millerton and his name was Eddie Collins.

Eddie Collins, the sports prodigy

New York State is credited with having the first club to play organized baseball in 1845. Today, there are many millions of New Yorkers glued to the tube (that's slang for Television and not necessarily YouTube) every Sunday in the summer and fall.

Eddie Collins was kind of a prodigy in sports. He wasn't just a good batter, he could also steal bases with lightening speed, and was credited as one of the best hit-and-run men in the game. Add to that he was consistently the best defensive second basemen and the fans referred to him as the games' smartest player.

Eddie started playing baseball in Millerton. He was born Edward Trowbridge Collins Sr. in May

of 1887 on the second floor of the Simmons Way building, and received the nickname, "Cocky," for portraying unshakable confidence. He played ball in a way that made adults comment. At just three-years-old in the 1890s he had a flair for the sport played with the "horsehide ball." Early on, Eddie showed strength and agility, and a few other unusual traits. He would bat lefty, but throw with his right hand, and he was extraordinarily fast on his feet.

For a while the Collins family lived in Tarrytown, NY, and Eddie went to prep school and then later to Columbia University where he became a rising star, despite the fact that he was only five feet, nine inches tall and weighed just 140 lbs.

He was a pitcher and a shortstop, but when he got to the big leagues he was at second base. He played from 1906 to 1930 and then he coached and managed after retiring as a player. For a while he was the general manager of the Boston Red Sox. In his career he had over 3,300 hits, 1,300 runs batted in and a whopping 745 stolen bases. Four times he stepped on the field as a World Series champion. He was inducted into the Baseball Hall of Fame in 1939. He died in March of 1951 at the age of 63.

Eddie's story was certainly not forgotten in the place where it all began. Thirteen years after his death, on Labor Day in September of 1964, in the Village of Millerton, Eddie Collins Day was celebrated. People of the town, his family and baseball celebrities came together to dedicate a five-acre tract of land to be forever known as Eddie Collins Memorial Park.

Continued on next page ...

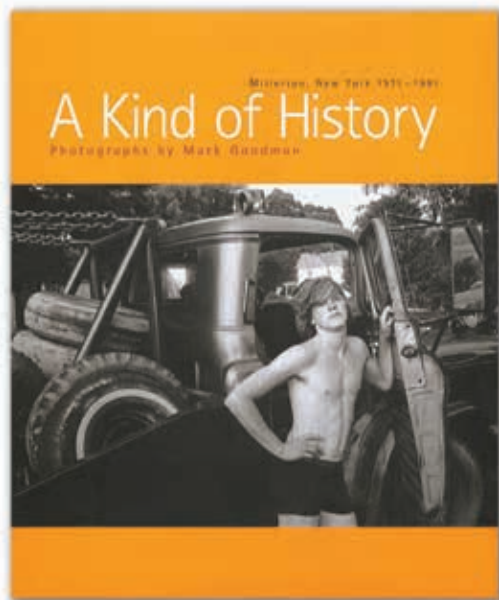
A little bit of football, too

Perhaps because Eddie Collins seared sports into the earth in Millerton, it seems to have attracted another celebrity tied to a favorite pastime, football.

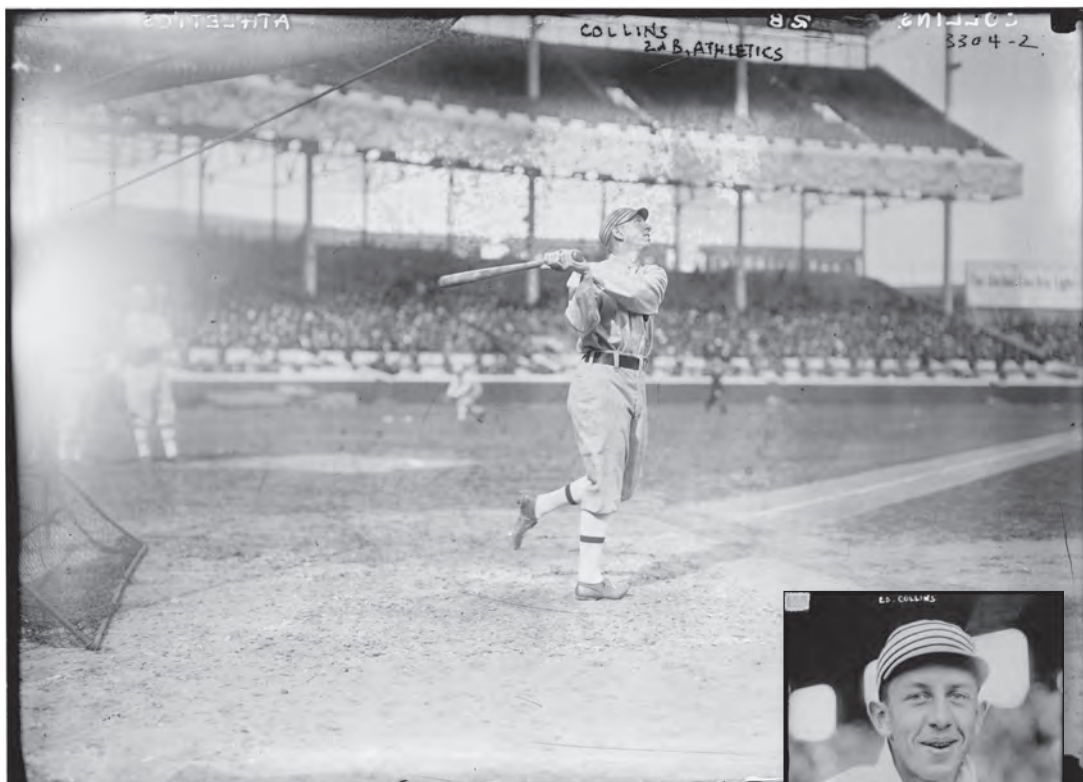
New York Times best-selling author Peter Richmond happens to live in Millerton too. Peter is noted for having penned books like the one he co-wrote with Frank Gifford called, *The Glory Game: How the 1958 NFL Championship Changed Football Forever*, and a more recent book about the Oakland Raiders of the 1970s when John Madden was the voice of the game day play-by-play. Just like Eddie Collins, Richmond is an ivy-leaguer, not from Columbia, but Yale. Richmond has also written books centering on music. Now it seems he's combining his love for music with football possibly in a new NFL musical. He's true blue to his adopted town of Millerton and you might even see him around in Oblong Books and the coffee shop or library.

Millerton has long been an art center

And when it comes to creativity, Millerton, back in the day, was open to trying something different. On a 91-acre farm just outside of the village, was the Apeiron Workshop Center in Photography. On a simple poster with just a black and white shot of a barn at the end of a few open fields, the organizers invited a small number of students to work together in "an ideal setting providing an opportunity to practice creative photography," lodging included. The poster also added that the workshop would provide a "positive emotional environment" designed to "minimize those day-to-day hassles that inhibit perception." Very cool.



Above: The cover of Mark Goodman's book, *A Kind of History: Photographs of Millerton, New York, 1971-1975*. Image courtesy of Mark Goodman.



Above: Eddie Collins, Philadelphia AL in 1914. Right: Headshot of Eddie Collins in 1911. Images from The Library of Congress.

The week-long workshops were scheduled with photographers like award winner, Bruce Davidson, notable documentary film maker Robert Frank, and Diane Arbus, famous for her courageous photographic work and writing. Peter Schlessinger was the twenty-five-year-old founder and director of the nonprofit workshop. Students came to the idyllic rural farm and ended up living together. They cooked meals, stayed up late and compared their work. People floated in and out like a commune. Some were recognizable in the field, others were then, unknown. But all were welcome.

Apeiron wasn't a university and sometimes students just didn't pay, but many graduated. One of these lucky attendees was Mark Goodman, who came to the workshop and stayed in Millerton. Later he produced a book, *A Kind of History: Photographs of Millerton, New York, 1971-1975*. Today on Mr. Goodman's website (markgoodmanphotographer.com), his publishing credits are lengthy, strung out like a runaway roll of Kodak film. When I was researching this piece I stumbled upon Mark Goodman's book in the library in town. He brings back the texture of that special time, a moment when life was unstructured and experimental. He's preserved a slice of life and helps in compiling Millerton's rich history.

