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THE LAST SUMMER DAYS

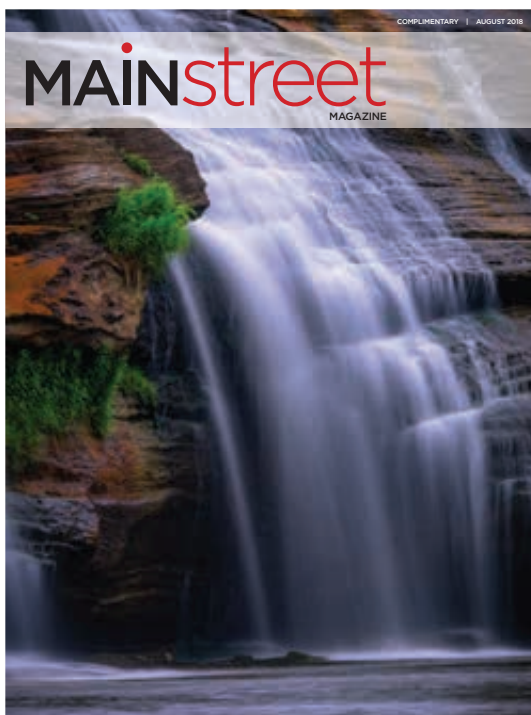
Well, they're here: the last days of summer. How can that be though? After that dreadful and seemingly never-ending winter, we finally had summer arrive and we have been enjoying every single second of it – so it just can't be almost over! How is it possible that it's already August? And I bet we're all coming to that realization and going, "Oh shoot!" and quickly planning our next vacation, camping trip, and/or barbecue while there's still time. Before we know it, it'll be Labor Day and the kids will be heading off to school and we'll be wrapped up with school schedules and new projects at work (because everyone knows that summer is over and so they start focusing better at work again, to which I chuckle because of the truth of it).

But you know, even though I love summer and the long days with all of its daylight and sunshine, I don't necessarily love the major heat and humidity that often comes with it, like this past Fourth of July when we had a heat wave for over a week. That's not for me. So truth be told, even though I love summer and all that it represents, the fall is my favorite time of year. I love that the humidity has left us and that most days are filled with autumn sunshine with temperatures in the 70s and nighttime temperatures in the 50s and 60s. But we're still a month or two away from that, and I'm OK with that because I'm surely not ready for this summer to be over yet!

It's the month of sweet corn, too. Delicious and locally grown sweet corn from all of our wonderful local farms. I can't wait. In addition, there are still so many great outdoor events taking place in August: concerts, food-related events, and of course you can always create your own event or activity and take advantage of the hiking and swimming areas that we're surrounded by. So, like I said, even though I love the fall months, it's just not time yet. I'm excited about the month of August, I just hope that we won't get another heat wave!

In this August issue of the magazine we have brought you a mix of stories. Two of them are local events taking place, while two others share the history of our area. There's sure to be something for everyone, and we thank you for your readership. And I hope, dear reader, that you take the time to go out and enjoy our wonderful area in the month of August, and just soak it all in. Because, as you're fully aware, it'll be winter before we know it and we'll be cursing the cold and thinking back to these warm and sunny summer days. Have fun!

– *Thorunn Kristjansdottir*



AUGUST 2018

Cool mist on hot summer day at Great Falls in Falls Village, CT.

Cover photo by Lazlo Gyorsok

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Art ... precisely



By CB Wismar
arts@mainstreetmag.com

Approach a piece of sculpture or an etched print created by Peter Kirkiles and among the notions that will likely cross your mind is “precision.” There is an exactness about his creations that may, at times, be disorienting.

“Is a ruler really that large?”

“The level sitting on the hill is gigantic. What can it be measuring?”

The renderings that take common industrial pieces and turn them into heroic sculptures is truly precise. That is the artistry of Peter Kirkiles.

And so it was – art

Born of Greek immigrants and raised in Guilford, CT, Peter gravitated toward his vocation at a tender, young age. “I was the assistant dishwasher in the family diner across the street from the Yale University Art Gallery – The Copper Kitchen,” recalls Peter with the gentle smile that is very much his signature look. “When other folks might have stepped out the back door to smoke a cigarette, I would take off and go across the street into the museum.”

Wandering through the galleries, Peter encountered a piece that would

set a direction from which he has not digressed. The piece is *In Advance of the Broken Arm* by Marcel Duchamp. It not only looked like a galvanized iron snow shovel with a wooden handle, it was a galvanized iron snow shovel with a wooden handle. The uniqueness of the piece was the signature of the artist who had purchased the shovel in New York City, signed it and declared it to be “art.” And, so it was.

In Peter’s mind, the notion grew. Not all art is painting. Not all sculpture is carved marble or lost wax cast bronze. Art could take the elegance of items around us ... useful items ... and elevate them to things of beauty. His dishwashing days behind him, Kirkiles attended Tufts University, graduating with a degree from The School of The Museum of Fine Arts, Boston. Then there was the sometimes troublesome notion of finding a job and forging a career. Fortunately for Peter, his skills in working with metal allowed him to pursue his notion of sculpture while utilizing his burgeoning talents.

Art fabrication

“I became an art fabricator at Lippincott, Inc. in New Haven, CT. The brothers had created the first, and at the time, only art fabrication studio in

the country.” The Lippincott brothers had discovered a need – precise fabrication of designs by internationally celebrated sculptors – and created a business that brought works to life for such international luminaries as Roy Lichtenstein, Louise Nevelson, and Joan Miro.

It was public art. It was modern art. It was fabrication that required slavish devotion to precision. It was a direct line into Peter Kirkiles’ soul. “I had to keep going, so I enrolled at Cranbrook Academy of Art and got my MFA. Having worked on pieces like Beverly Pepper’s *Cleopatra’s Wedge*, and seen the work of Tony Rosenthal, I needed to find my creative voice.”

Then, there was a pause. Kirkiles took his diploma and a head full of ideas from Cranbrook and moved to New York City, where he found welcome work establishing his own business as a fabricator. Architects, artists, furniture designers all need precise and fully detailed manifestations of their ideas, sketches, drawings, and plans. For ten years, Peter concentrated on creating the work of others, not his own.



Above, top to bottom: *Level*, at the Washington sculpture walk. Peter Kirkiles and metal cutting pliers sculpture.

He also married and he and his wife had three children. The youngest, born in 2004 was, in his own way, a milestone. It was time to leave the city and to pursue the dream that had been in hibernation for a decade. Family in tow, it was time for the Kirkiles family to move – back to Connecticut – in this case, to Kent.

The tools of the trade

Through his years of painstaking work on fabrication projects, Peter had developed a fascination with and true appreciation of the tools of his trade. Precise in themselves, they were miniature works of art. He had the notion that recreating them as larger pieces of sculpture would be an intriguing notion.

There was also an acquisition that impacted his creative expression. In 2008, Peter acquired his mother's etching press. He found the preparation of the copper plates used in etching to be similar enough to sculpture that he pursued a parallel path – three dimensional sculptures and two dimensional prints. Encouragement, mentoring, and coaching from Master Printer Anthony Kirk from nearby South Salem, NY, assisted in Kirkiles maturation as a print maker.

The unique skills that make Peter Kirkiles such a sought after fabricator continue today in 21 Bridge Design, LLC. in Staatsburg, NY, where he and his business partner, artist Robert Wheeler, continue to bring to life the dreams and designs of others. From art fabrication to furniture and exhibits to complete art installations, the firm extends the legacy that began at Lippincott many years ago.

Exhibition of work

It is Peter's art that truly fires his imagination – his pursuits of sculpture and print making. A recent show at Theo Coulombe's Standard Space gallery in Sharon, CT, drew wide attention from throughout the Tri-state area and saw several pieces move from gallery to private collection.

Notable is Peter's current appearance in the Washington Art Association Sculpture Walk, a public art display that unites 40 internationally recognized sculptors in a show that

runs through the end of October in and around Washington Depot, CT. Kirkiles is one of a handful of regional artists – among them Tim Prentice, Joy Brown, and Dan Murray – who have been selected to show their work alongside creations by towering figures like Julian Schnabel, Frank Stella, and Wendell Castle. The 50 pieces appear in front of buildings in the commercial center of the village as well as in a park along the banks of the Shepaug River and on a hillside behind the Town Hall, where Peter's *Level* rests, checking the balance of the earth.

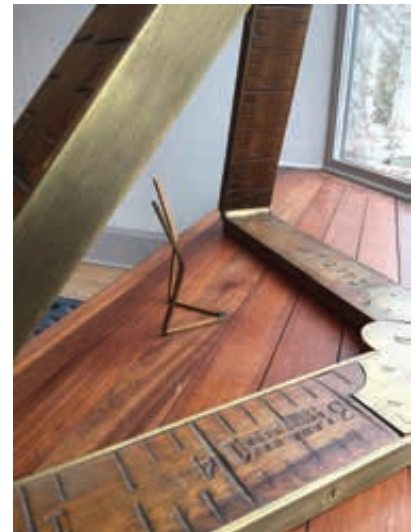
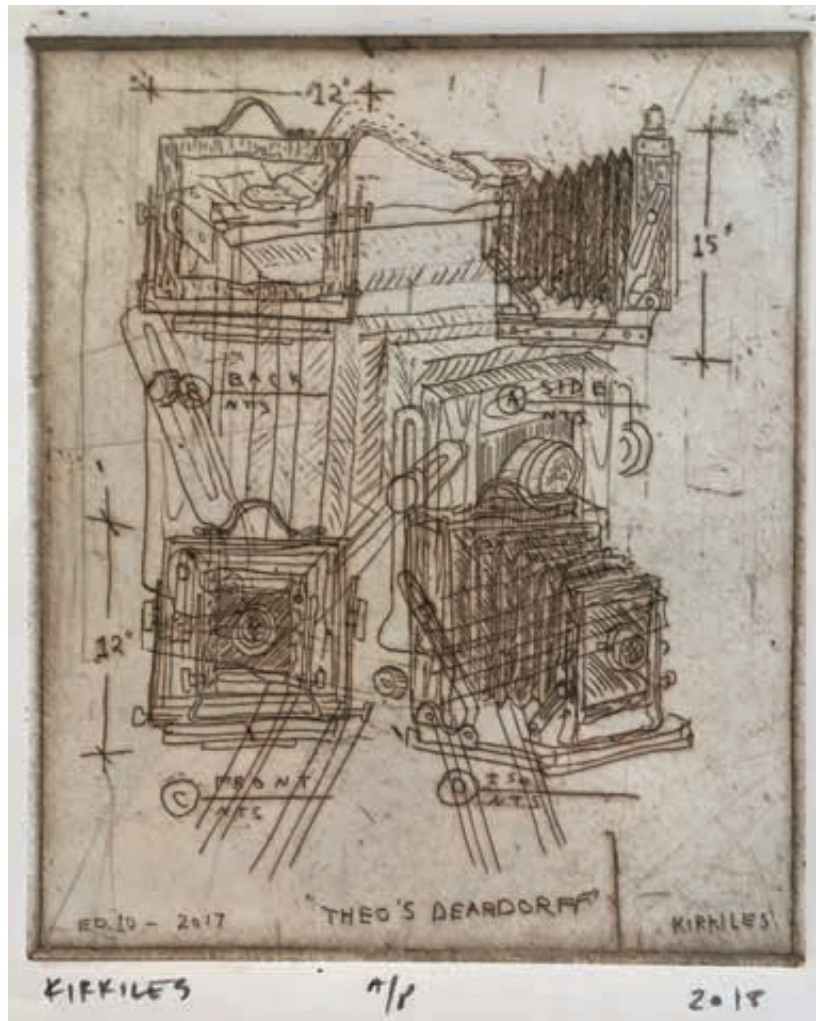
The uniqueness of Peter's work, especially his sculptural pieces, is the abiding dedication to "getting it right." In his own words, "I look, then I render. The piece has to support a sustained gaze to be worthy subject matter."

It is that "sustained gaze" that makes his work so attractive and accessible. What seem like industrial drawings are etched pieces that detail the precise character of the subjects. *Theo's Deardorff* celebrates the treasured camera of the gallerist Coulombe. *Molding Plane* dissects the components of an essential tool for the fabricator and presents the design as living art.

His sculptures seem heroic in size when placed near their inspirations. A delicate collapsible ruler is towered over by its carefully fabricated reflection, now a piece of sculpture worthy of placement in a private collection or museum display. Cutting pliers, necessary implements when working with sheet metal, expand in exact detail to tower over their creator. ●

A visit to www.peterkirkiles.com will present the entire portfolio of pieces created over the years by this devotee of precision and detail.

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.

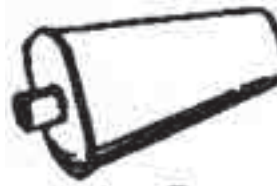


Above, top to bottom, L-R: *Theo's Deardorff*. *Molding Plane*. Collapsible rulers.

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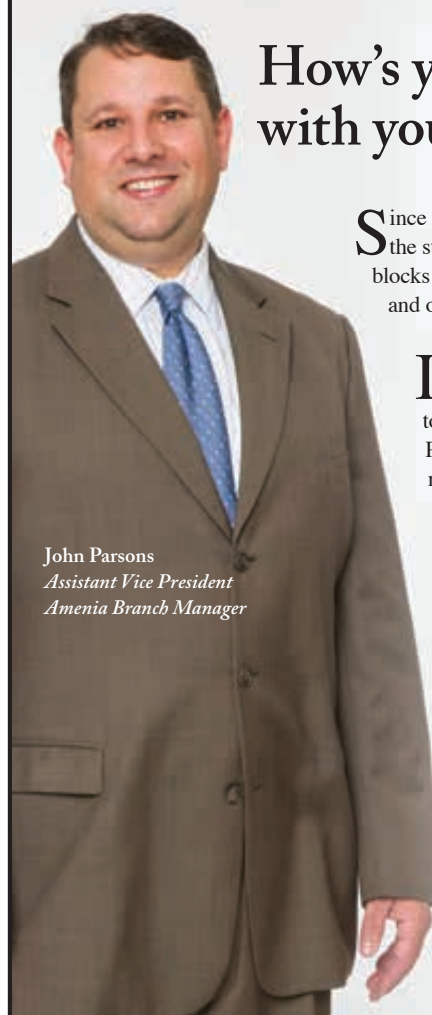
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It's the people in it that make a community. We're banking on that.

