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WELCOME TO 2018

We made it: we now find ourselves in 2018, a brand new year, a fresh start, and we're all excited and ready to go, right? Even though I'm not thrilled about the cold weather and darkness at this time of year, (but being the optimist that I am) at least the days are getting longer and we are nearing the warmer days. But in the meantime, I love the idea of tabula rasa, or a clean slate, at this time of year. So many folks take this time to start over, whether it be with their diet, health and wellness, or they work towards set goals at work and or in life. January first can act as a reset button for many of us, and that's wonderful for those who take advantage of it.

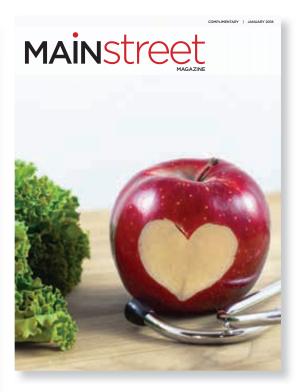
Let us help you take advantage of the reset button, or at least when it comes to your health and wellness! This issue is all about that exact topic. So for all of you New Year's Resolution folks out there who just bought that gym membership or signed up that yoga class – this is the issue for you! Our writers have gone out and found stories from all walks of health and wellness life, in some instances the stories come from experts within their respective fields, other times our writers have interviewed the experts. And all of this information and knowledge comes to you free of charge!

I'm going to be one of those who will take advantage of the reset button in January when it comes to my health and wellness, and so I was absolutely soaking in everything that my writers wrote about! I was so inspired by Carlo DeVito's walks that it made me want to take up daily walks ... but not at 6am. I'll try to take them more around noon, when it's warmer and the sun is (hopefully) out, which will also allow me to soak up some sunshine and much-needed Vitamin D. I also found Claire's story which talks about air quality to be truly fascinating, and it was a wake-up call for me, reading it in black and white, about the amount of time that we spend indoors, especially in the cold weather months. To think about all of those pollutants that we are breathing in, it's a little scary! So I'm taking Carlo's inspiration and the information gained from Claire and am going to make a conscious effort to get outside and walk.

Much like the inspirations and nuggets of knowledge that I gained from this issue, I hope that you too take something away and utilize it in your life and use it towards your new year's goals!

Happy 2018 and here's to becoming a healthier and happier person!

- Thorunn Kristjansdottir



JANUARY 2018

An apple a day will keep the doctors away ... that along with a healthy diet and exercise.

Cover photo by Olivia Valentine Markonic

The Health & Wellness

CONTENTS

- 6 | THE JOURNEY OF A CONTEMPORARY MASTER artist profile
- 9 | FRIENDLY FACES
- 11 | A VISIT TO REHAB business profile
- 15 | MINDING YOUR MENTAL HEALTH healthy living
- 17 | HEALTHY HOUSE improve your health and your house's value
- 21 | INDIVIDUAL CHOCOLATE PAVLOVAS
- 23 | WALKING FOR BODY, MIND, & ART
- 27 | A BEGINNER'S GUIDE TO ACUPUNCTURE

- 31 | GET MOVING!
- 35 | HEALING IN NATURE the many health benefits of spending time in nature
- 39 | COLUMBIA MEMORIAL HOSPITAL & DR. GORCZYNSKI'S robotic total joint replacement
- 41 | A LITTLE WINE FOR THY STOMACH'S SAKE tracey & brian abut: the porchlight, sharon, ct
- 45 | BUSINESS SNAPSHOTS buddhi tribe sharon optical knead me lyf fitness
- 46 | MONTHLY ADVICE COLUMNS

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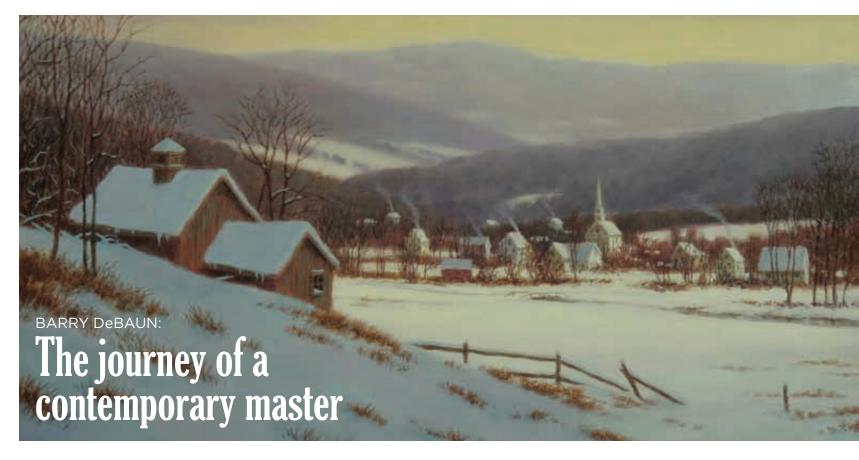
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By CB Wismar arts@mainstreetmag.com

Entering Barry DeBaun's studio/ gallery resonates as the entry to a private museum. There is no sense of the restrained chaos of some artist lairs, rather a sense of awe at the scope of his work, the richness of his painting style and almost a sense of *déjà vu* captured in several of his large canvases.

Barry DeBaun paints with what he terms "a soft realism" that captures the essence of his subject while giving its presentation the benefit of his peaceful, insightful vision. New England Autumn, Kent Falls pays tribute to the towering waterfall that courses toward the nearby Housatonic River, but tempers it with the welcoming structure of the covered bridge that serves as the entrance to the park balanced by the whisper of color on the surrounding trees. The scene is welcoming, gentle and thoroughly engrossing. Here is a place to spend quality time. And, perhaps that is the feeling that best describes Barry's work.

From weakness to strength and health

"I was quite sickly as a child," announces Barry as he begins the

narrative of his journey to being the fine artist he has been for his entire career. "The first ten years, I grew up on Long Island and because I didn't have the stamina to become involved in sports, I found drawing consumed my time and gave me great satisfaction."

When his parents bought the Trail Motel in Boiceville, NY, DeBaun transferred into the local schools and came to the attention of the art teachers through middle and high school. "I was largely self-taught," says DeBaun, "but the encouragement and the introduction to art history and the wonders of the Hudson River School were captivating."

The mighty Hudson was, after all, only 20 miles to the east "as the crow flies," so seeing the vistas memorialized by Thomas Cole, Asher Brown Durand, and the rest of the Hudson River School of painters became the context for Barry's landscape background. His *The Grandeur of Kaaterskill* serves as a colorful homage to both Cole, who painted the falls in 1826, and Durand whose *Kindred Spirits* offered a more expansive view of the frequently visited falls and the river valley beyond.

Passtime to vocation

From school into the world of art

became a fairly simple step for DeBaun. With space available, he established his studio and gallery on the grounds of his parent's hospitality property and flourished there until the dramatic event that changed the landscape surrounding Boiceville and the lower Catskills. Hurricane Irene retained some of her wrath from the Caribbean and her march up the Eastern Seaboard to dump torrents of water in the Catskills in August of 2011. The Esopus Creek was one of the recipients of all of that water, and as it overflowed, it swept away buildings and businesses in the heart of Boiceville.

The Trail Motel and DeBaun Gallery were among the casualties of that storm and required the DeBaun family to find a new home ... and Barry to find a new studio and gallery. Now situated on the bluffs above the Hudson River, Barry's painting focus became more outward looking as he joined the latter day inheritors of the Hudson River traditions of Cole, Church, Bierstadt, Durand, and Morgan.

Beautifully rendered watercolors

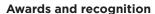
Well before his endeavors with landscape oil painting, Barry DeBaun was a watercolorist. His efforts were both elegant landscapes and the ex-



Above, top to bottom: *Peaceful Valley*. The artist, Barry DeBaun.

tremely difficult pursuit of painting portraits in watercolor. So successful were his efforts that his *Morning Rain ... The Lady in Blue* not only allowed him to work creatively through a dramatic separation in his own life, but to attract the attention of the judges at Washington, DC's International Platform Association who awarded him the Gold Medal for his efforts.

The casual wanderer on his website will be encouraged to view the gallery of watercolor portraits which reflect the gentle grace of the subjects and the sensitive nature of the artist's perception ... his look into the character of his subjects. In the same section are landscapes that capture times spent in Maine and the quiet elegance of New England winter scenes.



Competitions and recognition have been a staple of Barry's career, with awards coming from Art Impact USA, Northeast Watercolor Society, the Salamagundi Club, and the Hudson Valley Art Association. In 2016, he was selected Best of the Hudson Valley by *Hudson Valley Magazine*. His credits also include exhibitions at several museums and, notably, a special invitational show at the Capitol Rotunda in Washington, DC, in 2001.

Influenced and schooled by the observations he has made of the world's greatest artists, Barry has traveled extensively to view, first-hand, the works of the masters. He credits exposure to the Pre-Raphaelites and American Impressionists as



Above: The Grandeur of Kaaterskill. Below: New England Autumn, Kent Falls.

influences in both his choice of subjects and his perspectives on painting. The "mimesis" doctrine of the Pre-Raphaelites Millais and Rossetti are well memorialized in DeBaun's landscapes. *The Crossing*, celebrating the lush floral growth south of Millerton, NY, captures the two natures that carry through DeBaun's work ... "beauty and tranquility ... that's what I'm striving for."

It has been, after all, the out-doors and his pursuit of those scenes that share both beauty and tranquility that have assisted the self-described "sickly" young man from Long Island to become a robust outdoorsman ... in pursuit of the right scene, the engaging landscape that can be transported onto vibrant canvases.

From studio to gallery

As might be imagined, DeBaun's work has found its way into many private collections. Represented and exhibited by several galleries within the tri-state area, they have enjoyed success with Barry's work. Neumann Fine Art in Hillsdale, NY, and The Good Gallery in Kent, CT, both have selected works and schedule shows with some regularity. In addition, The Galleries at Win Morrison Realty present his work in Kingston, Saugerties, and Woodstock, NY.

Two galleries in Virginia, Berkley Gallery in Warrenton and Jarrett Thor Fine Art in Colonial Beach, represent DeBaun, as does the Eisele Gallery of Fine Art in Cincinnati, OH.

Motivation for artists is often an ephemeral and fleeting thing. "Artist's block," like "writer's block" can overcome the creative spirit and render the victim powerless to move forward. Artists stare at blank canvases. Writers reflect the white glow of a blank screen, waiting for the appearance of their muse to begin the often painful process of creation.

Motivation from Motown

For Barry DeBaun, the potential for a block in his creative process seems effectively tempered by a quote he shares with the gentle laughter of one who has stepped close to the edge, but managed to pull back with great success. "I love the quote from Smokey Robinson," acknowledges DeBaun. "If you're going to write a song." No pretense, no excuses, no temptation to wander off and not accomplish anything. Writers write. Painters paint. Barry DeBaun welcomes the muse every time he takes a brush in his hand and celebrates his enormous talent by creating beauty with tranquility. •

Barry DeBaun Studio and Gallery is located at 21 Tuytenbridge Road, Lake Katrine, NY. To reach him you can call (845) 399-7574 and online at barrydebaun.wixsite.com/barrydebaunart.

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







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Ashley Goodacre currently works full-time at a local hospital while studying to be a Certified Personal Trainer through the National Academy of Sports Medicine. Outside of work, she enjoys being a fur-mom, challenging herself to new fitness goals, and spending time with family in her hometown of Copake, NY. "I stay fit/healthy through consistency. I have learned to incorporate proper supplementation and micro/macronutrients to maintain a healthy diet ... this allows me to be able to occasionally splurge on my favorite pizza and sushi." She has developed a passion for High Intensity Interval Training (HIIT) over the last six months while attending classes at a gym in the Capital Region, HIIT it with Britt. When Ashley isn't taking workout classes, you can usually find her brewing up a crazy workout in her home gym, aka "Ashley's Asylum."



Brady Eschberger is a seven-(almost eight)-year-old second grader who enjoys art and science class, and collecting rocks as his hobby. "I want to be an Olympian when I grow up and compete in the Olympics as a member of the USA Track and Field Team. Not sports related, I want to be a veterinarian because I'm very passionate about animals." At the age of five, Brady started running and has been hooked ever since. He has been in a few one-mile races, five or six 5ks, one two-and-a-half mile race, and he has competed in a lot of 400m and 800m races as a member of his local Track and Field team. Brady says he likes to run with his mom, but his favorite running partners are his teammates. We hope that Santa brought you some new running shoes, Brady!



Aaron Malin is the vice president and general manager of Kenver, an apparel and outdoor sports store in South Egremont, MA. "I have been with Kenver for 15 years, and enjoy having the ability to share my passion for skiing with the community and help others get out on the slopes." When Aaron isn't working or skiing, he loves to hike local trails and mountains with his wife Lauren, and their dog Enzo. Aaron also stays in shape by being an avid wake boarder, runner, cyclist, training at his home gym, and is a member of the Taconic Hills fitness center, which, according to Aaron, is one of the greatest but least-known active gyms in the area! "I now live in Hudson, NY, but love how close we are to MA and CT. It provides many ski opportunities, outdoor sports, and watersports."