The North East Historical Society

The Village is fortunate to have an active historical society. The North East Historical Society was formed in 1989, incorporated in 1990, and opened the museum in 2002. The Society is dedicated to a mission to promote the study of local history and preserve the records and historical sites, objects and

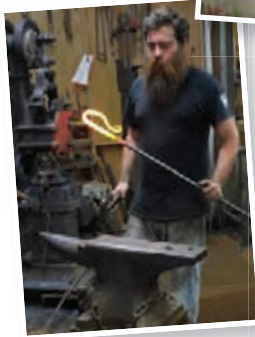
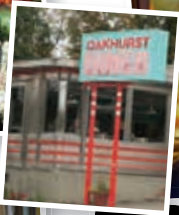
buildings. The group also works toward serving the community and the history by offering education. The Society maintains a museum in the Village. The building was built in 1880 and was intended to be used as a town hall. Early on it was used as an armory for the local militia. There was also a time when the first floor housed the town hall and a hand-drawn fire cart before modern trucks were available. Any citizen in need during a fire could virtually borrow the cart to put out the fire themselves.

Along with being a place for town meetings, it has also been used for a school, street maintenance building, town jail, election center, and at one time, a roller skating rink.

When the Citizen Hose Company was organized in 1886, the building housed the firemen and their equipment. This was a time when horses pulled the fire wagon. What's great about the museum is that it's very charming. It still houses its collection index in a large wooden filing cabinet. The information stored there is vast and eclectic including everything from buildings, churches and deeds, to farming and family genealogies. You can find Civil War veterans collections and high school year books. The individual scrapbooks are extraordinary and there's more for the serious history buff, to the person who's curious and interested. It's fascinating and fun.

And that the greatest thing about Millerton ... it's still interesting, it's still becoming and it's got a history, but it's not a thing of the past, it's history in the making. ●

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millerton library

A VIBRANT PLACE

By Sarah Ellen Rindsberg
info@mainstreetmag.com

Laughter, song, and appetizing scents – these are a few of the phenomena emanating from the North-East-Millerton Library on any given day. Children produce treasures during arts and crafts activities, all ages attend the well-established concert series and many come to participate in an amazing array of programs and groups.

For some, including this writer, the bond with the library begins at a young age. Brought to storytime – known here as Sing, Play, Read – a lifetime affinity is born. Youngsters hang on to every syllable uttered by Children's Librarian Kristin McClune as she turns the pages of picture books. This sparks interest in the borrowing of books and a library card is secured, a milestone in the lives of bibliophiles.

Teens enjoy the Book to Movie Group. In this group, the book is devoured first, followed by a screening of the film. Discussion focuses on the differences between the two formats.

Kids of all ages look forward to the annual Haunted Library held on Halloween. For this spooky event, the stacks are decorated and surprises await as patrons explore.

Variety at the library

The enticing aroma of a meal is the product of the Cookbook Discussion Group. Each week, a different cookbook is plated, literally, by the participants. Everyone chooses a dish to prepare from the week's selection and lunch is shared. Conversation centers on the degree of clarity in the recipes and methods for procuring rare ingredients. The most recent meal was chosen from the pages of *Thug Kitchen*. Offensive language aside, this vegetarian, vegan tome has culinary merit. Moroccan couscous and tortilla soup were savored. The next book will be *The Beekman 1802 Heirloom Vegetable Cookbook*.

The Book Discussion Group is currently obsessed with the tales of a small town in Canada by Louise Penny. Librarian Rhiannon Leo-Jameson explains why: "In a very short amount of time, she makes you care about the characters." The group



Above: Sing, Play, Read parading around the front lawn. Below: The Bindlestiff Family Cirkus passing on the circus tradition. Photos by Rhiannon Leo-Jameson.

is patron-run, everyone chooses a book and leads a lively talk. "We're always looking for dissenting opinions; they're the most fun," Leo-Jameson adds. Tastes range from the scholarly to the eccentric.

The Annex

When demand for programs is high, the venue of choice is the Annex, located just behind the library on Century Boulevard. "I can't imagine what they did before the Annex was acquired," Leo-Jameson exclaims. The structure has become an integral part of the library. Plans to connect the two buildings have been explored and a fervent wish to see this come to fruition is expressed by the librarian.

When Roger Price, an extremely avid bridge player, observed the need for a bridge club, he brought the idea to the table. Its popularity is demonstrated in the numbers: more than 30 people attend the sessions on Fridays and this program alone contributed to a 119% increase in overall program participation from 2013 to 2014. "An unexpected boon," Leo-Jameson says. Lessons are given in the morning and official games are played in the afternoon.

The Music in the Annex Concert Series airs during the summer and early fall. The line-up is chosen by the librarian out of the numerous queries from musicians as well as acts on her radar. "I strive to provide a good representation of area artists and diverse cultural music from a wider radius," Leo-Jameson says. The annex reverberates with tunes provided by musicians and singers of the highest caliber. Sometimes, participation is encouraged and a dance floor is cleared. Next up: Sean Gaskell on the West African Kora, a 21-string instrument, on October 10th.

More than just a library

In addition to frequent requests for literature in all forms (ebooks, physical books, and audio), DVDs and periodicals, an astounding variety of non-traditional queries are also posed. A sampling includes registration for an online gift card, printing and faxing forms for immigration, and low-cost places to stay (for backpackers and cyclists), rendering the space a veritable "communications hub."

The library's reach frequently extends beyond its walls. The most visible sign being the little libraries in the center of town. These beautifully crafted outposts fill a real need. Several people have told Leo-Jameson that the little libraries are their main source for reading material. During the summer, staff refills the one closer to the ground – designed for youngsters – twice a week.

And, this summer, amongst the inviting tables and chairs across from The Moviehouse, chess sets appeared. After playing chess in a different park, Lenny Sutton, brought the idea to the librarian who was immediately receptive. Sets are available at the library and accommodations are made for those not in possession of a library card.

Sure, the NorthEast-Millerton Library houses books: around 27,000 volumes in fact, but there are also many wonderful activities taking place. TEDx Millerton is in the works and there are groups for knitters, writers, mahjong players (featuring customized rules dubbed "Irondale"), workshops on elder care, and literary teas. ●

For further information visit www.nemillertonlibrary.org, or call (518) 789-3340.





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the gardens of millerton

THE BEAUTY AND FUNCTION OF THESE COLORFUL ADDITIONS TO VILLAGE LIFE



By Claire Copley
info@mainstreetmag.com

We all know that Millerton is special. One of the most livable small towns in America! Somehow it supports a quality of life that so many towns have lost. It is walkable, now it even has sidewalks, and you can walk to any destination in town in under fifteen minutes. Along the way you can't help but notice the gardens. Decorative and functional, Millerton's gardens brighten our lives and make life in town that much more enjoyable. I will try to present just a few of them here. Look out for them on your next walk.

The beautiful gardens

It is a testament to Millerton that there are so many examples of residents using plants to enhance their properties, their lives and the life of the Village. Town

gardens are blessed with a lack of hungry deer, size limitations, and a built in audience. It's great to have feedback on your garden, something those of us who live and garden in more rural settings rarely enjoy.

Please enjoy some Village residents' gardens in photos 1, 2, 3, 4 and 5 above.

There are also public gardens in Millerton. Some of these are credited to Townscape, an organization founded in 2007. To date Townscape has planted over 40 trees, created the Millerton Historic District, helped restore the Millerton Clock Tower, decorated Main Street for the winter holidays, organized Arbor Day celebrations in conjunction with local schools, and provided new signage at the entrances to the Village (please see full article on Townscape in this issue). Townscape is responsible for Veterans Memorial Park, and the plantings at the

stone Bridge over Webatuck Creek.

