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MAGAZINE





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## OUR FIRST ISSUE IS HERE!

Welcome to Main Street Magazine which is for and about the people, businesses and curiosities in our beautiful tri-corner area of the world.

My name is Thorunn Kristjansdottir and I am the owner, publisher and editor of this magazine. I've lived in this area over half of my life, having first moved here from Iceland in 1989. Millerton was much different then, and I've enjoyed watching it grow and prosper through the years. Last November I moved my graphic design firm to Main Street and I immediately saw a need: there was no magazine specifically for and about this area. I had been one of the founders and publishers of a similar magazine elsewhere for six years, and so I decided to answer the calling and create a magazine for us here.

In creating this magazine, I tried to create a nice mixture of articles, columns and types of stories that we will feature in coming issues. My goal is to have something for everyone. For that reason, we will always have a business feature, a health column, historical feature, an artist profile, a page featuring half a dozen friendly faces, a restaurant review, a legal and insurance information and advice column – to name a few. And all of our articles will have relevance to this area, because their focus is on the people, businesses, curiosities that are only to be found here.

In creating this magazine I made it my goal to make this the best magazine that I possibly could. For that reason I've gotten some great people on board with me: Ashley Fournier, the personable director of advertising; the very talented Steven Steele Cawman, our the contributing photographer and arts writer; and business-savvy Christine Bates, one of our contributing writers; and Mary O'Neill, another one of our fantastic contributing writers who has her finger on the pulse of this community. I've also gotten a fantastic printer to guarantee that the paper and printing quality will be superb. And let's not forget our advertisers, because without them this magazine would not be possible. Please thank them by shopping in their establishments! Shop local and support this great community.

We welcome your comments, questions and inquiries. Tell us about the curious, the interesting, the fun, and the unique. Tell us what kind of stories you'd like to read about. And I'd love for this "editor's note" column to develop into a column where our readers write us and we respond to their comments and or questions right here!

Thank you.



**MARCH 2013**

Cover photo taken in Millbrook, NY  
Cover photo by Steven Steele Cawman

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# welcome to main street



This is an amazing area! Our tri-corner part of the world has it all. It has great people and wonderful communities, it has out-of-this-world restaurants, an abundance of businesses that cater to our every need, talented artists, curious stories, a rich history, and a very bright future. And I am thrilled to have become a part of this community.

It was for all of the above-mentioned reasons that I decided to start a monthly magazine here. As far as I could tell, this area didn't have its own monthly magazine that solely focused on Millerton, Amenia, Copake, Lakeville, Sharon, Millbrook and beyond. That is the goal of this magazine.

## What we hope to achieve

We want to tell a good story – a true and positive story. We hope to bring you exciting and intriguing stories, both past and present. We also want to introduce you to some great people, ones you may pass by every day, but you may not know anything about. The personal interactions that we have in

small towns such as ours are special. We aren't just another face in a big city full of faces. We know our neighbors.

The stories that will fill the pages of this magazine will have a specific, yet broad focus – because this area has a vast population and culture, and the stories will represent that. Every month we will feature an in-depth business profile of a local business, celebrating the entrepreneurial spirit of the region. This gives us an opportunity to get to know our businesses and learn about the people behind them, and the services that they provide us with. In addition, we will also have a business snapshot article where we profile a snapshot of four local businesses. These local businesses are integral to our thriving community.

Our community is also home to many an artist. These artists help bring color to our community and lives. As do the restaurants, who not only satisfy our hunger, but intrigue and excite our taste buds.

There is so much color here, so much spirit. And that is what I love. I came here as a child, as an outsider. But I was welcomed into the community, and I've grown with it. We have beautiful agricultural land that is bountiful, and we also have thriving towns and cities. We have talented and

multi-faceted people that make up our population. I say that we have the best of both worlds, and it is all right here.

## Why Main Street

I opted to name this publication *Main Street Magazine* because just about every town, village, and city has a Main Street. For that reason this publication can represent all of our Main Streets.

We hope that you will enjoy our stories. We hope that you will thank our advertisers for making this magazine a possibility by shopping in their stores, buying their products, and hiring them for their services. We hope that you will join us in the celebration of our region.

We also welcome your questions and comments. And if you have a story to tell, call or email us, or better yet – stop in and say hello. We are located at 24 Main Street, next to Oblong Books.

We thank you for your readership and support. Enjoy! •

– Thorunn Kristjansdottir



# from down under to up-state:

## LEON SMITH, SCULPTOR



White Forest

By Steven Steele Cawman  
arts@mainstreetmag.com

Beautifully nestled on two hundred and fifty acres in the rolling hills of Winchell Mountain in Ancramdale, is the home and studio of sculptor Leon Smith. Here, his work is showcased in a twenty-acre sculpture garden that provides a majestic backdrop for his wonderful and whimsical creations. Those creations captivate and inspire at every turn. As you coast along the long driveway to the old farmhouse and studio, Mr. Smith's works surround you. The manicured fields that once were home to dairy cows are now populated by sculpture. At a fork in the road, the drive heads to the either the house or the studio. Here, visitors are greeted by a massive six-foot boomerang decorated with traditional aboriginal paint motifs that hint at Leon's past, and teases the viewer as to what lies ahead throughout the property.

### Dental molding in Australia

Seventy-nine year old Smith was first introduced to the materials, tools and techniques of sculpture while studying dentistry at the University of Sydney, Australia during the 1950's. There, he became fascinated with the small-scale molding and casting methods used in the creation of dental implants and orthodontic pieces. From these small beginnings, his ambition to create drove him on to bigger things. While he enjoyed a successful career

as a dentist, Smith could not fight the urge to travel the world and explore other cultures. As a citizen of the British Commonwealth, he was able to travel and explore the many lands that once made up the empire and seized the opportunity to work abroad, setting up shop in Hong Kong and London for a short time.

### Mexican tiles

In 1962, while studying new dental techniques at University of Michigan in Ann Arbor, he met and later married Elaine. His wanderlust eventually got the better of him once more. At this time, he realized that it was not fair to the patients for him to spend so much time away from the office and he traded the Dental Arts for the Arts. It was time for a change.

In 1964, the two moved to New York, where Leon began to explore his passion for large-scale sculpture in earnest. He also established himself as an importer of hand crafted tiles from a remote village in Mexico's Yucatan Peninsula. Things took off for him after an article about his tile business was featured in the New York Times Home section. As ever, times and tastes were changing. An increased appreciation for handcraft and artistry developed as interior decorators and homeowners moved away from the dull, vinyl flooring and linoleum counter

tops of the 1960's towards handcrafted products that expressed an individual's tastes and aesthetics. Smith had negotiated exclusive distribution rights with the workshop and craftsman and was able to benefit from the change in the American design aesthetic. He was able to respond with high quality, colorful products that were handcrafted by artisans and responded to increased appreciation for craft and artistry.

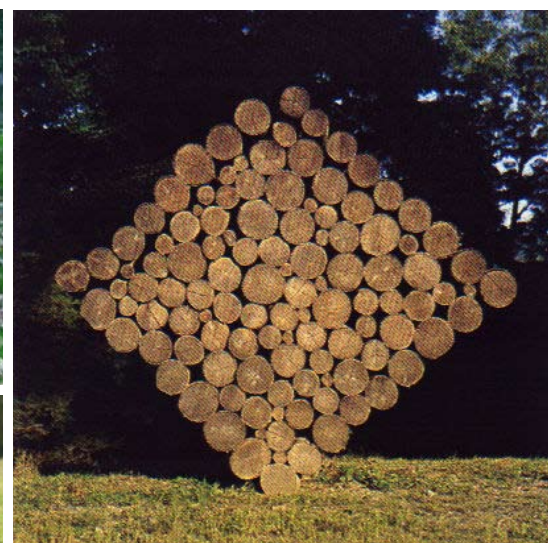
The success of the tile business also fueled Smith's interest in sculpture. As he expanded his business and hired more employees, he had the time and resources to explore his passion for sculpture. His sculptures became larger and he began to integrate the idea of balance and motion into his work. The contrast, tension and delicate interplay between scale and movement is something that he continues to explore and develop today in his larger outdoor pieces as well as his smaller works.

As the scale of his work grew, so did his need for more studio space and room to display his work. So, in 1975, he purchased the initial plot of land that would one day become the home and studio of today.

### The birch office

There is a great deal of wit, humor and transformation in Leon's conceptual pieces. In the playfully





Bulbus  
Circulars  
Horotree

Tree Frame

Mask Bluer  
Pink Tree

Echo  
Branch Office

On Edge  
Hand

titled Branch Office, a 1960's filing cabinet, office chair and metal desk, complete with rotary phone and typewriter, almost disappear as if they part of the natural landscape. The cold grey metal of the desk and the green vinyl of the chair's cushion are transformed. They are replaced with an application of black and white paint that replicates the coloration and texture of birch bark, camouflaging the items into their surrounding. By cleverly positioning the piece in a small cluster of birch trees, the viewer is forced to double-take as they explore the sculpture garden and happen upon Branch Office. What is seen is not seen.

In his work, Dysfunctional Table he presents the viewer with what seems to be a perfectly quotidian table and two chairs. Upon further inspection however, the chairs have become incorporated into the support structure of the table, making it impossible to pull out the chairs, thus rendering the table completely useless on its own. The pieces need each other. They work in unison but not in isolation.

### Duality and contrast

In addition to humor, there is a duality that runs through all of Leon's work. One contrast that runs throughout his work is the divide between the pieces that stand out discordantly from the natural world, and those that exist in harmony with their

organic surroundings. The first are composed primarily of larger steel and aluminum sculptures that boldly declare with their shape, scale or bright color they are not a part of the organic world and have been placed there by a force other than nature. They stand in nature but are not of it.

On the one hand we find works that fit in and blend with nature embracing or enhancing the natural world around them. They create their own ecosystems and become a part of their environment. A vivid example is Tree Frame, in which a seven-foot-tall, bright pink steel halo surrounds a living cedar tree. The halo and tree are separate but exist together, playfully fusing the organic with the geometric. Art and nature intertwine to create a new form.

Leon's work also explores the idea of elevating the objects we see in everyday life and taking our perception of them to a higher level. In his piece Logorrhea, he takes what he calls the "miserable little woodchip" and transforms hundreds of them into a graceful curvilinear cascade pouring from the knot in a small log. As with his history, his art often showcase transformation. Like Marcel Duchamp with Bicycle Wheel, Leon takes the objects of daily life and metamorphosizes them from the ordinary into things to be coveted and collected. In some of his more recent work, he takes the shape

of the prefabricated light bulb and transforms it into something totally new, asking the viewer to rethink notions of everyday objects. Smith also cuts away portions of their solid form, experimenting with ideas of positive and negative space. Through his celebration and exploration of shapes, Smith transforms what we see and perceive, expanding our own understanding about every day objects and what they can be.