Deb Maher is a city letter carrier for the USPS in Hudson, NY. She has been with the postal service for 20 years and has been a letter carrier for 17 of those years. "I love being outdoors and meeting all the wonderful people along my 13-mile delivery route [that's 36,000 steps a day, folks!]. It definitely helps keep me in shape!" Deb also attends fitness classes at KS Fitness three times a week, enjoys spending time with her family, cooking, fishing, skiing, and doing farm chores with her husband, Rob, of 31 years. Deb grew up in the Roe Jan area and has moved away on a few occasions, but she's always returned. "The four seasons and countryside are beautiful!" Deb served in the US Air Force as a security police officer, but really feels that her greatest accomplishments are her two children, Amanda and Colton.



Bill Burke is the owner of the Northeast Wellness and Fitness Center in Millerton, NY, and most of his days are spent personal training and managing the gym. Bill has had the gym for five years, but previously worked as a physical therapist for 20 years near Hartford, CT. "I have always enjoyed the customer interaction. It is so rewarding to see my customers progress, whether is it a 17-yearold high school student or a retired 78-year-old." When Bill isn't at the gym he continues to stay active by cycling and spending time boating with his dog Dakota, which are two of his favorite activities. "It is absolutely stunning around here and there is something to do during every season." If there is one piece of advice Bill could give to everyone it would be to be proactive about your fitness from an early age. We agree!



Charles Seymour is a ski instructor at Catamount Ski Area in South Egremont, MA, and has taught skiing for over forty years. "Two of the things I love most about the job is passing my passion for the sport on to people who have never done it before, and teaching children." Charles is constantly intrigued by the innovations made in the equipment, techniques, and teaching methods used in skiing, which can greatly benefit the health and fitness of many. Though he has lived in several different parts of the country, he has spent most of his life in rural New York State. "Here, it's the best of both worlds: you have mountain, ocean, big cities, and beautiful country all within a two-hour radius." When Charles isn't on the slopes, he continues to embrace his love of the outdoors while camping in the Adirondacks.



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A visit to rehab mountainside treatment center, canaan, ct

By Christine Bates christine@mainstreetmag.com

The heavy security gate swung open after I identified myself at the call box. Up the curving driveway is visitor's parking and the Mountainside Treatment Center's impressive, anonymous main building. It could be a corporate headquarters, a resort hotel, a condo, or a spa. Nothing suggests you are entering a complex where men and women are trying to escape from addiction. The receptionist is welcoming, but there are forms to sign about not taking drugs or alcohol into the facility and promising confidentiality. The front desk issued me a magnetic visitor's pass and I was guided from the elegantly appointed wood and stone soaring lobby to a conference room to talk to Andre Basso, the Chief Operating Officer of the center.

Basso, who has been at Mountainside since February of this year, is a Brazilian management consultant who brings decades of experience from Brazil's Sebrae, the largest small business support service in the world. One of his accomplishments was building a network of support service centers in the south of the country and designing and implementing customer service programs. Clients, not business, are clearly his passion. "The best part of this position is that every day is an adventure. That's what I love about this job. We're in the business of transforming lives. The most challenging part of the job is the dark reality of addiction - sometimes a client will leave and have a fatal relapse. Losing someone and seeing what they've left behind, it's heartbreaking."





Above: The main building at Mountainside where its Detox facilities, Family Wellness auditorium, gym, dining hall and offices are housed. Below, left: For some patients yoga is an important part of recovery. All photos courtesy of Mountainside Treatment Center.

Mountainside pioneered alternative treatments for addiction

Two friends who were interested in changing the industry founded Mountainside in 1998. They believed that addiction treatment needed to care for the total person, and so they developed one of the first holistic treatment programs in the US. During a downturn in the industry, the founders found a closed treatment center in a location that was conducive to healing. The modest center in Canaan gradually built a reputation and in 2009 converted to for-profit ownership in order to expand its infrastructure, reach, and treatment quality. Mountainside now has over 200 employees working on the 90-acre campus. Since 2013, Basso calculates that over \$30 million has

been invested in the design and construction of the 75,000 square feet state of the art facilities.

"Mountainside has never been typical," according to Basso. "We were founded with the intention of changing the industry. We wanted to innovate, and we did. When we started, treatment was the same for everyone and there were very few centers offering alternative therapies. From day one, we believed that each client is an individual and that there is no one path to recovery. Because of this belief, we strived to offer a range of therapeutic treatments, including adventure therapy, acupuncture, meditation, and yoga. Now, many centers offer these things as well. What makes Mountainside so unique is not only our drive to innovate and constantly improve our programs and offerings, but also how we use client data to truly individualize treatment."

Detox can take three days to a week

Mountainside treatment begins in a detox center where patients are admitted and cared for during the difficult phase of withdrawal. Depending on the person and the substance of choice, this can be a stay of three days to a week or more. "We are providing a safe ride out of the drug," according to Basso. The detoxification experience is medically monitored to manage the acute physical symptoms of withdrawal with 24-hour nursing

care, and psychiatric services. The detox wing is in a secure, separate building, tucked against the side of the mountain and can accommodate up to 18 patients at a time. No visitors allowed.

Climbing walls, yoga, hiking

Basso is passionate about the patient-centered approach of Mountainside and explained the general course of treatment. After detox completion, some clients join the residential program where they learn with the help of a personal clinician to live life without drugs or alcohol. It's not easy. Clients receive individual and group therapy, stress and anger management guidance, relapse prevention and 12-step education.

Spiritual well-being is part of the holistic addiction treatment with acupuncture, yoga and meditation classes. The climbing wall, camping overnight on the mountain, working out in the gym, and hiking are part of the physically active adventure-based counseling that helps to increase confidence, and build self-esteem and communication skills. Typically clients spend 30 days during this

Continued on next page ...

period of their treatment living in the 58-bed residence. The goal is to learn to live and enjoy life without drugs or alcohol.

Waiting tables at Mountainside Café?

Located in a separate building on the other side of Route 7, the Extended Care program helps clients who need additional support to transition to independent sober living by teaching them how to negotiate the demands of the world around them and maintain sobriety. As part of the Work Therapy component of the program, the Extended Care clients are the servers and help in the kitchen at the Mountainside Café working alongside of the six regular employees. Everyone is paid and gets to keep their tips while interacting with the outside world in a controlled environment.

Coaching 24/7

Clients in Mountainside's Recovery Coaching program receive dedicated assistance from a certified recovery coach to safely move forward through early recovery – a very vulnerable time. The company offers clients and their families one year or more of individualized, comprehensive support in all aspects of wellness and recovery. Recovery coaches help patients stay on track and are available 24/7. This support service welcomes clients from all over the country. Overall the majority of Mountainside's clients are from Connecticut, 70% from all of New England, and 20% from New York.



Families are not forgotten

Addiction is a family disease, and families must recover together.

Mountainside has a Family Wellness program that deals with not only the needs of their clients but those clients' families. One-on-one sessions with clients address their issues while other workshops help family members.

HIPAA (Health Insurance Portability and Accountability Act of 1996) rules dictate what Mountainside can reveal to people other than the client, including family members.

How to pick a rehab center?

Just as there are sites which rate spas and hotels, there are internet ratings of rehab centers. Comparing ratings with other recovery institutions Mountainside is a four star plus. Basso suggests that clients consider how long the center has been around, and evaluate the philosophy and effectiveness of treatment and support networks. Basso asserts that 95% of Mountainside's clients recommend the center. He feels that clients should chose Mountainside because of its high standards for everything from clinicians to beds to food, its individualized treatment, and especially its staff, all in a beautiful setting that promotes recovery.

Recovery centers are highly regulated and potential patients and their families can check the accreditation of a recovery center at CARF – the Commission on Accreditation of Rehabilitation Facilities or TJC – the Joint Commission.

Costs of treatment are totally dependent on the services required and Basso declined to give a range of prices. Www.rehabs.com estimates that standard inpatient addiction treatment facilities cost between \$14,000 and \$27,000 for a 30-day program, and outpatient treatment can range from free to \$500 per session. Nationally detoxification costs about \$600 to \$1,000 a day although luxury centers can be double that price. Some or all of the cost may be covered by health insurance or paid in part or in full by subsidized government programs. Basso noted that 70% of Mountainside's clients have some insurance coverage while others receive "scholarships" or pay on a slid-



Above: The contemporary reception area at Mountainside. Below, left: The climbing wall in Mountainside's gym is part of the treatment plan. All photos courtesy of Mountainside Treatment Center.

ing scale based on need. The center becomes the clients' advocate with insurance companies, presenting each clients' case and reinforcing the need for treatment.

Are you doing better?

Asked how a recovery center measures its treatment success, Basso explained Mountainside's use of different surveys throughout treatment and after. An important measure of success is the quality of a sober life, happiness, the ability to return to work, and whether the client has reengaged with family and friends. "We look at outcomes in a unique way. Outcomes have historically been a binary question: Is the person sober after treatment – yes or no? That's not necessarily the best way to measure outcomes. Let's look at two people 12 months after they've gone through Mountainside. One is living at home with their parents, spending the entire day lifting weights or playing video games. The other is enrolled in college with a part-time job, and is actively participating in Alcoholics Anonymous. If you look at this in the binary manner, they're identical. If you look at quality of life, one clearly has better outcomes. We look at outcomes not as a data point but as a spectrum. We have an Outcomes Team who work with the Clinical and Wellness Teams to constantly measure, collect, and analyze data from clients. Through a data-informed approach, we craft each client's treatment plan and adjust according to the client's progress. We also collect data from our alumni about not only their sobriety but also

their quality of life. It is as simple as this: a client's health affects their happiness. Their recovery and their quality of life are intertwined."

Addiction treatment is big business

According to the Substance Abuse and Mental Health Services Administration's (SAMHSA) 2014 National Survey on Drug Use and Health, substance use alone is estimated to cost Americans more than \$600 billion each year. Although it is estimated that 21 million people in the US have a substance abuse problem only 2,500,000 are treated annually. There are about 15,000 addiction treatment centers in the United State and it's an estimated \$35 billion dollar business.

Although Basso declined to comment on Mountainside's profitability, centers with proven track records, convenient locations and elegant facilities have healthy profit margins.

What's next for Mountainside?

Drug and alcohol rehabilitation centers are a fragmented business with many independently operated, non-profit and for profit, participants. Large private equity groups, like Bain Capital, are acquiring independent treatment centers and creating national treatment chains. Basso declined to comment on whether he had received any phone calls from investment bankers but admitted that Mountainside itself is always looking at ways to offer more services and programs for clients. •



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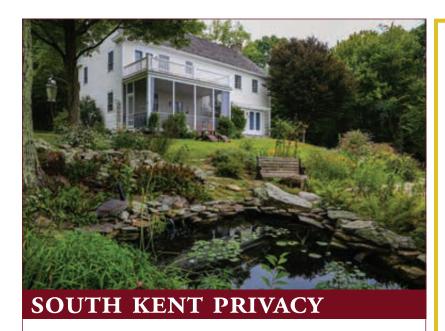
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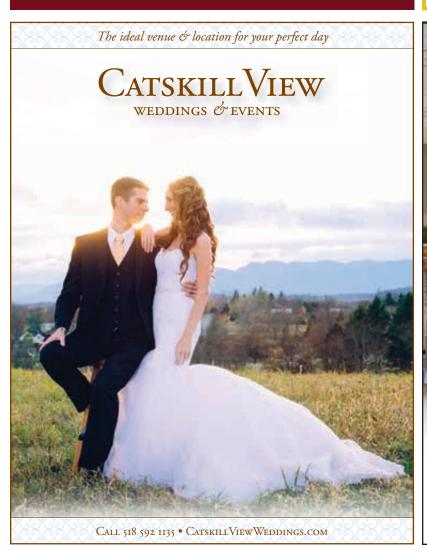
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Minding your mental health

By Samantha K. Case, LCSW skcaselcsw@gmail.com

With our television screens and social media feeds filled to the brim with news of mass shootings, natural disasters, a pervasive climate of sexism and terrorism, an epidemic of drug addiction and overdose, and a tempestuous political climate, at best, the topics of trauma and mental health are being increasingly discussed. But what does mental health really mean? And how can we make sure that we are taking care of our mental health given all we are bombarded with throughout the course of our days? As we begin a new year full of hope and resolutions, taking care of our mental health should be as high on the priority list as any physical health goals. In order to accomplish that, we need to understand more about what that means.

Mental well-being vs. ill-being

The last decade has seen the beginning of a revolution in public understanding of 'mental health,' from a term synonymous with mental 'ill' health, to a term also relating to everyday mental well-being. Indeed, mental health is a continuum on which we all sit and in 2018, it doesn't take much Googling to find a whole host of statistics and reports shouting out to us that poor mental well-being is something millions of people experience and live with from day-to-day. We also know that this can have a wide-ranging economic, social, and emotional impact, from academic achievement, to career progression, to friendships and relationships. Many people don't get the help that they need, in part because of the stigma against those facing mental illness, but also due to lack of knowledge about available services and difficulty accessing services that are available. Emotional and mental well-being is a priority for everyone: One in four people globally will experience a mental health issue at some point in his or her life.