We have Townscape to thank for the new town plaza as well. Veterans Memorial Park has benches, tables and chairs, and lovely plantings and potted flower arrangements. Perhaps we can persuade them to use native plants next time they plant and include milkweeds. That way we could improve the lives of local insects and pollinators as well as human residents. The new park is a welcome addition to daily life in Millerton. It supplies a place to rest, regroup, and watch the Village pass by.

These efforts of Townscape can be seen in photos 6 and 7.

Continued on next page ...



The rain garden

You can't help but notice the rain garden to your left along the Rail Trail, as you begin heading south. The rain garden is an educational project conceived by the Housatonic Valley Association. The HVA sought and received funding, both public and private, to design and install a demonstration rain garden, the only one of its kind in the area.

There is a growing need to capture rainwater and divert runoff, especially in town,

and along river banks.

A rain garden is a shallow site that is planted with deep-rooted native plants and grasses. The garden is positioned near a runoff source like a hill, downspout, or driveway, to capture rainwater runoff and stop the water from reaching the sewer system. Such a garden can be invaluable in reducing runoff and refilling groundwater tables.

Photos 8 and 9 are images of the rain garden, look familiar?

The Village's public gardens

Public gardens make life a little more livable for us all in town. The Veterans Memorial Park, with its

trees, urns and seating, has become a town focal point. And who among us could live without the Rail Trail?

Main Street is itself a garden. Perhaps it is the influence of the new park, or perhaps the businesses of Millerton are simply more civic minded when it comes to beautification. Floral arrangements and flowers abound in front of shops and restaurants, on street corners and between buildings.

In photos 11 and 12 you can see some of the beautiful flowers that adorn Millerton's Main Street.

As a gardener, I am always amazed by the impulse to beautify our lives with plants. Even here, where

there is such exceptional beauty all around us in the landscape, we are still moved to embellish, and to blend our towns into the larger sense of nature. There is no doubt that all the gardens of Millerton enhance town life for all the residents as well as tourists and visitors like me who venture to town to conduct regular business. It is a contribution to town life that may not be noticed or valued as much as it should be. ●

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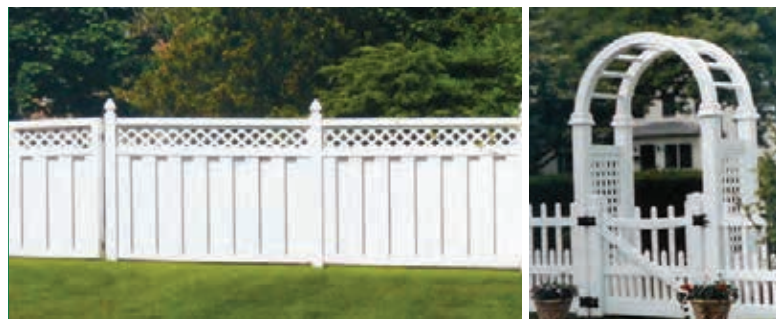
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Townscape

MILLERTON'S BEAUTIFICATION & REVITALIZATION GROUP

By Jeanne Vanecko, Townscape President
jvanecko@msn.com

What is Townscape, you ask. The short answer is that it is a nonprofit organization founded in 2007 with a focus on community revitalization and beautification. "Revitalization"? "Beautification"? A better answer might be that Townscape is a local group of people who try to facilitate relationships between the Town and Village governments and the community and to foster volunteerism for the betterment of the place we all share.

Here are some of the things that Townscape has done: It has planted over 40 trees (mostly on Main Street, but also on the Rail Trail and at Town Hall), created the Millerton Historic District, helped restore the Millerton Clock Tower, decorated Main Street for the winter holidays, organized Arbor Day celebrations, provided new signage at the entrances to the Village, helped with the design and financing of the iron railing on the sidewalk in front of Gilded Moon Framing & Gallery, planted flowers and maintained them at the monument in Veteran's Park every year, provided new benches throughout the Village, and provided the much used tables and chairs in the park in front of Veteran's Park.

It takes a Village

But this list is just that, a list. It is the spirit behind each project that really matters. To execute each of these projects took the volunteer effort of scores of people – merchants, school children, craftsmen, village residents, board members, weekenders, artists, retired citizens. And it also took funding provided by all these folks and more. What has been important over the years, and is becoming even more so, is what emerges, at a deep level, when Townscape undertakes a project.

The real question is not "What is Townscape?" but "Who is Townscape?" And the answer to that question is that it is The American Legion Post 178 who hosted a spaghetti dinner to raise funds



Above: The flowers, tables and chairs in the park in front of Veteran's Park. Below left: The iron railing in front of Gilded Moon Framing & Gallery. Right: The benches in front of Veteran's Park. All photos courtesy of Jeanne Vanecko.

to help pay for the annual plantings at the Veteran's Memorial, the board members and weekenders who showed up on a Saturday before Memorial Day, to plant over 500 flowers. It is the board member who proposes that Townscape raise the money to donate five benches in honor of Mariley Najdek, a much beloved former Townscape board member and former Village mayor. It is the Village merchants who help support the winter holiday decoration and the weekenders, local residents, and board members who worked for two freezing weekends to put up the decorations in time for the Festival of Lights, and then showed up again for two freezing weekends in March to take the lights down.

Each of these occasions brought together a wide range of long time residents and weekenders who are attracted to this Village to work together for the common good. The physical effects that resulted – flowers, park benches, holiday lights – were just the concrete manifestation of what was really important. A community working together to make life in Millerton just a little bit more comfortable, a little more pleasing, for everyone.

Next on the horizon

What do we do next? Well, the wish list is long: Find funding to place the overhead wires on upper Main Street under the sidewalk when the new sidewalks are put in. Build two composting toilets on the Rail Trail behind the Irondale Schoolhouse



Information Center. Help find funding to improve and expand Eddie Collins Field. One supporter has even fantasized about developing the alleys into galleries, small shops, and eateries.

Townscape, because it does occupy that space of possibility, wants to help dream these dreams and to continue to provide the partnering energy to help this remarkable community grow and improve and become an even better place to live. ●

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millerton then & now

By Thorunn Kristjansdottir
info@mainstreetmag.com

A lot has changed in Millerton since its incorporation in 1851. Here are a few images of the buildings, then and now, with some brief information about the history of each, what took place, and what happened to some of them that no longer exist.

A special thanks to the North East Historical Society and Ralph Fidele, who provided us with all "old" photos and information.

If you'd like to learn more about Millerton's history, visit the Historical Section on the first floor of the NorthEast-Millerton Library or contact the Historical Society. •



< The Hotchkiss & Eggelston Building

The Hotchkiss & Eggelston Building was built in 1899 in the Italianate style. It was first the Eggelston Brothers Store, then Hoag & Kiefer Store, then the Grand Union Store, and it then became B.H. Delson's Department Store after the second fire. The first fire took place sometime in the 1920s and at the time the third floor and tower burned down. The building then became known as the Shufelt Building. In 1956 the second fire took place and the entire building burned down. A new building was built by 1958 and it then became B.H. Delson's Department Store. Today the building is known as the Antiques Center, with Montage housed in the basement space.



< Now pictures



^ Main Street looking east/southeast

R-L: The edge of what is Terni's today, today's Irving Farm building, and then Benedict Hall and Puff's Drug Store, which was built in 1903 (houses The Moviehouse today). It originally was the Grange Hall, the local Grange had a meeting hall on the second floor. The Millerton Telegram, the town's newspaper, was housed in the building next to Benedict Hall where Elyse Harney Real Estate is now located. Not visible in this picture are 52 and 54 Main. 52 Main was an empty lot at the time of this picture (the location of 52 Main and our office today). 54 Main was Kisselbrack House, built in 1889 by Beers and Trafford, known for their shingle style architecture. The Kisselbrack House used to be a dentists office, and now is home to Manna Dew restaurant. 56 Main, what up until recently was Coyote Point Systems, was called the W.D. McArthur Building and it was a wagon repository and garage – hence the ramp inside even today.