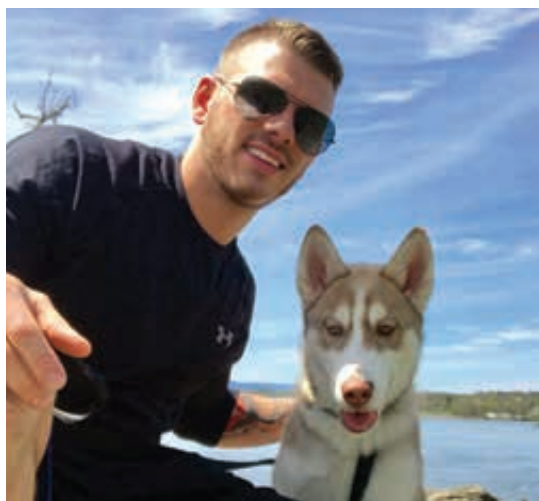
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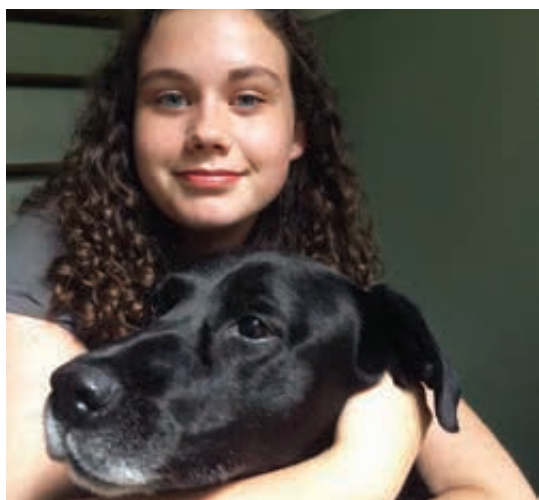
Brian Fiero is a life-long Columbia County, NY, resident, “I enjoy all four seasons and truly believe Columbia County is filled with such a great and diverse population of people.” Brian really likes spending time with his family, working out, hiking, kayaking, visiting unique shops and restaurants, and to spend time with his eight-month-old puppy, Saint. “Saint is a purebred white/red Siberian Husky and likes chasing leaves as they blow in the wind, playing with tennis balls, and learning new tricks (only if there is a treat involved).” Brian currently works for the Mental Health Association of Columbia and Greene Counties, Inc. as the Assistant Director for the Mobile Crisis Assessment Team (MCAT). “I’ve been with the agency since the program’s fruition in July 2015. I get such gratification in being able to assist the community that I’ve grown up in.”



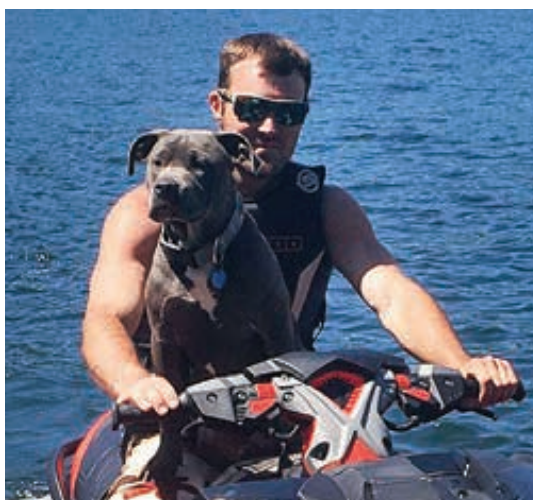
Heather Canetto and her husband John run Herrington Fuels, Inc. based out of Hillsdale, NY. “There is never a dull moment at the Herrington Fuels office – each day holds both challenges and rewards. Working with our amazing staff that treats the business like it is their own, makes each day a pleasure to come to work.” Heather likes to spend her time outside of work traveling to her kids’ sporting events, and getting some R&R in by the ocean. As a born-and-raised Hillsdale native, Heather left the area for college and for a career, but after being away, she realized that Hillsdale was a place she needed to come back to to plant her roots. The fuzzy one in the picture is four-year-old Springer Spaniel, Maple. “My kids adore her and she is truly our family’s best friend, and to mention, she is spoiled, too!”



Steve Whitney owns Sit. Stay. Forever. where they make safety first pet products for cats, dogs, and horses, such as organic all natural beds, salves, soaps, sprays, and dog treats. “SSF is going into its fifth year. I love everything about my job, and our online sales keep me busy! When I’m not working I like to ride horses, hike, ski ... but there is never any ‘outside of work’ time these days.” Steve was born in Saratoga Springs, NY, and now resides between Manhattan and New Paltz, NY. “I incubated SSF in Pine Plains, NY, for two years. It was the perfect place to sew and design ... and not to mention so many wonderful cats, dogs, horses, and the area’s natural beauty to be inspired by!” One of Steve’s MVC’s (most valuable clients) is his eight-year-old Brussels Griffon dog, Talulah.



Lily Bibro is going into her junior year at Housatonic Valley Regional High School. She is a very involved student, playing volleyball and tennis while participating in a variety of clubs. In addition, this spring, Lily has started working at Salisbury Garden Center. “Watering the plants and always being on your feet is calming. You kind of lose yourself in the work, which is really nice.” When Lily’s not in school or at work, she likes to read books, watch films, listen to music, and spend time with friends, including her black lab, Ruby. Living in Salisbury, CT, Lily has been able to spend lots of quality time with Ruby in a very pretty, tranquil landscape. Her ten-year-old canine is super energetic, obedient, and loves to swim. “At the end of the day, Ruby is just a really comforting and fun presence to have around.”



Tucker McNamee and his brother James own Brother’s Landscaping and Contracting – a business Tucker says they started at the young age of 12. “Although I am a true local, my father and grandfather are responsible for passing down their well-versed and extensive knowledge of the outdoor world.” As a true outdoors man, Tucker spends his work and free time enjoying any type of outdoor activity; snowmobiling, ATViing, boating, hunting, fishing, and spending time at Queechy Lake with his family. He adopted Ammo, a purebred blue nose pit bull, when he was about eight-weeks-old. “He has worked with me every day since. When he was smaller he would ride on machinery with me. Now that he’s full-grown he finds just as much enjoyment laying outside, digging holes and sunbathing. He’s never far from my side.”



Hilarie Thomas is an attorney for the law firm of Downey, Haab & Murphy PLLC in Millerton, NY. Locally, she has been practicing for the past seven years. “I’d have to say my clients are the best parts of the job. Someone once told me that in small towns, an attorney is often with a client from the cradle to the grave. It’s true!” Hilarie’s focus, aside from practicing law, is trying her hand at flower gardening and tending to her beloved animals; including eight-year-old, Benjamin. He is a Redbone Coonhound that Hilarie got as a baby and together they love to walk and swim during the summer. Hilarie grew up in Copake, NY, and loves the changing seasons and the small town feel of the area. “I loved living in California, but nothing there compared to spring and fall in the Northeast.”

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Branching out

By Christine Bates
christine@mainstreetmag.com

Main Street spent a morning in the office of Ghent Wood Products and Meltz Lumber in Ghent, NY talking with Marie Meltz who manages the administrative and marketing part of the business.

How long have you been in business? How would you describe the business that Ghent Wood Products is in?

Emil Meltz started the Meltz Lumber business in 1946 with a small handset sawmill run off a car engine. Seventy plus years later I'm married to his grandson and our sons, Jeff Jr. and Jason, age 27 and 24, are the fourth generation in the business. They are both involved in all parts of the operation from looking at wood lots, running the mills, and doing wholesale and retail sales. We do everything from timbering off wood lots, producing lumber to making flooring and siding.

In 2003 we bought Tipple Logging & Lumber at this site, and started Ghent Wood Products as our retail operation. Nick Tipple's son wasn't interested in the business so he sold it to us. He's now 82 and very pleased with how the two businesses have grown together. He's part of the family and still helps out. [As if to emphasize that point Nick came into the office after

cutting some grass in the yard].

We produce around four million board feet a year of lumber, which makes us a small sawmill. Lots of the small mills haven't survived. The bigger mills are not selling retail, and that's our niche.

Who do you sell to?

25% of our business is international, selling hardwood logs primarily to Chinese manufacturers of furniture. We even sold maple logs for veneer on Yamaha pianos. International lumber brokers are knocking on our door every day with orders. We get paid when the logs are shipped. This started being an important part of our business seven or eight years ago just as the economy here was tanking. We're hoping that the Chinese won't slap a 25% tariff on our wood.

Retail here at Ghent Wood Products is the biggest part of our business – selling direct to customers. The split between homeowners and contractors is roughly 50/50. People drive here from all over the Northeast.

How do you market wood products?

The internet has helped our business grow every year. Customers can find us. Because of our web presence we shipped a whole trailer of white oak to California. The customer knew what he wanted, did a Google search, and found us. We get calls from all over the country and sometimes the shipping can cost more than the product.

Participating in festivals and fairs like the Dutchess County Fair, the Stormville Flea Market, and The Hudson Valley Food & Wine Fest is another way to reach out to customers. We take big logs to the county fairs and showcase wood slabs to be used as table- and bar tops. It's exhausting and we don't sell any products on-site per se, but the cross-

THE MELTZ FAMILY OF GHENT WOOD PRODUCTS & MELTZ LUMBER IN GHENT, NY



Above: The staircase in the entryway of Jeff and Marie Meltz's house showcases a few of their wood offerings. Additionally, at the base of the stairs in front of the front door, a saw blade from their saw mill takes up the majority of the floor. Below, left: From rough-cut wood to finished product: Ghent Wood Products has it. Photos: Thorunn Designs.



exposure and the customer feedback is invaluable. We also do regional radio, TV, and print advertising from Glens Falls to Long Island and from the Hudson Valley to the Capitol Region to make customers aware of us.

Saturday is our "Show and Tell" day at the store and we're really busy. Customers are amazed by our large selection of lumber and wood products, and appreciate that our prices are clearly posted and that the prices are the same for everyone.

What are some of the fads in the wood world – are slabs still "in"? What's the hot wood now?

Live edge slabs and glue ups are still very popular. Reclaimed mushroom wood and barnwood siding are still being shiplapped and used for accent walls. Eastern white pine shiplap, that can be painted, is also very popular. But white oak floors seem to be the hit right now.

What are some woods that are becoming more rare, and why?

I think ash will become harder to find

due to the emerald ash beetle that is devastating the trees.

I notice the help wanted sign. Is it difficult to find employees?

We have 45 to 50 employees, or team members as we prefer to refer to them as, and finding reliable workers is always a challenge. This is an equipment intensive business – we have trucks, trailers, skidders, forwarders, log loaders, forklifts, etc. We need equipment operators, and we employ two mechanics just to keep everything running. Pay is not the issue in finding employees. I don't know what the answer is but our country does need to focus on the substance abuse problem and on rebuilding our work ethic.

How do you manage business in a family business?

My husband Jeff is in charge of operations and I handle all the administrative tasks and marketing, but everyone takes the garbage out – we're all in this

Continued on next page ...



Above: The exterior of the Meltz “show room” house. Photo: Thorunn Designs. Below: The Meltz boys – a four generation family business. Photo courtesy of Marie Meltz. Right: Rough cut and live edge pieces of wood line the wall of one of the Ghent Wood Product buildings. Photo: Thorunn Designs.

together. My father-in-law still works here part-time, cleaning up lumber piles – he does manual labor every day. My husband bounces everything off his dad.

The pluses of a family business are that you get to spend time with your family, see the business grow, and your children thrive. But you can also spend too much time together and opinions always differ.

You and your husband built a house that’s essentially a huge showroom for your many products and what they can look like when finished, tell us about that.

Yes, the house is a true, living, breathing showroom for our products. We used over 15 different woods in the house, from the flooring, trim, and paneling all the way to the ceiling

(yes, there’s beautiful wood on the ceilings, too), from the kitchen and bathroom cabinets to the treads and railings on the staircases, from the big living room beams to the fireplace mantles, we even had custom doors made for the entire house with our wood, and the entire outside of the house of course showcases wood siding including mushroom wood, decking, and we also used some of our stone products for the stone wall and our railing for the fence.

How seasonal is your business?

Surprisingly retail is slow in the summer when people are on vacation, and the weather can also keep customers away in winter months. But we cut trees all year long within a 100 miles radius of our base in Ghent and Mellenville, and we keep our lumber mills running.

Can I sell you trees from my yard? What about dead ash trees?

Dead trees cannot be used for lumber and we can’t mill yard trees – the trees growing in the vicinity of your house. The saw blades in our mill each cost \$6,000, and can be destroyed by objects like old hinges, nails, gates. The best thing to do for yard trees is to find someone with a portable sawmill.

Meltz Lumber does do selective timber harvesting – taking the mature trees out and leaving the limbs and branches for wildlife. The only clear cutting we would do would be for a housing site. There’s no shortage of

trees – there are more now than ten or 20 years ago and they just keep growing.

What are your plans for the future of the business?

We are adding products to our retail business. For example three years ago we did a horse trade with a client and swapped some of our pallets for his stones. Customers bought all of them so now we have added a stone yard.

There is a trend now for wider floorboards so we are adding those to our flooring line. Slabs for tabletops and bars have become really popular. And we also carry imported woods like Brazilian ipe, and eucalyptus,



which don’t rot. We get old industrial beams from New York City, and we have added textured hemlock mushroom boards which we pressure wash.

Going forward, what is the next step for Ghent Wood Products?

To continue to provide our customers with high quality wood products. And to continue to grow our stone yard.

What accounts for the success of your businesses?

I think it’s leadership from the top, good team members, and having a retail store for our products. We’re also helped by the interest in wood and natural products and the combination of internet outreach and shopping locally. •

To learn more about Ghent Wood Products and Meltz Lumber, you can visit them at 1262 NY-66 in Ghent, NY, call them at (518) 828-5684, or visit them online at www.ghentwoodproducts.com and www.meltzlumber.com.



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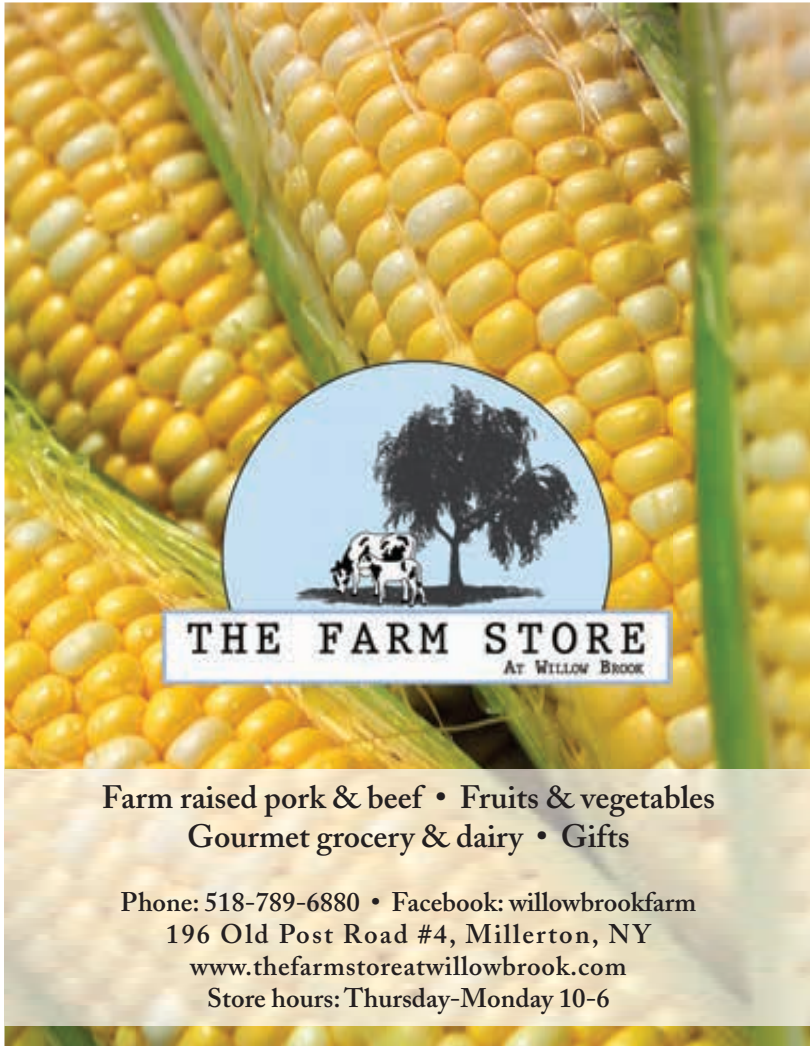

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What health choices are you making?