But even if you aren't facing an issue like anxiety or depression, focus-

ing on your mental well-being could still make 2018 the best year yet. Here are some ways to make your mental well-being a priority this year:

1. Practice gratitude

Life's so much better when you're acknowledging the bright side. Research suggests that expressing what you're thankful for – from your dog to your favorite song on the radio – will improve your mental well-being.

2. Try meditation

Meditation is no longer some New Age fad that's too intimidating to try. The practice has a host of health benefits, from better concentration to – yep – improved mental well-being.

3. Write in a journal

Putting pen to paper can be a liberating and cathartic experience. Try keeping a journal or even just writing your anxieties and tossing them in the trash. A 2012 study found that writing what's stressing you out and then physically throwing it away may help clear your mind. Experts also suggest writing when your worries are keeping you up at night.

4. Go to therapy

Speaking of therapy – do it. Seriously. Just like you'd see a doctor for a physical illness, the same standard should apply to mental illness. There are multiple methods, from talk therapy to behavioral therapy, and a mental health professional can help you figure out the avenue that works best for you.

5. Exercise at least a few times per week

Endorphins are magical. When you exercise, your brain releases the feel-good chemicals, giving you an instant mood boost. Additionally, try to take your workout outdoors. Research suggests group walks (yes, walking is considered exercise) in nature can help ease depressive symptoms.

6. Lean on your support system

After all, what are friends for? A 2011 study found that spending time with

your BFF can reduce stress. Research also shows that social connection is imperative to mental health. Spend as much time as possible with your loved ones, whether it's going to dinner or just watching a movie together.

7. Adopt a well-balanced diet

Put good in, get good out. Eating well is key to overall health, including your mental well-being. Try incorporating fruits and vegetables in your diet more often along with brain-boosting foods like walnuts and spinach.

8. Travel

Sometimes a change of perspective involves a change of scenery. There are many testimonies from people who have said their wanderlust has changed their life for the better. Science seemingly backs this up: Research suggests that planning a vacation can increase your overall happiness as you anticipate your trip. If you're looking for travel suggestions, someplace with water may be a good place to start. Studies show being near the ocean can make you calmer.

9. Sleep more

Who doesn't love an excuse to sleep in? A lack of sleep doesn't just wreak havoc on your physical health, but it seriously messes with your mental health. Research shows sleep deprivation can make it difficult for someone to regulate their emotions. Poor sleep is also a sign of more serious mental health problems. Try going to bed just 10 minutes earlier every night (and use one of these sleep tips if you're feeling too anxious to drift off) and work your way up to a healthy amount of sleep.

10. Do a digital detox

Social media is basically just a highlight reel of someone's life – but that most likely doesn't stop you from feeling a pang of envy every time someone posts a photo of their fabulous party, their new car, or their shiny engagement ring. Research suggests that people can feel depressive symptoms from scrolling Facebook, likely due to



the internal social comparison that's taking place. The antidote? A break. Ditch those devices every so often for the sake of your mental health.

11. Express kindness toward someone else

Want to feel good yourself? Make someone else feel good. Studies show that kindness can be cyclical. When you do a good deed for others, that makes them happier, which in turns make you happier, too. Even the smallest gesture can make a difference. Pay it forward every so often and reap the benefits.

12. Learn to say no

It may be just two tiny letters, but this is your gentle reminder that "no" is a complete sentence. Burnout happens easily – in the office and outside of it. Make sure to spend some time alone and prioritize your well-being. If you don't want to go to a party, don't do it. If you feel overwhelmed by your workload, speak up. Self care is not selfish.

13. Talk to others about mental

You never know who you may be helping by opening up about your own experience. The only way our culture is going to be eradicated from the stigma of mental illness is if the conversation continues. You can be part of that change.

Here's to 2018 being the year of you! •

Samantha K. Case is a licensed psychotherapist in Lakeville, CT. She can be reached at (860) 248-1088 or at skcaselcsw@gmail.com to schedule an appointment or connect.

Photo: istockphoto.com contributor Ukususha MAIN STREET MAGAZINE 15

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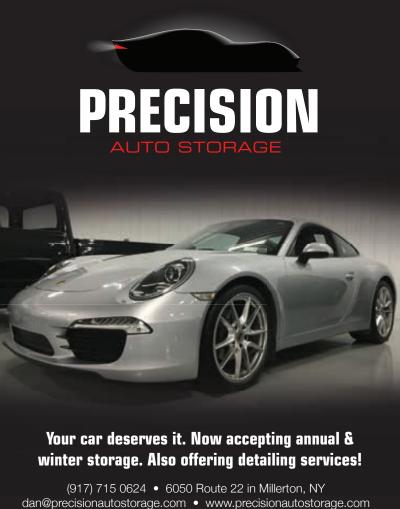
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health house improve your health and your home's value

By Christine Bates christine@mainstreetmag.com

Homes can be dangerous places. Falls at home account for 6,000 deaths a year, and poisoning for 5,000 a year, but these are "accidents" that do not affect your daily well-being or the value of your home. Contaminated water, excessive radon, lead paint, and faulty electrical outlets can threaten your family's health and safety and may complicate the eventual sale of your home. Why not take action now before a home inspection delays the sale of your house and reduces its selling price and time to close?

Radon alert

Radon is a colorless, odorless, radioactive gas found in soil and rock that causes an estimated 20,000 lung cancer deaths every year in the United States according to the American Cancer Society. Only smoking causes more lung cancer deaths. Much of the Northeast of the United States has uranium in the soil. It is estimated that 28% of tested homes in Berkshire and Litchfield County, 37% in Columbia County, and 39% in Dutchess County, have over the recommended maximum level of 4.0pCi/L that is considered dangerous to health.

the one next door, and there are no warning symptoms of radon poisoning. The American Cancer Society suggests that ALL homes be tested for radon levels. If the reading is over



4.0pCi/L steps should be taken to fix the problem - this is real preventive medicine. When you are getting ready to sell your house, test again. Qualified contractors who can fix the problem are listed on the EPA website (www.epa.gov/radon/whereyoulive. html). Don't forget that when you decide to sell your house you'll find out from the buyer's inspector the amount of radon that your family has been exposed to.

Breathe easier

Regulations in New York, Connecticut, and Massachusetts require that all homes have functioning carbon monoxide and smoke detectors. The disclosure that every homeowner completes and signs before listing a property for sale includes information about both types of detectors. Homeowners should install and test carbon monoxide and smoke detectors before the buyer's home inspector comes or before you are poisoned by CO2 or smoke. Every year 400 people die because of a carbon monoxide leaks in gas fireplaces, furnaces, generators, and appliances. You should install several CO2 detectors with one near Radon can affect one house and not the heating system and at least one on each floor of the house.

Test your water

Home inspectors will also test your well water for bacterial, mineral, and chemical pollutants. State health departments recommend that private wells be tested annually for basic indicators like coliform bacteria, nitrogen, iron manganese, etc. Recently one homeowner in Connecticut only discovered higher than recommended e-coli levels in the home's well water during the buyer inspection. Remediation of this problem will involve your plumber installing a water filter and an ultraviolet sterilizer and retesting.

If you have a well you should also test at least once for arsenic, radon, lead, uranium, volatile organic



Above: Rob Peyton, Herrington's Millerton paint expert, can recommend zero VOC paint that is also odorless. Below, left: An instant lead test.

compounds (VOC's) and fluoride. "A recent report published by the US Geological Survey, in cooperation with the Connecticut Department of Public Health determined that seven percent of the private well samples tested at levels higher than Maximum Contaminant Levels for arsenic or uranium" said Ryan Tetreault, CT DPH Private Well Program supervisor. "These metals have no taste or odor so the only way to know if either toxic metal is present is to have your private well water tested." A licensed, registered laboratory in your county should perform tests.

If you are fortunate to have a municipal water system, read and save the annual water quality statement that your water operator is required to publish annually. Having access to a municipal water system will add value to your home.

Asbestos

Home inspectors will also be looking for signs of asbestos and owners must disclose their own knowledge of any asbestos. Is it wrapped around a pipe or lurking in insulation? While it may not be possible to identify all materials visually, an experienced inspector

can tell you what was commonly used, based on the age of your home.

According to This Old House, "Material in good condition will not release asbestos fibers and disturbing it may create a health hazard where none existed before. The best thing to do with asbestos material in good condition is leave it alone. The danger comes from asbestos material that has been damaged over time."

Asbestos is most hazardous when it is friable, easily crumbled by hand, and releases fibers into the air. Sprayed on asbestos insulation is highly friable. Asbestos floor tile is not. Asbestoscontaining ceiling tiles, floor tiles, shingles, siding shingles, etc. will not release asbestos fibers unless they are disturbed or damaged in some way. If an asbestos ceiling tile is drilled or broken, for example, it may release fibers into the air. If it is left alone and not disturbed, it will not.

Lead

An EPA report estimated that 20 million housing units in the United States have issues with lead paint. Although paint companies began

Continued on next page ...

phasing out lead paint in 1951, it was not until 1978 that lead in point was completely banned. Therefore any building constructed before 1978 may have lead particles clinging to old windowsills, radiators, and doors, that can be licked and swallowed by small children who are particularly vulnerable to lead poisoning.

As part of the seller's disclosure process sellers must attest to their knowledge of lead paint. Most check the box "Seller has no knowledge of lead-based paint hazards in the housing." If a purchaser has a concern they have an opportunity to conduct a special risk assessment for lead. One home renovator kept the original windows and moldings in a Victorian house and had them sanded, stripped, and repainted, but left one window bare in order to show the process to a future buyer.

Get rid of mold

Most molds are non-toxic, but they still smell moldy and look ugly and can be dangerous. Experts advise that it's unlikely you will inhale enough so-called "toxic mold" to affect your health in normal homes and office buildings, but that doesn't mean you shouldn't find and eliminate sources of moisture and remove mold.

Consumer Reports and mold experts like American Conference of Governmental Industrial Hygienists (ACGIH) maintain that home testing kits for mold are a complete waste of money, which don't provide meaningful answers because mold spores are everywhere. If you're worried about mold, do what a home inspector will



do when he evaluates a house. Where will a smart buyer look for mold? They would notice standing water in the basement, watermarks on ceilings, very recent paint covering up stains, black mold in sink cabinets.

Electric

Electrical wiring in older homes can be perfectly safe or potentially dangerous. Fires caused by faulty wiring and outlets are the third leading cause of fires and account for nearly 70,000 fires a year in the United States.

Systems that were designed to carry electricity for a few lights and a radio now have to power central air conditioning, heating units, clothes dryers, and computers. If you are buying, thinking of selling, or are worried about all those power cords in every room of your house, employ an electrician to evaluate your system and make any required changes. This Old House says that most homes built since 1940 have a safe system, although the circuit breaker box may be need to be upgraded. Ground-fault circuit interrupters (GFCIs) reduce the risk of shock and home inspectors will look for them in bathrooms and kitchens.

Watch your step

House inspectors will comment on the physical safety features in your home as well and suggest changes that should be made – such as the condition of stairs, loose porch rails, the need for hand railings. A buyer may ask you to install these items or deduct them from the purchase price. Why not have something to hold onto now?

Make smart materials choices

Increasingly smart buyers are interested in the materials used to construct a home. When you build or renovate ask questions about the materials that will be used. If you used non-VOC paint or water-based polyurethane on your floors when you built, renovated, or prepared your house for the market, include that information on a paint surfaces chart. If you insisted on solid wood cabinets when you redid the kitchen, you have avoided



Above: Your hardware store expert can recommend the right smoke and CO2 detectors for your home. Below, left: No bleach mold control eliminates mold.

"MDF"s (Medium Density Fiberboard) which emit formaldehyde. When you replace the kitchen floor consider all natural anti-bacterial, biodegradable linoleum rather than vinyl tiles.

Know where the dry wall was manufactured. Over 100,000 homes in the US, mostly in Florida during the housing boom, have sulfurous rooms. Record the manufacturer and date of installation or application for your household records. Whatever you put in your home can affect your family's health – even mothballs – and a record of materials will assure your eventual buyer that you have been a responsible, thoughtful guardian of your home.

Air

Although home inspectors will not typically check air quality, it can be more polluted inside your house than outdoors. The EPA estimates that 72% of our exposure to chemicals happens at home – formaldehyde, cleaning products, adhesives, pesticides, sheet rock, air fresheners, etc. As we spend more time indoors in well-insulated houses with thermo pane windows, indoor pollution is getting worse. Instead of a broom use a vacuum cleaner with a HEPA filter - two or three times a week including floors and furniture – then mop up with a micro fiber mop. Use doormats and ask people to take off their shoes. Throw out ashtrays and make your home smoke-free. Air conditioners and dehumidifiers can control allergens and indoor pollen and reduce moisture and mold. Get rid of paint thinners and chemicals in the basement and rip out old carpets.