^ George W. Brown Building

What we know as Terni's today, was originally known as the George W. Brown Building. It was one of the first buildings constructed on that portion of Main Street. Millerton's "business district" was primarily located down on South Center Street, parallel to the railroad. At the turn of the century, the business district was growing as the town grew, and started to move up Main Street (which was at one point called Church Street) from South Center. (Fun fact: Center Street used to be spelled Centre Street). The Terni's building was actually built in two stages: the first in 1868, known as the George W. Brown building, the addition was built in 1890 and that is the one closer to us in this image. Also visible in this image is the Irving Farm building (left), and across the street you can see the grand Hotchkiss & Eggelston Building prior to the 1920s fire.

Continued on next page ...



^ The Ragan Building

The Ragan Building was located at the corner of Main and South Center. It is now the site of Taro's and Copper Star Alpaca. It used to be a general store and meat market (on the right side of the building where Taro's is today), on the left was a fruit and confectionery store (Copper Star Alpaca). And then in the back of the building, entered in from South Center, was a saloon. Behind the building on South Center was also a gunshop and jewelry store where Pringle and Zimmering was.



^ C.F. Hawley's Department Store

C.F. Hawley's Department Store, known as Hawley's Department store, was an elegant and classy store back in its time. At the time all of the ladies wore white blouses and black skirts, and there were potted ferns inside the store. Hawley's was located on corner of Main Street and Dutchess Ave., and is the home of Saperstein's today (see Saperstein's article in this issue). Built in 1894 in the Italianate style, it was First National Supermarket before it became Saperstein's in 1972. There were at least two fires, with a complete burn-down in 1986, after which Lew Saperstein built what you see today.



^ The Finch Building

The Finch Building at number one John Street, which now houses Crown Energy Corp. amongst other businesses, is to this day located on corner of John Street and North Center Street. It was the oldest store in Millerton, and was a multi-purpose building. It was also the home of the first attorney in town, Edward W. Simmons. Built in 1852 (a year after the incorporation of the town and one of the first buildings to be constructed) it housed a restaurant, grocery store, crockery store, and there was a large schoolroom on the second floor. The building was restored by Jack and Jean Blum in the 1980s.



^ The Millerton Hotel

The Millerton Hotel was one of five hotels in town and like many of the other buildings in town, burned down. It was located to the right of the Finch Building, which is now the parking lot behind the Oakhurst Diner and Hunter Bee (which used to be Livery Feed & Sales stables, burned down in April 1925).

^ The Barton Hotel

The Barton Hotel was located on North Center Street, to the left of the Finch Building, now an empty lot. As fate had it with so many other Millerton buildings, including The Millerton Hotel, The Barton Hotel was lost to fire.

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Pictured: *Fint Hill*, oil on board, 2015

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Cozzy's Pizzeria

A FAMILY TRADITION IN THE NEAPOLITAN STYLE

By Memoree Joelle
info@mainstreetmag.com

“Family, friends, and food.” Those are the ingredients that Costanzo DeBernardo, owner of Cozzy's Pizzeria, says are the key to his approach to life. The son of an Italian father and Irish-American mother, he grew up in Poughkeepsie, NY in a large family that gathered around a good meal everyday. DeBernardo, who goes by Cozzy, learned pizza making at a young age, having spent most of his youth working at his family's pizzeria after school. His parents ran that pizzeria for forty years, and in the summers they would travel to Italy to visit their extended family. It was there that Cozzy made many childhood memories of cooking with cousins, who continue to run their own pizzerias in Italy today. He visits frequently, and still enjoys the same lifestyle of bringing people together with good food made with simple, fresh ingredients. He opened his Millerton location three years ago, and plans on opening a second location in Saugerties in the future. And while on the outside, Cozzy's may appear to be like any other pizza joint in New York, one taste and you know it's what goes inside the pizzas that make it stand out from the others.

The secret's in the sauce (to cheese ratio)

Cozzy uses the same tomato sauce recipe his father created for their original family pizzeria in 1972, and unlike large-scale pizza makers, the ingredients are always fresh – so you won't find a plastic bottle of garlic powder in his kitchen. Having taste-tested most of the pizza joints around here and in New York City, I can attest that there is something uniquely flavorful about Cozzy's pizzas, and he walked me through the basic fundamentals of what makes an excellent, authentic Neapolitan-style pizza, starting with the dough.

The Neapolitan style crust originated, naturally, in Naples, and was then popularized in New York City, and is also commonly referred to as “New York style” pizza. Using only the best flour, Cozzy gets to work in the kitchen before 6 am to make the dough daily. In describing what it is that makes up the elements of a Neapolitan style pie, he explains that it isn't just the thinness and the texture of the crust. There's the ratio of sauce to cheese to consider, too, which if prepared true to the Italian tradition, will be in perfect harmony. He frowns upon the trend of giant American pizza chains that often drown their pizzas with too much (often inferior quality) cheese; it isn't necessary, doesn't make the pizza better, and also isn't very healthy. If you know good pizza, you know it's about the balance of ingredients, and no single ingredient should



Above: A cheese pie, Cozzy's favorite. Cozzy with a cheese pie that's ready to be put in the oven.



overpower another. When it comes to cheese, Cozzy exclusively uses premium-grade Grande cheese, which is a type of mozzarella that has the right amount of moisture and fat that make it ideal for pizza. And that secret sauce? He won't divulge the exact recipe, but again, it's a matter of using the best ingredients, keeping it simple, and making it fresh.

A slice a day keeps life in balance

In this country, pizza has come to be known as a quick, cheap indulgence, and it is not exactly considered a health food. We can blame the American processed foods trend for that, and the way fast food came to be (that, and our strange fascination with looking for more places to stuff cheese, and size up). But in fact, pizza was once no more than a simple peasant staple food, and eaten together with fresh vegetables, it can be a part of a healthy diet when it is made with pure, unadulterated ingredients.

Cozzy himself believes firmly in eating clean, unprocessed foods, and wouldn't feed people anything else. He also believes in healthy living and fitness, and practices yoga on a daily basis. True to the Italian village culture of interacting daily with the community, feeding friends and neighbors, and spending time with family, he says that despite working seven days a week, he couldn't be happier.

“I love cooking, feeding people, and I have a great staff. So for me, it's not work, it's living life, and life is good.”

So what does this pizza-maker and yogi eat for lunch everyday when he's at work? You guessed it – pizza. “I eat a slice of plain cheese everyday,” he laughs when asked about his lunchtime habits. “I ate too much pepperoni as a kid, so I'm done with that.” He prefers fresh salads to cured meat, and tries to eat organically whenever possible, and buys local greens when they're available. He strives to serve the best, while keeping his food affordable for everyone. In doing so, he keeps locals and week-enders and everyone in between happy, and coming back for that slice (or two) of pizza perfection.

Cozzy's also offers a large selection of sandwiches, subs, wraps, burgers, salads, calzones, and dinner entrees. Don't miss out on the cannolis for dessert, which are made to order using the traditional recipe. Open year-round and offering free delivery within a seven-mile radius, this is the place to call whether you're in the mood for a classic Greek salad for lunch, or you need to satisfy your pepperoni pizza craving. •

Cozzy's is located at 5916 North Elm Avenue in Millerton, NY. For pick-up or delivery, call (518) 592-1700.