Leon and his wife Elaine recently celebrated their fiftieth wedding anniversary. In addition to her work teaching English as second language, Mrs. Smith is an accomplished painter and creates her art in a small, light-filled studio immediately adjacent to his. Hanging on the wall in her space is a beautiful trompe l'oeil painting of a yellow quilt, so realistic that you initially think it is an embroidered piece fabric hanging on the wall. Transformation of perception and metamorphosis can be found throughout the Smith's home, and offer an inspiring and captivating experience to the visitor. ●

*The studio and sculpture garden are open to the public by appointment, to arrange a visit call 518-329-4521. To learn more about Leon and to see more of his work visit [www.leonsmithsculpture.com](http://www.leonsmithsculpture.com).*





Photos: Henry Smedley

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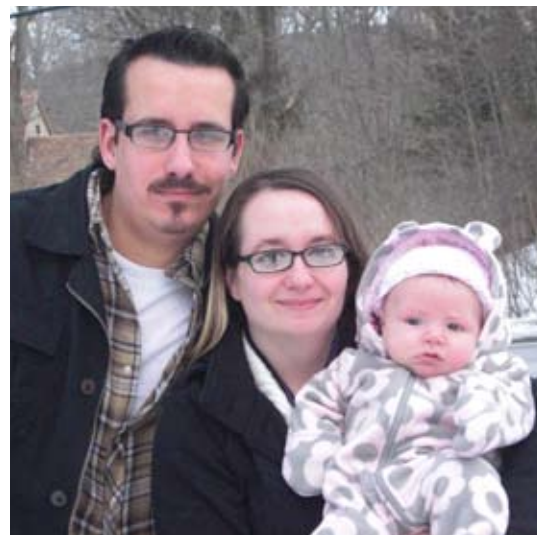




Longtime friends, **Lisa Mackey** and **Betty Grindrod**, were window shopping on Main Street in Millerton after enjoying a delicious portabella mushroom sandwich at Irving Farm Coffee House. Betty, a native of Sharon CT, has worked in the Millerton area for 18 years as a gardener, specializing in perennials and tropical plants. This time of year jasmine is her favorite plant, little white flowers on a vine with a distinct fragrance. Lisa, on the other hand, has worked as an MRI Tech for the last eight years. Lisa was visiting Betty from Woodstock, where she lives with husband Dave and their Chihuahuas, but originally hails from Saugerties. The two friends met some years ago thanks to a common interest, both being owners of Icelandic horses. Betty likes Millerton's small town feel and how friendly everyone is. Lisa enjoys the country atmosphere and the surrounding areas. Yeehaw!



**Noemi Fernandez** is an ambitious 23 year old with a sweet tooth. She was born in Florida but is a long time resident of Millerton. Noemi is a home processor who bakes locally for her business, Pinkee's Pastries and More. Noemi makes anything from delicious cookies, to amazing brownies, to soft and chewy granola bars and everything in between. Her most popular cookies are the arugula and secret kisses cookies. Perhaps surprising to some, she does pretty well selling her treats to some of the folks at the Northeast Fitness Center. They're of course buying her protein bars though. Every Friday Noemi walks to each business in Millerton offering her fresh baked treats. To place an order from Pinkee's Pastries and More, please call her at 518-789-0667. Noemi likes how Millerton has a family town feel to it and appreciates how supportive everyone has been about Pinkee's Pastries.



**Paul and Felicia Amash** are a young and fun-loving couple. They have been married for five years and reside in Hillsdale. They both grew up in the area and love the tight-knit community. They recently became excited new parents, welcoming their adorable daughter **Lucy** last November. Paul and Felicia can't believe she is already three months old! Lucy is growing and learning so much every day. Lucy has recently discovered her voice and is cooing a lot. Paul is the manager of The Hillsdale General Store. He has been with the company since the grand opening, a year and a half ago. Felicia works for Brad Peck Insurance in Copake as a customer service agent. Felicia has been in the insurance business for a year and a half as well. Paul and Felicia look forward to many more years of happiness together with little Lucy. Peek-a-boo! Where's Lucy?



You may recognize **Carleen Penney** from her days working at CVS here in Millerton. But she has moved down the street and has made her debut at First Niagara Bank at the Millerton Branch. Carleen is a new teller at the branch and is looking forward to getting to know the ropes as well as all of the local people that bank at the branch. She said that so far the transition has been easy; everyone at First Niagara has been so friendly and helpful. Outside of work, Carleen has a passion for horses. She laughed as she said, "I learned to ride horse back before I could walk." She spends a lot of her spare time at her parent's farm, East Mountain Farm and Stables Inc., located in Dover Plains. Carleen has the pleasure of owning both a Thoroughbred and an Irish sport horse. She smiled and said, "They are good boys!"



**Diana Reilly** has been the branch manager at First Niagara's Millerton branch since June of 2012. Diana loves helping her customers and her co-workers. She says they are like a family. Diana lives in Poughkeepsie and therefore commutes every day. She lives in Po-town with her husband, Jason, of three years and their three kids. Jason works as a contractor. Her son Luke is 16 years old and is into hunting and researching for his first car. Twins Jason and Alyssa are about to turn four and are at such a fun age, says Diana. Jason likes to play Disney Jr. games and snuggling while Alyssa loves having "girl days." This includes dressing up, putting make-up on and singing in the kitchen. Diana is looking forward to the nice weather to arrive and planning a nice vacation. "The kids love the beach." Perhaps a beach vacation for the whole Reilly family is in order! Or wait, did someone say Disney?



**Valerie Whitmore** is the ever cheerful office manager at Dutchess Oil & Propane in Millerton, while her four-legged friend shied away from the camera. Val has worked at Dutchess Oil & Propane for eight and a half years. She enjoys the everyday challenges that her job brings, and it keeps her on her toes. There's never a dull moment, especially this time of year! Val loves getting to know the company's many customers and forming friendships with them. When Val's not at the office she resides in Gallatin with her Stevie and their five furry pets, which include three dogs, a cat, and a hamster. Valerie is a huge animal lover and rescue animal adopter. Not many folks may know this but Val's a southern bell, hailing from Toccoa Georgia. Where's the accent, we asked. She laughed and explained that the accent only comes out when she's around her family, or when she gets mad. "Well, I do declare!"





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# a healthy lifestyle

By Thorunn Kristjansdottir  
info@mainstreetmag.com

How many of you have started the year off fresh with high ambitions and a New Year's Resolution saying to yourself, "This will be the year that I stick with it! I'll go to the gym, eat healthy, get in shape and lose weight." And how many of us have failed? Don't fret, you're not alone. I, too, have added to the failure statistic. But this year is different! This year I didn't make a resolution at the stroke of midnight. Instead I made a simple promise to myself: I'm going to get healthy, and I want to do it for my overall well-being.

In making this promise, I made a conscious decision not to go crazy and go to the gym every day (and hurt myself) for the duration of about a week, and in that week to eat nothing but fruit, vegetables, lean chicken and drink water – all in horribly small quantities to boot. Instead I started out with a mind set, and with a healthy consciousness.

## The first steps: the hardest steps

I once read in *Eight Weeks to Optimum Health*, written by Dr. Weil, that it takes three months to break a habit (good or bad). For those three months you have to actively correct your behavior and be conscious of what you are doing, and be conscious of what you are trying to alter. Dr. Weil used diet and exercise as a typical example. The good news: he said that once you get past the three month mark that the altered behavior becomes your new habit, and it is therefore easier to stick with.

I spent the month of January making small adjustments to my eating habits. For me it wasn't that I hadn't been eating well up until then, it was more about the quantities of food that I was consuming. I haven't eaten red meat in over ten years, I eat junk / fast food maybe a handful of times a year, and I seldomly drink alcohol. But my downfall lies in indulging in an appetizer before an entree, where the entree should have sufficed. Or after eating a satisfying and healthy dinner, I indulge in a tall glass of cold non-fat organic milk with fresh baked Pillsbury chocolate chip cookies. It's unnecessary, and I knew it. So I began by cutting back.

In the beginning of February I joined the gym. The North East Athletic Club in Millerton has a nice variety of equipment and weights, and classes are now free to members. I spoke with Bill, the new owner, who was very helpful and welcoming.

Of course, the first step is getting the gym membership, but the next step, and the more difficult one, is actually going to the gym – and numerous times a week, too! It is a commitment, one that can seem difficult for busy people such as myself. During my first week, I worked out three times doing a

mixture of cardio and weight training. It felt great! I wasn't too sore, nor tired the next day, but in fact I had more energy.

## The third step

The third step in fulfilling the promise to myself was to see a nutritionist. My goal was to get a professional opinion about my diet, but more so about my lifestyle. At the end of the day, it's more about our habits that then become our lifestyle than anything else.

I saw Dr. Richard Malik in Salisbury, CT. Before seeing him, he asked me to document what I ate for three weekdays and one weekend. I explained what I had been doing up until then and why. He said that I was on the right path. Part of the battle to a healthier lifestyle is being conscious of what it is that you are consuming. As the old saying goes, you are what you eat.

In our hour long meeting we covered a lot of areas of health and nutrition. After reviewing my food diary he agreed that the occasional sweets are my weak point, and could fairly easily be eliminated and replaced with fruit, for example. But he surprised me with one thing. He explained that my morning cereal routine wasn't necessarily the best thing to be having. And here I thought that I was being so good by having whole grain cereal with non-fat milk. He explained that this was a sugary cereal and that yes, it helps with digestion but it affects your sugar levels, too. He said that I could substitute the cereal with fruit or oatmeal. An easy fix to make.

## The importance of good food

As Dr. Malik and I continued our discussion he said that I could and should eat as many vegetables

as I wanted, either cooked or raw. I could also have as much fruit as I wanted. They are both an excellent source of vitamins, minerals and antioxidants.

Juice and soda are out, and water is in! Water is crucial, but I already had that field covered. Lean meats are also in. In the paperwork I took home it states: "Your body has to use energy to digest and absorb nutrients in food. 20-30% of calories from protein are used to digest the protein; this makes protein a true diet-supporting food."

We continued and covered all of the food groups, but this is where seeing a nutritionist becomes more individualized, and therefore I can't give further general information in this column. Dr. Malik came up with a plan designed for me that will tweak my eating habits to fit my ultimate goal, which include a vitamin regiment that includes iron to compensate for the fact that I don't eat red meat. My new regiment is a little bit of a weight loss regiment, too – not that I have to lose weight. My interest is more about becoming a healthier person, nutritionally and physically. And Dr. Malik added that proper eating habits (plenty of fruits, vegetables, lean meats and water – no junk) are more than half of the battle of weight loss. Food for thought – no pun intended.

According to Dr. Malik, we should eat what comes naturally from the earth, and if we eat well 80-90% of the time we're doing well. Eating should be a joyful experience, because continuously counting calories is boring, I say. He also said that hunger is our friend, the right level of hunger that is, because it means that we're succeeding in our weight loss goals. What is your health goal?