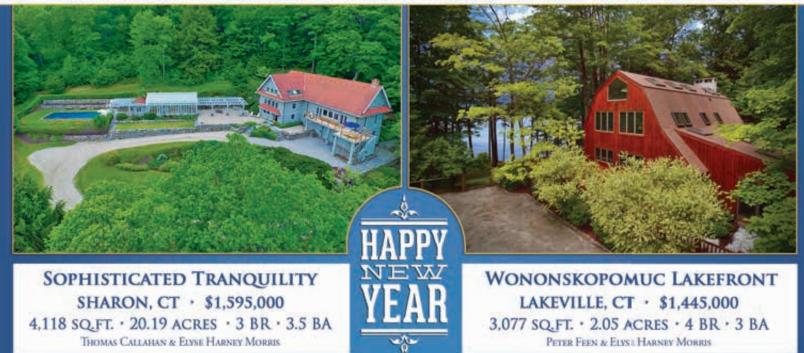
Don't try to disguise bad smells with plug-in air fresheners, which emit volatile organic compounds (VOCs), including some that are regulated as toxic or hazardous under US federal laws. Look for fragrance-free or naturally scented laundry products, switch to mild cleaners that don't include artificial fragrances. Let in fresh air.

When your house is on the market, avoid air fresheners that smell like New York City taxi cabs and research products that remove odors, not mask them, and are non-toxic, non-gmo, and non-hazardous for people and the planet.

When considering buying a house spend more time evaluating possible health issues and less time thinking about changing the kitchen countertops. If you are building a new house discuss the importance of healthy, green buildings materials with your contractor, your architect, and the guys that work in your local hardware store – they'll be up on the latest. And if you're selling, get ready in advance to document your home's clean bill of health. •

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Chocolate

By Jessie Sheehan info@mainstreetmag.com

A pavlova is a meringue-cake, calling for little more than egg whites and sugar. It is baked at a low temperature for a long time, and results in one of the most texturally exquisite treats I know, what with its crisp, on the verge of shattering, exterior and marshmallow-y interior. Moreover, if you bake a separate, smaller pavlova for each guest, rather than one large one, you please everyone's inner child (kids like their own individual dessert, FYI). If you add chocolate to the mix, pavlovas are wonderfully fudgy, almost brownie-like in the center; and not quite as cloyingly sweet as their vanilla counterpart. Finally, pavlovas are flourless, and fat- and dairy-free, and if served without the requisite whipped cream, they might just be the dessert your New Year's resolution ordered.

Now, truth be told, I don't often (like never) make desserts that are purposefully gluten or dairy-free (unless I am baking for a person with an allergy) or low in sugar or fat, but the magazine's theme this month is health and wellness, and I am trying to be a team-player. With that said, these pavlovas, in their non-fat, dairy-free, and flourless way, while not exactly healthy, are guaranteed to make you feel awfully well.

They're time-consuming

They do take a bit of time to bake - not only is there an hour spent in the oven while it's on, but there are several hours spent in the oven once turned off (this time in the dark oven helps the pavlovas dry out and form the hard exterior and soft interior described above). However, the results are so tasty and so special, that your New Year's resolution to eat less fat and gluten and dairy, is going to be much easier, and much more fun, to keep than you could have ever imagined.

Ingredients:

Yield: 10 individual pavlovas 6 egg whites

1/2 teaspoon table salt

- 1 1/2 cups superfine sugar, or regular 1 1/2 teaspoon arrowroot powder, or cornstarch
- 2 1/2 teaspoons white vinegar 1/2 teaspoon pure vanilla extract 1/4 cup Dutch process cocoa powder 2 ounces dark chocolate, chopped, optional

Fresh fruit for serving Lightly whipped cream for serving, optional, New Year's resolution dependent

Instructions:

Preheat the oven to 275 degrees Fahrenheit. Line two cookie sheets with parchment paper. Set aside.

Place the whites and the salt in the bowl of a stand mixer fitted with the whisk attachment, or in a large mixing bowl and using a hand mixer, whisk on medium until soft peaks form, about five minutes. Add the sugar very slowly, a tablespoon at a time, and then the arrowroot powder, and continue whisking on medium high, until the meringue is glossy, thick, and holds stiff peaks, about five minutes. Add the vinegar and vanilla and whisk to incorporate.



Remove the bowl from the mixer and sift the cocoa powder over the egg whites and sugar, add the chopped chocolate, if using, and very gently and only partially - fold the cocoa in, leaving visible streaks of chocolate. If you fold the cocoa in completely, you risk deflating the whites, and missing out on the chocolate-y stripes.

Divide the meringue into ten 1/2 cup portions between the two pans (I use a 1/4 cup cookie scoop), and using the back of a spoon or an offset spatula, flatten the tops, just a bit. Ideally you want short, squat shapes, as opposed to skinny, flat ones.

Transfer the sheets to the oven and bake for 55-65 minutes, or until dry to the touch. This may take longer than 65 minutes, or shorter than 55: it all depends on your oven. I think it's best to check on the pavlovas at the 55 minute mark and maybe every five or ten minutes after that. To do so, lightly touch their tops - they should feel dry, but not rock hard – as if you could easily puncture their crisp tops with your finger.

Turn the oven off and keep the

pavlovas in the oven, with the door propped slightly open, until they reach room temperature. This will take at least four hours and is best achieved by leaving them in the oven overnight.

Serve the pavlovas with fresh fruit - citrus is lovely this time of year, and a few sections of a blood orange served along side each pavlova would be so pretty. Or try a sprinkling of pomegranate seeds. And if you're okay with eating berries in the off-season, pavlovas are always lovely served with mixed berries. Finally, depending on how committed you are to your New Year's resolutions and how strict said resolutions are, lightly whipped cream is never a mistake. •

Jessie is a baker and cookbook author, you can learn more about her through her website jessiesheehanbakes.com.







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WALKING for body, mind, and art

By Dominique DeVito info@mainstreetmag.com

It's January. It's cold. The leaves are off the trees. Get outside and walk? It's not exactly the most motivating time of year to get started – but it is the perfect time of year to get started. Why? Because it's a new year, first of all; because you want to do something healthy after all the indulging over the holidays, right?; because it's easier to start with short walks when it's not quite so nice out - and you want to start off slowly; and because, honestly, you have to start some time, and it might as well

"Walking is a great way to be more active, and is the most popular physical activity among adults," according to the National Institute of Diabetes and Digestive and Kidney Diseases. It can be done by nearly everyone, and it doesn't take a lot of fancy equipment or a gym membership or anything, really, except some time and dedication.

That's how it started for Carlo DeVito. If you happen to be a commuter on the Rip Van Winkle Bridge between Greene and Columbia Counties in the early morning (usually around 6 am), you've probably noticed him dutifully walking the bridge's beautiful span. I know when I see walkers, I think how lucky they are to have the time, and how easy it looks to be out there. Carlo doesn't have the luxury of





All images were taken by- and are courtesy of Carlo DeVito during his morning walks.

time. Like many of us, he has several jobs he's juggling. But this isn't the story of his career, it's the story of what happened when he started making walking a habit, and how he stays motivated.

When did you start walking (almost) daily, and why?

I started in January 2014, so it's four years this January, 2018. I was making a job change and no longer commuting by rail more than five hours a day. I had spent so much time sitting on Amtrak trains that I vowed to myself that if I wasn't on the train I would use that time in the gym or walking.

Did you have a weight or fitness objective when you

At the time, I was a biscuit shy of 260 – much more than I wanted to be! But my goal was not just to lose weight, it was to shed inches.

And have you succeeded?

I dropped 45 pounds initially, though I put some weight back on from working out later (which I do

on a program designed for me by a trainer friend). I've also gone from a size 46 pants down to a 36.

Nice. What do you do to supplement the walking to work other muscle groups?

Once I started losing weight I started doing sit ups, leg raises, push-ups, and lifting a small pair of dumbbells (15 pounds). It was nothing crazy, it was merely about repeating the exercises with the same regularity that I had brought to walking. The goal was toning up my muscles not bodybuilding.

What motivates you on a daily basis to get out there and do it?

My biggest motivation is fear of getting fat again! I'm happier and healthier than I've ever been. I don't huff and puff when I go up and down stairs or when I go for a short walk. I can bend down and tie my shoes without my stomach getting in the way. And I have a lot more energy. I don't want to give any of that up.

Do you prefer walking in the morning or later in the day?

I walk whenever I can. I do it early in the morning because my days can easily get away from me with business and everything else life throws at us. My routine is to wake up at 5:00 or 5:30 and get out. It's quiet, then, and peaceful - albeit sometimes it's very cold.

How do you keep a routine from getting stale?

I started taking photos of my walks to prove that I was somewhere. I started walking over the Rip Van Winkle Bridge about two years ago. I now have more than 3,000 photos taken from that bridge. Several people have suggested I publish a small book of those photos.

I know you have quite the following on Facebook for your walks and the accompanying photos. How does that influence your daily practice?

It's funny, I actually get text messages on days when I skip my

Continued on next page ...

walk from folks wondering what happened. It's great motivation. I thought, "Who in the heck would care about all these photos I'm taking?", and I stopped for a short period. People complained! They enjoyed the daily photos. So I'm always looking for a fresh perspective. I never get tired of sunrise or sunset.

The walks have increased my appreciation for nature. For years I took trains and buses in and out of New York City, becoming somewhat oblivious to everything as I focused on what I had to do. But seeing the Hudson when I walk, I have found an absolute beauty in the river. Fall is gorgeous with the burst of colors. Winter is beautiful it's bleak and crushing cold and ice. The spring is an amazing transformation of the landscape. And summer is like a National Geographic video – I sometimes think I'll hear David Attenborough's voice talking behind me when I hear all the birds in the trees in the estuary.

Speaking of birds, what's the scariest thing that's happened to you on your bridge walks?

I was attacked by Peregrine Falcons. A pair was nesting in the bridge, and since I was going by during their morning feeding time, the male and the female would swoop down at me. They are huge! But it was fine. I was glad for the Falcons being there, as it shows the river



is ecologically sound enough for them to survive there. I've seen Bald Eagles, too.

What's the happiest thing?

Interacting with the Peregrine Falcons was also the happiest thing as it means that the river is a healthy place again. When you see the estuary on a Sunday morning when there's no traffic, the bird song is unbelievable. I also like hearing the ice coming up the river and crackling and pinging and popping. There are so many little moments like this that I've come to appreciate how impressive nature is.

You're spending a lot of time in the environment of both Thomas Cole and Frederick Church. Do you think about that?

Absolutely. The more photographs I take the more I think about Church and Cole. In many of the paintings – especially by Church – there

are mountains lit by sunlight that are in the background, while some of the features of the landscape in the foreground are shadowed by clouds. I see that on a daily basis from the bridge. I think about those two artists often and how the river connects their worlds and mine and connects me to the paintings – and how awesome nature and landscape truly are. I have an incredible new love of landscape painting.

How do you feel if you miss a walk?

I feel awful when I miss a walk. Even if it's only a short walk I miss it.

What's been the biggest learning experience from this practice, and how do you compare walking outside to doing the treadmill in the gym, which can be a substitute for an outside walk?

Going for your walk is a very meditative time. You can give yourself a task to think through – things going on in your own life or your family and friends; business issues that you have to deal with; lots of stuff. And it all gets broken up with looking around to see the beauty that's right in front of me. This is quite different from doing the treadmill at a gym. While it's a better minute-forminute exercise because you can challenge yourself to go faster or longer or further, being in the gym never equals the joy I get from be-

ing outside, breathing clean air and looking at what's going on. I have never seen a sunset or sunrise inside a gym, nor have I seen Eagles or Peregrine Falcons or boats going up and down the river.

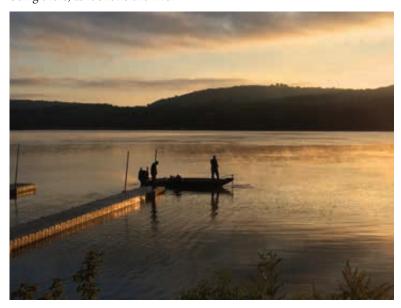
What's your advice to those who want to start a walking exercise program?

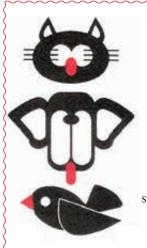
Don't try to kill yourself. Start out small with one or two miles. Try four days a week or three days a week or five days a week. Start off small, and eventually you begin to miss the days that you don't walk. If you can, find a fun trail or a path through the city or town that you live in. Be smart and safe. Also pick a place that amazes you. Sometimes the opposite happens though. You pick a common place and suddenly it becomes amazing.

Where can people see more of your photos?

On my Facebook page. And if anyone wants to message me about their walking, we can commiserate when it's really cold.