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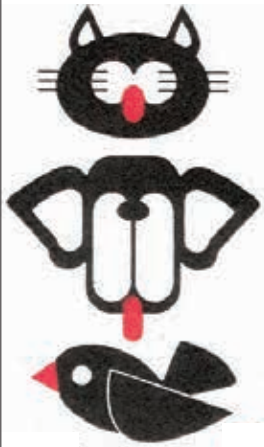
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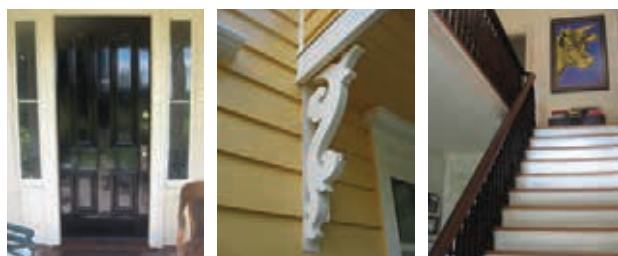
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MILLERTON'S

Victorian

ARCHITECTURE



Clockwise: The unique roofline of the home of Christine Bates and Peter Greenough on Barton Street. A gorgeous Victorian home on Barton Street with lots of beautiful details. Another Barton Street Victorian. Original staircase in the Bates-Greenough home. An ornate buttress on the Bates-Greenough home is typical of Victorian architecture. The original front door with frosted glass intact at the Bates-Greenough circa 1870 home. Another Barton Street Victorian with a grand front porch.

By John Torsiello
info@mainstreetmag.com

While certainly not the stature of, oh, say, the famed neighborhoods of Cape May, New Jersey or Oak Bluffs in Massachusetts, Millerton has its own little Victorian section along Barton and Simmons streets, just a short stroll away from the center of town.

A number of Victorian, or Victorian Era (however you define Victorian architecture) line the two streets, creating a pleasant viewing experience that brings one back 100 years or so to a simple, more genteel time.

What is Victorian architecture?

When we discuss Victorian architecture we are really talking about an era, a very long one in fact, when Queen Victoria ruled the United Kingdom and its former British colonies. The Industrial Revolution of the mid-19th Century gave rise to a profusion of millions of Victorian homes that became defining architectural features of British towns and villages.

Victorian generally refers to any style of home built during the queen's reign, which lasted from 1837 to 1901. Many styles are represented in Victorian architecture. For instance, in the United States, Victorian house styles include Second Empire, Queen Anne, Stick, Shingle, Richardsonian Romanesque and others. Thus, Victorian architecture really is a mixed bag and doesn't necessarily

mean one distinct style, although when we think of Victorian homes, those of the late 19th and early 20th century most often come to mind, with their somewhat ornate design elements, including the ample use of cornices, or buttresses, and sometime wildly flowing roof lines, large windows, and ample front porches. Some might say many have a "gingerbread house" visual appeal. Victorian-era homes in eastern American cities tend to be three stories and those in western American cities two-story houses or one-story cottages. But, this is hardly representative of a typical Victorian-era home in all regions. And, vegetation and small gardens were often incorporated into Victorian homes and yards, as forms of nature were, and still are, prized as a suburban domestic ideal among the home's inhabitants.

Millerton's Victorians

A lovely example of a Victorian era home is that owned by Christine Bates and her husband Peter Greenough. The sunflower yellow and cream-colored trimmed home stately sits off Barton Street. A large, specimen maple tree spreads its limbs over the driveway and out onto the front yard. And what a front yard it is. Befitting a proper Victorian home, the couple created a lovely garden, mostly of perennials, such as hostas, several varieties of hydrangea, sage, and "any plant that seems happy

here," said Bates.

The couple purchased the home in 2008 and immediately set about renovating and refurbishing the two-story dwelling, as well as installing the gardens.

"We were looking for a place to buy and certain aspects of the village life appealed to us," explained Bates. "What is fantastic about living here is that we have the best of both worlds; we have a quiet area to live in with privacy, a property of almost an acre, yet we can easily walk to the center of town."

As mentioned above, the couple conducted extensive work on their home, although the exterior look of the house is mostly unchanged from when it was first built, Bates believes probably around 1879. Some of the cornices were removed and the porch was rebuilt. The original front door remains and the home's interior stairway is original.

"What we really liked about the interior of the house is the high ceilings," said Bates. "That is one thing you can't easily change about a house. We screened in a side porch, but the shell is, for all intents and purposes, the same."

She talked about her two block neighborhood. "Our streets are not included in the Historic District but the homes on the two streets are some of the most intact examples of Victorian Era homes in town." ●

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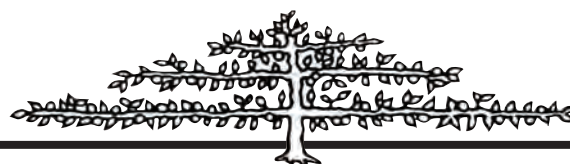


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bidding for the environment

HOUSATONIC VALLEY ASSOCIATION'S 25TH AUCTION

By Christine Bates

christine@mainstreetmag.com

Main Street Magazine interviewed Christine Baranski, twice Best Actress Tony winner and now one of the stars of CBS's "The Good Wife," about her passion for the environment and role as the Chairman of the Housatonic Valley Association's fundraising auction.

Wearing a baseball hat and sunglasses, Christine Baranski arrived elegantly and unnoticed in a French café on New York's Upper East Side to talk, not about the stage, movies or TV, but about her passion for the Litchfield Hills and role as the Chairman of the Housatonic Valley Association's 25th Anniversary Auction. Almost thirty years ago Baranski moved into the family home of her husband, Matthew Cowles, in Litchfield County where their two children grew up and attended school. "My home is here in the country where everybody knows me as Mrs. Cowles."

The HVA's auction

"Initially I became involved with HVA in 2003 by just going to the autumn auction which raises more than \$150,000 every year to support the programs of HVA." Baranski became chairman of the event at fashion designer Diane von Furstenberg's urging five years ago. "It's HVA's major fundraiser and involves all of our supporters in the watershed. It's the party of the year."

Businesses and individuals throughout the tri-state region contribute items for the silent auction – everything from gift baskets and hunting vests to restaurant meals. But the big draw is the live auction when HGTV's Tim Luke takes over. Supporters of HVA contribute vacation weeks at homes from Bali to France, meals with celebrities, and hard-to-get sports tickets. Then at Luke's urging the fun loving attendees in the crowd bid against one another. It's positive pandemonium with the audience laughing, cheering and competing to give money to support an important cause.

It didn't take a second for Baranski to pick her own favorite winning bid. "It was three nights at the Plaza Athenee Hotel in Paris. It was so beautiful



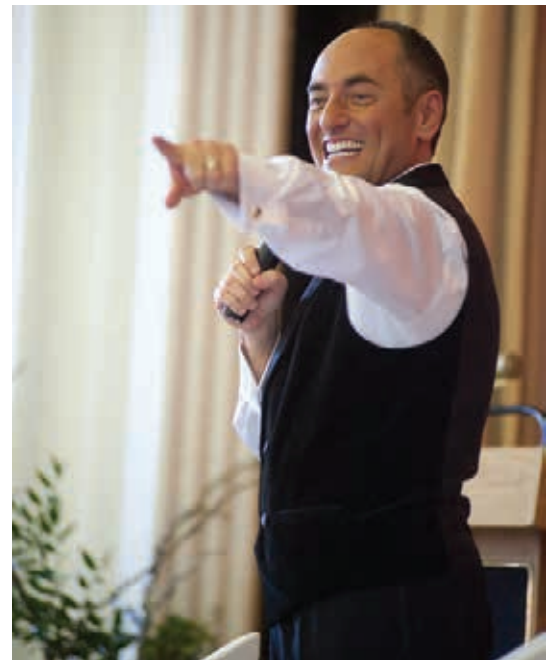
I didn't want to leave my room. It was during Fashion Week in Paris and I was a guest at some of the fashion shows. On the last morning I had breakfast alone in the glorious Hotel Athenee dining room before the hotel closed for renovation."

This year's auction

This year's HVA auction will be held on Sunday, November 8th at the Washington Primary School in Washington Depot. Entrance tickets to the auction are limited and should be purchased in advance from HVA, either on their website or by calling. The base entry donation is \$75, which includes open bars, plentiful edibles and live music to enjoy while inspecting and raising the price on silent auction items. After the silent auction is closed, everyone is seated at tables for the live auction. A Diamond Level \$1,000 contribution gains entrance to the private champagne party at the home and garden of HVA's Chairman, Linda Allard, for a pre-auction gala that will be toasting famed fashion designer Diane von Furstenberg.