*This is the first in this series of A Healthy Lifestyle, and will be continued next month. Photo source: Google Images.*





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John Harney is the president of Harney & Sons, one of America's largest specialty tea companies. After years of experience in buying and blending teas, he founded the privately held family business in 1983 in Salisbury. Harney & Sons is now Millerton's largest employer with a 89,000 square foot factory employing 120 people on Route 22 in the town of North East. Harney & Sons also operates tea parlor tasting rooms in Millerton on Main Street and in Soho in New York City.

#### **Do you consider yourself a serial entrepreneur?**

"I'm afraid I am. I like excitement. I think you're born with it."

#### **How did your early years prepare you for running a multi-million dollar beverage business?**

I was born in Lakewood, Ohio and after my mother died I was sent to live with an aunt and uncle who had a farm in Dunkirk, New York near Lake Erie. After several years of milking cows and growing vegetables, I knew I didn't want to be a farmer and persuaded another aunt and uncle in Vermont to take me. They managed three hotels and that's where I learned the hotel business. I enjoyed the

people, food, and wine. And then after high school I joined the Marines.

#### **Was being a Marine valuable entrepreneurial experience?**

It was great preparation. You learn how to be the boss. How to make good rules. How to teach employees. After four years service, the Marines also gave me the chance to go to Cornell University School of Hotel Management on the GI bill after I was discharged.

#### **When did you get married?**

Elyse and I met at my uncle's hotel in Vermont where she worked summers during college. We were married in 1952, my freshman year at Cornell, and have been partners from the get go.

#### **What was your first business?**

After college we leased the Covered Bridge Inn in West Cornwall, Connecticut, which is no more. With only three rooms and no liquor license for the restaurant it wasn't big enough to make money.



Above top:  
John Harney, founder and president

Above:  
John's son, Michael, begins to pour  
tea for the tea tasting of the day

Continued on next page ...



### Then what happened?

Two local investors purchased the White Hart Inn located on the village green in Salisbury, gave us some ownership and asked us to run it. We were there seven long days a week for 23 years. Elyse was the hostess in the restaurant and managed the wait staff, and I was in charge of everything else. We had a great restaurant, we never lost money and after twenty years we wanted out. The White Hart was sold. I had no real idea of what I was going to do next, but Elyse got her real estate license.

### How did you get in the tea business?

Very slowly. While running the White Hart I became friends with Stanley Mason, an elderly, retired British tea blender and importer who had apprenticed in the tea trade in London. He had a very small tea business named Sarum (that's Latin for Salisbury) and he started to supply the White Hart restaurant with tea. He used to pack tea in the living room of his tiny cottage near Twin Lakes. He taught me everything. What to look for. How to buy tea. Who to buy tea from. How to blend it. Diners noticed the difference and asked where they could buy the tea so we set up a little retail store at the White Hart.

In 1970 Stanley sold his very small business to the White Hart. When the White Hart was sold I kept Sarum and resolved to have only family members as partners from then on.

### How did Harney & Sons begin?

In 1983 I renamed the small tea business Harney & Sons, although my son Michael didn't join me until 1987. It started in my basement, went upstairs to the back of our house and grew from there. I just jumped in. I concentrated on what I knew – hotels – and grew the business from there. The Palm Court in the Plaza Hotel was our first customer. I went to the restaurant and had them compare our tea with what they were serving. After a taste test they immediately recognized the superior taste of Harney Tea.

### What is the difference between your tea and a box of supermarket tea?

Once you taste good tea you can't go back. You can



see the difference in the tea leaves. Mass market tea is ground-up crap.

### What is your most popular tea and which one do you like best?

Hot Cinnamon Spice is our most popular blend, but I prefer the classic orange pekoe.

### Where does your tea come from?

We visit the growers in China, India and Japan and taste the tea on site. When it arrives back here in our warehouse we taste it again. Michael may taste 75 teas a day.

### How would you describe your business?

We are a beverage company. I guess you could call us a luxury brand. We have a wholesale business, which sells tea to high-end restaurants, hotels like the Four Seasons, and to retailers like Williams Sonoma, Target, and Neiman Marcus. We also sell directly to consumers through our catalogue and Internet website.

In addition to loose tea, tea bags, and tea sachets Harney & Sons sells bottled ice tea using our own fresh tea bottled for us in Pittsburgh, and other beverages. Our catalogue and Internet business include other tea related products like teapots and mugs, books and cookies.

### What about the tea tasting locations in Millerton and Soho?

We really do that for presence. They don't make much money and they are a lot of work.

### Is the Internet important to your business?

It's very useful and we went online very early.

### How do you market your product?

We usually do the two Fancy Food Shows. That's it. We don't have a PR person. People come to us. We don't advertise. We do all of our graphics and design work in-house.

### What was your wisest decision?

I don't know. Maybe our commitment to quality. We remained different and have always tried to buy the best product.





**Do you have a business plan? Or have you ever had a business plan?**

No. We do what we can.

**Did you ever make a big mistake in your business?**

I can't remember any, but I probably made lots of little mistakes.

**Do you do any market research?**

Are you crazy? That costs money. We talk to our customers.

**What is your favorite part of the business and what is your least favorite task?**

Talking to my customers is my favorite part of this business. Collecting bills, on the other hand is my least favorite. I let other people do that. If customers don't pay in 90 days, we chop them off quick.

**What advice do you have for entrepreneurs starting out.**

Have a fall back. Don't shoot all of your guns at the same time. Don't bite off more than you can chew. Have the right product.

**What are the some of the biggest mistakes that people make in starting a business?**

Borrowing money and expanding too quickly. We have bootstrapped our business and have grown slowly. Be sure there is a need for your product. No one needs buggy whips anymore. And stay away from no-win businesses like little restaurants.

**Do you believe that successful entrepreneurs have anything in common?**

I think they all know something about their business or industry.

**Is our region a good place to start a business?**

Yes, there are plenty of people who want to work. And it's easy for customers to come and visit, like Chuck Williams of Williams Sonoma.

**Do you have any difficulties in running a family business?**

No, we are all interested in producing a quality



product. We may have minor disagreements but we believe in our product.

**Are there any books, websites, training or classes that you recommend to someone starting a business?**

Those all sound pretty dull. Of course Cornell's Hotel Management School gave me exposure to all aspects of running a business. You should have some financial and marketing knowledge.

**What's next on the horizon for Harney & Sons?**

We need to expand our manufacturing facility. Right now we are running two shifts and sometimes have to go to three. About once a month we get a call from a private equity guy or an investment banker wanting to know if we want to sell the business or take on partners. Why would we? ●

*This is the first in a series of Main Street Magazine interviews with our region's entrepreneurs.*



Opposite page:  
Large photo, tea samples for the day's tasting  
Small photo, tea being mixed in the factory

This page:  
Left:  
Inside of the warehouse on Route 22

Above top:  
Michael Harney and Elvira Cardenas  
prepare to sample the day's selection

Above middle:  
Four different samples of tea







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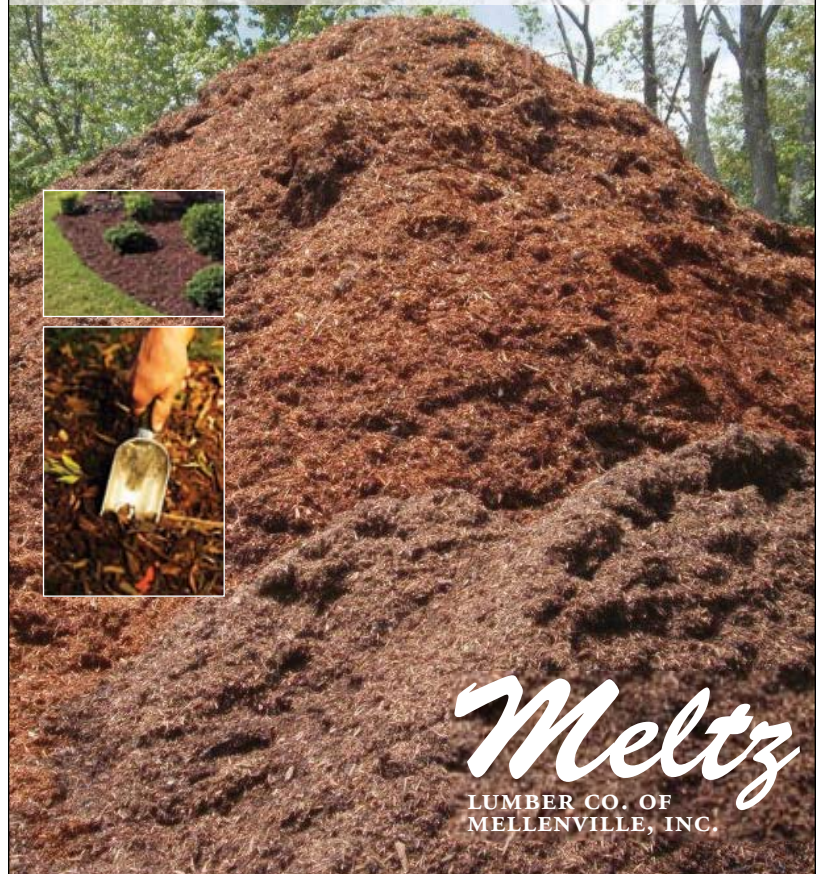
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# great gastronomy

## AT THE BOATHOUSE

By Thorunn Kristjansdottir  
info@mainstreetmag.com

Gastronomy is defined by the Merriam-Webster Dictionary as the art or science of good eating. And who doesn't love a phenomenal steak with a side of garlic mashed potatoes, tender and juicy chicken, or a crispy french fry that is salted just right? We can all appreciate great food. And we are fortunate because there are numerous masterful restaurants in our tri-corner area, with a huge selection of dishes to choose from. It's simply a question of, what are you craving?

### An ode to good food

I have had the good fortune to taste many different types of food and from all over the world. I don't claim to be an expert on food, far from it, but I know what I like and I know what tastes good. For that reason, I felt that I owed it to the local eateries to create this article just about them.

My intention is to visit all of the local eateries in the many issues to come, taste the great foods that they have to offer, and to report back to you. I will most likely have to re-visit a lot of these fine establishments, because I can only eat so much in one sitting, and they have vast menus. I know, what a hard job this will be – I jest.

### One of my favorites is ...

The Boathouse in Lakeville, Connecticut is hands-down one of my favorite restaurants. I enjoy their whole package: the atmosphere is cozy and the seats are comfortable, the staff are always very welcoming and friendly, the food is consistently good every time and the ingredients are fresh, and the price is reasonable.

According to the restaurant's website, "The ambiance is warm and rustic, and infuses traditional New England style with fine dining elegance. Similarly, the menu pairs old fashioned home cooked classics with more complex culinary masterpieces. To accompany your meal, we offer a variety of wine, beer, and cocktails from our expansive bar. The restaurant also boasts a full service sushi bar where authentic Japanese delicacies are prepared fresh to order."

There isn't just one thing that makes this restaurant my favorite, but many. As their website states, in addition to offering many great classic dishes, their sushi is phenomenal. And it is in part thanks to them that my sushi palate has expanded. I truly enjoy their sushi selections.