Thank you for the insight and inspiration. Happy 2018. •





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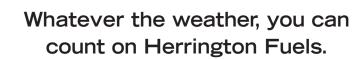
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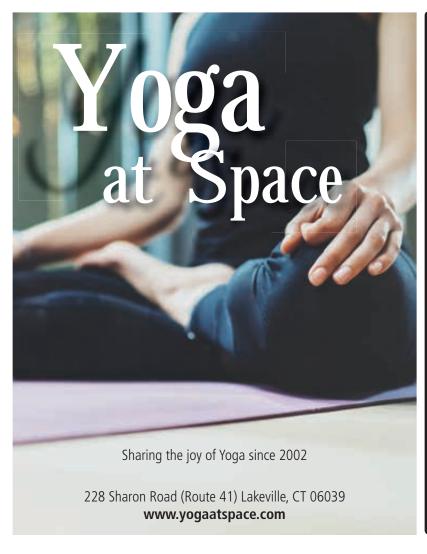
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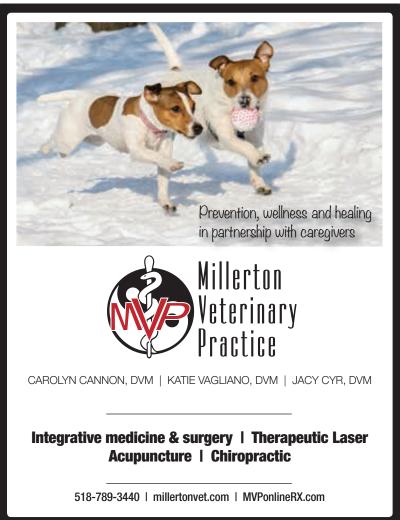
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A Beginner's Guide to Acupuncture

By Ian Strever info@mainstreetmag.com

I'm not a doctor. I'm not a scientist, a faith healer, a physical therapist, or a otolaryngologist (whatever that is). But I am an adult human being with aches and ailments that need fixing, so I like to know a little bit about what these people do. Fortunately, aside from a broken hand and a hernia in college, my medical charts are pretty clean – too clean, even. I had a physical this decade, and I went to the ER twice in the past eight years, but in both cases, rest, more moderate exercise, or more timely hydration would have averted the trips. Preventable, in other words.

And most days, I feel good, despite the onset of middle age. But as Time's wingèd chariot approaches, certain aches persist, though not to the point of requiring surgery or medical intervention. Old sports injuries flare up under a full moon, and my annual basketball game might result in one more dose of Tylenol than I'd like to take. My hospital visits have caused me to drink more water and prioritize sleep, but also to take a more circumspect view of wellness. Yoga and meditation have become more regular parts of my life, and as I deepen my practice, I develop a greater appreciation for the sense of equanimity they induce. Their power lies between the spiritual and physical, analogous to the kind of euphoria I feel at the end of an exhausting bike race: spent, but exhilarated.

Wellness practices

Such experiences, along with the testimonials of friends, have opened me to a range of wellness practices that seem to be working. A varied diet of seasonal, organic foods seems sensible and healthful to me, and certain foods and vegetables clearly influence my state of being, whether it's a late afternoon cup of coffee

that keeps me up, or the ginger chew that soothes my stomach.

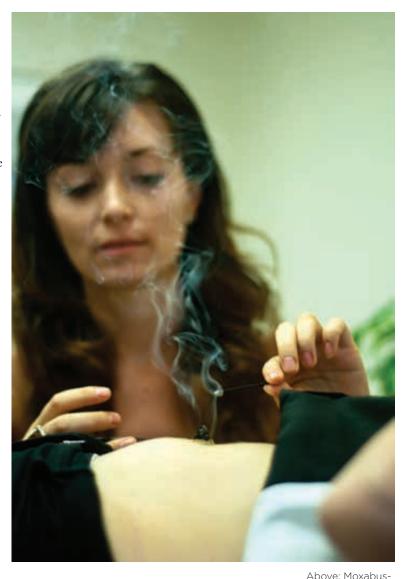
Nothing seems to adequately address the headaches and neck/shoulder pain that have been with me since early adulthood, however, and I have generally taken them in stride as just a part of being an adult. To some extent, that's true. But if there were a way to eliminate them and realize my optimal health, wouldn't that be worth a try?

Acupuncture

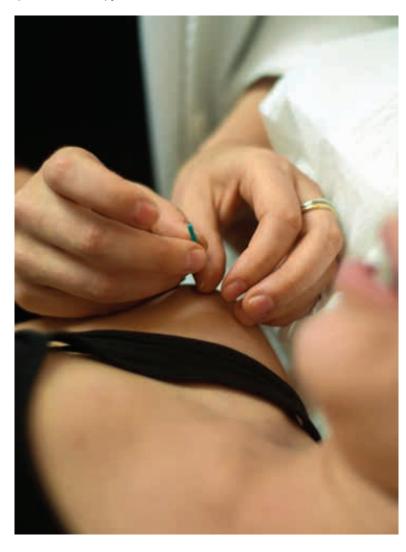
For that reason, I've always been curious about acupuncture. Claims about its efficacy seem legitimate, and some esteemed physicians have even begun to prescribe it as a complementary treatment for ailments as serious as cancer. That said, I am not about to allow anyone to use me as a pincushion without a really good reason, and my research about the practice has yielded mixed results. Critics call it a "pseudo-science," and although it is recommended for pain management by the National Institutes of Health, many clinical studies are inconclusive or qualified. One of the more curious outcomes was the distinction between acupuncture and "sham" or placebo acupuncture: there was a moderate difference between the impacts of the two methods, but there was a significant difference between their effect and that of no acupuncture at all.

So, placebo or not, acupuncture (or the belief in it) seems to work. But why? Is it because the patient wants to believe, or does the careful placement of acupuncture needles tap into the twelve meridians that channel our *qi* (pronounced "chi") – or life force – around the body? There is an entire world of eastern

Continued on next page ...



tion is one of several complementary treatments Emma Dweck practices in her Millerton, NY, office.



Above: Dweck's careful hands place a series of acupuncture needles strategically around the body to access one of twelve meridians that govern wellness

medicine and an underlying philosophy that is just so ... different from western medicine that it can be hard to conceive of how acupuncture works.

Rather than surf the web endlessly for answers, I decided to seek an expert: enter Emma Dweck, a licensed acupuncturist in Millerton, NY. The daughter of a respected family practitioner, Robert Dweck, and a highly-regarded wellness advocate, Karen Kisslinger, Emma's practice is informed by both traditions, and she clearly inherited her mother's gift for teaching, which was on full display as she educated me with patience and tact about the basics of her work.

An extensive interrogation

This was the first time that I can recall becoming the interviewee of my own interview. As a part of her intake process, Emma conducted an extensive interrogation into all aspects of my life, including physical,

spiritual, and emotional characteristics, but also diet, skin tone, relationships, and general demeanor. In twenty minutes, she learned more about me than my general practitioner has come to know after seven years of visits (albeit few and far between). Whether this impacts her treatment strategy or not, it is comforting to know that an attending practitioner knows me so well. According to her, this is part of a diagnostic approach to know the entire patient and to evaluate my health in a holistic way instead of assessing specific symptoms.

This was also the first time I conducted part of an interview shirtless, but as she read my "six pulses," and felt my skin temperature, my questions persisted. Emma is trained in the "Five Elements" tradition, which she attempted to explain to me by means of an intricate chart on the wall. Each of our major organs is associated with a natural element: fire, earth, metal, water, and wood, all of which can impact one another. For instance, fire is the mother of earth and the son of wood; fire is associated with the heart and circulatory system, and wood is connected to the gallbladder and liver.

The moment of truth

This is a gross oversimplification, to be sure, and diagnosis is far more involved. As Emma assessed me, she decided to begin treatment with some needles in my upper back and shoulder. This was the moment of truth. For some people, the fear of needles alone is enough to rule out acupuncture, and while I'm not a big fan, I'll try anything once. Emma asked me if I wanted to know when she was inserting the first one, and I honestly didn't know how to answer, so she offered to tell me about the first insertion, and proceed from there. The needles are extremely fine, and although I felt the first one going in, depending upon where she was working, some of them barely registered.

Emma left the room for about twenty minutes, at which time I drifted in and out of consciousness, which seems antithetical when you

are lying face down with needles in your back. I can't be sure if that was a function of the acupuncture or of my ability to take power naps almost on command, but I was obviously relaxed. After that interlude, she removed the needles, had me turn over, and thought about inserting some in my feet but reconsidered. After making plans for a follow-up visit and a few more questions, I was out the door.

Building trust in the process

Evaluating the efficacy of the session is difficult. While my major complaints were about shoulder, neck, and head pain, it is not necessarily the case that a practitioner will insert needles anywhere near those locations, and I was not expecting immediate results, either. A few hours later, my shoulder pain seemed negligible, but it returned a day later, and I am willing to continue the treatments for awhile to fairly assess the results. Emma explained that she would be treating me through the wood element, which made me happy because I love trees, but whether that is the most effective element or not, I have no idea. There is a lot of trust built into this process, and I left with great respect for the body of knowledge she possesses that is so unknown to me.

If nothing else, my experience left me with a sense of wonder for this and the many elaborate worlds of experience and knowledge that can exist right next door, literally. The towns of Main Street are blessed with many brilliant, interesting, and worldly people like Emma who traffic in fields of study and speak in jargon that is exclusive and practically foreign. Whether it is eastern medicine, organic farming, or raising Arabian horses, living in this area frequently reminds me of just how little I know about the world, and that even if I spent all of it within the boundaries of this area, I would still never know it all. •





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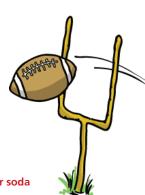
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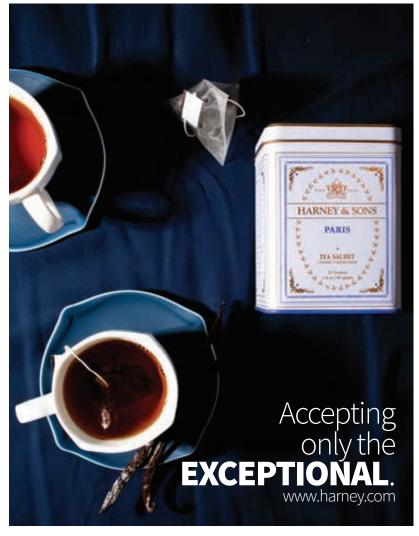
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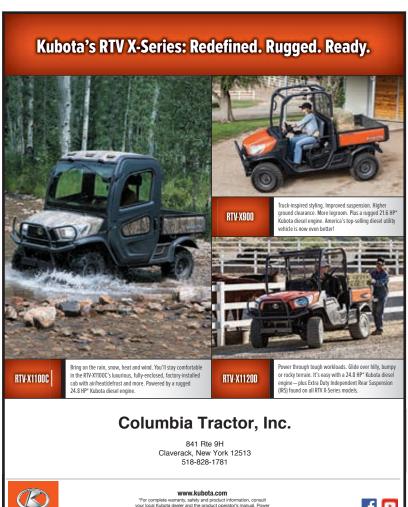






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Get moving!

By Molly Lukins Burke info@mainstreetmag.com

With the significant number of short and long-term benefits to our physical and emotional health, it is abundantly clear that making exercise a regular practice in our life is an essential element of wellness.

Exercise – in some form or manner – is one of the simplest and most affordable self-care approaches we can take to improve our physical and mental performance. Whether you are trying to improve a current condition or prevent future problems, we can all reap the benefits of physical exercise and its ability to strengthen the mind, body, and soul.

To further encourage us all to incorporate regular exercise into our lives, here are a few of its many benefits: reduces risk of heart disease, diabetes, high blood pressure, and cancer; builds healthy bones and muscles; boosts the immune system and metabolism; lowers blood pressure; improves memory; relieves depression and anxiety; increases flexibility and mobility; boosts energy; enhances sleep; assists in losing and regulating weight.

How much movement?

The US Department of Health and Human Services recommends at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity each week. Another option is to do a combination of both. A general rule is that two minutes of moderate-intensity activity counts the same as one minute of vigorous-intensity activity.

To begin, find physical activities that you can enjoy. With a growing trend of health and wellness opportunities and experiences, exercise options, both indoor and outdoor, have increased, making it easier for people to have a choice in how they choose to exercise. Once you begin to see and feel the benefits, your motivation will keep you going.

John Milnes Baker and the Kent Trails

To further understand the vast benefits of exercise, we spoke to three inspiring local residents.

John Milnes Baker is an award-winning architect with a specialty in residential design. Along with author Wendy Murphy, John helped publish *Kent Trails*, a hiking guide for Kent, CT, by illustrating the maps for each trail. John and his dog, Cody, hiked every one of the trails at least once, often several times, to get the lay of the land.

How did you get involved with the hiking guide and what made you interested to contribute?

I have always been a hiker, and one reason we moved to Kent was the proximity to hiking trails. We lived in Bedford, NY, for thirty years and I hiked in the numerous areas in Westchester, but particularly on the extensive network of Bedford Riding Lane Association trails which encompassed the entire area. I created a map of the whole BRLA system – it was a fun project involving several volunteers and I wanted to do the same thing for our new community when we moved to Kent.

How many trails are listed in the guide? Does the guide cater to all ages? Do you have a favorite trail?

There are nineteen designated hiking areas within the Town of Kent. There is literally something for everyone of any age. The Appalachian Trail, Kent Falls, and Macedonia Brook State Park are federal or state trails. The rest are managed by the Kent Land Trust and Weantinoge Land Trust, one by the Town of Kent, one by the Nature

NY CT AMAGENATION TO THE PROPERTY OF THE PROPERTY AND THE

Conservancy and Pond Mountain Preserve by a separate trust.