Protecting the beauty, water and wildlife

Baranski speaks eloquently about HVA's activities to protect the beauty, water quality and wildlife of the place in Northwest Connecticut she considers her home. She credits Diane von Furstenberg for contributing her voice, passion, expertise, fundraising abilities, and financial support to defend our



Above top: The bidding crowd. Photo Henry S. Dziekan. Above: Auctioneer Tim Luke. Photo Richard Pomerantz. Left: Introducing youngsters to the river (this paddle trip in Pittsfield). Photo courtesy of HVA.



Continued on next page ...

region's natural environment. Twenty-five years ago it was von Furstenberg's idea and energy which created HVA's first auction. But it is also her effective behind-the-scenes activities that are being honored this year. The Executive Director of HVA, Lynn Werner said, "So often results hinge on having the best scientific information, and being able to communicate that effectively to both the public and key decision-makers. This is what Diane understands. For example, she hired transportation experts that were able to come up with alternatives to a planned Route 7 Super Highway that would have destroyed scenic hillsides in our valley. She helped defeat a proposed gas-fired power plant by funding a scientific study demonstrating the negative effect of emissions, and she was even instrumental in the relocation of a gas pipeline away from miles of sensitive wetlands."

The co-chairs of the 2015 HVA auction are bold-faced names from Allard to Watts, Waterson and Woetzel – designers, ballet dancers, magazine editors, actors, entrepreneurs – who lend their



Above: Diane von Furstenberg and Christine Baranski. Photo by Richard Pomerantz. Photo courtesy of HVA.

celebrity and prestige to support HVA's mission. Baranski explained that part of her role as chairman of the auction is to help recruit the long list of co-chairs who will mingle at the auction, provide special opportunities like behind the set visits or intimate dinners, and bid up the prices for a great cause. "It's a chance for everyone in the community to meet famous people outside their professional realm. The auction breaks down barriers and reminds us that we are all in this together. When Tim Luke takes the stage to auction off African safaris or handmade kayaks, the room is energized. Sometimes he sells things twice. Not sure how he does that."

"Before HVA, I was not really involved in environmental causes," explained Baranski. "Even though I was raised in a city in upstate New York, I've always appreciated nature. Our family spent the summers camping and hiking in Ontario. And then my husband brought me here to the unspoiled Housatonic River Valley. It's so beautiful and natural. We need to keep it that way, take action and protect our natural environment. The alarm bells are going off everywhere. We're all affected by storms that flood our homes, fertilizer from lawns and fields poisoning our lakes, snowstorms in October. I think that HVA's education programs for children, which inspire their connection to nature, are some of our most important activities. The children learn about water pollution, crayfish and water insects and how to become stewards of our watershed. The auction supports all of HVA's activities from land conservation to protecting our drinking water and river system." ●

For auction tickets and to learn more about the Housatonic Valley Association visit their website at www.hvatoday.com or call (860) 672-6678.



Above: Trombone player Peter McEachern with the "Miles of Swing" band. Photo by Richard Pomerantz. Left: A map provided by the HVA of the Housatonic River Valley Basin.



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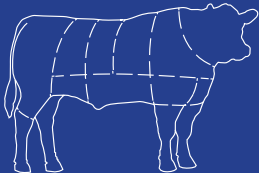
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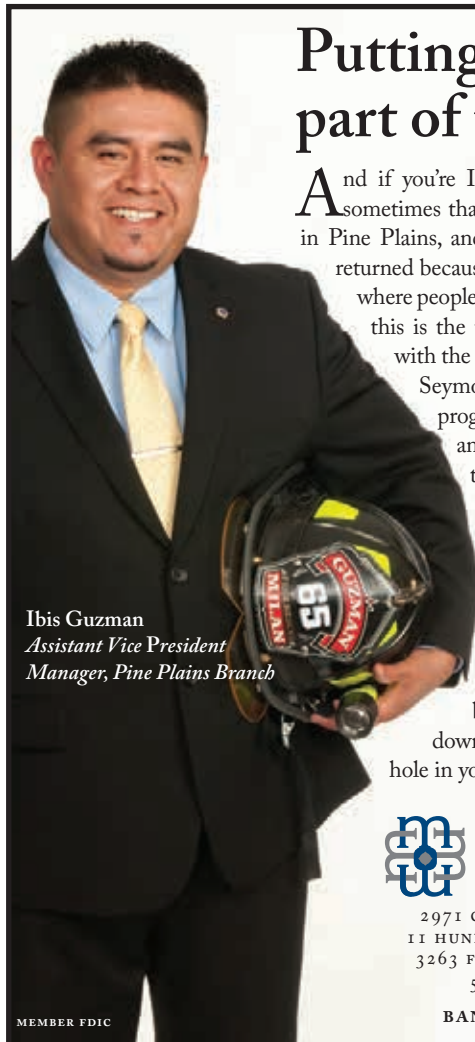


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AUTUMN IS A BUSY TIME FOR sports at webutuck high school

By John Torsiello
info@mainstreetmag.com

The trees are red, orange and yellow and in and around Webutuck High School the school's colors, and those of opponents, are flashing equally as bright as the annual rite of the fall sports is well underway.

The laid back months of summer (except if you are a young athlete training for this season) are over and it's down to business for dozens of student-athletes, their coaches, and Webutuck Athletic Director Jon Zenz. "It is absolutely exciting to start another season, somehow the freshly coated gymnasium floors and cut fields gets you pumped," says the AD. "The maintenance staff did a great job getting everything ready. We were hoping for better weather after last spring's brutal start, but we will have to be patient. Our teams are off to a good start, with girls soccer, volleyball, and field hockey all getting wins under their belts quickly this fall." This a trend that Zenz, coaches and players hope will continue until the chill winds blow the last leaves from the trees in November.

Autumn sports at Webutuck

During fall, the sports of soccer, field hockey, volleyball, golf and cross-country are played at Webutuck, which competes in the Mid-Hudson Athletic League. The school also sends half a dozen student-athletes to play on the Dover Plains High School football team, as Webutuck does not have a gridiron team of its own.

One of the Webutuck teams looking to repeat its great season of a year ago is the field hockey squad, which finished last season by reaching the state's Section 9 Class C final against Pine Plains. Although the outcome was not what the school had hoped for (losing 1-0 in the final), it marked one of the best seasons Webutuck field hockey has ever had. "We went in as the number two seed at sectionals," said head coach Hannah Peters, "and only lost in the last minute and 30 seconds to Pine Plains. We made it to the MHAL tournament, something that has not been done for at least five-plus years, going up against powerhouse teams such as Kingston, Pine Plains, and Rondout. We also ended up with four players on MHAL all-star teams; graduate Jane Markonic (1st Team), Julia Butts (2nd team), Caroline Markonic (3rd team), and Taylor Edmundson (honorable mention), as well as myself getting Co-Coach of the year."

This year, Peters' numbers are smaller than ever with only 13 players on her roster. But optimism remains high for another great season. "Kenya Blue, a senior captain, has stepped up into the leadership role and has done a phenomenal job in the



Left: A boys soccer game at Webutuck High School. Right: Field hockey players mix it up. Photos courtesy of WHS Athletics.



midfield. Caroline Markonic has shown great stick skill and creates scoring opportunities, and I expect her to be my top assist person. Julia Butts has to be one of the fastest kids in the league, and combined with her scoring abilities, she should be the top scorer this year. Elizabeth Cullinan has great block tackling abilities and will be key for the defensive-offensive transition. Taylor Edmundson will be another key player in setting up offensive opportunities. Newcomer Sophia Caldas has already provided us with goals."

The team's goal is to go into Sectionals as the top seed and to be able to come out on top. "We would also like to make it back to the MHAL tournament and make it farther than we did last year."

Soccer strength

Another team feeling buoyant this autumn is the boys' soccer team, which finished 13-4-1 last year. Star players include seniors Hunter Coulthard, an outstanding goalie, and Chris Reed, who scored 10 goals and had five assists in 2014.