By Thorunn Kristjansdottir
info@mainstreetmag.com

Our health is something that we will think about and work on for as long as we draw breath in this world – or at least most of us will. Research, discussions, and exposés about what is healthy and what is not healthy (and everything in between) is something that we are inundated with in our every day lives. The major news networks all cover topics about how today this food isn't good for us, and tomorrow it is something else. It feels like a challenge and a job to even attempt to keep up.

I've often written in this column that common sense is the way to go. You *know* what's healthy and what's not healthy. No one needs to tell you that drinking soda or eating cheeseburgers and fries is bad for you – you know it is. Just like you know that fruits, vegetables, and exercise are good for you. Common sense should prevail. But alas, we often find ourselves so busy and with little to no time for ourselves, and so convenience often prevails – sadly. But in this world where we're inundated with health-related reports, what I find myself doing is listening and reading with an open mind, with a good dose of scepticism however, and then taking the things that I've learned and using common sense coming to my own conclusions.

Food Choices

I recently started re-watching the food documentary by director Michael Siewierski called *Food Choices*. What stood out to me in this very approachable and common sense documentary are the comments of the food professionals that he interviews. Yes, the majority of them are touting the advantages of consuming a plant-based diet. The majority of the folks that he interviews are doctors of some sort, and they back their claims up with research (enter my skepticism because we all



Photo: istockphoto.com contributor udra

remember the research that told us that eggs were bad, and then years later new research revealed that they were good again).

However, what stood out to me were the interviews with two ultra-endurance athletes, Rich Roll and Hillary Biscay. If you don't know what an ultra-endurance athlete is you should Google it. You'll be impressed and intimidated and inspired, all at the same time. What Roll and Biscay discussed in their interviews were how changing their diets to a plant-based diet completely changed their performance and endurance in their ultra-competitions, as well as changed how they felt overall. They addressed the issue of what we've been told all of our lives that we need meat and dairy because of the protein, and because of this reason and that reason. They assure us with both facts and their own results why they disagree.

The documentary also dives into the affects that the foods that we consume have on us – some result in illnesses. So let me pose the question: why would one consume something that will not just make you sick, but that could ultimately kill you?

Mind-blowing, isn't it?

Learn from the experts

Obviously we can't all be ultra-athletes and devote our every waking moment to creating meals and exercising and working on our ultra-athlete's body and get paid to do this – the majority of us have (regular) jobs and we have to take care of our families and responsibilities. But we can still learn from these many health professionals who do spend their every waking moment researching, experimenting, and essentially devoting their entire existence to their well-being. So let them do the work, and you take from them what makes sense for you and your lifestyle.

Then, how does one incorporate all of this into one's own busy real world life? That's the million dollar question, now isn't it?

I have found that coming to an agreement with yourself is what is necessary, and from there you actually make it a part of your life. For me, I had to make a change this past winter and I began going to yoga once or twice a week, in addition to riding horses (which I basically do every weekend), I also

went to a few Pilates classes. And you know what, I felt an immediate difference in my body, mind, and soul. I felt more flexible, relaxed, and freer in my movements.

Just recently, kind of in conjunction with watching the documentary, I altered my eating to more fruits and vegetables. There too the results were immediate. I just felt better! I felt much lighter, my energy was different, I didn't feel as sluggish, and my whole psyche was just better – that's the best way that I can describe it.

I believe that when you are more connected with yourself and your body that you are better able to notice these slight changes as well. Because you're listening to what your body is telling you and you are receptive to it. I maintain that listening to your body is one of the key components in your journey to a healthier you. I know that may sound cliché, but honestly, if you truly view it that way, it is revolutionary. Be the change that you want to be, but more importantly, be the change that works for your life and lifestyle. ●

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The Schroeders: NORTH EAST FARMERS WHO CULTIVATED THEIR COMMUNITY

By Meg Downey
info@mainstreetmag.com

An old stone wall, green with lichen and bordered by maple and ash, lies like a spine at the top of the Schroeder farm. A large oak breaches the piled stone, a sentry paying homage to the farmers who tilled both sides.

Harry and Julie Schroeder have had that same resilience and respect for a place. They were the storytellers who captured me when I took my first job as editor of *The Millerton News* in 1973. I was from suburban Philadelphia and didn't know a steer from a heifer. These farmers taught me to understand and appreciate their reverence for growing things – and for growing relationships, with each other and a community.

The unlikely match

They had been newcomers themselves once and were an unlikely match. Julie Bézy, who grew up in Westchester County, was the daughter of two architects, her father born in Paris and her mother a San Franciscan who came east to go to Barnard. Julie had been a student at Goucher College in Maryland, majoring in biology when she was set up with Harry on a blind date. It didn't go well.

Harry, born in Brooklyn, the son of German immigrants, had moved at age ten to Youngville in the Catskills

where his family ran a small dairy farm and boarding house. Harry graduated from Ithaca College with a degree in physiotherapy and enlisted in the Air Force. Julie was not at first impressed by the fighter pilot and his bravado. But Harry did not give up and used his flight training hours to fly wherever she was. They married in 1960, the year after she graduated, and were stationed in Roswell, NM, and then Dover, DE, before he left the service with the rank of captain in 1963.

Innovating farmers

Harry wanted his own dairy farm so they took over a 220-acre farm that Julie's parents had purchased in North East as an investment. She had been working in New York City as an insurance underwriter and had never climbed on a tractor. She said she thought she would simply be the lady of the manor. Harry said someone had to pay the bills. And so began what would become Silamar Farm, an anagram of the names of their four children, Aram, Lisa, Sara and Lara.

The Schroeders knew how to set things in motion. As farmers, they were innovators. Their 20-Holstein herd grew to 60. They milked up to three times daily and once had the

highest herd average of milk per cow in Dutchess County. They used cultivators rather than pesticides to keep the weeds down. They were the first in the area to bale their hay in massive round cylinders, which is more efficient and keeps it fresher. They loaned their equipment to other farmers.

It's a tough life, relentless even, but somehow the Schroeders would hear the noon firehouse whistle and take off to deliver meals to the homebound in the county nutrition program. Harry served on the school board and the town planning board, where as chairman he helped lead the effort to create North East's first comprehensive land use plan. He was elected to the Dutchess County Legislature in 1980 and served until 1999, with several years as chairman. The Schroeders advocated for the establishment of agricultural districts to help make farming affordable. Julie signed up people to move the district forward. She also drove the Red Cross car and ferried people to doctor's appointments. She joined the North East Zoning Board of Appeals and has been on it for 40 years, serving the last 22 years as chairman. She found time to teach Sunday School, co-chair the Eddie Collins Park Pavilion Fund, serve on the Dutchess County Farm Bureau board of directors and be an active member of the Dutchess County and New York State Republican Party committees. The Schroeders were also part of a critical group of people who fought to keep the Harlem Line railroad bed intact and saved the corridor for what would eventually become the Harlem Valley Rail Trail.

They gave much to their community – their shepherding of planning and zoning issues, their adoption of best farm practices and advocacy for the preservation of farmland and other special landscapes, their involvement in local organizations, their



Above: Julie Schroeder. Below, left: Julie and Harry Schroeder. All photos courtesy of the Schroeders.



Continued on next page ...

sharing – from plows to dinner. They would tell you that they were given much back. Both of the Schroeders would speak of the graciousness of the people they brought lunch to. They learned Millerton's stories from them and passed them on.

Everyone has a story

Harry, who died in 2012, appreciated the characters who were the vanguards, the inspirations and sometimes the irritants that kept this community lively and moving forward. Harry taught me that everyone has a story, and a value. He understood that neighborliness is the connective tissue of a place. His humor matched his wisdom, and I took advantage of both when I was editor.

Millerton was not in its heyday then. Let's say it had potential, but it was a far cry from the busy town where three railroads once met. The local movie theater had descended so low that it began showing XXX-rated movies. What did that say about us? People drove from Hartford to attend. It was a draw, but not the kind to brag about. Sometimes you have to shake things up, and Harry, ever the fighter pilot, was good at that. I asked him to go to the theater and do a movie review to let people know exactly what was going on in there. He did, and it was hysterical. He talked about slinking up Main Street hoping no

one would tell Julie that they saw her husband entering "that theater." We were a family newspaper so he had to artfully reveal his experience. He managed to use every double-entendre in the book – from discussing the "coming attractions" to, well, use your imagination. I never thought the publisher, Bob Estabrook, would let me run it, but he did. We just played it straight as a local movie review, but it made people see what had been allowed to happen. So when Carol and Robert Sadlon later came along with their wonderful vision for The Moviehouse, the community was eager to embrace it.

Making farming sound sexy

Harry liked to refer to himself not as a farmer but as an aggressive haymaker. Only Harry could make farming sound sexy. While I was at *The News*, we decided to do a special monthly supplement called *Farming Outlook*, and I asked Harry to write a column for it. For Harry, it became an excuse to nominally use farming to write about life.

He would write about spring and the resolution each year to take an orderly approach, to draw up a list of jobs and set priorities and get it all done. He said: "Smug as a staff officer midst his charts, you await the spring offensive. The weather breaks and you become a field commander. It isn't long before you understand the gap between a staff and a field officer. ... The fencing was complete by mid-April. The heifers didn't understand this and were grazing on the neighbor's lawn. You're ready to plant the new seed and wonder where the hell all the rocks came from. Things break. Some days your resources are down to a wheelbarrow and a wife."

In contemplation of the joys of the lost tradition of covered-dish suppers, he wrote: "We outgrew quaint vestiges of other times. We grew away from our sources. In our grope for 'self,' we outgrew the quiet places, the sanctuaries. Perhaps some day we will come about and, like the salmon, develop an unconscious longing for a sense of home, and head into the current to reattain it..."

And he wrote about the dreaded

but essential chore of picking rocks from the field before plowing, which as a practical matter, had to be a family endeavor, one that children had to be conned or threatened into doing. Harry wrote: "Not only do you pick rocks, you pick each other. You pick through muttered curses and flashes of genuine hatred in the children's eyes. When every ruse is exhausted, a period of resignation sets in and serious picking begins, some rational conversation is exchanged and, in rare instances, levity. This usually occurs near the end when you ask your wife to do a thorough job so someone will have a fine lawn someday. The children blanch at her reaction and you are reassured that she is human, earthy, salty, not always in control, and determined as ever that the land should grow anything but lawns. You and the family leave the field emotionally drained. There may be a stolen glance back and some sense of accomplishment. You appreciate the clean field only as a clean field. To the children, it will just be rock picking, a tale to bore their children with and, through a wonderful madness, maybe, just maybe, a memory of how good it was."

The yin and yang of marriage

The Schroeders inspired me in another way. It was in the way they cultivated a marriage. I loved the yin and yang of the Schroeders – this boulder of a man and this petite woman. If you went to dinner at their house, you had Julie telling you something in one ear and Harry making acerbic comments in the other, which would get Julie to roll her eyes. Then he would do that snicker he did, and the bantering would go on. And I realized that love is essential, but it's not enough. You had to find someone with a shared sense of humor to temper the sharp moments and elevate the happy ones. I realized back then as a single woman that I wanted that as well, and I was lucky to find it.

Julie, who is now 80 and still farming, and Harry were honored in July by the North East Community Center for what they have given back to the community of Millerton and North East.



Above: The young farmers in their dairy barn. Below, left: Harry and his round hay bales.



Without realizing it, Harry reflected their extraordinary contributions in a column he wrote about family farming, in which he debated what that means exactly. He said: "A family farm cannot be defined by size, ownership or kinship of the operators. I think it has more to do with a state of mind or attitude. ... I see it in the warmth, strength and calmness of the women. Many times it centers in the kitchen. I see it in the ultimate gentleness of the men. A gentleness not readily apparent in the man, but reflected by that which surrounds him. ... Those who possess it don't seem to work at it and would be embarrassed if accused of it. They neither talk about it or write about it. They exemplify it. They are the saints and sinners. They are the center that must hold."

Julie and Harry, like the oak at the top of their field, helped hold our center. And we are grateful. •

Our guest writer, Meg Downey, began her 41-year career in journalism at The News in Millerton (now titled The Millerton News). She now serves as chief marketing officer at the Omega Institute in Rhinebeck.

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Peach fritters

By Jessie Sheehan
info@mainstreetmag.com

I honestly can't think of two words I'd rather string together than "peach" and "fritters" (alright, maybe "chocolate" and "cake," but I'm just going to take a little poetic license, here). Bright yellow, juicy, sweet peaches are nature's summer candy and I am happy to eat them out of hand, with the juice dripping down my chin, for forever and a day. But baking with them is also a treat. Whether it is in a deep-dish pie served with freshly whipped cream, or in a simple rustic galette with a scoop of vanilla ice cream, or folded into fritter batter, fried in hot oil, and dusted with confectioners' sugar or rolled in cinnamon-sugar, peaches are pretty heavenly in a variety of forms. And I think I might like them this last way, best.

Fried favorites

"Fried" just might be my favorite food-group and donuts, my favorite fried item. I am particularly fond of fritters, which are donut-like in taste, but a trillion times easier to make. Yes: hot oil is involved – which I know can be scary – but there is no resting of dough or rolling of dough or shaping of dough. You make a simple baking powder-leavened batter (in about five minutes), fold in some diced peaches (I don't even peel them, as I love their pink hue), drop large tablespoonfuls into the hot oil, and two minutes later you're popping them in your mouth – the outside is crispy and craggily and lightly browned and the inside is fluffy and pale yellow (from the egg and yolk) with bits of bright yellow peaches tinged with pink studded throughout.

You can easily make these for breakfast – even when everyone is hungry – as they make it to the table so darn quickly (although in our house, the whole "table" thing never happens, as everyone just gathers around the stovetop, and eats them as soon as they come out of the oil, have been dusted with sugar, and are cool enough to handle – or not – sometimes a warm fritter is worth a burnt finger).

Taking liberties

I have added a bit of almond extract to the batter, as almond and peach is a lovely combo, but you can omit it, if you'd like, or substitute more vanilla extract in its place. I have also included a bit of warm peach jam to the ingredient list, in case your peaches are not as flavorful as you'd like... Tossing your diced peaches in the jam before folding them into the batter will make for a brighter, peach flavor after frying.