Do I have a favorite? Hard to say, but the variety and extent of Macedonia State Park offers much variety and choices as it is simply the largest with the most extensive trail system. One goal is to connect several trails west of the Housatonic River. There is a short link proposed from Curry Sanctuary to Macedonia State Park and Cobble Mountain, and then another short link to Pond Mountain Preserve. From there, one will be able to cross Skiff Mountain Road and join the Appalachian Trail and take a loop through Skiff Mountain South and back on the Appalachian Trail north to the Sharon line.

You are an architect by trade and the map illustrator of this guide. Can you describe what it was like working on this project?

As an architect, I organize spaces and illustrate them graphically. So cartography is not that different from what I do for a living. I'm also a sailor and understand the need for nautical charts. The combination of the two

disciplines appealed to me and I offered my services.

From a health and wellness perspective, what do you see as the benefits of hiking?

Cody is my Labrador; he never lets a day go by without reminding me that we have to get out on our hike. Hiking alone is fine, but it's even better with a canine companion. I always use hiking sticks – I feel very odd without them. They are good for the upper body and add to the benefits of just strolling along at a leisurely pace.

Besides hiking, how do you take care of yourself?

I am generally very active. I really believe that stress causes all kinds of ailments. Sharing old folksongs and ballads with like-minded friends is a wonderful respite from all the woes of our times. As a writer, I probably spend more time on my word processor and my drawing board than I should, but I rarely indulge my tastes

Continued on next page ...

for sweets and the excessive consumption of food and alcohol. So far so good!

Kent Trails is sold at the Kent Memorial Library, as well as Back Country Outfitters and the House of Books at prices set by the stores. A free PDF version of the book is posted on the town's website, www. townofkentct.org.

Leslie Eckstein talks fitness

Leslie Eckstein has dedicated her life to fitness and is the founder of Studio Lakeville, a wellness center in Lakeville, CT. She offers a variety of fitness classes, personal training, and massage therapy.

Can you tell us what inspired you to open your studio? What fitness and wellness options do you offer?

I was inspired to open a studio after having worked for others as a fitness trainer for years, but always wanting much more for myself. I've loved fitness since I was 15 years old. I have always envisioned having my own studio and healthy café - it's really a dream come true. In addition to spin classes that are either full spin or spin/fusion (weights, TRX, barre, floor work), also known as our 30/30 classes, I offer personal training, massage, full yoga classes, and soon a gym and café.

What do you see as the benefits of indoor cycling?

There are so many benefits to indoor cycling. Not only do we have a true camaraderie working together for our goals, whether that's stress relief, fitness, losing pounds and inches, but we have so much fun with the music, journey rides and routines that we forget we're working out.

There is room for the novice first timers to get fitter and have fun, and challenges for the hard-core outdoor rider to stay in shape all year long.

Do the classes you offer range in difficulty from beginner to advanced?

We offer classes for the "newbie" or the less advanced rider or exerciser

where they can ride at a less intense level. There are graduated progressions for them to improve where we focus more on lighter weights after the ride and more core strength and flexibility. Then we have more hard-core challenging workouts with big hills and heavier weight sets for the more advanced students. Nobody ever leaves and says they didn't feel challenged, have a great workout, or lots of fun. Everyone who comes is important and feels comfortable.

Have you seen an increase in people's interest in health and wellness in recent years? Has it drawn more people into your studio?

We are definitely seeing new faces everyday. We encourage people to sign up ahead of time. Our classes are fuller than ever. The studio has been very busy. The best compliment is when someone tells me they were unsure about coming, but felt welcomed right away.

The trainers and I always help with setting them up on the bikes and giving them the confidence to know they can do it and it's a journey. We all started in the same place.

Besides the classes at Studio Lakeville, how do you take care of vourself?

I stick to a mostly plant-based diet, but make sure I also have the occasional treats. I try to rest on Sundays and spend that time with my four kids and husband. Life is not about depravation. It's about finding balance. Luckily I love what I do!

To learn more about Studio Lakeville visit studiolakeville.com. They are located at 50 Main Street (above Prime Finds) in Lakeville, CT.

Mark Gerow is all about yoga

Mark Gerow is an experienced registered yoga teacher certified in Mindfulness-Based Stress Reduction. He draws on his diverse background of survival instructor in the US Air Force to life as a New York City actor in his yoga practice. He combines various styles and incorporates a range of therapeutic and organic movements at his Great Barrington, MA classes.

How did you come to discover voga?

I was asked to check out meditation as an actor in NYC because I was "in my head" when attempting to act. I found that I was very anxious as a person in general. I began to meditate and actually hated it. I didn't know how it worked, whether I was doing it right or not, and my body hurt so much while trying. Another teacher of mine and some friends all informed me that yoga would be one step to relax my body and eventually calm my busy mind. So, one day my girlfriend told me there was a free open house at the local Ashram (Sivananda) in Manhattan. This came with a free meditation class, yoga posturing, breathing exercises, and to top it off, a free vegetarian meal. Well, as a struggling, starving actor I decided to go for the meal. I ended up feeling so incredible that I signed up for classes to train me on the basics and really the rest is history. I've been teaching now since 1996.

What forms of yoga do you practice and teach and why?

I morph together Power, Restorative, Yin, Chakra, and more into a Vinyasa Flow class based on the cycles of the Moon. I developed a style (Lunarhythms Yoga) that honors the moon, its influences, while weaving together all the styles as they feel appropriate unfold while getting a feel for the room. I typically practice a very short physical flow to include QiGong and mostly practice Vipassana and Metta Meditation. I've come to realize so much about my life kind of late in life. I'm probably a very slow learner. My practice now takes me deeper into the past and I work with old traumas/ addictions and the "issues in my tissues."

What are some of the physical and mental benefits of yoga?

Well, yoga can definitely stretch muscles, and strengthen them. We can take our awareness and knowledge much deeper into the organs, glands, systems, and subtle energy body. Yoga can improve your health from stress and it's prolonged symptoms like anxiety, sleeplessness, depression, and so on. Mentally, it has a way of

"unwinding the mind" from checklists and the tendency to project into the future causing anxiety, or living in the past, which can bring forth sadness and depression. I use yoga as a moving meditation even with addiction recovery. It's so helpful in recovery to create the ability to articulate feeling, leaning into them and even learn to "stay" in a pose even if there is mild discomfort and uneasiness. These are wonderful life-skills.

What is one yoga pose everyone could benefit from?

There is a very simple pose we refer to as "supported shoulder stand" or "legs up the wall." This pose requires you place a pillow under the hips and lean your legs up the wall. This is a master pose in my mind because of the level of benefits to include better circulation, improved production of melatonin, improving sleep, and memory as well (if you can remember to do this). Do this a few days in a row and feel the benefits.

Besides yoga, how do you take care of yourself?

Well, I consider nature my connection to spirituality. I'm an avid hiker. I hiked the John Muir Trail this past summer with my oldest son and spend most weekends in the woods on the trails. As a single parent I attempt to eat fairly healthy, but struggle at times. So, I do consider moderation in all things a health benefit. I've learned through the years to "let go" much better that I ever used to, not allowing many things to get me down or upset. I feel meditation is my foundational practice, cultivating "awareness" so that I can see my thoughts and not have to follow every thought, feeling and impulse that comes through. I've attempted to grow my empathy skills and compassion in order to make deeper connections with people which has it's own health benefits. Connection is key!

To learn more about Mark Gerow and his yoga classes at Yoga Great Barrington, visit yogagb.com. They are located at 30 Elm Court (just off of Main Street) in Great Barrington, MA. •





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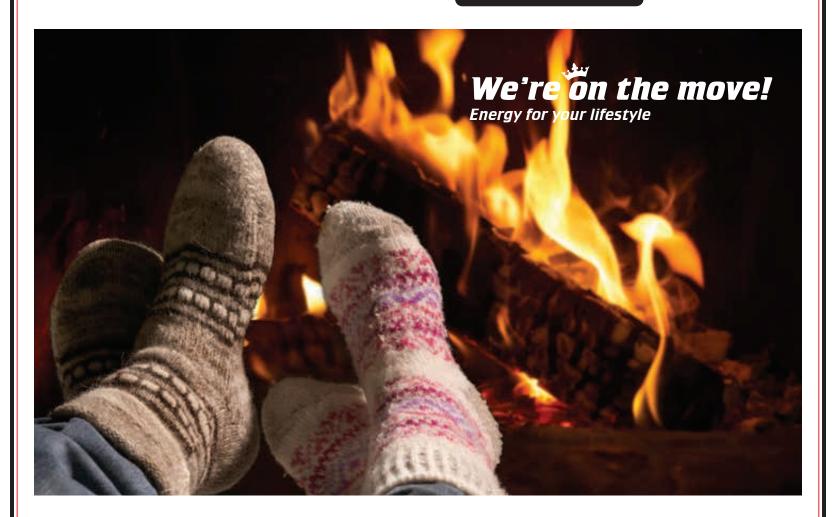
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As we find ourselves in the middle of winter...

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Healing in nature: THE MANY HEALTH BENEFITS OF SPENDING TIME IN NATURE

By Claire Copley info@mainstreetmag.com

Winter is closing in on us - again. For many, this means spending more time indoors. According to one government estimate, the average American spends 90% of his or her life indoors, and as we get older we can become even more housebound, especially in winter. Cold temperatures, icy conditions and snow - covered ground limits where and how we can spend time outdoors. But we should consider the health benefits we are sacrificing by foregoing outdoor activities. There is a growing body of scientific research that shows simply being outside has inherent health benefits. Physical benefits include increased Vitamin D levels, improved eye health, lower blood pressure, cleaner air to the lungs, and stronger immune systems.

There is substantial evidence that being in- and interacting with natural environments has other positive effects on our health. Nature reduces stress and increases the ability to cope, decreases mental fatigue and improves concentration and cognitive function. Spending time in nature can actually increase our ability to focus and concentrate (even in children with ADHD diagnoses), speed recovery from illness or surgery, increase our energy level, and improve the quality of our sleep.



It's difficult to tell from the studies exactly why people feel better in natural environments. Is it the fresh air? Do certain colors or shapes or smells trigger neurochemicals in our visual cortex? Richard Mitchell, an epidemiologist at the University of Glasgow in Scotland, though skeptical at first, conducted a study that found less death and disease in people who lived near parks or other green space - even if they didn't use them! "Our own studies plus others show these restorative effects whether you've gone for walks or not," Mitchell says. So, the effects are not from exercise, but from simply from being outside.

Vitamin D

Natural sunlight falling on our skin allows the body to manufacture exactly the Vitamin D that we need, yet for those of us in northern climates, Vitamin D deficiency is extremely common. Four in ten Americans are deficient in Vitamin D. Vitamin D production is affected by age: people over 65 generate about a fourth as much as people in their 20s.

Vitamin D is essential to maintaining a healthy immune system. Those who don't have sufficient Vitamin D are more likely to suffer from osteoporosis, cancer, and Alzheimer's, to name just a few. We need Vitamin D for bone growth, cell growth, inflammation reduction, and neuromuscular and immune function. Getting enough sunlight has also been linked with the prevention of diabetes, autoimmune disorders, multiple sclerosis, and heart disease.

Vitamin D helps you sleep better at night, thereby improving mood and endurance. Just 15 minutes of natural sunlight per day is known to reduce depression and anxiety levels. A study from the Saint Louis University School of Medicine noted that natural sunlight helps set our body's internal clocks. And the better rested we are, the better our mood and mental state.

In our area, it can be difficult to get



natural sunlight in winter. The days are mostly grey and we must wear layers of protective clothing all winter. So how do we get sun in the Winter? Ten to fifteen minutes of sun falling directly onto the face and arms can be enough to keep our Vitamin D levels up. While we can take Vitamin D supplements, there is no substitute for natural sunlight.

Stress

We all hear about the damaging effects of stress. And yet, stress can be very hard to identify or control. Numerous studies show that both exercising outdoors and simply sitting looking at trees reduce blood pressure as well as the stress-related hormones cortisol and adrenaline. Being outside daily has been shown to reduce stress levels, which can have scientifically measurable impacts on our health, like boosting our immune systems.

Seattle-based environmental psychologist Judith Heerwagon explains, "Just looking at a garden or trees or going for a walk, even if it's in your own neighborhood, reduces stress," she says. "I don't think anyone understands why, but there's something

Continued on next page ...

about being in a natural setting that shows clear evidence of stress reduction, including physiological evidence like lower heart rate."

There are several theories about how nature impacts our stress levels. Nature stimulates our brain receptors and engages our senses, which seems to be how we receive these benefits. The smell of many flowers, including jasmine, lilacs and roses, have been proven to decrease stress and increase relaxation (though this doesn't help us much in the winter). The scent of fresh pine has been shown to lessen depression and anxiety. Color has also been identified as beneficial for people's brains.