### I'd like to start with ...

For my first review of The Boathouse I opted to



start by ordering the almond crusted goat cheese and arugula salad dressed with berry vinaigrette. My boyfriend opted to try one of their specials. He ordered the Bravely Heart, which consisted of tuna, scallion, unagi and avocado roll topped with pepper tuna, strawberry and special sauces.

After placing our order, our waiter Andy brought us some tasty rolls with butter to enjoy while our dishes were being made. A few moments later he appeared with two beautiful plates. The Bravely Heart stole the show, however. It looked phenomenal and I was intrigued to see how this beautiful piece of art would taste. I will admit that I'm not a huge fan of the real fishy-tasting sushi, but that didn't impact me in tasting this special.

The sushi pieces were paired two together, in the shape of a heart. The pepper tuna wrapped around the innards, and it was topped with a sauce, with the avocado poking out from underneath. The strawberry and special sauces decorated the plate. Upon ordering I had asked myself how strawberry

would go along with sushi and let me tell you, it is magnificent. The sweetness of the strawberry sauce came through first along with the distinct taste of the soy sauce. Salty and sweet. Then the sweet avocado and rice burst out. The pepper tuna is what I tasted last, in the back of my mouth the pepper left a fantastic and distinct pepper-spicy taste. This was an amazing combination!

I've tried numerous salads that are on The Boathouse's menu, but I hadn't yet tried the almond crusted goat cheese and arugula salad. The arugula was dressed just right in the berry dressing and complimented the distinct taste of warmed goat cheese. But the almonds managed to alter the goat cheese flavor in your mouth and sweeten it. It was a very nice mixture of flavors and textures.

Continued on next page ...





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### It's time for a Snow Princess

For my main course I had to order my favorite sushi roll: the Snow Princess. It consists of shrimp tempura that's topped with lobster salad, crunchies and masago dressing. I also ordered the Hawaii Five O, because it just sounded so bang-up! The Hawaii Five O is a lobster salad, crab and avocado roll topped with assorted caviars. My boyfriend, on the other hand, decided to order from the more classic side of the menu for his main course. He ordered the double cut Filet Mignon with demi-glaze and herb garlic butter, with french fries and snap beans. He's ordered this many times and likes that it is always a great cut of meat, cooked just right, and that it's always consistent.

### Texture, flavor and color galore

When Andy approached our table from the sushi bar with my sushi order in one hand and the filet mignon in the other, I was impressed (yet again) with the sushi presentation. I didn't know what the Hawaii Five O roll would look like, and as you see in the accompanying photo, it is quite colorful! In my naivete, I also didn't realize that caviar came in so many beautiful colors.

Before diving in and tasting the plethora of texture and colors before me, I snagged a french fry. The fries are very nice, the centers of the larger

fries can be quite meaty with potato meat, which I like. The outside is crispy and salted just right. Upon completing the fry inspection I turned to my own plate and began with my favorite, the Snow Princess Roll.

The Snow Princess Roll is like a party in your mouth. I don't know how else to describe it. The soft yet crunchy shrimp tempura is fantastic on its own, but then you bite into the crunchies and release their flavor, and then the masago is the third flavor to release with a hint of spice. Honestly, it is a hard experience to put into words. It's about the texture, the flavors that change with every bite, and the complete and total satisfaction that you get with every bite. It's gotten to the point that I can't go to The Boathouse without ordering this.

After clearing my palate, I tried a Hawaii Five O roll with black caviar. I didn't realize until I was halfway through chewing it that I had already put it at a disadvantage. I had begun by having my favorite roll, and there isn't a roll in this world that compares to my Snow Princess. Regardless, the Hawaii Five O was very interesting. The avocado was amazing paired with the lobster salad and crab, but the hallmark of this roll is the caviar and its texture. There are so many little caviar eggs and they disperse in your mouth as you start chewing the roll, and when chewing you crack open a new one

(or ten), and then another, and another – releasing their flavor. It's a fun experience!

### Savory steak

When I peered over onto my boyfriend's plate and asked him how he was enjoying his steak, he replied by saying that the steak is always very good and that they cook it "just right." It is savory and tender, and the garlic butter on top matched with the gravy underneath the steak is a great mixture of flavor. He had had the option of choosing french fries, garlic mashed potatoes, sweet potatoes, or rice pilaf to accompany his steak. I'm a huge fan of the mashed potatoes, but on this particular evening he had gone with the fries, and as previously stated, they were very good.

The Boathouse again impressed and satisfied our taste buds. They are indeed the definition of good gastronomy. Upon my next visit, I must refrain from ordering my favorite roll, because their French onion soup and chicken parmigiana dinner are phenomenal, too. We thanked Andy, I had an Andes peppermint that is brought with your check to clear the palate, and we left with satisfied and full bellies, and smiles on our faces. •



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# the real estate market

## IN THE TOWN OF SALISBURY, CT

By Christine Bates

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*In this and upcoming issues of Main Street Magazine we will examine the dynamics of a particular local real estate market in our coverage area. We will be talking to Assessors, bankers, building departments, and real estate professionals, and collecting and analyzing sales data to present an accurate, objective picture of each town.*

The Town of Salisbury occupies 60 square miles in the northwestern most corner of the state of Connecticut and Litchfield County. It includes the villages of Lakeville, Limerock and Salisbury and the hamlets of Amesville, and Taconic. With a full-time population of 3,700, residents enjoy excellent private and public schools, pristine landscapes, mountains, beautiful lakes, one of the lowest property tax rates in the state of Connecticut, and lots of real estate brokers. Like most of the Main Street communities located within a two hour distance of New York City, property owners are a mix of weekenders, retirees, and what Salisbury's very experienced Assessor, Barbara Bigos, calls "normal" people.

Salisbury really took off as a desirable location after 9/11 and the opening of the Wassaic Metro North train station in 2000. The town is now attracting younger buyers and families who value the culture, schools, lakes and proximity to New York. "We sell the community, not just the house," said Elyse Harney of the eponymously named Salisbury real estate firm.

### Salisbury real estate sales grew in 2012

The real estate market improved in 2012 when compared to 2011, although it still remains far from the frothy activity of 2007. There were more sales but prices remain depressed. The total sales value of single residences sold in the Town of Salisbury in 2012 grew 29% compared to 2011 based on actual sales figures compiled by Main Street Magazine and confirmed by Salisbury's Assessor.

"That makes sense," confirmed Pat Best, a partner at Best & Cavallaro Real Estate in Salisbury, "Our dollar volume was up 30% last year," but prices on individual properties have not recovered.

A closer look shows 2012 improvement in dollar sales volume was driven at the market's high end \$1,000,000+ homes where the total value of properties sold increased a huge 61% compared to 2011. "Quite frankly," observed Robin Leech of Robinson Leech Real Estate in Lakeville who is known for speaking his mind, "Bargains are driving



In our area modern houses are more difficult to sell. Despite the spectacular view and location (see view picture on next page), this Belgo Road modern sold for \$350,000. "It was hard to get anyone excited about that house," said one realtor.

the top of the market. It isn't what it seems."

Still suffering are the homes in the middle between half a million and a million dollars, which are too expensive for most full time residents and not unique enough for weekenders. In this price range, the number of houses sold actually decreased in 2012 and the total value fell 12% compared to 2011. John Harney of John Harney & Associates in Salisbury said these houses often require renovations that need to be factored into the price. Elyse Harney said this has always been a difficult slice of the market, "Because people want to spend \$600,000 and get a million dollar house." The under \$500,000 market shows signs of life. There were more of these houses sold in 2012 and the total dollar value of all such properties sold increased by 34%.

Generally real estate brokers feel that although there are still uncertainties in the economy, some buyers have just decided to go on with their lives. At the same time sellers are becoming more flexible in pricing and interest rates remain low. Local buyers are stepping back into the market and taking the opportunity to move up to more expensive homes.

Robin Leech observed that sales to second home buyers have fallen to less than half the market. "A high percentage of these buyers have disappeared

or withdrawn temporarily because of the economy and perhaps global vacation opportunities."

### Prices remain depressed

Prices for most properties have continued to drop since 2007. Sue Dickenson, who handles local mortgages for Litchfield Bancorp in Lakeville, thinks that, "Although activity has picked up a little, prices have continued to drop. Appraisal values for refinancings have declined 16% compared to just a few years ago."

She predicts it will be a few years before prices start to rise. John Borden at Litchfield Hills Sotheby's International Realty has been a realtor for 37 years and believes that after drifting downward some 30% overall since 2007, prices are now flat lining. He estimated that there is currently 2.5 times as much unsold inventory as three years ago.

Comparing "days on the market statistics" or "discount from original listing price" based on MLS or Trulia information understates the size of

Continued on next page ...



HOME SALES TOWN OF SALISBURY	2012	2011	% CHANGE 2012 TO 2011
# Houses sold in Town of Salisbury	55 homes	50 homes	+10%
Total sales value of all homes sold	\$35,409,545	\$27,443,075	+29%
Homes \$1,000,000 and over			
# homes sold	9 homes	8 homes	+13%
Total sales value	\$17,892,000	\$11,099,875	+61%
Homes \$500,000 to under \$1,000,000			
# homes sold	12 homes	14 homes	-14%
Total sales value	\$8,506,000	\$9,621,800	-12%
Homes under \$500,000			
# homes sold	34 homes	28 homes	+21%
Total sales value	\$9,011,545	\$6,721,400	+34%

#### A note on Main Street numbers

Main Street Magazine's calculations of the residential market were compiled with the assistance of Town of Salisbury Assessor, Barbara Bigos. They do not include the sale of raw land, condos, sales of homes on leased land, commercial property or transfers between related parties. Houses owned by banks and sold after foreclosure are included.

discounts and the time it takes to sell a property, especially at the high end. Salisbury's Assessor actually keeps track of the original listing price and date, which often vary substantially from MLS sale and days on market information. An extreme example of inaccurate MLS data is a house listed four years ago at \$2,950,00, which sold at \$1,850,00 in early 2012. MLS reports it was on the market for only 50 days and sold at a discount to asking price of less than 10%.

#### 2013 may be better

Some Salisbury brokers say they are really busy for this time of year. January and February are normally very slow. "You could go home and close the door," said Pat Best of Best & Cavallaro, "Maybe the dam has broken. I got two accepted offers this week. I'm seeing sales rising, not prices."

John Harney has a cautiously optimistic view but wondered, "Does this activity have legs or is it just spill over from last year?"

Elyse Harney is hoping for action on high end houses from prep school parents after school admission acceptances go out on March 10, but in the end, "No one really knows." Even Robin Leech voices "tempered enthusiasm" for 2013. And new home construction is picking up. Michelle Lull in the Salisbury Building Department reports that there have been five single home permits issued

since July 1, 2012 as compared to five for all of 2012/2011 and only two in 2011/2010.