Finally, although I love fritters with confectioners' sugar (so much so that I have been known to re-dust my fritter mid-way though), I also love them rolled in cinnamon-sugar – like you would an apple cider donut. Cinnamon and peach is another lovely combo, and the spiciness of the cinnamon is lovely with the mild, sweet peachiness of the fritter. You can also do what I do – in an effort to please the masses (read: picky kids): dust half with confectioners' sugar and roll the rest in cinnamon-sugar – and then keep both on hand for re-dusting and re-rolling mid-fritter.

Ingredients:

1/4 cup granulated sugar
1 cup all-purpose flour
1/2 cup corn starch



1 1/4 teaspoon baking powder
3/4 teaspoon table salt
1 tablespoon unsalted butter, melted and cooled
1/2 cup heavy cream
1 egg
1 egg yolk
1 1/2 teaspoon pure vanilla extract
1/2 teaspoon almond extract, optional
2 1/2 cups diced peaches, from about 2 to 3 peaches, I like the skin, but you can remove if you want
2 tablespoons peach jam, melted in the microwave or on the stovetop, optional
Canola oil for frying
Confectioners' sugar (or cinnamon-sugar) for dusting

Instructions:

Line a wire rack with a thick layer of paper towels or one or two large paper grocery bags and set near the cooktop. In a medium bowl, whisk together the sugar, flour, cornstarch, baking powder, and salt.

In a large bowl, whisk together the melted butter, heavy cream, egg, yolk, vanilla, and almond extract, if using, until frothy. Fold the dry ingredients into the wet, using a rubber spatula,

until just a few streaks of flour remain. If your peaches are not super flavorful, toss them, once diced, in the melted peach jam before folding them into the batter, just to combine.

Fill a large, heavy pot with two inches of oil. Attach a deep-fat/candy thermometer to the side of the pot and heat the oil on medium-high heat until the temperature reaches 350°F [185°C], or a bit above.

Scoop 1 1/2-tbsp balls of batter, using a cookie scoop or measuring spoon, and place them in the oil. Fry the fritters for about two minutes total, gently flipping them over with wooden chopsticks or any two thin utensils at the halfway point, once one side has browned. Depending on the size of your pot and your patience level, you may fry one fritter at a time or several.

Using a slotted spoon, carefully transfer the fritters to the prepared wire rack. To prevent the fritters from absorbing extra oil, gently pat them with additional paper towels.

Dust with confectioners' sugar or roll in a small bowl of cinnamon-sugar. Peach fritters are best enjoyed warm on the day they are made. •

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



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Eleanor Roosevelt at Housatonic

By Peter Vermilyea
info@mainstreetmag.com

Outside Room 119 at Housatonic Valley Regional High School is a plaque in honor of Eleanor Roosevelt. Placed there at the request of the Student Council in April 1964, it commemorates the “First Lady of the World,” who had passed away seventeen months earlier. In honoring Roosevelt, it recalls her “active interest” in Housatonic and its chapter of the American Field Service.

Roosevelt made two visits to the school – and several others to Region One – and her “active interest” in Housatonic may have been due to a few factors. The school was only about forty miles from the Roosevelts’ Hyde Park, NY, home, and was built by the Public Works Administration, a New Deal agency. Additionally, the national acclaim the school attained for its innovative programs likely did not escape the eyes of Roosevelt, a lifelong advocate for education and one-time teacher in a settlement house.

A number of invitations

At some point in the 1940s, Roosevelt became acquainted with Paul W. Stoddard, Housatonic’s first principal, and the First Lady had, according to the *Lakeville Journal*, “always shown interest in the unique quality of the school.” In 1945, Stoddard invited Mrs. Roosevelt to be the guest speaker at the school’s National Honor Society induction, but she declined as she was focused on her war work, and because gas rationing made the trip virtually impossible.

Undeterred, Stoddard continued to invite her to events, including the school’s tenth anniversary celebration in October 1949. Writing to Roosevelt on August 20 of that year, he noted that she “might possibly recall that we had the privilege of inviting you to come here once before.” Stoddard expressed that he was encouraged by the fact that she had spoken the previous week to the Institute of World Affairs in Salisbury, “which is

served by this school.” Stoddard’s invitation also stressed that Housatonic had “sustained widespread publicity because of its unique character – it is, still, after ten years, the only regional high school in New England – and because of its innovations in curriculum. Of the many articles written about the school, probably the best known is that which appeared in *LOOK* on October 1, 1946, called “The Hope of American Education.”

Three days later, Roosevelt – who at the time was serving as a delegate to the United Nations General Assembly – responded that she was “very glad to be able to accept.” The humble former first lady, who famously carried her own bags across airport tarmacs, asked only for directions, suggestions for a topic, and an indication of an appropriate amount of time for her address.

Roosevelt’s cousin Stanley

On Sunday, October 23, the day of the tenth anniversary celebration, Roosevelt drove from her Hyde Park home to Normandy Farm, the Litchfield, CT, home of her cousin Stanley Mortimer and his wife, Barbara. (At the New York/Connecticut border she was met by a Connecticut State Police escort, arranged by Stoddard.)

In her *My Day* column two days later, Roosevelt remembered that “it could not have been a more perfect autumn day and we enjoyed the drive through that rolling country which still is brilliantly colorful.” Mortimer was a gentleman farmer, artist, and *bon vivant*. His mother was Elizabeth Livingston “Tissie” Hall, sister of Roosevelt’s mother, Anna Rebecca Hall. Roosevelt was an orphan, and when, in 1899, her grandmother sent the 15-year old to the Allenswood boarding school in Wimbledon, England, she reported feeling “lost and lonely.” However, she spent her first Christmas at the school with Tissie’s family and Roosevelt remembered that, “Aunt Tissie saw to it that I had a stocking and many gifts, and the day was a happy one, on the whole.” Stanley would have been two; when



Above: Eleanor Roosevelt addresses the crowd assembled for the 10th anniversary of Housatonic Valley Regional High School, October 23rd, 1949. The event was held in what is now the school cafeteria. Principal Paul W. Stoddard listens intently in the seat to the left of Roosevelt’s empty chair. Photo courtesy of Housatonic Valley Regional High School. Photo by George B. Hardenbergh.

he was 18, the newlyweds Eleanor and Franklin visited him in St. Mortiz, Switzerland on their honeymoon.

At Housatonic

“After lunch,” Mrs. Roosevelt recalled, “I went to the Housatonic Valley Regional High School, of which Dr. Paul W. Stoddard is the principal, for their tenth anniversary ceremonies.” A crowd of 700 waited for her in the school’s gymnasium, as the auditorium had not yet been built. More would have attended, but while everyone who applied for a ticket was accommodated, some didn’t receive as many tickets as they had requested. Still, the *Lakeville Journal* recalled that the event was “smooth-running, well organized, and decidedly impressive.” The gym was decorated with flags and enormous bouquets of yellow chrysanthemums. Marianne Bartram played a piano prelude as the guests arrived. At 3:30 pm, the platform guests – including Roosevelt, still escorted by state troopers – and representatives of the students and faculty marched to their places to Meyebear’s “Coronation March.”

While the crowd may have been anxious to hear the former first lady, they had to wait. Ten speakers and six hymns preceded Roosevelt’s remarks, including C. Frank Hitchcock – a member of the first graduating class,

a selectman of Canaan, and a state representative – whom Paul Stoddard joked possessed all that was necessary for success in politics: “he is young, good looking, and a good Republican.” This last attribute drew an “appreciative chuckle” from Mrs. Roosevelt. Perhaps in tribute to Roosevelt’s role at the United Nations, Hitchcock stated that, “In a small way, on the local level, the Regional School is kin to the U.N. concept.” Also memorable was William Worthington, vice chair of the school board, who presided over the rededication of the school. In her *My Day* column Roosevelt recorded, “I think the nicest part of the program was the rededication of the school in which William Worthington, vice-chairman of the Regional High School Board, was the leader and in which the people responded.”

The reluctant Cold War warrior

When Roosevelt stepped to the microphones that carried her speech to the crowd and a radio audience, she did so without a prepared text or even notes. An accomplished and well-practiced speaker, Roosevelt typically spoke extemporaneously. She did, however, have a message to deliver. In the midst of the international tensions arising from the end of World War II,

Continued on next page ...

Roosevelt had become, in the words of her friend Joseph Lash, a “reluctant Cold Warrior.” Her motivation was to highlight what Americans believed, rather than to merely criticize the Soviets. Furthermore, she believed that the Communist threat was largely political, not military. In this context, and giving a nod to the nature of the event, she began her address by stating that “Education is one of the most important things in the world ... especially today when it is our greatest weapon in the great battle of winning the peace.” She added that trying to win a war was easier than trying to win a peace, as war has a definitive goal and end while the quest for peace was never ending.

Continuing to tailor her Cold War rhetoric to the occasion, Roosevelt stated her belief that education played a vital role in the struggle between communism and democracy. For rule by the people to survive, those people needed to be taught how to respect the rights of individuals and to “think things out for themselves.” Referring to the American political system, she argued that while “our two parties are not essentially very different, they do offer us a choice of ways to accomplish things. To make a good choice, we must think ... that is good.” Roosevelt compared this to recently being upbraided by the Soviet ambassador, who told her, “You don’t know what ‘unity’ is. In the USSR we have no need for two parties. We all think exactly alike.” Roosevelt responded – “with a twinkle in her eye” – “Wonderful, isn’t it! Of course, the answer is that in a system like that no one can have a mind of his own. If you sufficiently subordinate your individuality, you may become a good and useful party member, but you have no chance to do anything yourself ... on your own. In a Democracy you have the privilege, the responsibility and the opportunity to help make your own nation what you would wish it to be and to lead in the ‘battle for peace.’” Then as now, many Americans believed that the First Lady should stay clear of politics in public remarks, and Mrs. Roosevelt had been the target of much criticism for doing so. The intervening years had certainly

not slowed her instinct for tackling the events of the day head on.

The United Nations

Roosevelt then turned to a subject near and dear to her heart, the United Nations. While allowing that the diverse religious, cultural, and political nature of that organization made for “many arguments ... harsh words ... (and) discords,” she placed her faith in it as, “it seems to me, this is better than smouldering anger which finally ‘comes to blows.’” The UN, still a novelty in 1949, was quite popular, and that week there had been a celebration of United Nations Day in Sharon, where the design for the organization’s new flag was displayed. Roosevelt spoke about the UN Declaration of Human Rights, agreed to by 58 of 59 member nations “not (as) a binding document but more a statement of policy and ideals among nations.” The UN was an instrument to keep the peace, she argued, but only if nations were willing to compromise. To this end, Roosevelt spoke of the difficulties involved with getting nations to agree to the document, with Communist and majority Catholic countries insisting upon language stating, “a man should be paid his wage according to his need, rather than his skill” while those countries that had rescinded laws stating that women were considered property argued that “all human beings” – instead of “all men” – are “created free and equal.”

It was a powerful and personal address, and in concluding, Roosevelt turned her attention to the two rows of students who represented their classmates at the occasion. She finished by saying, “You are going to have to live hard. You will not have security ... but you will have adventure and a good chance that the hopes of the world may be carried out in your generation. I give you ‘courage’ as your watchword.” When the applause died down, a “hymn for peace” was sung, and the event concluded with a benediction. Students of Housatonic’s home economics program hosted a reception in the school’s library, in which Roosevelt participated for a short while before leaving, as she had to be at the United Nations early the next morning.



Above: Eleanor Roosevelt greets members of the Region One community at a reception held in the school library (now classrooms on the building’s second floor). Photo courtesy of Housatonic Valley Regional High School. Photo by George B. Hardenbergh.

Roosevelt’s second visit

Housatonic took Roosevelt’s call for a commitment to international efforts to keep the peace to heart, establishing its chapter of the American Field Service for international student exchanges in 1951. Meanwhile, Roosevelt continued to be active in the region, speaking to the Kent League of Women Voters in 1953, and discussing civil rights at the Scoville Library in Salisbury in 1956. She also maintained a correspondence with Paul Stoddard, who traveled to the Soviet Union shortly after Roosevelt’s famed 1957 trip. Using this coincidence as a way of inviting her to Housatonic’s 1958 National Honor Society induction, he wrote that in the USSR he “had an opportunity to examine the educational system first hand, and had many of the same experiences which came to you.” Accepting the invitation, Roosevelt added a handwritten note to Stoddard’s letter that she “shall be curious to hear about this.”

The ceremony took place on June 13, 1958, with Roosevelt once again arriving with an escort from the Connecticut State Police. Fifteen seniors were inducted, whom Stoddard had described to Roosevelt as being “as fine a group of young people as one could find anywhere. It will mean a great deal to them to receive the diplomas at your hands.” Roosevelt once again focused her speech on the challenges facing the nation and its students in the Cold War. She stated that the nation needed to develop leaders with the character, integrity, and vision needed to fulfill “the role of leadership in the world which has been placed on the United States.” Unlike other Cold Warriors, however, Roosevelt refused to belittle the Soviet Union, and believed that its primary threat to the West was not military,

but political and diplomatic. Americans, she argued, needed to counter this by demonstrating leadership that allowed other countries to be free to develop themselves, exercising economic and spiritual leadership, and avoiding behaviors that would make other countries resentful or envious. Unsurprisingly, she argued that the best approach to this was through the United Nations. In concluding, she charged the students to “go on learning and doing in the service of others.”

The following week, Roosevelt reflected on HVRHS in discussing the induction ceremony in her *My Day* column: “This is an exceptional school and draws its students from a broad area. Some of them travel as much as an hour and a half to reach school, yet it showed what I thought was a high standard of scholarship, as well as of character training, to have so many young people become members of the National Honor Society.” Clearly, her two visits to the school and her correspondence with Stoddard resulted in the “active interest” in Housatonic that is enshrined on her plaque outside Room 119.

On November 7th, 1962, Eleanor Roosevelt died of tuberculosis, a complication of her struggle with aplastic anemia. She was 78 years old. In his eulogy, United Nations ambassador Adlai Stevenson said, “What other single human being has touched and transformed the existence of so many? She would rather light a candle than curse the darkness, and her glow has warmed the world.” Her funeral was a small affair of 250 guests. Among them were dignitaries, heads of state, past, current and future presidents, and, somewhere in the crowd, Dr. Paul Stoddard. •

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The 22nd Sharon Summer Book Signing

By Betsy Maury
info@mainstreetmag.com

On Friday, August 3 from 6-8pm, the Hotchkiss Memorial Library in Sharon, CT, will host the 22nd Sharon Summer Book Signing. The event that spills out of the Library onto the Town Green will feature 30 authors and illustrators signing books and chatting with book lovers of all kinds.

The library's signature fundraising event has taken place here since 1997 and this year will celebrate the library's 125th anniversary. In addition to the book signing at the Library – which includes wine, cocktails, and hors d'oeuvres – generous local patrons open their homes for intimate dinners where a ticket will give you the opportunity for a more personal conversation with a featured author. Both of events help support the Library's operations, programs and outreach in the community.