"Our overall goal every year is to play soccer in November, meaning go deep in the playoffs," said head coach Kevin Doyle. "We have built a strong soccer program at Webutuck. I feel we have enough talent to reach our goal. Our defense is new and led by seniors Billy Bartlett and Andrew Nethercott. We are a young but fast team and we are depending on young players to step up. As the smallest school in Dutchess County, it is most satisfying to be a part of a successful program."

The girls soccer team won only four games last year but with over half of the team's roster either freshmen or sophomores there is cause for optimism about the future of the program.

"Our numbers are not very good this year," admitted head coach, Mark Moren. "We are without three returning starters from last year who are not playing for different reasons, so we are in a rebuilding year with a lot of younger players on the field. I

still have a good nucleus of returners who will keep us competitive and we will just keep getting better throughout the season."

Volleyball and cross-country

Gulten Caldas said her volleyball team "is an amazing group of girls." She added, "They are willing to work hard and practice for long periods of time. In a recent game, both referees complimented the team on a great job. One of the referees said this is the best Webutuck game he has ever seen. All the girls had great hits, serves, block and digs. As a first time coach I am very proud to be with this group of girls, and looking forward to an awesome season."

The boys and girls cross-country teams have only four members, but one returning athlete, Joe Butts, ran at the state meet last year and is expected to do the same this year. "We have three first time runners, Aldo Martinez, Taylor Edmundson, and Lara D'Alessandro," said head coach Shawn Hosier. "The two female runners have a lot of potential and I am expecting them to have a great season. Both females are also playing another sport this season, Taylor field hockey and Lara soccer."

Webutuck High School sports are aided by a Booster Club. The Club, which is trying to encourage greater participation by parents and others, is conducting an annual alumni soccer game October 10th, the morning prior to a high school boys varsity game at the high school field. Players donate money to participate in the event, and the club will be selling T-shirts and offering a light lunch to raise further funds for its endeavors, which includes buying trophies for student-athletes, hosting end-of-the-year banquets for each team, and paying for spectator buses if teams advance to state tournament play away from their high school. The Club is also attempting to raise funds by the sale of stadium cushions for use at indoor and outdoor events. ●

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North Elm Home is the newest addition to Millerton's retail family. Proprietors John Scutieri and Cindy Dunleavy are thrilled to be occupying the Johnson's building. Cindy says the Johnsons did such a great job designing the building for retail furnishings and it's tailor-made for what they're doing. This is a store you really need to take your time browsing through because there are so many unique items and objects that you would never expect to find. John and Cindy contest there are some similarities to other local business, but overall the presentation is uniquely different. At North Elm Home they are striving to create a fun community atmosphere; housing local artist, artisans, furniture and pottery makers, new and old antiques, as well as new and used furnishings – a style that is less traditional and more eclectic and artistic. A lot of natural elements are used in the items you will see around the store; solid woods, metals, recycled glass, cottons and wool. If you visualize the average home, very rarely does someone have 100% new or everything old. North Elm Home blends it all together – just like how people live. John and Cindy are talented at refurbishing furniture, offer design services, and purchase delivery too. The duo has been a part of Millerton for many years and are excited to welcome everyone to their new store.



Roaring Oaks Florist

Unique designs created with personal attention. 16 West Main Street, Sharon, CT. (860) 364-5380. roaringoaksflorist.com

Roaring Oaks Florist in Sharon, CT celebrated their 15th anniversary under the current owner, Terence Miller in September. His interest in nature and flowers began at an early age and he began working in the fields at what was then Silimar Farm in Millerton when he was just 12 years old. He then became an employee of the previous owner of Roaring Oaks where he learned quickly that he had a passion and talent for arranging flowers, which he enjoys doing to this day alongside his three employees. Roaring Oaks caters to all events where flowers are needed, including weddings, anniversaries, birthdays, holidays and special events. They service the entire north-west corner, as well as Dutchess County, and as far north as Sheffield and Ashley Falls, MA. He puts extra time and effort into the sourcing and care of the product ensuring that the flowers are only of the highest quality. Terence enjoys the fact that his diverse arranging skills can satisfy all budgets and tastes including contemporary, European, tropical, and traditional. He and his employees pride themselves on their reputation for quality and service and take pleasure in the fact that flowers make people happy, because in reality that's what business is all about.



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Jennings & Rohn Montage

Antiques, art and events. 25 Main Street, Millerton, NY. (860) 485-3887. jenningsandrohnantiques.com

The Jennings and Rohn family is excited to welcome their daughter Chloë as a fifth generation antique dealer. The family has had an antiques shop since 1987, along with their current space in Millerton, their shop in Woodbury, CT opened its doors in 1996. Along with many great pieces of antiques to choose from, they have rotating art shows, which are usually one-man-shows, but they have the capability to utilize the space nicely and overlap shows. Proprietor Dana is really excited about merging antiques and art together. It's not usual, but at the same time it is such a natural combination. Dana admits that art can be difficult to sell, but honestly no home is complete without it. They have new items coming in every week and pride themselves on having the shop look different every time you visit. They also work hard to have really tasty objects at every price point. Additionally, they stage houses for real estate and they do casual interior design consultations. Chloë notes that objects and their placement are really important, whether it be physical comfort or geometric satisfaction. Involving things that appeal to you in your space is important. They love Millerton and find it to be a really dynamic place. Stop in next time you're strolling Main Street!

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- **Create a Water Source:** Birds are attracted to the sound of dripping or moving water. You can use a birdbath or create a shallow pond with a fountain. Birds are attracted to the sound of moving water which may draw them from greater distances for a drink or bath. A mister or dripper can work as well.
- **Offer Shelter:** Birds feel secure if they have shelter to protect them from the elements and potential predators. Common bird shelters include trees, shrubs, brush piles and grassy areas. Provide shelter at different heights for birds that prefer both high and low shelters. Dense plant growth can be effective for smaller wild bird species. Trees and shrubs offer a place to raise their young.
- **Nesting Sites:** Different species nest in different places. Research birds you wish to attract to determine the types you should supply. If you are planning on placing nesting boxes, be aware that boxes with different hold sizes and shapes will attract different species. You can also provide nesting material such as string, yarn, small bits of cloth or anything similar a bird can use to build a nest.

Attracting wild birds can be an enjoyable hobby. The songs of birds are truly some of the most delightful sounds and the intense colors they bring to your backyard can be enjoyed year round by simply providing them with the essentials of food, water, shelter and nesting sites.

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Winter Weather Tips for Companion Animals

Depending on the age, breed, and health of your companion animal, they too can enjoy impending winter weather; however, to prevent hypothermia, frostbite, or other winter weather emergencies, certain measures should be taken to protect them.

Keep coats longer in the winter and/or provide apparel such as jackets or sweaters for shorter haired breeds or slighter builds (i.e. greyhounds), and protective booties. Housing companion animals indoors is recommended, but when not available, appropriate outdoor shelter, such as insulated dog houses, heated bedding, or outbuildings that protect against wind and drafts is highly advised. Older or chronically ill animals, puppies and kittens should be kept indoors. Use pet-safe salts in areas where companions walk frequently. Proper diet in the winter may require a change in the amount of food that is given due to change in activity. Some animals may need less due to decreased activity, while others who spend a majority of the time outside may require an increase due to the cold temperatures. Consult your veterinarian for specific guidelines. Keep water unfrozen by changing often or purchase a heated water bowl.

During the holidays, be aware of toxicities of certain foods, household plants, and miscellaneous items from the garage such as antifreeze. Ornaments and decorations can be very appealing to a playful dog or cat who may be looking to occupy themselves. Keep items in out-of-reach areas to prevent ingestion. See aspc.org for a comprehensive list of toxins in the home.

Basic obedience can be a great way to prevent outdoor dangers. Safe leash walking to prevent slipping on icy surfaces and basic call back commands to avoid dangerous areas (i.e. semi-frozen water bodies) when necessary can prevent injury to both human and animal.

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Although, flu season isn't far off, there are things you can do to prepare. Here is a list of 10 things to start thinking about now to help ward off the flu.