#### Buyers are looking for good value and ready to move in properties

Constituting over half of the Salisbury market, second home buyers are returning and they are all looking for the same thing – turn key, ready to move in unique properties on a quiet street with views and privacy. No one wants a house that feels, "too suburban" nor do they want one that is "too remote," observed Pat Best. "They want to feel that they are in the country." And they are looking for houses half the size of the +6,000 square feet houses that were so sought after during the boom years. Borden estimates that they typically want to spend \$500,000 to \$1,500,000 on a house "that lives well." Weekend buyers tend to be well-educated, busy professionals without the time to fix up a property. They are all looking for something special that's in mint move-in condition. And most buyers want a traditional style, not a contemporary house. Ten years ago weekenders were eager to gut and renovate, but not now.

Another trend is greater interest in walkable village locations, even right on Main Street, which offer access to the post office, banks, and restaurants. Where children can ride bicycles and have something to do. Elyse Harney is thrilled that two young work-from-home families, each with three school age children, have just moved to the village of Salisbury full time. The most desirable locations remain on the lake in Lakeville, Taconic, Belgo

Road, Salmon Kill and the Twin Lakes area with great views, privacy and quiet, especially along West Shore and South Shore Road.

With the advent of the Internet and HGTV, buyers are more informed and asking more questions. "They are very picky and they do their homework," according to Bigos. "They understand the low tax rate of Salisbury."

"They know everything about the property before they even see it because of the Internet," remarked Elyse Harney.

#### There are bargains out there and sellers are becoming more flexible

The luxury spec house on Long Pond Road is one of 2012's biggest bargains. It was on the market for years at \$5.8 million and then went into foreclosure. After refusing an earlier offer of \$4 million, the bank eventually accepted \$2.9 million in March of last year. Following the financial crisis, sellers didn't lower their asking prices and the inventory started to build up. In the middle and upper part of the market many people didn't have to sell and just waited. Now they are getting tired of paying taxes, heating and insurance bills while waiting to sell. Now sellers are getting more realistic about pricing at all levels and the inventory is starting to get bought up.

#### Large homes, vacant land, waterfront, condos and fixer-uppers are hard to sell

Expensive, large homes with a lot of required ongoing maintenance are very difficult to sell and linger on the market for years. Without very substantial price discounts, parents who bought when their kids entered prep school are still unable to sell by the time their children have graduated and gone on to college. No houses sold in 2012 or 2011 were above the \$3,000,000 level.

Waterfront is not moving quickly either, but one realtor observed that there just aren't a lot of great waterfront properties on the market. One waterfront property on Millerton Road purchased in 2006 for \$2.3 million was sold in the last quarter of 2012 for \$1.7 million. In 2012 only three waterfront properties were sold.







Vacant land is a great bargain but most buyers find it is less expensive to buy an existing house rather than to invest the money to put in a septic, driveways, get permissions and build. "It takes stamina to build a house," John Borden observed. In short, building doesn't make sense when prices for houses have come down and construction costs have continued to rise.

Lion's Head, with 52 units, is Salisbury's only condo and sales bounce around. The price depends a great deal on whether there is a first floor bedroom, which is important to older buyers. In 2009 and 2010 condos were hot, and then there weren't any sales for 18 months. Right now, according to Assessor Bigos, there are eight condo units for sale but little interest.

### **Banks are lending and continuing to foreclose**

While buyers searching for a starter home have trouble getting together a down payment, some local banks, like Litchfield Bancorp, have created first time buyer plans with as little as 5% down and low fixed rates for the first five years. Rates on typical 30-year mortgages with a 20% down payment now hover around 3.625% with no points.

Pat Best praised the local Salisbury banks for their willingness to loan to qualified buyers. She observed that many weekend buyers start the process with a bank in New York City, but discover that local banks are much easier to deal with. "They know the market, their appraisers know the market, and there is absolutely no problem." But

buyers with all cash can still call the shots.

In the ten years before 2012 there may have been one foreclosure, according to Salisbury's Assessor, and last year there were five. Realtors criticize the large, non-local banks for their slow response times and ignorance of the local market. Bigos observed that these banks hire brokers from elsewhere who don't know Salisbury, can't properly represent the properties and then sell below the market. She mentioned an example of a house where the bank was offered their asking price of \$310,000. By the time the bank agreed to accept the full price offer ten months later, the potential buyer had purchased something else and the bank had to accept a lower bid of \$217,000. There will be more sales like this in 2013. •

*Whether you are a buyer or a seller, the sales records that the Salisbury's Assessor keeps in separate notebooks (homes under \$500,000, \$500,000 to \$1,000,00, over \$1,000,000, waterfront homes of all prices, condos, commercial property, and raw land) will give you an idea of what comparable properties are selling for. Anyone can come into the Salisbury Assessor's office and look at the well-organized information. Copies of "Field" cards with the history of each property are available for only \$1 each to anyone, either in person, at the Assessor's office or even by e-mail. Every Town of Salisbury property owner can request a free field card on his or her own house.*



Above top:  
This magnificent Long Pond Road dream home came on the market before foreclosure at \$5.8 million. It was sold by Elyse Harney in March of 2012 for \$2.9 million – the highest sale of the year.

Above:  
This fixer upper in the Village of Salisbury was the least expensive house sold in 2012. The original listing price was \$159,000 and it sold for \$45,000 in November 2012. It's back on the market for \$125,000.

Opposite:  
The view from the Belgo Road house featured on page 21.



# EVERYDAY mindfulness FOR THE REST OF US



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

Have you ever set out in your car to go somewhere and you are so distracted and deep in thought that you pull up to your destination not knowing quite how you got there? Unfortunately, this can be a metaphor for how we go through many of our days, weeks, and even years of our lives. We are only aware of time passing when something jars us into recognizing it – a happy milestone or a tragic event. We are overcommitted, overworked and overwrought. We spend time connected to a screen supposedly being productive and social and then at the end of the day we fall into an Ambien-induced sleep – not exactly restful but it will have to do.

## Mindfulness as a solution

There is a way out; a way to reconnect with yourself, the world, and those around you; a way to forge a more authentic self with a richer existence and more appreciation for the life you live. It costs nothing, requires no special equipment, or a prescription. It is called mindfulness, which is awareness of the current moment experienced without judgment and with acceptance.

There is a Surgeon General's warning for mindfulness: it requires persistence, dedication and tolerance of baby steps. Although we Americans like things quick and easy we also know that quick and easy rarely work. Most any meaningful, sustainable, and enduring life transformation requires incremental change over time with frequent effort.

Mindfulness is simple and yet profound. In effect, we deconstruct our experience of the moment into its constituent elements – the good, the bad

and the ugly. In doing that our mind is focused on the present, noticing its nuances. This allows us to live in the only moment that truly exists – the “now.” Yet, for some reason this is also the moment we seemed most determined not to experience in all its richness.

If we examine the elements of past, present and future we become immediately aware that the past no longer exists and can only be brought forth by our imperfect memory. The future is also insubstantial, manufactured in our speculative imagination. The present, however fleeting, is the only temporal moment that is real to us. During this time we cannot always control what happens to us but we can control our response to it.

Engaging with the now is difficult and mindfulness is the perfect tool to guide us. The true nature of the present moment as we experience it is buried under an avalanche of “stuff.” Our moods, flurries of emotions, regrets, aspirations and insecurities distort the experience. We judge ourselves with “oughts” and “shoulds” and evaluate the present in those terms. Layer upon layer, the now is covered over and hidden from view. It is mindfulness that helps us perform the archeological dig to reveal the present, see it with clarity, and accept it for what it truly is – a moment in time to be savored and which contains no inherent meaning. We confer meaning onto it.

Perhaps you have heard about mindfulness linked to a formal meditation practice. This can seem daunting especially if you have never done it or halfheartedly tried it and decided you were no

good at it. Fear not, you needn't shave your head, buy ornate cushions and wear a shapeless robe in shades that do not suit your coloring. “On the cushion” meditation is one way to practice mindfulness and it is something to shoot for over time. For now though, you can dip the toe into the tranquil pool of mindfulness without changing your routine or life and without dedicating a time to just “sit around and do nothing.” When you have your mindfulness mojo working you can avail yourself to the bountiful array of offerings in this area for organized meditation, which brings mindfulness to a whole new level.

## Awareness, intention, compassion, breath

Mindfulness can be inserted in your everyday activities of eating, driving, gardening, walking, brushing your teeth, enjoying your evening cocktail, or having a conversation. It is in these lived moments that we can bracket our awareness and pull ourselves back from the temporality cliff where we ruminate on the past and angst over the future. This allows us to live each moment fully, because when you get right down to it that is all there is.

So if you don't need fancy equipment, a prescription or a corkscrew, then what do you need? Basically, there are four requirements: awareness, intention, compassion and breath.

Awareness occurs when you begin to notice what is at play in a particular moment. Thoughts, emotions, physiological reactions – whatever is boiling up in you or simmering around the borders. Awareness is what knocks us back into the present



and awakens us from the glazed-over manner in which we usually live our lives. Events can make us aware or we can do it ourselves with a conscious decision.

Intention is what you bring to the moment and what you wish for yourself in your mindfulness, whether it be gratitude, curiosity, good effort or empathy. You want the intention to be a good one that will bring you well-being and happiness and thereby reduce your suffering. You can set the intention for your mindful activity by saying something like, “I intend to bring compassion and gentleness for myself into this moment.” By saying it you can help make it true.

Compassion for yourself initially, and then for others is the non-judgmental part. If you are feeling angry, envious, or lazy then notice it but don’t judge it and castigate yourself that you should or ought to be feeling less of this or more of that. Accept the moment and what it arouses in you, notice it, get some distance from it, hold it out there and examine it – just don’t confer value on it. Rather, be grateful for it because whatever you are feeling is a valuable clue to developing your own inner life and becoming unstuck.

Breath is your touchstone that bridges mind and body and viscerally links you to the moment. It is your own little mindfulness personal trainer. When you are aware of your breath you are aware of the one thing that plants you firmly in the moment. It only exists now, not the past or future. Your breathing returns you to the present. Best of all, it’s free, completely portable and does not require a smart phone app.

These four facets of mindfulness, when practiced regularly and incrementally, start to seep into the rest of your day. You begin to be aware of the shallowness of your breath as you wait in the slowest check-out line at the supermarket and use it to defuse your frustration. You observe, for better or worse, how your mood affects your interpretation of an event. You begin to get distance from your own baggage and see your mental chatter for what it really is – thoughts with no objective reality. With these kinds of realizations you are beginning to live more fully.



### Mindful Eating

Let’s look at how mindfulness works. Mindful eating is a perfect place to start because we are often unaware of the food that passes our lips even though we eat throughout the day. Creating awareness here is extremely powerful and intense. You definitely need to start small, perhaps with a few M&Ms versus the nine-course tasting menu. A few of those crunchy-shelled candies mindfully eaten is more effort than you might think. You begin by bringing attention and awareness to the act of eating. You create an intention of doing your best to notice what is happening and accept what comes to you. If your mind starts to wander away from the act of eating to the invasive weed that you can see growing outside your window then do not judge yourself harshly as gardener or mindful eater. Use your breath to bring you back to the M&Ms.