An army of volunteers

Like most library fundraisers, an army of volunteers makes this happen each year, with a committee starting to read submissions of new

books in November and booking authors throughout the winter and spring.

Only recently released books are chosen for the event and the committee is selective, striving to bring fresh titles to new audiences in just about every category. 2018 is a big fundraising year for the Hotchkiss Library as the board has embarked on a strategic process to evaluate the role of the Library in serving the community going forward. Hotchkiss presently plays a vital role in the literary and cultural life of Sharon, hosting art shows and children's events and is a cherished institution among residents.

Meet Dar Williams

Events in historic buildings or beloved town sites hold an appeal for Dar Williams, the singer/songwriter and author who will participate in this year's event and sign her 2017 book, *What I Found in a Thousand Towns: A Traveling Musician's Guide to Rebuilding America's Communities – One Coffee Shop, Dog Run, and Open-Mike Night at a Time.*

Williams' book is an exploration of what makes towns thrive and prosper and the ways in which a town project or issue can invite even reluctant or quarreling residents into a conversation. She examines personalities she calls "conscious bridgers" – people who form the connective tissue in communities – and often sees these people in the ranks of local volunteer organizations.

Many of the towns and cities Williams visited in her book were in flux, evolving from a previous identity to a new one, and not always without distress. But in many cases she saw new energy being harnessed by active citizens working to bring people together. She observed people plugging into civic engagement in new ways, finding deep reserves of energy and good will. "Action inspires action, trust begets trust," she told me.

On the radio

Williams may find a ready audience for her book in Sharon, a town she called "beautiful and magical – an idyllic pocket of Brigadoon." The rolling hills of Litchfield have resonance for her as she has travelled up and down the Hudson Valley and Berkshires and has performed throughout the area.



Above: Author Dar Williams. Photo courtesy of Dar Williams. Below, left: Participants from left, Peter Lourie, Wendell Minor, Florence Minor at last year's event. Photo: Christine Fritz.



Continued on next page ...



Above: Baker and author Jessie Sheehan. Photo courtesy of Jessie Sheehan. Below, right: J. Barclay Collins II, Bartender and former President, Board of Trustees, Hotchkiss Library at last year's event. Photo: Christine Fritz.

Williams spoke with great affection for the old WKZE, an FM station based in Sharon years ago that played a gentle mix of folk music and acoustic favorites. (And which was the only radio station one could get with any reliability for many years). No doubt, the town radio station may have been a prime mover connecting her to a local audience in the early days.

One of the themes in her book is connecting around a shared passion, a theme she explores in her music as well. In many places she saw communities come together by rethinking or repurposing buildings where “old spaces get filled with new stories.” In Sharon’s case, an event like the book signing connects people around a shared love of books and the Library.

Meet Jessie Sheehan

Coming together around a shared passion is one of the things that drew cookbook author Jessie Sheehan to the event. “I will be one

author amongst a community of others, all with connections to the Northwest corner of CT, and to the library, which is such a special place in and of itself. I also believe that the event is for those of us who truly love books, and just like I love being in a book store with fellow readers, or in the library itself, I am thrilled to be part of an event

with, and surrounded by, so many like-minded, book-obsessed people – both participants and guests.”

This year’s lineup of authors includes some other local favorites. Mark Scarborough and Bruce Weinstein will sign *The Kitchen Shortcut Bible* and *All-Time Favorite Sheet Cakes & Slab Pies* and Simon Winchester will be on hand to sign his new book *The Perfectionists*, a fascinating read on the history and evolution of precision.

The book signing’s format has authors out on the library lawn under tents mingling with ticketed book lovers overlooking the handsome Sharon Town Green. As local resident Susan Brant says, “My husband and I would never miss it! Not only are there a number of well-known authors in attendance, but the variety and selection of books is outstanding. It is particularly nice to chat with the authors and discover new books. We love browsing this ‘open-air bookshop’. The cocktail party is very festive and provides an opportunity to catch up with many friends.” ●



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SALLY EAGLE & DAN MEAD

THE ROAD GOES ON FOREVER

By CB Wismar
info@mainstreetmag.com

“Wanderlust.” It’s a German word that seems to have simply moved into the American English vocabulary as is. The overwhelming desire to travel. The lure of the road. Sand in your shoes. Call it what you will, if illustrations are needed to understand, then insert a photograph of Sally Eagle and Dan Mead. They are wanderers.

And, if you are willing to punctuate the illustration, make sure there are cameras in each of their hands, because the call of the endless road only serves as a ready platform for their exceptional work as photographers.

Their work has appeared in galleries, publications, been featured on television programs, and highlighted in the Natural History Museum of London and the Smithsonian Institution Natural History Museum in Washington, DC. They have traveled the world in search of stunning images, and from their Great Barrington, MA, home, those images have gone back out to captivate, educate, and amaze a global audience.

Sally Eagle and Dan Mead began their careers as teachers. College degrees in hand, they both ended up in Boston, MA, to begin their careers. “I hated it,” comments Sally, with her typical charming directness. “I didn’t want to teach film ... I wanted to make films.”

One positive benefit of a year in the classroom was that she and Dan met and began a partnership that has flourished for over 40 years. Dan continued to teach, eventually moving into educational administration while



Above: Balloon over Bagan. Below, left: Dan Mead and Sally Eagle.

Sally went to nearby Babson College and pursued an MBA.

Travels through the lens

And, all the while, there was the lure of adventure travel. Backpacking all around the United States. Trips to Nepal and New Zealand. While on their various explorations, Dan and Sally would take photographs. At first, their cameras were traditional single lens reflex models with the results being trays and trays of slides. “Those were the days before the internet,” comments Sally, “but we’d put together a summary of our adventures and share them with friends.”

Friends can be quite direct, and the reactions to their photographic highlights were consistently enthusiastic. They had talent and their talents provided enjoyment and insight for those who had not donned the hiking boots, hung out over ledges, or scaled

trees to wait for the appearance of some intriguing wildlife.

Then, there was the teepee.

Invited by friends who were planning on settling in the Berkshires, Dan and Sally found their way to the outskirts of Great Barrington and built a teepee as temporary residence. The friends parted ways and left the area. Dan and Sally stayed. They acquired a parcel of land and set out to design their perfect house.

“We built the house in 1984,” recalls Dan with the kind of smile that belies many layers of stories. “It was an education. We went to school building this place.” Acting as their own general contractors, Sally and Dan worked through design, finding the sub-contractors, selecting materials and finishes and fixtures and watching everything come together as their home.

House constructed, there was the matter of gainful employment, and nearby Simon’s Rock College provided several opportunities. Dan was part of the admissions office and Sally ran the school store. The academic year provided ample time off for the journeys that kept them planning through the

winter and traveling during vacations.

Changing, once again

But, if one thing can be said about Sally Eagle and Dan Mead is that doing any one thing for too long is not an option. For Dan, his experiences led him into social work and counseling. Being sensitive to the challenges, apprehensions, and issues of students made him a prime candidate to work with teens and young adults.

When, degree in hand, the opportunity was presented for him to work as an independent counsellor at Salisbury School, he accepted, working at that school, and Berkshire School in Sheffield while also keeping a practice with Housatonic Mental Health.

Change for Sally came in the form of working in the high-stress world of arbitrage followed by an unexpected invitation and immediate appointment to serve as the first Executive Director of the Berkshire-Taconic Community Foundation. “I was exhausted working in the business world,” admits Sally. “Then, suddenly



Continued on next page ...



there was the opportunity to begin something new, fresh, and truly exciting.” Mentored by founder Robert Blum, Sally became fully engaged in the community foundation and its outreach in the Tri-state area.

But, all along ... whatever the day-to-day pursuits of Sally and Dan, there was the overwhelming drive to travel and take photographs. It was inevitable. At a certain point, the lure of discovery would win out and the door to their home would be locked for a time as they took off for yet another adventure.



Above, top to bottom: *Leopard Jumping*. *Horseshoe Bend*. Right: *Sand Sprinters*, a family of ostriches scampering over a Namibian sand dune.

Recognition of their work has come with great enthusiasm. Both their still photography and videos shot on location have been recognized with international awards and appeared in museums, galleries, and in television programs broadcast around the world.

“Ambush...”

On a trip to Brazil in 2013, Sally and Dan sat patiently in a boat on the Cuiaba River in the Mato Grosso region, hoping to catch a glimpse of the elusive jaguars that live on the river banks. Patience prevailed, and it happened that on one morning, on a sand bar some yards in front of them, a caiman – first cousin to an alligator – was casually sunning itself.

With measured steps, a stealthy swim across the river and a lightning

attack, a jaguar appeared out of the long grass and pounced on the caiman, killed it with one lethal bite and dragged it back into the water.

This entire ballet of death was captured by Sally, utilizing the video function on her camera and further punctuated by Dan’s still photography. The video (which appears on their website, www.meadeaglephotos.com) captured the interest and imagination of photographers and natural historians, alike. *Ambush in the Pantanal* was awarded the 2014 Windland Smith Rice International Award by *Nature’s Best Photography* magazine, was screened in the Smithsonian Natural History Museum from October 2015 through August 2016, and incorporated in a number of television programs including documentaries compiled for the BBC and National Geographic TV.

The beauty and elegance of their photography is breathtaking. Both Dan and Sally have keen eyes for the dramatic, a superb sense of timing and an inherent talent for composition. Dan’s *Sand Sprinters* capturing a family of young ostriches scampering over a Namibian sand dune was also honored by *Nature’s Best Photography*, displayed at the Smithsonian and featured in the Natural History Museum in London.

Exploring the Mead Eagle photo website

Exploration of their richly detailed website can consume vast amounts of time and continue to amaze with each click forward. The albums are arranged by destination, so within a reasonable time, one can visit Bhutan, Iceland, Alaska, and New Zealand without changing planes or time zones.

For those who prefer the dramatic experience of seeing their photographs in person, Sally and Dan have created seven exhibits – ranging from *Namaste: Images of India* to *Ultimate Antarctica* – that they move through-

out the northeast. “We are eager to present a gallery exhibit in locations where we can drive,” asserts Dan. “We don’t want to pack and ship our photos. We want to hang the shows ourselves.”

Recent presentations have included works presented Salisbury School, Miss Porter’s School, Knox Gallery in Monterey, MA, St. Mark’s School, New Marlborough Meeting House, and the Smithsonian Museum of Natural History. Schedules of upcoming exhibits are listed on their website.

It is an inevitable question for adventurers who have trekked through Bhutan, forded rivers in Brazil, climbed peaks in New Zealand, and flown above the grasslands of Africa. “What’s your favorite?” The answers come in categories. For landscapes? “Patagonia.” For culture? “Bhutan. For animals? “South Georgia Island and the South Sandwich Islands.”

Wanderlust is setting in. The road is calling. A trip to Africa is on the horizon and there are plans to be made. The road for Dan Mead and Sally Eagle never ends, and they have exquisite photographs and vibrant memories to prove it. ●



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What is Pilates?

By Masha Loucks
info@mainstreetmag.com

“You can say what Pilates is in these words: Stretch with strength and control. And the control part is the most important because that makes you use your mind.” Romana Kryzanowska, Pilates elder.

Over the years, I’ve been fortunate to teach many hundreds of clients. I’ve been amazed as I’ve watched their commitment to themselves transform not only their bodies but their entire sense of self. I have seen students develop the courage to make major life decisions that would not have been possible had they not been bolstered by their strong Pilates bodies.

Finding Pilates

Born and raised in Moscow, Russia, it was a must to go to ballet school, learn a musical instrument, and take painting lessons. Dancing throughout my entire youth created a strong habit of constant stretching and moving. I played many sports (ice skating, tennis, running, gymnastics, aerobics, and step classes), but nothing was like the Pilates class I attended in a NYC studio. I had already owned my fitness studio for two years as a practicing licensed personal trainer. I was surprised to discover that my training methods, molded from years of dance study, were quite similar to Pilates. I realized Pilates incorporated the same kind of movements I had learned and practiced in dance school long ago. I was so excited to have found this new discipline. Pilates wasn’t popular in Russia, and studios were almost non-existent. Looking back, I was so fortunate to have stumbled upon this studio, run by an amazingly talented, kind, and open-handed instructor (a former dancer herself). It was my career-altering moment.

When I first began learning and practicing Pilates I already felt strong, and I was in tip-top cardiovascular shape. But all those muscles I had built in the gym only served to make me feel slightly bulky in my back. It didn’t feel feminine to me. The amazing thing was, the more Pilates I did,

the stronger I felt while adding grace, coordination, and responsiveness to my body. Like a prima ballerina, I felt light and balanced on my feet and able to stand tall. There was a new quickness to the way I could move my body, and best of all, I was completely in charge of it. I also found that Pilates has a wonderful way of energizing you while bringing a sense of inner calm and relaxation. It felt like such a win-win. I couldn’t wait to bring this work to my clients, so they too could experience what I felt.

Serenity after class is a real miracle! It is important for us to have a sense of tranquility, especially in the modern world. Being calm and relaxed in mind and spirit is gold in my view. Pilates gave me such pleasure to come home fresh, rested, not irritable – and with the bonus of a toned body!

My appetite for Pilates continued to grow – I could not get enough of new methods and training. Travelling to many studios, conferences, and seminars across the country allowed me to study and collaborate with fellow Pilates instructors. I realized that the benefits of Pilates for the body is simply invaluable. I’ll never tire of seeing Pilates create so much change in people and in myself. It’s designed perfectly to loosen muscles, tighten the core, and encourage improvement of mental and physical health and wellness. I am addicted to this and understand that this kind of activity is transformative.

Improving body and mind

As I train my clients I clearly see that traditional metrics such as speed and intensity of exercises do not matter. Quality of performance is the most important goal, which guarantees excellent results. The more I teach and network with other Pilates instructors the more I understand that Pilates is improving all aspects of body and mind. It’s all about core and improving coordination and balance of movements. In this sense, Pilates is an excellent way of getting rid of chronic pain in the back, shoulders and neck, knees – you name it.

By moving in specific ways, and

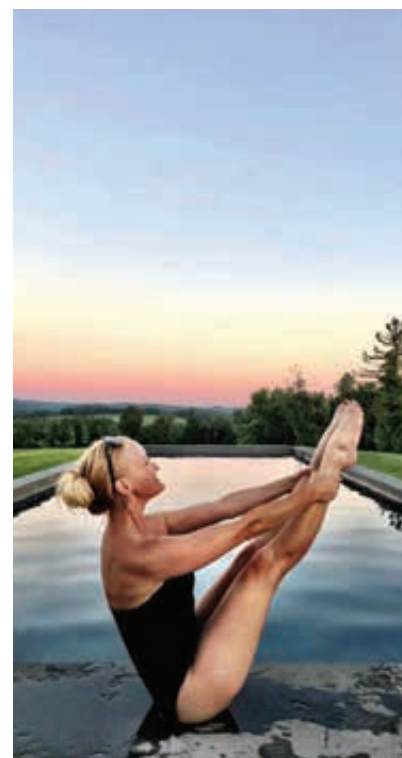
paying attention to how your body reacts, you will not only gain strength but will also notice that stress, tension, stiffness, and low energy will leave your life.