Indoor vs. outdoor air

Of course, fresh air has long been known to improve health (our mothers were right!). Outdoor pollution is bad for your health, but indoor pollutants are far worse. The EPA New England states that indoor pollutants are normally two to five (and up to 100) times higher than outdoor pollutants. And according to the California Air Resources Board "...indoor air-pollutants are 25-62% greater than outside levels and this difference poses a serious risk to health." Such health risks include heart disease, lung cancer, chronic bronchitis and asthmatic attacks. In our area, outdoor pollution is minimal, but indoor pollution can be problematic, what with winter heating, and closed windows. In polluted or indoor environments, the body has to work harder to get the oxygen it needs to function. This raises your heart rate and blood pressure. All organs, tissues, and cells in the body need oxygen, so taking action to ensure adequate oxygen intake is important.

Unpolluted oxygen is more available to your lungs when you are outdoors. Levels of oxygen in your brain are tied to levels of serotonin, the neurotransmitter that affects your mood, appetite, memory, social behavior, and other processes. Too much serotonin

and you can become irritable and tense, but too little serotonin and you can become depressed. Breathing fresh air can increase your oxygen levels and therefore help regulate your levels of serotonin, promoting happiness and well-being.

The negative ion-rich oxygen found in nature also has a relaxing effect on the body. To put things in perspective, the Los Angeles freeway has a negative ion count of below 100 per cubic centimeter, while the area around a large waterfall can boast a negative ion count of 100,000 per cubic centimeter (average fresh air has 2,000 - 4,000 negative ions per cubic centimeter).

Nature's calming effect comes from not only the fresh air and negative ions, but also from the ground itself. Research done by scientists at the University of Colorado at Boulder shows that Mycobacterium vaccae, a harmless bacterium commonly found in soil, can act as a natural antidepressant by increasing the release and metabolism of serotonin in parts of the brain that control cognitive function and mood. The bacteria can also decrease inflammation in your immune system, thereby alleviating health issues from heart disease to diabetes.

Green exercise

Researchers at the University of Essex in England are advancing the notion that exercising in the presence of nature has added rewards, particularly for mental health. Their investigations into "green exercise," as they are calling it, dovetails with research showing benefits from living in proximity to green, open spaces.

Physical activity itself tends to improve our mood; we intuitively understand this to be true. With dopamine and endorphins flowing freely when we move our bodies, this positive feedback is often a soughtafter reason for chasing down a good workout. Who doesn't feel good after a good movement session? As it turns out, exercising outdoors increases this effect, producing improvements in mood and self-esteem above and beyond that of exercise alone. Green exercise makes you feel better than the same exercise performed indoors.



When we talk about green exercise, we speak about anything from rock-climbing to taking a walk. While screen close to your face for prolonged I love nature, I am not one to go on long bicycle rides, hikes, or downhill skiing. But the benefits seem to be the same whether you are actively exercising or simply staring at the distant hills. The important thing is that we engage in nature.

Other proven benefits

Studies have shown that patients recover from surgery faster and better when they have a "green" view. Hospital patients may be stressed from a variety of factors, including pain, fear, and disruption of normal routine. Research found that patients with "green" views had shorter postoperative stays, took fewer painkillers, and have slightly fewer postsurgical complications compared to those who had no view or a view of a cement wall.

Another documented benefit of spending time outdoors is sharpening our focus and increasing ability to concentrate. This could be a result of improved oxygen and serotonin levels. One study compared concentration between children with ADHD who played outside, versus those who played inside. Kids who spent time in green, outdoor spaces demonstrated fewer symptoms of ADHD, even when the exact same activities were compared.

Being outdoors can also improve your eye health. So many of us spend too much screen time in general and this can have negative effects on our eyes. Computer Vision Syndrome

(CVS), is the term used to describe eye problems caused by staring at a periods. If you work on a computer or watch TV, you're at risk of developing the symptoms associated with CVS: blurred vision, double vision, dry/ red eyes, eye irritation, headaches and neck or back pain. Getting outside and focusing on objects farther away can help to prevent and even reverse these symptoms. New research is showing that our ever-increased exposure to artificial light may be having a negative impact on nearsightedness. Artificial light is a problem; natural light is the solution.

It's all very mysterious why nature has such a profound effect on our health. Yet as more and more research is done there is no question about it. What does it mean for us? Get outside! If we spend a half hour a day taking a walk, raking leaves, hanging laundry on the line, or just gazing at the view we are improving our health and well-being.

Here in Dutchess County, NY, [where Claire lives] it is so easy, even in winter, to reap the benefits that researchers say are ours for the taking. So, take a walk, spend some time in the yard, or just look around you. We live in a magnificent surrounding. Engaging with it in any way you can will benefit your health and well-being. •

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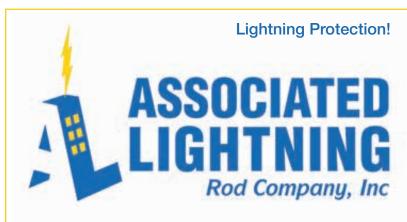
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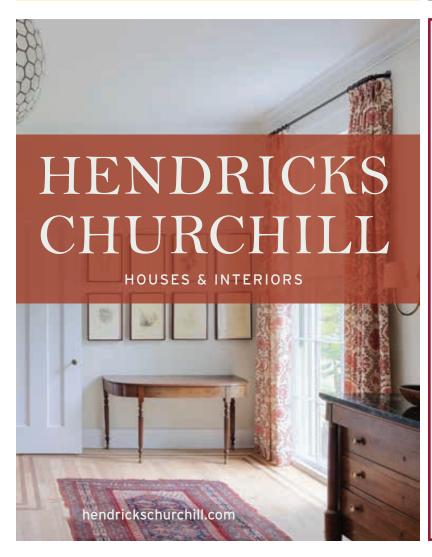


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COLUMBIA MEMORIAL HOSPITAL & DR. GORCZYNSKI'S

Robotic total joint replacement

By Thorunn Kristjansdottir info@mainstreetmag.com

Our region's very own Columbia Memorial Hospital (CMH) in Hudson, NY, is offering a state-of-the-art procedure: robotic total joint replacement. We were able to learn more about this technology and exciting procedure from Dr. Christopher Gorczynski, who has been one of Columbia Memorial's Orthopedic Surgeons for the past 12 years. Both Dr. Gorczynski and his orthopedic surgeon colleague Dr. Louis DiGiovanni are using this advanced technology for knee and hip replacement surgeries at CMH.

As an Orthopedic Surgeon, Dr. Gorczynski treats problems with bones and joints including arthritis, rotator cuff tears, and fractures. "What I like most about working at CMH is fixing my patients' musculoskeletal problems," stated Dr. Gorczynski, and continued by explaining what sets CMH apart from other hospitals in the region: "Our orthopedic patient experience is outstanding. We pride ourselves on excellent communication and predictably good outcomes."

The future is here!

Columbia Memorial is excited about a ing a robotic arm during surgery, we new technology that they are offering when it comes to joint replacement utilizing a robot. These procedures are being performed by doctors Gorczynski and Digiovanni, both orthopedic surgeons at CMH.

Dr. Gorczynski shared with us his excitement by explaining, "The future is here! We are thrilled to announce that we are establishing a robotically assisted total joint replacement program here. We will be using the Stryker Mako system for partial knee replacements, total knee replacements, and total hip replacements."

When we asked Dr. Gorczynski why this is a big deal, he responded using one word, "Accuracy."

He continued by stating, "Patients and surgeons are very fortunate in that total joint replacement is reproducible, predictable, and forgiving. That does not mean it is perfect. While patients routinely report dramatic pain relief once rehabilitated, we as surgeons are thrilled when they report that their new joint feels 'normal.' This occurs less often than anyone would like."

It's all about accuracy

You might then be wondering, much like I wondered, how it all works. Dr. Gorczynski went on by explaining the process; "During surgery we use alignment guides designed to produce certain angles, or remove a particular amount of bone. These guides have been the same for decades. Good surgeons will achieve consistent results, but even the very best surgeons will admit that there is more variability than anyone would like. This can occur for a variety of reasons, but it is impossible to completely avoid."

He continued by saying, "By uscan implant joint prostheses within a millimeter and a degree of the intended plan. Every time. No surgeon, anywhere, can do this using manual tools."

But how exactly does it work?

Undergoing a more accurate procedure should certainly be of comfort to anyone undergoing surgery, or considering surgery. But to further understand this procedure, we asked Dr. Gorczynski more specifically about how the procedure and robot work.

"Before you begin imagining a robotic arm like those seen in vehicle assembly, let me explain how the



Above: The Stryker Mako Robotic Arm will improve joint replacement outcomes. Image courtesy of Stryker.

Stryker Mako robotic arm works," said Dr. Gorczynski and continued, "Preoperatively, the patient undergoes a CT scan. The surgeon then plans the surgery virtually on the computer, determining the intended alignment and position of the prosthesis. In the operating room, the surgeon makes the surgical approach and then uses a probe to orient the robotic software to the position of the patient's bones. During preparation of the bone, the robotic arm prevents anything but the exact plan from being executed. It does this passively. At no point can the robot move itself. The surgeon positions the tools and prostheses and once perfectly aligned, the robot locks the tool into this perfect position. The hand piece, which is operated by the surgeon, will not be activated until it is perfectly aligned and in a safe position. The surgeon then activates the tool, or manually impacts the prosthesis depending on the step in the procedure. The surgeon gets realtime information regarding implant position as it is happening."

Dr. Gorczynski continued, "From the surgeon's perspective, this information is invaluable! We can adjust

our plan intraoperatively if needed. We can execute our plan perfectly, every time. During knee replacement, we can balance ligaments degree by degree. During hip replacement, we can optimize acetabular (socket) placement, leg length, and offset. When dealing with complex biological systems, there will always be factors beyond our control. Robotic total joint replacement is an amazing tool, which gives us tighter control over prosthetic implantation and soft tissue balance. This will improve the function and longevity of implants for patients."

Dr. Gorczynski concluded by explaining what a tremendously important piece of technology this is. Additionally and fortunate for all of us, Columbia Memorial Hospital is the only hospital in the region to perform all lower extremity joint replacements robotically.

Health care of the future is seemingly here! •

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A little wine for thy stomach's sake

TRACEY & BRIAN ABUT: THE PORCHLIGHT, SHARON, CT

By CB Wismar info@mainstreetmag.com

She is a Texas girl, born and raised in Ft. Worth and, to this day, a Cowboys fan. He is from East Rockaway, NY, with loyalties to the Jets. So, when the TV screen in The Porchlight is bringing football to their cozy Sharon wine bar, there may be a few moments of polite discussion if the two teams are playing during the same time period.

Aside from the good-natured football rivalry, Tracey and Brian Abut seem to be in synch. Their tastes in good wine are very much aligned and, as a result, the completeness of the selection at their new venture is both balanced and inclusive.

Although it's not likely that the referenced scriptural passage of our title (presented in the King James Version because "thy" seems so quaintly appropriate) was formative in their development plans for The Porchlight, the balance of good wine, delightful food, and the overwhelming invitation to relax reinforce the biblical text. This energetic couple has found the magic formula: work hard and unwind in equal measure.

A workplace romance

The connection between Tracey and Brian was made via AT&T. She had left Texas behind when AT&T took her to New York to work in the Enter-





prise Sales group. "I've always been in HR," offers Tracey. "At first, it was by chance ... and since then, by choice." Currently in the New York office of OnDeck, a ten-year-old small business lender, a flexible work environment allows her to balance two careers.

Brian was at AT&T in New York when Tracey appeared on the scene. Software sales was his specialty and he has managed a career trajectory that has him, currently, with Blackberry, marketing mobility software to financial institutions. "Blackberry is back," he says with genuine enthusiasm.

So, with two upwardly mobile careers in full swing, why end up in Sharon, CT?

Weekends in the country

"We had looked for a weekend place, mostly over in New York State in the Hudson Valley," Tracey recalls. "We saw a lot of houses - they were a little too 'this' or not enough 'that'."

"Then a friend of ours suggested

we look in Connecticut." Brian picks up the story with the casual ease that stories are exchanged between the two of them. "And this was it."

After a year of living in Sharon on weekends, the two were picking up some food at Gifford's in Sharon and they glanced over the bulletin board filled with notices, announcements, and offers. "There was this listing for a small commercial space," recalls Brian. "It had been a doctor's office in a building that was literally right across the street."

The building, as it happened, was owned by the design/architectural couple Heidi Hendricks and Rafe Churchill. The space was intimate, opened onto the front porch and had retained its Victorian design heritage.

"When I was a kid," recalls Brian, "I grew up in a house on Long Island that looked something like this place ... complete with the porchlight by

Continued on next page ...

Above: Tracey and Brian Abut. Below, left: The porchlight at The Porchlight. the door. When someone from the family was out for the evening, there was always the porch light left on. When you saw it, that meant we were home."

Travels and tastings

Traveling has always been a passion for Brian and Tracey. They've enjoyed trips abroad and explorations of the United States, And, one common denominator for those trips seems to have been the joy of discovery as they would come upon a new vineyard, a new wine maker. "We both love wine," affirms Tracey, "and when we traveled, we seemed to end up in places that had great wines to taste and learn about."

Brian admits that the idea of opening a wine bar has been an active topic of conversation for several years. "Living in New York City, however, ..." he's quick to add, "... the rents are astronomical. Prohibitive."

Armed with notes of samplings in France, Italy, Spain, Germany, Austria as well as several West Coast US regions and the latent idea they shared of the wine bar, the small Victorian in Sharon with the appealing porch light became the intersection of both their shared passion and their meticulous planning.