When you bring your attention to the M&M you notice its shiny smooth outer shell and how it produces a satisfying click as it mingles with its siblings. Suddenly you are thinking of how Mars discontinued the red M&M in 1976 due to cancer concerns about red dye #2 before reintroducing it over a decade later. Oops, there’s that wandering mind. It’s okay – just bring your attention back to eating. Back on track, you experience whether or not they really melt in your mouth and not in your hands as you hold them in your moist palm and see blue and brown dye there.

As you attentively place one in your mouth and loll it around your tongue you notice that the color is melting away because it now feels differently in your mouth. You are aware that the shell has completely dissolved to reveal the inner chocolate core. You discern that the flavor is more intense and that you may have never really tasted an M&M before. Distracting thoughts arise about what you must look like caressing your M&M with a lover’s attention. You may wonder if mindfulness is worth the calories. You disinterestedly experience your

thoughts but do not judge them as right or wrong and then you let them dissipate.

### Other benefits of mindfulness

Maybe the foregoing eating experience seems strange and the benefits seem nebulous. Perhaps, but science is on board with the benefits of mindfulness. Studies emerge regularly touting the benefits of mindfulness practice with regard to eating disorders, insomnia, attention deficit, stress reduction, pain management – even menopause (and manopause for that matter). Not only that, but advances in brain imaging technology show that mindfulness can even change how our brain functions over time. Thanks to neuroplasticity, or our brain’s ability to carve new neural pathways, we can dim the areas of the brain that respond to stress, anxiety, and fear and put the high beams on in areas of creativity, compassion and altruism.

If that still doesn’t convince you, there’s one more reason to try it – because so many others are and having success doing it. It’s not just for Buddhist monks anymore. Athletes, CEOs, members of Congress, schoolchildren, inmates, and soldiers are all successfully taking advantage of the benefits of mindfulness.

Remember the rules – every day choose an activity to do mindfully by employing awareness, intention, compassion and breath. Do it for small increments of time at first; it’s all about the baby steps. Over time you will catch yourself being more mindful of the present accepting what it brings not only to that activity but to other parts of your life. Even if you are skeptical, you have to ask yourself, “What’s the downside?” The bottom line is mindfulness is hot, it’s hip – it’s now. •

*There are numerous local sources and services to help with your mindfulness including, but not limited to, Moon on Water, Empty Sky Sanga, and the Northeast Community Center. Image sources: Google Images*



# sidney miller

## AND THE FOUNDING OF MILLERTON

By Thorunn Kristjansdottir

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Photos scanned from Harlem Valley Pathways

*This is the first in a series of articles about the rich history of our amazing area. How is it that we came to be where we are today? Why are buildings and roads located where they are? What happened on this piece of earth that we stand on? Why are our towns and villages, lakes and rivers, streets and roads named what they are named? We hope to examine all of this and more, and in the process bring a little piece of local history back to life.*

In 1851 not a single house stood where the Village of Millerton stands today. By 1882 the village's population had risen to 600 residents. In those 31 years, a lot changed namely thanks to the 'Iron Horse.' But we can't start talking about Millerton's beginnings before we talk about the Town of North East.

The Town of North East was named for its location in the extreme north east corner of Dutchess County. According to the Town of North East's website, "It is boundried by the Town of Ancram to the north, State of Connecticut to the east, Town of Amenia to the south, and the Towns of Pine Plains and Stanford to the west. The surface is hilly and is nestled in the Harlem Valley, bordered by the scenic Taconic Hills."

The website continues: "North East was formed as a town on March 7, 1788. Earliest English settlers migrated from Massachusetts, and Connecticut, while the Dutch moved eastward from the Hudson River valley. Initially, farming was the chief occupation. As the Industrial Revolution took place, major population centers needed food and materials from surrounding areas. Railroads were built to accommodate the need."



### The arrival of the Iron Horse

America was in the middle of an Industrial Revolution in the mid 1800s. With the revolution came the invention of the train in 1822, also known as the Iron Horse, because it, to a certain extent, replaced the horse. But unlike horse transportation, the train enabled easier and quicker travel and transportation of goods at greater distances. And the larger metropolitan cities needed an ever increasing amount of goods shipped to them. For that reason numerous train lines were built to connect these large cities with the outlying areas of the country that equipped them with the needed goods.

Dutchess county and the Town of North East were no exceptions. The area was rich with iron and other essential resources, including food stuffs, that New York City sought after. As a result, a train line was extended north to the town of North East. Up until then the local economy had been comprised of mining and agriculture. But with the changing times and the shift in market demands "multi-crop farms gave way to dairy farms, which became part of the agri-business promoted by companies such as Borden's and Sheffield's ... A line of ore beds stretched from Spencer's Corners to Boston Corners, and to the west at Irondale there was the Millerton Iron Company. By the end of the 19th century, the mines and furnaces had been closed," according the book *Harlem Valley Pathways*.

On the Village of Millerton's website it so states that the "founding fathers, realizing the importance of what was taking place in the country, knew that with the train line coming north that changes were in the future for the Town of North East. They met at the Wakeman House [home of Walter Wakeman] to discuss the impact on the community and how it would improve life in the area. Alexander Trowbridge, John Winchell, Walter Wakeman and Gov. Alexander Holly discussed the founding of the Village. A plan was made as to the layout of the main roads for the Village and the expansion that would follow."

### Who was Sidney G. Miller?

The village of Millerton was officially founded in 1851. However, it wasn't incorporated until June 30, 1875. But it had been around 1851 that a man by the name of Sidney G. Miller came to the village – thanks to the railroad's arrival. Sidney, a civil engineer, was one of the contractors and builders of the extension of the New York & Harlem Railroad



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 Wakeman 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."

Opposite:  
The Irondale Mill, and it so states in *Harlem Valley Pathways*: "This is the site of the gristmill that Deacon James Winchell erected in 1803. ... The hamlet, once known as Ogdenville, was also the location of a school, stores, a post office, and the Millerton Iron Company, built in 1854 by Julius Benedict. The Iron Company came to a fiery end in the early 1880s. In the 1960s, Lois and Virgil Martin restored the building, opened an antique shop, and were valued members of the community."



from Dover Plains to Chatham that was being brought to Millerton. "It is on the Harlem Road, thirty-six miles from Chatham on the north. The Dutchess, Newburgh & Conn., the Poughkeepsie & Eastern, and the Connecticut Western railroads also touch here" it states in a book written by James H. Smith in 1882, called *History of Dutchess County*.

The town founders and leaders were very impressed with Sidney, the civil engineer that had brought the new New York & Harlem Railroad to town. For that reason, they decided at one of their meetings to name the newly founded village after him. And at that very meeting, Millerton was born.

Initially, however, it was named Millertown, later to be changed to what we now know as Millerton. And not too much after that, the Central New England railroad was built. It connected Boston to our east with Poughkeepsie and the Hudson River to our west (and south). Life, as the Millertonians had known it, dramatically changed as a result. According to sources, both the Village of Millerton and the Town of North East became commercial and agricultural hubs, where merchants and farmers thrived. In addition, the local iron mining industry and foundries bloomed, whereas they helped feed the ever-growing Industrial Revolution.

### The railroad stations

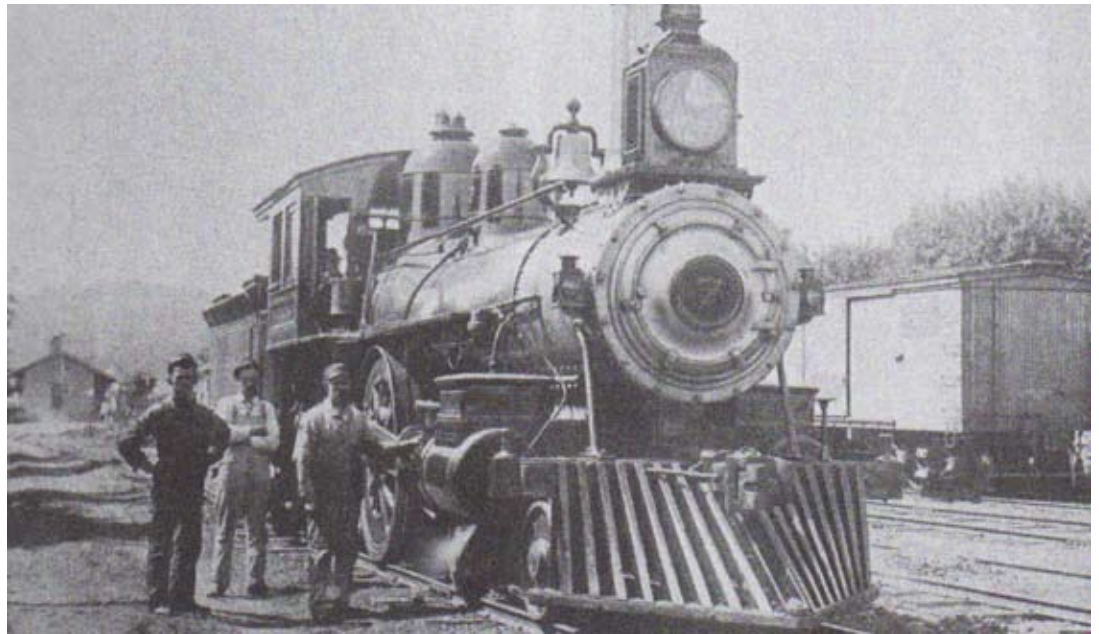
Eventually there were two railroad stations in town. The first station served the public until a new one was constructed in 1912. Both stations were later used by local businesses, and to the best of our knowledge, the station on North Center Street is still occupied by a local business. Back in the railroad days however, the stations were open 24 hours a day for many years because of the constant movement of milk and other goods that needed to be transported. Most of this activity took place at night, though. With very few exceptions, all of the passing trains stopped in Millerton to fill the locomotive tender with water until steam operations ended in 1952.

### In the beginning there were ...

According to the documents from James H. Smith's book dating back to 1882, there were 600 residents in Millerton by that date. The first officers were Nathan C. Beach, Orrin Wakeman, Hilem B. Eggleston, Ward B. Grey, John M. Benedict, and William E. Penney.

The first postmaster had been Selah N. Jenks, but in 1882 John H. Templeton had taken over the position. The building where the post office was located had been built in 1851. E.W. Simmons was the most likely person to have first run a store in that building. Four years prior to the writing, he had been succeeded by James Finch.

In addition to Finch, a number of other merchants were in town and they included, "Beach, Hawley & Co., (Nathan C. Beach, Cyrus F.



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*.