1. **Sleep.** Rest builds your body's natural defenses.
2. **Essential Oil germ spray.** Certain essential oils are anti-microbial. Make a spray and have it on hand for the usual places - drawer handles and door knobs to name a few. Consider: Thyme, Tea Tree, Rosemary, Oregano, Clove, and Lemon, or just buy a ready-made mix like Medieval Mix by Aura Cacia.
3. **Drink lots of water.** Water helps flush toxins out of the body. If the body's "terrain" is healthy to begin with, infections are much less likely to set in.
4. **Exercise and Breathe.** Oxygen deficient cells are an easy target for germs. Walking outside, deep breathing exercises common to most yoga practices, or just a good workout would all do the trick.
5. **Drink nourishing tea.** Consider burdock and dandelion root, nettles, oats, red clover and cleavers.
6. **Eat well and nourish your body.** Include more onions and garlic - nature's remedy to colds and flu. Turmeric and cayenne stimulate and activate the immune system. Start making those broths and nourishing soups that will build your defenses.
7. **Probiotics.** A strong gut = a strong immune system.
8. **Stock up on tinctures** that support your immune response. Consider: Astragalus, Olive, Reishi, Oregano Spirits, and Immune Defense.
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Quattro's Poultry Farm & Market
845 635 2018
Ronnybrook
518 398 6455
ronnybrook.com
Walbridge Farm Market
845 677 6221
walbridgefarm.com
Whippoorwill Farm
860 435 2089
whippoorwillfarmct.com

ELECTRICAL

Berlinghoff Electrical Contracting
518 398 0810
berlinghoffelectrical.com

HEALTH & BEAUTY

Hylton Hundt Salon
518 789 9390
hyltonhundtsalon.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
Sheer Illusions Salon
860 364 5111
The Village Herbalist
518 592 1600
tvhmillerton.com

HOME HEATING, ETC.

Crown Energy Corp.
518 789 3014
crownenergycorp.com
Herrington Fuels
518 325 6700
herringtonfuels.com
Lindell Fuels
860 824 5444
Taylor Oil
800 553 2234
gmtayloroil.com

HOME SERVICES

Associated Lightning Rod
518 789 4603
alrci.com
Eastern States Well Drillers
518 325 4679
easternstateswelldrillers.com
Ed Herrington Inc
518 325 3131
edherrington.com
Hussey Painting LLC
860 435 8149
husseypainting.com
Madsen Overhead Doors
518 392 3883
madsenoverheaddoors.com
Sheldon Masonry & Concrete
860 387 9417
W.B. Case, LLC
860 364 2169

INSURANCE & FINANCE

Bank of Millbrook
845 677 5321
bankofmillbrook.com
Brad Peck
518 329 3131
lofgrenagency.com
Salisbury Bank
800 222 9801
salisburybank.com

LAWN, GARDEN, POOL

Domenick Lopane Jr.
845 518 0632
Millerton Nursery & Garden Shop
518 789 3771
millertonnursery.com
Race Mountain Tree Service
413 229 2728
racemtree.com
Up Country Services
860 364 0261
upcountryservices.com

LIFESTYLE & EVENTS

B. Docktor Photography
518 329 6239
bdocktorphotography.com
Cantele Tent Rentals
518 822 1347
canteletentrentals.com
Catskill View Wedding & Events
518 592 1135
catskillviewweddings.com
Pop's Cabin
518 329 4889
popscabin.com

SVNA
860 435 0816
salisburyvna.org
The Moviehouse
518 789 0022
themoviehouse.net

REAL ESTATE

Bain Real Estate
860 927 4646
bainrealestate.com
Copake Lake Realty Corp.
518 325 9741
copakelakerealty.com
Elyse Harney Real Estate
518 789 8800
860 435 2200
HarneyRE.com
Carol Staats, Elyse Harney Realty
860 824 0027
carolstaatsrealtor.com
Halstead Property
518 828 0181
halstead.com
H.W. Guernsey Realtors, Inc.
845 677 5311
hwguernsey.com
Paula Redmond Real Estate, Inc.
845 677 0505
paularedmond.com

SPECIALTY SERVICES

Country Gardeners Florist
518 789 6440
countrygardenersflorist.com
Ghent Wood Products
518 672 7021
ghentwoodproducts.com
Hollis Gonerka Bart, LLP
518 771 3031
hgblp.com
Kenny Funeral Homes
860 364 5709
kennyfuneralhomes.com
Michael D. Lynch Law
860 364 5505
michaelylynchlaw.com
Roaring Oaks Florist
860 364 5380
roaringoaksflorist.com
Stone & Tile Services
860 824 5192
stonepolishingct.com
The Cord King
845 797 6877
Valentine Monuments & Sandblast
518 789 9497

STORES

Charlotte Taylor
518 592 1800
Elizabeth's Jewelry
518 789 4649
elizabethsjewelry.com
Hammertown
hammertown.com
Horse Leap
845 789 1177
horseleap.com
Montage
25 Main Street, Millerton, NY
Pieces
914 388 0105
Saperstein's
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SomethinsGottaGive
860 824 8045

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WHAT'S YOUR SIGN?

ARIES (March 21-April 19)

You need to re-examine your travel plans, as well as plans that relate to creation and work with children. Be careful not to give mixed signals.

TAURUS (April 20-May 20)

The intense conversation you had with a loved one is going to throw you off balance. Show patience.

GEMINI (May 21-June 20)

Your happiness is entirely up to you! And with that same mentality, you will get a ton of great ideas.

CANCER (June 21-July 22)

If you think that you don't have anything interesting to say, keep your mouth closed. Your talent to see and understand the details are at their height.

LEO (July 23-Aug. 22)

It's crucial to know the circumstances and know the game if you're going to take chances. Remember that people have varying opinions.

VIRGO (Aug. 23-Sept. 22)

Help someone without them knowing about it - it's like the opposite of teasing someone. Don't neglect nor ignore your friends or family.

LIBRA (Sept. 23-Oct. 22)

You have great creativity and talent. Give yourself time to work on your body, mind, spirit, and soul, because the balance between them is important.

SCORPIO (Oct. 23-Nov. 21)

Allow your family and friends time to adjust to the changes you're incorporating right now. Hurry slowly because there are consequences.

SAGITTARIUS (Nov. 22-Dec. 21)

You need to let loose and let your hair down. Everything relating to your home and family life will soon work itself all out.

CAPRICORN (Dec. 22-Jan. 19)

The best way to get what you want may not necessarily be the way you think. Don't become paralyzed when things don't go your way.

AQUARIUS (Jan. 20-Feb. 18)

It's hard to see those around you struggle or get into trouble without wanting to intervene. Proceed with caution. Don't shoot the messenger.

PISCES (Feb. 19-March 20)

To live life, it's necessary to have freedom. Be true to yourself and don't do things that are half-thought out, then everything will work out.

Annual Screening Mammograms Save Lives. Plain & Simple.

FREE Mammograms for UNINSURED Women*

**Tuesday, October 6th | 8a-6p &
Thursday, October 8th | 7:30a-7p**

**+ a Special Late Night for ALL Women
on October 20th until 7p**

* Call 860.364.4070 today to schedule your appointment.
Appointments are scheduled on a first come, first served basis.

**Plus, Please Join Us For Ladies Night
With A Roundtable Discussion
"Women's Health | Caring for YOU"
on Wednesday, October 28th at 6p
in the Four Trees Cafe at Sharon Hospital.**

Dinner will be served. Please call 860.364.4444 to RSVP.

Presented by Emilia Genova, MD | General Surgeon,
Kristin Newton, MD | Family Practice,
Michelle Apiado, MD | Family Practice,
Rebecca Malone, APRN, FNP-BC,
Meg Corjulo, CNM, Tracey Sheedy, RPA-C
Joan Pezzano, RN | Director Women & Infant's Services
Pam George, RN | Director Emergency Services
Rachel Sobol, RD, CD-N | Nutritionist
Melissa Braislin, MS, CCC-SLP | Stroke Coordinator

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