Pilates will not only transform your body but also your mind. It changes the way you think about movement. As you progress, you recognize that your mind can make your muscles respond in the exact manner you wish! If you make Pilates part of your daily routine, you will realize that it’s easing pain, building bone density, improving blood circulation, increasing body flexibility, toning sluggish muscles, and it’s also improving the functionality of key organs – particularly the heart. “Pilates is not about being better than someone else but being better than who you used to be,” unknown author.

“A good session will massage your entire body from the inside out. You should feel refreshed and invigorated at the end. You will feel better, look better, and sleep better. Pilates is more than a method of exercise; it is the way of life.” Jay Grimes, Pilates elder.

At Masha’s Fitness Studio

At my studio we have many years of experience practicing The Method, training, and seeing great success and improvements. We offer Pilates Reformer individual training and group classes, which are very beneficial for overall strength, flexibility, coordination, and balance. The resistance of the pulley and spring system offers more resistance than what you get with just your body weight or classic core routine. Regularly practicing Pilates Reformer leads to daily life improvements like better posture, graceful and efficient movement, and for many, relief from pain associated with physical imbalances such as back pain. As an example, a client came to me with severe lower back pain and tightness in the shoulder area. The root cause of this discomfort was a lack of mobility in the pelvic floor region. After identifying the issue, we formulated a Pilates routine and within six sessions the client had noticeably reduced back pain.



Above: Masha Loucks performing a difficult Pilates move called the “Teaser.” Photo courtesy of Masha Loucks.

We offer functional routines based on the biomechanics of each individual body and opportunity to reach their next level, and we are always working on awareness of creating habits of balanced movement, which is a gift for your entire life.

One of the most famous of Joseph Pilates’ quotes is this: “In ten sessions you’ll feel the difference, in 20 sessions you’ll see the difference, and in 30 sessions you’ll have a whole new body.” The beautiful thing is that no matter how you use Pilates – whether it is your sole exercise method, or as an adjunct to your other activities – you will see, feel, and experience the difference. Pilates doesn’t stay in the studio, you take it with you when you leave, in your posture, in your breathing, in your awareness of your body. My point is, don’t get hung up on “a whole new body” in 30 sessions. If that’s what you desire and you have the means to achieve it, then by all means go for it! But what I have found in my studio is that no matter how often you do Pilates, as long as you do it regularly, you will see and feel the benefits – from your very first session to your umpteenth group class. ●

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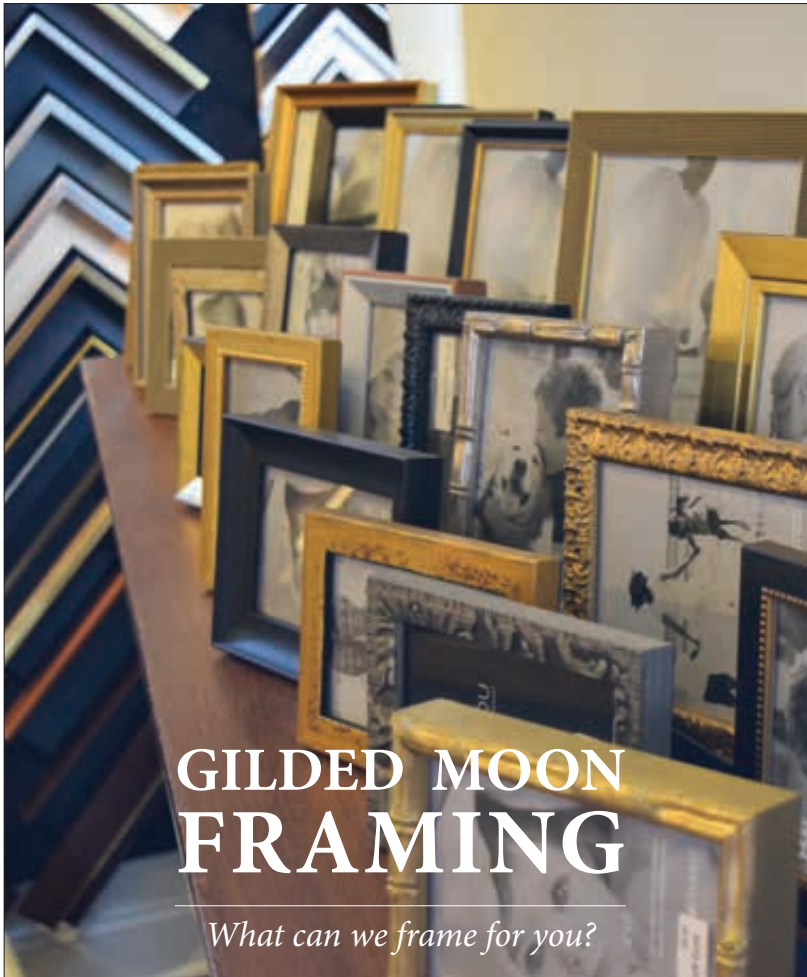
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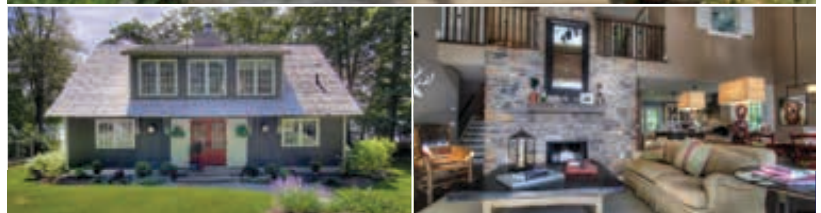


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STONE AGE MOHICANS

By Lisa LaMonica
info@mainstreetmag.com

Much of upstate New York was Mohican territory. They also dominated the territory spreading west to Windham, north almost to Lake Champlain, west towards Stockbridge MA, and south – almost to Manhattan. Their stories, and some of the local historians chronicling them, are almost lost to time.

Their stories are still worth telling. From them came the mythology of Spook Rock Road, highlighting the sociological differences between the Original People and Dutch immigrants coming to the region with and after Henry Hudson. Mohicans should also still be remembered for their contributions to our history during the period of the American Revolution; they were honored previously by George Washington as “Friends of our Fathers.” Mohicans served in George Washington’s Continental Army in battles that were not theirs.

Pilgrims and our European ancestors weren’t the first here as people often forget. There were many ways our predecessors could have been honored; in local school district history classes, in road markers, in art, in oral history, and in books. There has only been a smattering here and there to document their existence. The New

York State Museum in Albany has some archaeological and ethnological items from local digs; you would need to visit the museum in order to see artifacts as there are no photographs available. Generations of people have lost their link to the past along with the region’s history. The Mohican language is also extinct; as with any language, there are a certain number of people needed to still be speaking it in order to pass it onwards. Apparently, they had no written language that survives, although certain universal symbols such as the turtle and chevron have been found on artifacts.

The collective unconscious

Mohicans have become a part of our collective unconscious in part due to James Fennimore Cooper’s 1757 novel, *The Last of the Mohicans*. A novel in which they were romanticized, but where Cooper also made them out to be “unwise” and contributing to their peril and decline in our region, as referenced in a 1968 *Tales of Old Columbia*, *Hudson New York* newspaper article. It was their “lack of wisdom which brought them to terrible destruction in Roger’s Island after they had won a battle near where the city of Hudson now stands.”

Cooper’s novel, originally published in 1826, would be his greatest work both here and abroad, and still remains one of the most widely read novels in the world. Cooper’s father would establish Cooperstown, NY, on what was the frontier of a settle-

ment after the Revolution. Cooper sometimes had brief encounters and conversations with Oneida tribesman traveling along the Susquehanna River nearby.

Their history & Henry Hudson

Mohicans were an ancient and powerful race of people; their tools show fine levels of craftsmanship for that time period. Early Amer-Indians describe a Bering Strait crossing by their ancient ancestors passing over great waters by north of another country, where this country and another are almost connected. Knowing famine, they had traveled a great distance to settle along the now Hudson River. The Delawares and the Lenni Lenape tribe from the west near present-day New Paltz are believed to be who the Mohicans are descended from. The Delawares claim to be the breeding stock from which most eastern Algonquin tribes, including the Mohicans, sprang from.

By 1609, the 1000 or more Mohicans in the Hudson River Valley commanded respect; their main villages and chiefs occupied the Hudson River’s eastern banks and islands. In the fall of 1609, “a Mohican walked out from one of the main villages and saw a strange sight on the river. Thinking it was some sort of great fish, he ran back to the village to tell the others.” Returning to the scene with two more Mohicans, they encountered the coming of Henry Hudson and his crew aboard the Half

Moon. Within twenty years of the time of Henry Hudson’s ship entering possibly at Hudson or Stockport, their numbers had started to decline. Whether it was in part or in whole due to warring with neighboring Mohawks or the coming of the Dutch, their stronghold in the region would soon not last.

When Henry Hudson and subsequent Dutch visitors arrived somewhat later, Mohicans were extremely hospitable to the outsiders. Hosting the newcomers, Mohicans readily showed Henry Hudson and his crew the Mohican way of life, their tools, their cooking and hunting techniques, along with their food supplies. Meals made by them for the visitors included wild game and the meat of a dog. We know also from journals kept at that time that Henry Hudson and his crew entertained Mohicans aboard their ship; a gesture involving remarkable trust on both sides. After Henry Hudson returned to his homeland, fur trading with the Mohicans continued every summer as the Dutch traveled up the Hudson River. Trade developed between these two cultures, the Mohicans made a strong pact with the Dutch, and beaver fur trading became very lucrative for both.

In their own language, the Mohican referred to themselves as the “Muhhekunnew” “people of the

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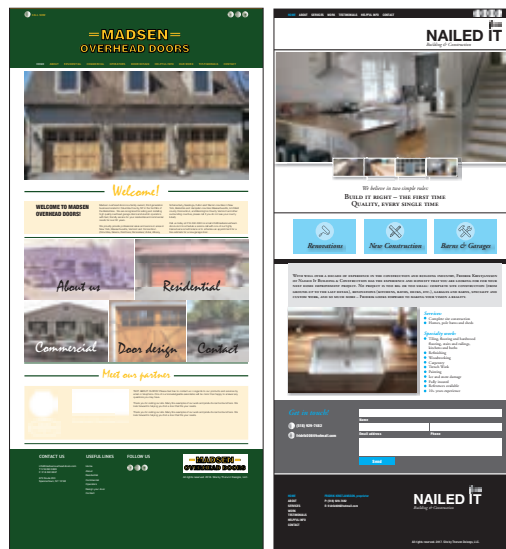
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great river.” This name was difficult for the Dutch to pronounce, so they settled on “Manhigan,” the Mohican word for wolf and the name of one their most important clans. Later, the English altered this into the more-familiar Mahican or Mohican.

Battling the Mohawks

More Europeans would be coming to the region, triggering jealousy from the Mohawks because of the prosperity of Mohicans. Having to pay tribute to Mohicans who controlled the Hudson River Valley up to Albany also incensed the Mohawks. Around 1625, Mohicans banded together with Muncees and Lenni Lenapes and continually fought Mohawks in one battle after another, armed in part with guns from the Dutch. Their last battle took place on flat land near what is present-day Hudson, on the “plateau which runs between the river and the hill upon which Church’s house now stands.” The house referred to is Olana, Hudson River School painter Frederic Church’s Moorish masterpiece.

Pretending retreat, Mohicans drew Mohawks closer to them for purposes of luring their enemy onto their own ground. Mohawks became disorderly and scattered by nightfall. Defeated, Mohawks retreated to the island of Vastrick, later called Roger’s Island in the Hudson River near what is now the city of Hudson. Vastrick Island, later called Ten Pounds and then Roger’s Island, was named for Garret Vastrick, a merchant of New Netherlands and a friend of then Governor Peter Stuyvesant.

Wishing to wipe out all remaining Mohawks, Mohicans landed on the island late night. What appeared to be Mohawks sleeping by their fires, were actually logs wrapped in blankets and a disappointment to Mohicans wishing to use their tomahawks to wipe them out.

More importantly, Mohicans were now surrounded by Mohawks who fired shots from the woods with guns from the Dutch that Mohicans did not know they had been provided with. The few surviving Mohicans



Above: Edward Moran 1898 painting of Sir Henry Hudson entering New York Bay on September 11, 1609 with Indian family watching from shore. Library of Congress Image, *Haunted Catskills*, The History Press, 2013.

were marched north as slaves the next morning by victorious Mohawks. Some Mohicans were burned at the stake. Some Mohican surviving families had previously started to retreat over the mountains into Massachusetts. A council held in 1670 between Governor Lovelace and Columbia County Mohican chiefs restored peace among them, the Mohawks and English.

Years later, Mohicans would come back to Columbia County, NY, since Mohawks never claimed this territory after defeating them. Mohican spirit as warriors started to disassemble. They faced problems with alcohol provided by the Dutch starting with Henry Hudson himself aboard the Half Moon. Mohican numbers may have started to decline also due to being exposed to smallpox brought by the Dutch. Important to realize is that no known disease left the New World impacting the Old World that we know of.

European settlements

In 1660, the first European settlement is documented from records of a land purchase from the Mohicans by Jan Fransen van Hoesen at Claverack Landing, present-day Hudson. Claverack was a Dutch word meaning Clover Rack or Clover Reach. In 1667 land patents were also granted to Abraham Staats. The two earliest known houses in Columbia County are the Van Hoesen house and the Staats house. The Staats house, constructed in 1665, contained three foot

thick walls and had originally been burned by Indians, then rebuilt.

During the second Esopus War, 500 Indians comprised of Mohican, Katskills, and Wappingers battled another tribe who nearly destroyed the Staats house altogether. An early tenant of Staats was killed by this tribe; his wife carried off by them.

Hostile tribes from Canada were a threat to early homes in the region and the hope was to fortify them with walls of such thickness and strength with bricks made here and imported from Holland. In 1878, Captain Franklin Ellis reported that 25 bushels of Indian artifacts were found near the house, to include axes and arrowheads. The house still stands on Station Road near the Columbiaville Bridge.

Archeological excavations

Kenneth H. Mynter of Brooklyn, settled in Hudson as a child and became fascinated with the tribes of the region, becoming recognized as an expert on them and well sought out for information. Ken’s ancestry on his mother’s side dates back to the Vikings with his father’s ancestry traced back to Ponce de Leon. As a professor at the University of Rochester and member of the New York State Archeological Association, he would complete an excavation of an Indian shelter in Claverack yielding evidence that the site was used 5,000 years ago.

Carbon tests proved that cooking fires were used there as far back as 3,000 BC with remnants of meals

eaten there; mussel shells and animal bones were found. In 1984, while writing for the *Independent* newspaper, he wrote: “Indians were living here in this county before the building of the pyramids while our own ancestors were living in the New Stone Age in Europe.” It is a staggering thought to have sink in. His favorite and most interesting finds were at the location of Spook Rock Road in Greenport, near Hudson.