Hawley, Elias B. Reed and Alonzo A. Bates) general merchants, in business here 14 years, another store at Sharon is also conducted by this company, Ward, B. Grey, a native of Pine Plains, born May 19, 1832, general merchant, in business here since 1867, and who also has another store at Mt. Riga, which was established in 1880; Eggleston Brothers (Hilem B. and William T. Eggleston) general merchants [the store was built by them in 1873], in business eight years; Levi P. Hatch, druggist, in business here nine years; Charles P. Suydam & Co., general merchants, who began business in April 1879; Dwight Stent, dealer in stoves, tinware and house-furnishing goods, establishing the business in February 1879; John M. Benedict & Son, dealers in lumber, lime, birch, etc. in business since 1878; James R. Paine & Son, general hardware, in business as a firm since February, 1879; Sylvester Tripp, a native of Schoharie County, born 1837, jeweler, in business here since 1865; L.A. Knickerbocker, harness and horse-furnishing goods, in business some four years; Thomas Dye, merchant tailor, in business since 1872, succeeding his father, Thomas Dye, who established the business in 1869; Sarah Hull, millinery, in business here four years; L.A. Brown, confectionery and fancy goods, in business ten years; Charles P. Capron, photographs, in business since 1865; Bernard Carney, marble works, in business since 1876, succeeding William Coon; Joseph Harris, merchant tailor, in business since July 15, 1875; Stillman & Hoag (Sidney Stillman, Arthur F. Hoag), druggist, in business since 1879."

These weren't the only businesses to have been established in such a short time. In addition, there were a number of hotels in the village. There was The Millerton House, which was built in 1852 by Alexander Trowbridge, Alexander Holley and James M. Winchell. The Planet Hotel was built in 1859 by Edward Shinnars, and The Brick Block Hotel was built in 1872 by James Conlan. The Central Hotel was built in 1865 by George Greathead, an English native who moved to Millerton in 1854.

Millerton had its own weekly newspaper by this time, too. The Millerton Telegraph, which was established in 1876 by Cooley James, and soon after sold to Van Scriver & Deacon. By April of 1876 the former Millerton Reading Room Association was changed to the North East Library Association.

There had also been dozens of physicians by this time, and a handful of lawyers. By 1882, Millerton was also home to four churches, the Baptist, Presbyterian, Methodist and Roman Catholic – each with their rich histories and backgrounds.

### Yesterday and today

Millerton was founded on innovation and change. The Iron Horse is what made it a reality. Sadly, the train's passenger service stopped running on March 22, 1972, and all railroad service to Millerton ceased in 1981 – later than some other similar train towns. But thanks to the railroad, today we not only have this beautiful village, but we also have the rail trail, the old train station, and other pieces of history to remind us of what once was, and where we came from to bring us to where we are today.

As the Village of Millerton's website concludes, through the next 25 years since the village's founding in 1851 "their dreams became a reality. The Village of Millerton became a commercial center. Two additional train lines came to Millerton, the Poughkeepsie Train connected the Village to the Hudson River and the Central New England connected us to points East through Connecticut. In the village, hotels were built to accommodate the travelers and salesmen, shops opened to sell all the wares that were available in the cities, Churches were built and schools expanded. Millerton had come to life."

Millerton remains the commercial center of the Town of North East to this day. It was recently voted one of America's favorite small towns. Although the train that built this town no longer choo-choos through town on a daily basis, we can be thankful that it did, thankful to Sidney, and thankful to the founding fathers for their foresight. •



# Profitable growth through design, marketing and branding:

## It's all about you

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

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

## Design

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

## Marketing

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

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

## Branding

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

To learn more about design and marketing go to our website [www.thorunndesigns.com](http://www.thorunndesigns.com)

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### Michael Fournier's Mowing & Lawncare Service

Mowing, weed whacking, fall and spring clean-up.  
(518) 755-1659.

Michael Fournier of Copake has always been an outdoors kind of guy, ever since he was a kid. Since the young age of eight, Michael has been helping neighbors out by doing lawn and yard maintenance for them. He has taken the fun he had doing this as a kid and turned it into a rewarding business that he truly loves to do. Michael Fournier's Mowing & Lawncare Service offers numerous services including, but not limited to, lawn mowing and weed whacking, as well as fall and spring clean-up, and everything in between. Spring clean-up takes place in March and April. This entails picking up after 'Old Man Winter.' Michael ensures that your trees and bushes are manicured, and that your property is ready for its first mowing. In the middle of summer, Michael grooms your lawn with a commercial mower as frequently as you desire him to. He also weed whack's, mulches, and maintains your property for that flawless look. When summer comes to a close, fall clean up begins. This starts in October and goes through November. Michael cleans up the leaves by raking or leaf blowing them and then removing them. Contact Michael Fournier's Mowing and Lawncare Service today for all your lawn care and garden needs. Michael treats every property as if it were his own.



### Scott D. Conklin Funeral Home, Inc.

Providing all funeral, cremation, and pre-arrangement services.  
37 Park Avenue, Millerton, NY. (518) 789-4888 or (518) 592-1500.

On January 1, 2012, Scott Conklin opened up for business on Park Avenue in Millerton. The property has great history, whereas it had previously been Valentine Funeral Home since 1875. Much like Valentine's Funeral Home, Scott D. Conklin Funeral Home offers all aspects of funeral, cremation, and pre-arrangement services, including a wide variety of caskets and urns. The passing of a loved one is a heart-breaking experience, and when the time comes you will have to make the appropriate arrangements. Scott prides himself on offering peace of mind during this process by handling all of the details. The most rewarding part for Scott is to make the process as comfortable for the family and loved ones as possible, while showing the deceased the utmost respect. Scott has noticed a trend, folks in their 50's and older are the ones who start planning ahead by speaking with him about pre-arrangements. This can be beneficial, because by so doing you take the burden of decision-making off of your loved ones. It is hard enough losing a loved one, let alone having to make arrangements within a matter of days. No matter the timing, Scott D. Conklin Funeral Home is there to help you through your difficult time.



### Gordon R. Keeler Appliances, Inc.

Appliance sales and service since 1930.  
3 Century Blvd., Millerton, NY. (518) 789-4961 or (518) 789-4813

Gordon Keeler has been in the appliance business since he was a young lad in his early 20's. The appliance store, however, was established in 1930 and has been family owned and operated from the start with Gordon taking ownership 30 years ago. Gordon's brother, Glenn, helps out in the show room and on service calls, while Gordon's wife, Sandy, takes care of the books and other important jobs. The products sold are brand name quality items, and the service is top notch, too – and the service is what sets this business apart. Unlike some of the big box stores that may carry the same products they do not provide the same level of personalized service that Gordon does, which can include delivery, installation, and then the maintenance of your appliances. His show-room showcases brands such as Sub Zero, Monogram, Wolf, Speed Queen, GE Café, GE Profile, Energy Star, GE, and Viking – all of which offer a full line of products. And if you have a product you'd like that Gordon doesn't have, all you have to do is ask and he'll work with you to get it. Gordon Keeler Appliance, Inc. has a large area that it caters to: the two brothers have customers in Columbia, Dutchess, and Litchfield counties, and as far-afield as Massachusetts. Over the years, Gordon has formed many friendships through his service, and that is the most rewarding part of the job.



### Nickbee's Eco Store

1 John Street, Millerton, NY – Next to Dutchess Oil.  
(518) 592-1177. nickbees@optimum.net.

Nicki Russell started Nickbee's Eco Store four years ago, encouraging the public to recycle. Nickbee's is a local business that both repairs and refills inkjets and toners working on numerous brands. Nickbee's also offers computer repairs. They service Columbia, Dutchess, and Litchfield counties. Nicki has shorter morning hours than most businesses. She is open six mornings a week, 9am to 12:30pm, the reason being is that Nicki spends her afternoons on pick-ups and deliveries. If your business requests the service, Nicki will pick up the item that needs to be repaired and drop it off when it is finished. If afternoons are more convenient for you to stop in, Nicki is also available to meet by appointment. She also has an insulated drop box outside for her customer's convenience, which allows customer to drop, and even pick up items, after hours. It is very rewarding for Nicki to run her business. She loves the fact that people are environmentally conscious and take care of the items they have, instead of discarding them. If you have an ink cartridge or toner that needs to be refilled, or computer that needs repair contact Nickbee's and your product will be like new in no time, and at a cheaper price, too!



## INSURING YOUR WORLD

Hi folks, what can be more dry than a homeowners insurance policy? Confusing verbiage, numerical endorsements that seem to be designed to confuse the average layman, and actual policy language that requires a Philadelphia attorney to decipher its content. With this and the subsequent insurance columns we hope to answer some of the commonly asked questions, and furthermore, explain some of the unspoken nuances of the exclusions and how to avoid being blind-sided by their content at the time of claim.

So, here we go, it's winter and as the temperatures dip below freezing and the snow accumulates on both our house rooftops and outbuildings, are we covered for collapse of the roofs? If your homeowner policy is a broad form or special form the answer is yes. However, if you are covered by a basic form, the answer is no. Lets take this one step further, what about outbuildings on your property? If you have a homeowners policy, the same would apply to outbuildings yet if the outbuilding is used for any type of business pursuit, the answer is no! Not only is that structure not covered for collapse, it is not covered at all for any type of loss, fire included due to a little known exclusion in all homeowners policies that specifically excludes all outbuildings used for business. This is substantiated by an individuals income tax return, so if income is reported, coverage is excluded. Check your policies carefully to make sure that you don't have any of these gaps. If you have any questions, please email all inquiries to my email or the magazine and we will answer them as they are received.



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

**Brad Peck, Inc.**

## 3 essential pet care tips

The outside of your pet is directly influenced by what you put into it, essentially, food. Feeding a quality cat or dog food will help to ensure that your pet has the right nutrients and vitamins. Make sure that you feed your pet the appropriate amount of food for its size and age and establish a feeding routine that suits you and your pet; always ensure that there is fresh water available.

For the sake of your pet and your carpets and furnishings a de-shedding tool is a must. Make sure you choose a high quality de-shedding tool that is right for the size and characteristics for your pet. Furthermore, if you are going to bathe your dog this is best done after de-shedding and brushing, there are a wide range of pet shampoos and treatments available. While you are brushing and grooming your dog is a good time to look for parasites and especially during the summer months you should be checking your pet daily for ticks and fleas. Check your pet's bedding and your soft furnishings for early signs of infestation, too. For ticks you should check your dog and cat every time your pet returns from exercise outdoors particularly if it has been in long grass; talk to your veterinarian about products that are right for your pet and its age and condition.

While you are up close and personal with your pet, you can check for foul breath too, which could be an indicator of dental problems. Cat or dog dental care is not cheap, but you can minimize the long-term cost by having regular dental cleanings for your pet or brush their teeth regularly yourself. The best way to ensure that your pet will allow you to brush their teeth is to get them used to you cleaning their teeth at a very early age. Start when your pet is a puppy or kitten. If you have a new dog or a puppy take care when exercising them near livestock as accidents can and do happen. And, finally, there are some occasions when things just happen, shop around for some pet insurance to suit you and your pet.