The Porchlight

From medical office to welcoming wine bar was a transition made by another stellar Sharon couple – Hendricks and Churchill - with great attention to detail. The color scheme, the lighting, the wall hangings, the pillows that grace the wall-long bench seating seem just right. An engaging photo taken by Sharon's newest gallery owner, Theo Coulombe, graces the back wall and sets a tranquil tone for the space.

The five person bar in the far corner is just intimate enough to keep conversation going while glasses of fine wine (or carefully selected beers) are matched with a compact but engaging menu of "plates" from the efficient kitchen.

The Porchlight is an elegant addition to a town that seems very careful about how it grows. With a renewed interest in visual art reinforced with the opening of the new Standard Space gallery and the recently successful "art walk," Sharon is becoming a destination, and The Porchlight is a welcome anchor in that equation.

Maintaining calm amid the pressure

As much as the inviting wine bar may be an oasis for both patrons and owners, the fact remains that Tracey and Brian both lead high pressure double lives. Sunday afternoons mean having their engaging staff run The Porchlight as they return to the City to embark on another week of high intensity professional life.

"I've been in a Human Resources professional all of my working life," reflects Tracey, "so getting the right people on board has been a tremendous advantage to making The Porchlight a true success." With that balance in place, personal care is important. "I am an avid runner and really enjoy getting outside. No treadmills for me, even in the dead of winter." For a volleyball player from Texas to celebrate running in the dead of winter reflects a dedication to staying in shape and keeping personal balance that is admirable.

As for Brian, the lure of travel is



what keeps him focused and offers the relief from work on both fronts. "We've traveled extensively since we've been together," comments Brian, "and getting into a completely different environment where the most strenuous task for the day is lying on the beach and reading a book is very therapeutic."

Balance. Both Brian and Tracey exude the confidence of people who can both create and execute on their plans and, at the same time, keep their lives in balance. And, should there be a time when the pressures of the day seem to be a bit daunting, there's always the welcome invitation to "have a little wine ... for thy stomach's sake." •

The Porchlight in Sharon, CT, is open Thursday, Friday, and Saturday from 5pm, Sunday from 3-7pm. You can call them at (860) 397-5259 or visit them online at www.porchlightsharon.com. Find them on Facebook at The Porchlight-Sharon, CT.

Above: A meat and cheese plate with a glass of Bordeaux at The Porchlight is sure to ease you into the weekend. Below, left: The welcoming and relaxing interior of The Porchlight.

Does your identity and/or website need an update and a facelift?

Changing technology

Technology is constantly changing. This impacts a multitude of things in our lives and in our business, of which your website is most likely to be impacted. Due to some of these technological advances, your website can become antiquated overnight: it may not be up-to-date with its Search Engine Optimization (SEO) or its security features (making it an easy target for hackers), the technology behind the site may hinder it from displaying properly on all devices (desktop, tablets, phones), and its design can make it look dated – even if that design was done a year or two ago. Of course you want a great looking site that showcases your business at its best ability, but you also need a website that is secure and works on all devices. We can help.

Branding facelift

Your identity is the first impression because it is often the first thing a potential customer/client sees, and how they encounter your business.

What does your logo say about you? What does your overall identity say about your business? What emotion does your identity convey? These are important questions, therefore your logo is not just a logo: it is the face of your business.

When it comes to an identity system, it is important that it conveys the correct feeling and evokes the desired emotional response. To do that it is important that your identity has the appropriate colors, fonts, and graphic images used – but

they also have to be appropriate for your business. Those items are then taken and carried throughout the entire identity package, from the business card to your apparel, vehicles and your website. These factors impact the audiences' perception of your business, and when designed properly, your identity will help to make the right impression.

Your identity should always showcase the best image of your business – remember the importance of that first (and second) impression?! In order to do that, you want an eye-catching and beautiful logo and identity system.

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Katie Shanley has been practicing yoga for eight years and in June of 2017 she opened Buddhi Tribe. Her services include yoga, reiki, wellness coaching, a range of handmade aromatherapy products, and workshops. All are welcome who find themselves in or around Millerton, NY. Buddhi Tribe offers yoga 7 days a week at a variety of levels. For new students, Katie has an introductory offer of unlimited yoga for 30 days for \$30. This helps students get to know the studio, try out different classes, and get hooked on Buddhi. The regular class packages and memberships are priced to be accessible, as Buddhi Tribe is truly about building a community; a tribe. Buddhi Tribe offers private one-on-one and private group classes in-studio or on-location (they can go to you)! Yoga is a great idea for bridal showers, wedding parties, company parties, and retreats (to name a few occasions). They also offer private reiki sessions in-studio or on-location - a great way to get centered and relax. The wellness-coaching portion of Buddhi Tribe combines their offered healing modalities to create custom wellness plans and individualized products. Your initial consultation is free! As Buddi Tribe evolves, Katie will continue to expand the aromatherapy product and clothing line, including an online store, and she plans to offer podcasts and video classes for those who can't make it into the studio.



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Doesn't a massage sound good right about now? You need to meet Tom Sullivan and Meaghan Walsh, a husband and wife team that are NYS licensed and registered Massage Therapists. In September of 2013, the couple opened the doors to Knead Me. Together they have studied and completed many continuing education hours in the field of Orthopedic and Wellness massage. At Knead Me they provide therapeutic and orthopedic/medical massage therapy as well as kinesio taping. Their office is located in Millbrook, NY, and many of their clients are from the surrounding area. They also offer in-home massage anywhere in NYS. Knead Me is not a spa, they aim to help aid healing specific muscular skeletal conditions or injuries, as well as to increase range of motion. "We believe that massage therapy has a multitude of benefits. Whether it's treating tendonitis, helping to increase range of motion, relieving pain or simply to ease stress and relax. When received regularly, massage can help you maintain a healthy and active lifestyle." In the years to come, Tom and Meaghan would like to be in a larger space, with possibly more modalities and therapies to offer. They would also like to see the health care industry recognize massage therapy as an alternative to medications and surgeries in relieving acute or chronic pain among the other benefits it provides.



Sharon Optical

Eyeglasses, sunglasses, and contact lenses. 26 Hospital Hill Road, Sharon, CT. (860) 364-0878. sharonopticalct.com

You might want to put on your (reading) glasses for this! After getting your eye exam you can stop in at Sharon Optical with your prescription for eyeglasses, or by appointment for contact lenses. Carl Marshall has been a licensed Optician by the State of Connecticut since 1975 and has been the owner of Sharon Optical since 1983. Sharon Optical is one of the few true independent optical shops around, thus eye exams are not done at the store. Serving the tri-state area, Carl and his team are able to fill eyeglass prescriptions, sell prescription and non-prescription sunglasses, fit and supply all types of contact lenses, and repair eyeglasses while you wait. Because they are locally owned their personalized service, with an eyeglass lab on premises, make for fast, friendly service. They are proud to offer a wide selection of eyewear with names like lafont, Robert Marc, Ray Ban, Silhouette, Dutz & Ella, Anglo American, and many others. Their large selection of sunglasses include Ray Ban, Maui Jim, Adidas sport, BCBG, DKNY, and more. Selecting proper-fitting and stylish frames for your daily activities has never been easier. Just like fashion trends, eyewear is ever-changing, too. Going forward Sharon Optical will continue to provide the highest quality eyewear, stylish frames, and superior service. Stop by Sharon Optical today to see what we are talking about.



LYF Fitness

Fitness training, lifestyle and health. 209 Warren Street, Hudson, NY. (518) 929-2303. LYFFIT@gmail.com

Kylah Campeta has been in business as a private in-home personal trainer for 12 years, and opened her own studio, LYF Fitness, two years ago. At LYF Fitness she offers private personal training, pre/post rehab for athletes, and classes such as sycle, straps, sculpt, and mixture. Her clients are primarily from the Hudson area, but she has many clients from NYC to Hillsdale, Rhinebeck, and Great Barrington, and encourages people to come in from the surrounding area. Kylah says her business isn't just personal training, her degree is in Sports Medicine and safety is a main concern when forming a plan for people. "I also believe in a real life approach that will last and be a lifestyle rather then a fad or fast fix." Kylah says watching clients progress and change their lives through exercise is so rewarding, especially when they have fun during the process. LYF Fitness just started a weekend retreat company called Real LYF Retreat, it is a health and wellness weekend filled with classes, private chefs, massages, and lodging. It's a place where people can come, unwind and learn a new, more realistic healthy lifestyle. Kylah has set her own goal for LYF Fitness: "It would be amazing in the future to open another studio or two, then I could have a place for private training, a class space, and an open gym for the public to come for the day!" MAIN STREET MAGAZINE 45

INSURING YOUR WORLD

As the cold winds of winter begin to blow, many minds turn to travel. During the holidays and as the thermometer plunges, we tend to take to the skies to visit family and friends, one thing is for sure and that's potential problems! Planes get delayed, folks get sick, baggage gets lost or damaged, and the list goes on. How is the best plan to insure such risks? Most folks pay for a one-time travel policy that covers a certain trip for a certain period of time and once you are back home the policy ends. These are fine; yet did you realize there were such policies that last for a year and cover all your air and train travel, no matter where you are headed to, for one low yearly premium? This policy covers an accidental death benefit, excess medical benefit, emergency evacuation, trip delay, baggage delay, trip cancellation, baggage loss, or damage. These are a few of the highlighted benefits for real risks that can be covered for as little as \$450-\$550 per year. Give us a call today if you would like the peace of mind knowing that all of these potential issues are covered for the entire year for all your travel. Remember: insure be sure!

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



Functional Pilates

While many people plan to use this landmark time to get healthier or lose weight, the problem with these goals is that they are difficult to maintain. Most people want to see a significant change within a few months or change eating habits within a few weeks.

Here's some advice:

- Set realistic goals
- Make your health a priority
- Get support

Here at Masha's Fitness Studio we are working on making changes and improving every aspect of your daily life by combining Pilates Reformer, Barre classes, and creative fitness movements to help you to have better functional quality of life. Functional Pilatesbased fitness involves moving many joints and muscles at one time in postures that correlate to real life (such as putting your shoes on, standing up from lower chair, picking up your baby from the floor, etc.) It's tailored to the individual. All fitness levels are welcome.

Our motto for 2018 year is:

Think positive. Be active. Show love.



Winter Lip Balm

The winter months can be brutal on our skin. Whether it's wind on the ski slopes or winter dehydration, lips tend to be chapped this time of year. I'd like to share with you a classic lip balm recipe that is easy to make! This simple recipe is adapted from Rosemary Gladstar, my first herbal teacher. It's just what is needed for chapped winter lips. Be creative with this, use your favorite essential oils and hand-draw your very own labels.

You might want to cut this recipe in half, it makes a lot of lip balm:

1 cup carrier oil (apricot, almond, or grapeseed oil)

1/4 cup beeswax

1 tablespoon honey

A few drops of pure essential oil to taste (orange, wintergreen, mints, vanilla, are all seasonal)

Simmer the carrier oil and beeswax in a double boiler over low heat until the beeswax melts. Turn off the heat and stir in honey and essential oil. Test for consistency by placing a tablespoon of the oil in the freezer for 5 minutes. If the test batch comes out with a consistency that is too hard and doesn't glide onto the lips, add a bit more oil to soften; if it is too soft, add more beeswax to harden.

Don't let the mixture cool too much before pouring. If the lip balm begins to solidify quickly reheat the oil. Pour into containers and let cool thoroughly before placing lids on tubes. Lip balm tubes, essential oils, and carrier oils can be purchased at TVH.



Terri Lundquist, Herbalist Kelly Thursdton The Village Herbalist 98 Main Street Millerton, NY

The Village Herbalist 5 Old Barn Road Kent, CT

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HOW'S THE *health* of your marketing?

Do your marketing efforts have a pulse? If so, are they healthy: are they thriving or are they just treading water?

When it comes to promoting and marketing your business, your marketing plan and efforts should be clear and concise otherwise they won't be effective. And if they're not effective, one could argue that you're just wasting your time, and no one likes their time wasted!

Take a look at how you are marketing your business: what outlets are you utilizing; what message are you sending out to the world about your business; what type of information are you providing; what graphics are you using in your marketing efforts; are your efforts successful; are your efforts being perceived by your audience as you mean them to be; and are you achieving your marketing

These are the key questions you should be asking yourself, and remember to be critical. If something isn't working in your marketing, it's time to re-examine everything and turn it around, because marketing can involve a lot of trial-and-error. But in formulating your marketing plan, the most important thing to ask is: what is your objective, what are you trying to achieve? And from there the next steps involve coming up with the proper message and graphics to properly articulate and put into visuals what it is that you are trying to convey, all in an effort to achieve your set marketing goals.

With that being said, sit down and log into your social media accounts and examine your followers and likes, log into your Google account and examine your website's Google Analytics, go through your books and see how many calls your are receiving due to your newspaper ad/TV commercial/billboard/online ads/etc. – what do all of these figures tell you? Are your marketing efforts alive and well? If not, January is a great time to set your goals for the coming guarter and year!

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