Leaving the City of Hudson on State Route 23B, turning right just past the Old Tollhouse, is Spook Rock Road. The road was originally a Mohican trail. Certain seasons of the year had the Mohicans living and hunting in the Windham, Greene County region, while the rest of the year they resided in Columbia County. The trail came from Hudson and followed along the edge of Becraft Mountain, and they would cross the Claverack Creek. The trail split; the eastern part heading toward an Indian village near Great Barrington, MA, and south trail which would lead to an Indian village near Pine Plains called Shekomeko.

Ken, along with New York State archeologists, excavated on Spook Rock Road naming one of the sites the “Taghkanic Rock Shelter.” This was a large overhang jutting ten to 15 feet from the rock wall. With wooden poles leaned against it, it was a shelter for Mohicans hunting and fishing for hundreds of years. Possibly still visible

Continued on next page ...

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is a blue line painted on the side of the rock ledge denoting the original level of ground where excavation had started.

Pots, arrowheads, & more

Taconic, Taughannock, or Tachkanick as it was written in an Indian deed of 1685 has had various spellings but is a Mohican word meaning “the woods.” Resulting from the dig, at a depth of 12 inches, various pot shards were discovered, some from an Iroquois tribe. Owasco pot sherds, Point Peninsula sherds, and Levanna type projectile points were unearthed. The Owasco culture, around AD 1000, differed from Point Peninsula’s coiled pottery making by means of modeling their pot making material. Owascos incorporated maize, beans, and squash in their agriculture, living in longhouses.

Levanna projectile points are considered true arrowheads rather than darts or atlatl dart points also found in the region. As explained to me by Stephen Kent Comer, a dart was something between an arrowhead and a spear head. Darts were used with an atlatl, a straight flat stick with a hook on the end that was basically an extension of the arm. The thrower held one end of it, putting the dart with the butt fitting in the hook and threw it that way. It was what was used before the invention of the bow and arrow, which came much later around 1200 AD. An example of a rare dart called the Vestal Notch point, is depicted in the photograph (right). Given to me by a relative, it was photographed and shown to Jonathan Lothrop, Curator of Archaeology at the New York State Museum in Albany. The point is dated to the Late Archaic period of

about 4,000 years ago.

Digging deeper at the Spook Rock Road location provided evidence of older Native Americans previously inhabiting the region. Artifacts recovered were bone awls, bone harpoon, antler flakes, beaver incisors, flint chips and unio, a type of mussel shell. At the ten to 14 inch level of excavation, five stone-bordered hearths were unearthed. At 48 inches a cylinder shaped pestle was found. Believed to possibly have been used as a medicine mortar, the vessel had a series of incised bird track patterns on the outside. Also found nearby was a semi-lunar chopping stone. Food refuse samples collected at the site were analyzed to have come from deer, woodchuck, and bobcat with one oyster shell also being found.

As the Mohicans annually traveled down from Windham mountain, it is believed that this site was their winter hunting territory. Ideally situated nearby to Claverack Creek, the creek in archaic times had a huge salmon run every spring. Quoting Hillsdale minister Reverend William Blackie from his 1928 paper and presentation notes, “It is a self evident fact that development of the art of hunting has been a gradual one even among primitive peoples. In the earliest times it was a matter of catching by the hand and then stages to the use of what we may call arms of precision.”

Most likely Rev. Blackie is referring to the types of thrown spears used by the Mohicans to acquire various fish and game that they feasted upon. Fishing hooks were made from bone and bird claws. Later, the weapon of the chase was the bow and arrow.

A rare turtle

Claverack resident and past town historian Ted Filli carried on Ken Mynter’s work after his passing. In a recent presentation at the Hudson Area Library, Ted spoke about his knowledge of the Mohicans from having worked with Ken Mynter and also state archaeologists William A. Ritche and Robert E. Funk. Ted has one of the largest and rarest of Mohican artifact collections including one particularly interesting and rare item.

It is a copper turtle that was worn as an ornament around the neck



found at a site in Athens, Greene County in the 1940s. It represented belonging to the turtle clan of Mohicans and was described in Henry Hudson’s journal by his first mate. Hudson and his men upon entering the Mohican village, first noticed the ornament on Mohican men apparently wondering if it was a sort of tattoo. Before the Dutch arrived, Mohicans were acquiring copper from the French to the North at the Great Lakes region. This artifact was photographed by the Peabody Museum, and so far, is the only known surviving example.

Mohican agriculture

Ted Filli described Columbia and Greene counties at the close of the last Ice Age as having glaciers a mile high, which were responsible for cutting through the valley and creating the Catskill Mountains. Caribou along with deer were part of the Mohican diet, with their jaw and teeth bones saved and used to scrape corn off corn cobs.

With an extensive knowledge of Mohican agricultural practices, Ted described their method of planting the “three sisters,” bean, corn, and squash. Corn stalks were used as the means to wrap bean plants up and around for their vine growing quality. Corn and squash were introduced to this region from the Ohio area around 5,000 years ago. Mohicans grew gourds too, and while not digestible, they had many uses as storage containers when carved out.

These Paleo nomadic people used a practice of burning out areas of their encampments from time to time as they left areas and moved into others seasonally. This served many purposes



Above top, L-R, top to bottom: The first known image of a Native American, according to historian William Starna. Chief Etow Oh Koam, Mohican tribe, who lived in the territory from lower Hudson Valley up to Lake Champlain, artist John Simon, 1750, from *The Mohicans of Stockbridge*, Patrick Frazier. Dart, image courtesy the Cultural Resources Survey Program at the NYS Museum. Left: Dart used before the invention of the bow and arrow. According to Jonathan Lothrop, Curator of Archaeology, New York State Museum Albany, the artifact is from the Late Archaic period of about 4,000 years ago. Collection of Lisa LaMonica.



Continued on next page ...

such as destroying overgrowth, bringing down trees needed to make into canoes, cutting down on bugs and a sort of sanitizing a region of waste accumulated during their stays.

Soapstone pots were demonstrated as fragments found underground sometimes attached to tree roots. Soapstone is mostly found in nearby Southern Connecticut. Ted explained that due to the weight of this type of pot, Mohicans had a cache of these left underground in all of their regions to be used later upon returning.

The Claverack Giant

Another prehistoric Ice Age artifact found nearby would introduce excitement and concepts previously unknown. In 1705, a Dutch tenant farmer picked up a five pound tooth that had rolled down a hill to his feet. The first major fossil find in America came from Claverack, NY, and it had come from a mastodon. This fossil find would have major repercussions for science, but also for religion.

Firstly, it introduced the concept of extinction, which was new to science at that time. Distantly related to elephants, this particular then unknown species, "incognitum" named in 1806 as a mastodon, was believed to have become extinct 10,000 to 11,000 years ago. Their extinction may have been the result of a major climate change or caused by human hunting.

Mohawks had argued with Dutch farmers over the identity of the "Claverack Giant." Iroquois and Mohicans had fossil finding folklore with giant creatures that had died out called Maushops. News of the tooth discovery attracted a large number of Indians tribes: Mohawks, Mohicans, and Pequots from the Connecticut region.

Folktales & love

Spook Rock Road long ago originated a folktale; a ghost story that is still told in many versions today. The ghost of a Native American girl has been spotted along the road, and the legend consists of an angry father who forbade this daughter the right to love and marry her chosen man, resulting



Above: Ted Fili gives a talk at the Hudson Area Library with extensive Mohican artifact collection. Courtesy of Hudson Area Library.

in her throwing herself into Claverack Creek.

Another version of the story is about the rock in the creek itself, where an Indian boy and girl from differing tribes, forbidden in love, were punished and died as a result of their angry gods. "Under the shelter of Becroft's Mountain in Greenport, there once lived a Tribe of Mahikans in the family of the Algonquins. Among their people was a beautiful maid, blessed by the Great Kitchi-Mannito with all the grace and comeliness inherent in her race. Perhaps it was her misfortune to meet by chance a young brave Mohawk sent to spy on the Mahikans, for the arrow could never be broken between Mohawk and Algonquin, enemies since ancient times. The handsome Mohawk and the beautiful Indian maid were drawn together like fire to the dry tinder, and their love was so strong that it vanquished the enmity of Nations. They met secretly on the rocky mountain that bordered the swift flowing waters below, and none knew except one who had hoped to claim the lovely maiden for his own. One fateful night, under the cover of a violent storm, the Mohawk made his way to the over hanging rock which was the lovers' place of rendezvous. The rock gave way just as the maid ran to her lover's arms. As lightning flashed and thunder roared, both were swept off the mountain with the

rock, which went crashing down the hill. As the boulder came to rest in the stream below, they were buried beneath its ponderous weight. When white settlers came, each time they rang a Church bell to mark the death of one of their people, it was said that the rock turned over, releasing the lovers for a shadow of a moment in the old world of their happiness. Then Spook Rock rolled back to entomb them again, together for all eternity." Ruth A. Stickle's *Folklore of Columbia County*.

Where are they now?

Mohican descendent Stephen Kent Comer explained to me: "This typical 'Indian' story could be interpreted as a colonialist explanation for the reason why the Original People seemed to 'melt away' at the encroachment of Euro-American society. In this case, the young and brave is symbolic of Native People presumably wanting to integrate into colonial society but unable to do so because they cannot meet the requirements of white civilization. The Native Peoples then destroy themselves because of their regrets and inabilities, rather than from any aggression or repudiation on the part of the invaders." Stephen was generous with his time when I interviewed him for my *Haunted Catskills* book in 2013. He put me in touch with Bonney Hartley in Troy, the tribal historic preservation officer for

the federally recognized Stockbridge-Munsee Mohican Nation; he has been instrumental in lending images and information.

Donald Shriver, president emeritus of the Union Theological Seminary in New York, and Stephen Kent Comer, last lineal survivor of the Mohican Nation in the vicinity of Columbia County, added a historical marker alongside the already-existing History of Columbia County marker at the northernmost overlook of the Taconic Parkway. The original marker tells of Hudson's arrival in 1609 with no mention of the Mohicans.

After years of fund raising and work with a variety of state agencies, and with the help of St. Peters Presbyterian Church in Spencertown, NY, the men decided it was necessary to commemorate the Mohicans who had greeted Hudson and his crew. Comer noted, "I say that when I came to this area thirty years ago, I was amazed to find virtually nothing about my people in their native land. It was as though we were a ghost people."

Around 1736, the Mohicans left Claverack and New York for Stockbridge, MA. The Stockbridge-Munsee Mohican Nation and its 1500 living members now reside in Wisconsin. •

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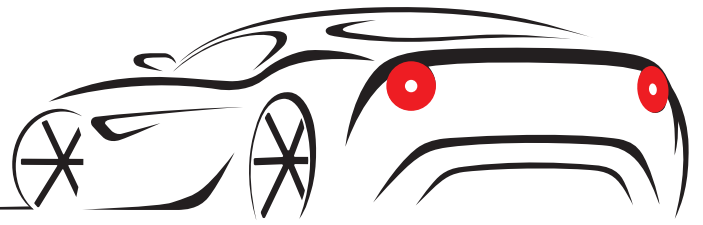
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Baseball town

By John Torsiello
info@mainstreetmag.com

The game of baseball has been played for a long time in New York State. Many say Abner Doubleday invented the game in a field near Cooperstown, NY, although that claim has been disputed in some quarters. Wherever it was first played, the state and baseball are closely linked. The National Baseball Hall of Fame is in Cooperstown; the New York Yankees are the most famous team to ever play the game professionally; and the legendary Yankee Babe Ruth, the “Man Who Built Yankee Stadium,” is still regarded as perhaps the greatest baseball player of all time.

Baseball games in the Hudson Valley drew huge crowds as early as the late 19th century, and Amenia was called “A Baseball Town” by one wag. In addition to Amenia, Millbrook, Wassauc, and Lakeville were among towns or hamlets that also fielded teams in the Hudson Valley League. Amenia is now the only New York team representing the state in the Tri-State League, a top flight amateur circuit that has seen some premier players pass through on the way to professional careers. The Monarchs play their home games at “Doc” Bartlett Field, which opened in 1984.

“In an ever changing world for the Tri-State Baseball League, where more and more city teams are joining up, it’s the Amenia Monarchs who represent what the foundation of the league is all about,” said league Commissioner Ed Gadomski. “Starting with good old country baseball found at Doc Bartlett Field on Downey Drive at Amenia Park, surrounded by woods and the smell of country air that brings with it thoughts of the movie *Field of Dreams*, Amenia is all-baseball and the Monarchs play the game the right way.”

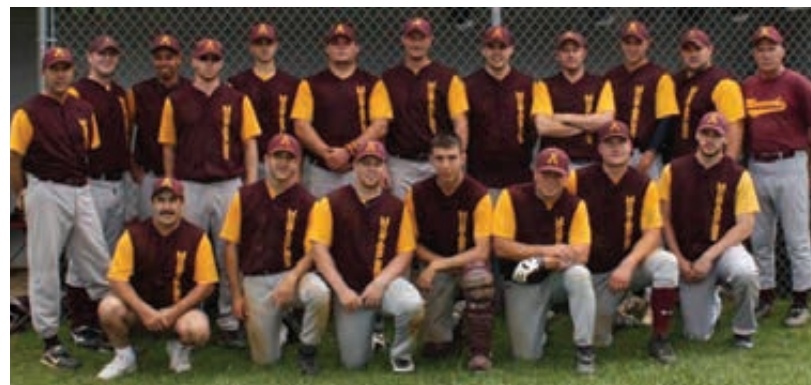
The Monarchs and their fans

According to Gadomski, Amenia players, coaches, and managers care

for Bartlett Field themselves. “Players grab rakes and shovels to groom it perfectly, they hustle from start to finish, represent sportsmanship to its fullest (no player on the Amenia team is allowed to say boo to an umpire, only the head coach will address the ump), play hard on the field, and enjoy the camaraderie after the game. And don’t forget the Amenia fans, whom, despite the on field sportsmanship shown by the players, have the reputation of making the opposing team as uncomfortable as possible. Some have said they are brutal, but it’s all part of the allure and love of the game the fans have for the home team.”

The Tri-State League, once referred to as a “talented beer league,” has changed its image in recent years, passing down stiff punishments for ejections from games and other rude behavior. “The league has flourished because of it,” said Gadomski. The commissioner had words of praise for Tom Downey, Sr., longtime manager of the Monarchs who stepped down recently to pass the torch to his son, Tom Downey, Jr. “Though Tom Sr. has retired from the game and coaching box, Tom Jr. carries the same love and passion for the game that is respected by all the other teams in the league. I have told Tom Sr. that I reserve the right to call on him any time that I need advice or direction. Tommy Sr. and Jr. remind me of why this league is still alive and as strong as ever. It’s like the teacher still training the pupil and the Downeys represent all the good that this league is about.”

Amenia, although it hasn’t won a title in a number of years, is one of the stronger franchises in the Tri-State League. Said Gadomski, “Their dedication to the game, their professionalism to teaching the game to the young players on how to play it right, and their commitment to the league are second to none. Their reputation



Above: The 2009 Amenia team, including former longtime manager Tom Downey, Sr., back row, far right, and current manager Tom Downey, Jr., front row, second from the right. Photo: Tri-State League.

speaks for itself, as I receive emails yearly from players in northwest Connecticut asking for a tryout to play with the Amenia Monarchs. The league will remain ever grateful for the contribution of the Amenia Monarchs and specifically the entire Downey family.”