Phone 518-789-4471  
Route 22 Millerton, NY



## Health and Beauty

More people are incorporating fitness into their lives, but some people forget a very important factor in fitness: posture. By maintaining proper posture we protect ourselves from injury and it allows us to safely and properly perform our daily routines and exercises. For example, a person who spends their day sitting for long periods of time at a desk or in front of a computer, they may experience tightness of the hip flexor muscles, known as the iliopsoas muscle. The iliopsoas muscle group consist of two muscles: the psoas and the iliac muscle. These muscles work together to help the hip flex. Prolonged sitting, where the muscles are in a shortened state for a long period of time, can leave the muscle to adapt to the position. When the psoas become shortened it will tilt your pelvis forward, this issue can lead to lower back and hip pain. When the pelvis is aligned properly the spine is in a neutral position, when the pelvis is tilted forward this will cause the spine to shift out of the neutral position, causing lordosis of the spine. Lordosis is an exaggerated curve of the lumbar spine (lower back). This postural deviation will cause serious muscle imbalance such as the lower back muscles becoming shortened, buttocks becoming lengthened and underactive, hamstrings becoming tight from being overactive to compensate for the underactive buttocks, and abdominals becoming weak and long.

Without the spine being in a neutral position it puts unnecessary pressure on the lumbar vertebrae (lower back) leaving us vulnerable to injury in many movements such as the squat, overhead press, and the dead lift. These injuries could occur while doing simple day to day activities, such as lifting up your child, or even a box in the garage.

**Christopher Bua** is an International Sports Sciences Association Certified trainer, Level 1 CrossFit, CrossFit Strongman, CrossFit Endurance, CrossFit Kettle Bell | 914-479-7095 | [www.lexavegym.com](http://www.lexavegym.com)

## OUR COLUMNS:

Our columns are to be a source of information for our readers, written and provided by the experts of that particular field.

We will continue to bring you information pertaining to your animals and their overall well-being, as well as your own health in our Health & Beauty column. In addition we will have numerous insurance related columns where we will break down the sometimes complicated world of insurance. We'll also be branching out into other topics and fields as well.

We both welcome your questions as well as welcome professionals to contact us who would like to contribute to our columns.

Thank you and enjoy.



# WHAT'S YOUR SIGN?

## ARIES (March 21–April 19)

A lot of planetary activity in the sign of Aquarius this month will stimulate your intuition and an interest in technology. You'll sense future trends and want to own all the latest gadgets. Connecting with others will be important, and you could get involved in humanitarian projects and causes. You'll inspire your friends and acquaintances with your experiences. Your mind will be sharp and you'll have the ability to hold the attention of others. Pluto in Capricorn will be in square to your sign. This combination could bring tension and stress over career matters.

## TAURUS (April 20–May 20)

You might feel frustrated, irritable, or tense this month with several planets moving through the sign of Aquarius. This grouping will be in square to your sign and so life might seem full of setbacks and difficult situations. The area of your life that will be most affected is career and reputation. You may have a lot of goals and plans, but you may fail to see how you can reach them. You'll feel unfocused and pulled in too many directions to be effective. This energy will bring the need to have an open mind and recognize possibilities.

## GEMINI (May 21–June 20)

Jupiter in your sign for the next few months will help you expand your world and seize opportunities. Many new people will come into your life, and you could gain a new perspective. You might gain weight or take on too many activities under this influence. Several planets in Aquarius this month will bring out your curiosity about other countries and cultures and enhance your ability to communicate. You'll have several projects and goals, but you may have to narrow your focus if you want to get things done. You might travel with friends or loved ones.

## CANCER (June 21–July 22)

Saturn in Scorpio will keep you grounded, especially with regard to love and romance. It might be hard to trust your love interest under this influence. Uranus in Aries will be square to your sign, and this planet will motivate you to make career changes. A group of planets moving through Aquarius will bring a strong interest in subjects like metaphysics, astrology, and life after death. You might read all you can about these ideas and debate them with others. This will be a great time to research alternative cultures and lifestyles. Take a chance and experiment.

## LEO (July 23–Aug. 22)

Dealing with others will make you tense and put you on edge this month. Several planets will be transiting in Aquarius and opposite your sign. You'll need to be objective and try not to let others get to you. Step back and take the time to think before you react. At the same time, you'll do everything you can to help someone in need or support a cause. Uranus in Aries will make you restless and bring the urge to travel and make changes. Saturn in Scorpio will ensure that you face challenges and learn from your experiences.

## VIRGO (Aug. 23–Sept. 22)

Venus and Pluto in Capricorn will intensify romantic encounters. You might begin the month with a huge attraction to someone, only to question it as the weeks go by. A Full Moon in Virgo will bring a tendency to be self-critical, and you could experience a lot of frustration. There will be consequences if you're too hard on others. Try not to find fault with the world around you. Recognize your own limitations. Several planets in Aquarius will unsettle life at work. There will be many conflicting deadlines and priorities.

## LIBRA (Sept. 23–Oct. 22)

Your love life will heat up this month. There will be plenty of developments, but you might feel

unsettled. Try to experience as much as you can, but don't expect a serious commitment at this time. You might meet someone new, experiment with your partner, or explore your options with potential lovers. Uranus in Aries will continue to make relationships unstable. Pluto in Capricorn will bring intensity on the home front or with family members. You might need to set boundaries or make some changes. A Full Moon in Virgo on February 25 will bring on self-analysis, and you could battle self-esteem issues.

## SCORPIO (Oct. 23–Nov. 21)

This will be a difficult and tense month, with strained relations with your family or someone you share your space with. Try not to focus on the little things or they could escalate into full-blown arguments. Saturn in your sign will give you a serious approach to life, and you might feel limited and restricted. This transit will be in effect for a couple of years. You could learn to become more grounded and responsible thanks to some hard lessons. A Full Moon in Virgo could lead you to question some of the people around you.

## SAGITTARIUS (Nov. 22–Dec. 21)

You may get involved in a community project or cause this month. Take the lead and organize others to help. This may be in the form of a humanitarian effort or support to a local charity. There will be many things to do, but you'll have a lot of help. Jupiter in Gemini all month will help you communicate to your partner or the public. There will be plenty of opportunities to discuss issues and find solutions to problems. Take time to listen, however, and don't do all the talking yourself. The Full Moon in Virgo could be problematic in relation to your career or reputation.

## CAPRICORN (Dec. 22–Jan. 19)

Uranus in Aries will stir up change in your home or family life. You may feel restless and want to move or rearrange your space. Pluto in your sign will contribute to this feeling. There will be tension and stress over your decisions. The Full Moon in Virgo could bring setbacks in relation to some of your goals and plans. You might need to rethink your current direction and take a serious approach to the future. Saturn in Scorpio will help you feel committed to friends and any organization with which you're associated.

## AQUARIUS (Jan. 20–Feb. 18)

This will be a fabulous month for you with the Sun, Mercury, Venus, Mars, and New Moon in your sign. Take this time to start new projects and seize opportunities. You'll feel powerful and be able to attract love, money, and friendship. However, you might feel scattered and unable to focus on one thing for too long. Saturn in Scorpio will bring slow progress in your career, but you'll eventually realize your ambitions. Don't be afraid to take some risks and experiment over the coming weeks. You'll have many new ideas and be motivated to take action. Jupiter in Gemini will help to expand your love life.

## PISCES (Feb. 19–March 20)

Jupiter will be in Gemini this month and exert a strong influence on your home and family life. Experiences will be oriented toward growth. You'll take the high road if there are any misunderstandings. Saturn in Scorpio will bring a serious outlook, and you may make plans to travel or further your education. You'll take your budget and circumstances into consideration, however. Several planets moving through Aquarius will heighten your interest in technology and science as well as things like metaphysics and astrology. Your intuition will be strong, and you may dream about the future.

Source: [www.horoscope.com](http://www.horoscope.com)

# THE LISTINGS:

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Agway  
518 789 4471  
[agwayny.com](http://agwayny.com)  
Thor Icelandics  
518 929 7476  
[thoriceilandics.com](http://thoriceilandics.com)

## ANTIQUES

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Restoration  
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[tristateantique.com](http://tristateantique.com)  
[restoration.com](http://restoration.com)

## APPLIANCES

Gordon R. Keeler  
Appliances  
518 789 4961

## CAFES

Harney & Sons Tea  
518 789 2121  
1 800 TEATIME  
[harney.com](http://harney.com)

## CARPENTRY

Lakeshore Builders  
518 325 9040  
[lakeshorebuildersny.com](http://lakeshorebuildersny.com)

## CLEANING

Simply Clean  
518 821 6000

## CONSTRUCTION

Madsen & Madsen  
Concrete Construction  
518 392 4847

## DESIGN

Thorunn Designs  
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[thorunnndesigns.com](http://thorunnndesigns.com)

## ELECTRICAL

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## FINANCE

Jean Howe Lossi  
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[pkhbcpa.com](http://pkhbcpa.com)

## HOME HEATING, ETC.

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[dutchessoil.com](http://dutchessoil.com)

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[madsenoverhead.com](http://madsenoverhead.com)  
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## INSURANCE

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## LAWN & GARDEN

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Robbie Haldane  
518 325 2000  
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## REAL ESTATE

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860 435 2200  
[harneyre.com](http://harneyre.com)

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518 697 9865  
[columbiacountyny.net](http://columbiacountyny.net)

## RESTAURANTS

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## SPECIALTY SERVICES

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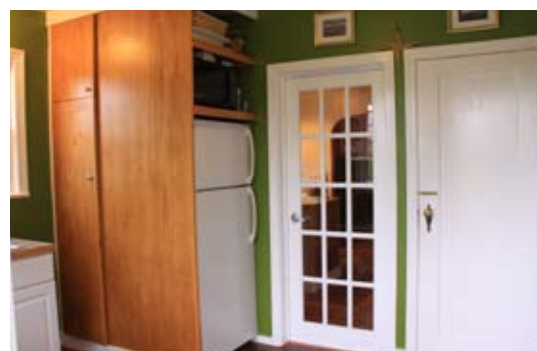
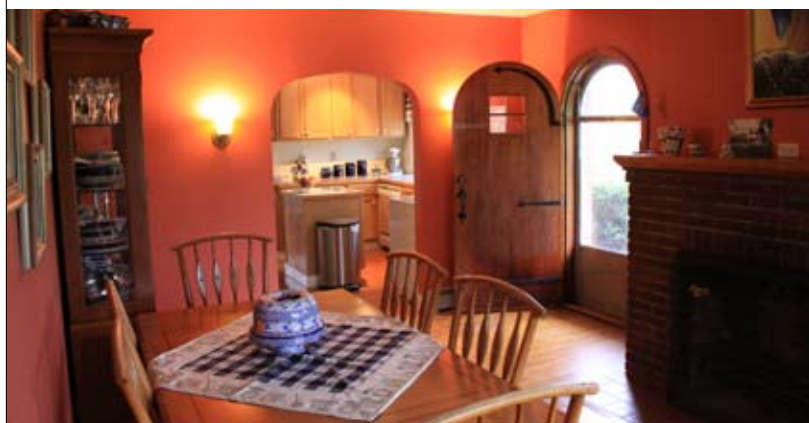
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# PRICE REDUCED ON THIS TURN-KEY HOUSE



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