The League

Today the Tri-State Baseball League, born in 1934, is 18 teams strong and boasts the AABC state tournament champion for the past seven seasons. The AABC Stan Musial East Coast World Series has called Waterbury, CT, its home the past two seasons under the guidance of CABC president Tony Santoro and tournament director Gadomski. National recognition for the league came in 2015 when the League was inducted into the National Semi-Pro Baseball Hall-Of-Fame in Evansville, Indiana.

The league’s schedule runs from May through August, and talent is spread out enough to allow nine different league champions in the past 11 years. Naugatuck, Watertown, each of Litchfield’s two teams, Wolcott, Bethlehem, Waterbury, Winsted, and Torrington have all won at least one crown at the end of an elaborate playoff system for the top 12 teams. Each team (“town”) is allowed only five out-of-town players on its roster, keeping the league balanced and opportunities fair for each team.

While it has been young players, fresh from high school and college baseball, that have been among the most talented in the league, an older player is perhaps the most famous to have ever suited up for the Amenia Monarchs. Former Major League star and New York Yankee pitcher from the early 1960s, Jim Bouton, who authored the stunningly controversial baseball tell-all book, *Ball Four*, played for the Monarchs briefly in the early 1990s.

Amenia’s team dates back to the league’s founding in the 1930s. After a long run as a dominant team in the area the Monarchs disbanded in 1995, but in 2005 they were resurrected. Amenia hasn’t captured a Tri-State championship in 18 years, but won ten titles from 1968 to 1990, including four in a row from 1982 to 1985. Over two dozen Amenia players and officials have been inducted into the Dutchess County Baseball Hall of Fame over the years.

“The Monarchs have been successful for so long because we have had good, committed players and community support,” said Downey, Sr., who managed the team from 1972 to 1995 and again from 2005 to 2017. “We have been able to fund the team through contributions from business and individuals, and the local Lions Club takes care of league fees and insurance.” Back in the days before television, video games, and Facebook, crowds used to pack Bartlett Field for Monarchs games. Of course, society and what individuals do with their leisure time have changed dramatically and Downey, Sr. said crowds for Monarchs game “have dwindled over time.”

Downey, Sr. said the team disbanded a few years back because of “field issues.” He added, “In 2005 I was approached by some parents to bring the team back, and my son, who is now managing the team, wanted to play, so we started it back up.”

Amenia was in the middle of the Tri-State League standings as mid-summer settled in and the team was still hoping to grab one of the playoff spots up for grabs. However the campaign winds up, the Amenia Monarchs remain one of the historic New York State baseball teams. And they are still going strong. ●



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High Peaks Music Festival

By Madison Smith
info@mainstreetmag.com

The High Peaks Music Festival is set to take over the Berkshires in a celebration of classical music, culture, and young talent. From August 6 to 16, Close Encounters With Music presents a ten-day festival that attracts highly accomplished and dedicated music students from around the world, hosted by the Berkshire School in Sheffield, MA. All festival events, including master classes, lectures, and performances are open to the public. It's a place for young, aspiring instrumentalists to learn, grow, and connect with the traditions of their *métier* – and for audiences to meet and hear some stars of tomorrow.



A learning experience

Over the course of the festival, participants are provided with guidance on what it takes to fine-tune a performance from celebrated artist faculty representing top international music institutions: the Paris Conservatoire, Beijing Conservatory, University of Cincinnati Conservatory of Music, Peabody, and Boston University among others.

This year's 45 resident violinists, violists, cellists, and pianists are able to take exponential leaps in their instrumental skills while gaining insights and greater understanding of artistic goals and challenges. Through a stimulating and rigorous schedule of classes, private lessons, and working in chamber ensembles with remarkably gifted and enthusiastic peers, students experience what it takes to bring a music score to life for an audience, and often personal and professional breakthroughs.

The French-Russian Connection

Each summer, High Peaks identifies a theme that threads through its events and performances. Previous themes have been "The Gilded Age: Bohemia in the Catskills," "Fanfare for the Uncommon Woman," "Classical Hollywood," and other topics to encourage students to think contextually about their art form. This year's festival theme is "The French-Russian Connection." Commonalities and influences that go back and forth between the two great cultures – in art, dance, and literature as well as music – will be explored.

In master classes and scheduled talks, faculty and guest speakers will analyze the Russian School of piano and string playing, which has historically emphasized beauty of sound first and foremost; the French rejection of German dominance in 19th-century classical music; and that special French sensibility that inhabits Impressionism in music as well as painting, mesmerizing its beholder and listener.

Pianist Alexander Shtarkman is a second generation Russian performer, his father being the distinguished pianist Naoum Shtarkman. And violist Pierre Henri Xuereb, is active on the music scene in France.

A schedule of performances

Between East and West – A Russian Journey 8pm on Saturday, August 1 features works by Borodin, Rachmaninoff, and Prokofiev. *That French Je Ne Sais Quoi* 7:30pm on Tuesday, August 14 offers works by Claude Debussy, Gabriel Faure, Lily Boulanger, and Camille Saint-Saens. Both evenings feature guest artists including violinists Peter Zazofsky, Irina Muresanu; violists Pierre-Henri Xuereb; Su Zhen and Michael Strauss; pianists Alexander Shtarkman and Mikael Darmanic; and cellist Paul Dwyer as well as artistic director Yehuda Hanani.

Above: High Peaks performance at Olana State Park in New York State. Photo: Arthur Dominguez.

Continued on next page ...



Above: Yehuda Hanani conducting a master-class. Photo courtesy of Yehuda Hanani.

Keynote speaker Timothy Sergay, Professor of Russian literature and translation at SUNY Albany, ties it all together in a talk titled *Bridges and Crossings – A Cultural Survey of the French-Russian Connection*, 4pm Saturday, August 11.

The almost nightly *Moonlight Sonatas* student performances provide a showcase for residents to share works in progress and repertoire they are honing. There is a wonderful impromptu atmosphere to these evenings as the newly formed piano trios and string quartets demonstrate what they have gained over the course of their days together under the tutelage of the masters, with new, inspired approaches and techniques.

Buddy Day

Another High Peaks tradition is *Buddy Day*, taking place on August 14. The festival hosts a day of education, collaboration, and fun for Pittsfield's Kids 4 Harmony and

Albany's CHIME on the Berkshire School campus. Approximately 25 grade school string players come for one-on-one lessons with High Peaks participants and are treated to a picnic lunch and nature hike, followed by a rehearsal and collaborative performance. One aim of the day dedicated to young players from underserved areas is to convey to High Peaks master students the importance of encouraging the next generation of musicians and crossing social and age barriers.

Yehuda Hanani

Yehuda Hanani, internationally acclaimed cellist and the artistic director of Close Encounters With Music, began the High Peaks Music Festival as an informal gathering of students who wanted to advance their technique and musical understanding over the summer, away from the traditional structure found in most colleges and musical conservatories.

Since its founding, the festival has developed into an event that now hosts 50 international students and 12 incredibly distinguished faculty members. "[At the festival] musicians come together, listen to each other, you're not just playing your own part, you're part of a

tapestry," Hanani says. "It is about making room to allow people to be themselves without compromising their individuality."

Hanani not only performs, but also leads many classes during the festival. These classes are not only about the synthesis and intent of the composer, but also the personal input and character of the player. "We [the musicians] are not creating. We are not saying 'this way, that way,' we are understanding where the composer is coming from."

Master-classes allow students to experience a different way of looking at sound and interpreting music. Students are able to witness the many different ways music is composed, giving them a better understanding of where the music is coming from and how the music was made to be interpreted.

Not only do master classes give students the opportunity to immerse themselves into a new culture and mindset, but it also allows them to spend invaluable time with dedicated instrumental masters who have spent years perfecting their craft. Hanani, for example, has made it part of his life's mission to educate young people and to make the art of classical music accessible to them.

"It is wonderful to perform, but it is also wonderful to enlighten people on what lies behind the notes," Hanani says.

Hanani, along with the other prestigious members of the faculty, help students find their own personal identities as instrumentalists. Every student isn't taught the same material, but instead is encouraged to find their own voice. •

To learn more about the High Peaks Music Festival, to see their schedule, and purchase tickets, visit them online at <http://berkshire-highpeaksmusic.org>.

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BEYOND THE SUN AND SURF, HAWAII BOASTS AN INTERESTING CULTURE & A RICH HISTORY

By Regina Molaro
info@mainstreetmag.com

Pristine blue waters, sunny skies, and rugged emerald-colored mountains are what lure most jetsetters to Hawaii – a string of islands in the Pacific, which formed thousands of years ago when volcanoes erupted underneath the ocean. Consisting of eight main islands, Hawaii includes tourist hotspots such as Oahu, Maui, Kauai, and the Big Island of Hawaii where Kilauea has been erupting since May. Hawaii is the only US state that continues to grow as lava continues to pour and create more land.

The other Hawaiian islands, which generally aren't visited by tourists, include Lanai, Kahoolawe, Niihau, and Molokai. Molokai remains true to its Hawaiian roots and boasts a high percentage of people of Native Hawaiian ancestry who enjoy traditional rural lifestyles. Kahoolawe is only accessible to researchers, volunteers, and archaeologists while Lanai is the smallest inhabited island and only has a few hotels. Finally, Niihau, nicknamed "The Forbidden Island," is owned by one family and remains off limits to outsiders.

Paradise found

Both tourists and residents often refer to Hawaii as "paradise." After a long flight, weary jetsetters yearn to soak in the sun, play in the surf, and sip a Mai Tai while unwinding poolside or at a bar by the beach. Although these

are certainly experiences worthy of indulging in, a journey to Hawaii is a much richer experience when one gets well acquainted with the Hawaiian culture and unique history. It won't be long until guests feel the aloha spirit – the coordination of mind and heart.

Hawaii was admitted to the union on August 20, 1959. The 50th state is the only destination in the country that houses a palace. Built in 1882 by King Kalakaua, Iolani Palace was home to Hawaii's last reigning monarchs and served as the official royal residence and residence of the Kingdom's political and social life until the overthrow of the monarchy in 1893. It is a marvel of opulence, political intrigue, and innovation. The palace had electricity before the White House (iolanipalace.org).

Hawaii boasts the most isolated population center on earth. It is also the only state in the US that grows coffee. The 50th state is often referred to as the "Rainbow State" because catching several rainbow sightings per week is common due to the frequency of showers that occur while the sun is shining.

The Big Island of Hawaii is also home to the tallest mountains in the Pacific – Mauna Kea and Mauna Loa. Although the summit of Mount Everest is higher above sea level than any other mountain on earth, Hawaii's Mauna Kea is the tallest on the planet when measured from base to summit.

Oahu focus

Beyond upping your cultural knowledge at places like Hawaiian Mission Houses Historic Site and Archives (missionhouses.org), and Bernice Pauahi Bishop Museum (bishopmuseum.org) – where you can explore Hawaiian objects and see royal family heirlooms and one of the largest natural history specimen collections in the world, there's also the Polynesian Cultural Center (polynesia.com), which delves into the rich heritage of the Pacific Islands. Here, guests can wander through 42 acres of tropical



Above: Hanauma Bay State Park, a renowned swim and snorkel spot is formed within a volcanic cone and offers a pristine marine ecosystem. Below, left: A Hawaiian sunset.

splendor and enjoy the adventure of traditional hands-on activities.

Every day history buffs, veterans, and others from around the globe visit Pearl Harbor to learn more about the events that led up to the Japanese attack on Pearl Harbor and the US' entry into World War II. For a more personal and historical experience, visit the museum, the Battleship Missouri (Mighty Mo), the submarine on the premises, and other Pearl Harbor attractions. Due to a crack in the USS Arizona Memorial, the site will remain closed until further notice (visitpearlharbor.org).

Other cultural destinations include Shangri La (shangrilahawaii.org) – a center for Islamic arts and cultures. Built in 1937 as the Honolulu home of American heiress and philanthropist Doris Duke, Shangri La was inspired by Duke's extensive travels throughout North Africa, the Middle East, and South Asia. It reflects exotic architectural traditions from India, Iran, Morocco, and Syria. Stunning gardens and pools embellish the grounds.

Oahu's Chinatown is one of the oldest Chinatowns in the country. Hawaiian ali'i (royalty) once lived in the area. Whalers and sailors also flooded in from Honolulu Harbor. Chinatown is located in the vicinity of North Beretania and Nu'uaniu streets. It boasts lots of great boutiques, as well as bars and restaurants that range from simple to stylish. The China-

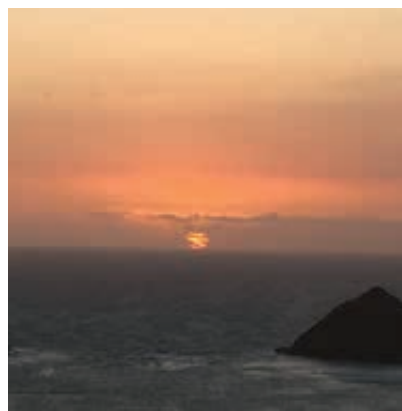
town area is also renowned for its arts scene. The first Friday of each month is an ideal time to visit the Arts District. Galleries are open late and there's quite a buzz in the area. It's important to note that some areas of this neighborhood are considered unsafe after dark.

Fun in the sun

Beyond the interesting cultural experiences, there are plenty of things to do from swimming, snorkeling, paddle boarding, and surfing to hiking. Those who yearn for some rest can simply unwind in the cooling shade of a palm tree or banyan tree. Many different beaches dot the two-mile stretch of coastline, which is known as Waikiki (the Hawaiian word translates to spouting water) Beach. This stretch of beach and restaurants includes a wide mix of shops from Coach to Forever 21, Gucci, H&M, Valentino, and beyond. This buzzing stretch – or "strip" – is one of the busiest and most cosmopolitan spots in Oahu.

The water is generally very calm in this stretch of Waikiki, but those with small children (or "keiki" as they say in Hawaiian), may feel at ease at the man-made swimming lagoon, which is sandwiched between the Ilikai Hotel (1777 Ala Moana Blvd.) and the top of Duke Kahanamoku Beach.

Those who enjoy snorkeling should certainly explore the marine scene



at Hanauma Bay State Park. This renowned snorkel and swimming spot formed within a volcanic cone and offers a pristine marine ecosystem. In the 1800s, Hawaiian royalty often stayed at the bay for entertainment purposes and for fishing. Before entering the park, the marine education center requires first-time visitors to watch a short video that provides information on marine life, preservation, and safety rules. It is closed on Tuesdays (hanaumabaystatepark.com).

Fun fitness options

Diamond Head State Monument is a great hike with stunning coastal views. The unique profile of Diamond Head (Leahi) sits prominently near the eastern edge of Waikiki's coastline. Hawaii's most recognized landmark, it's known for its historic hiking trail and military history (hawaiiistateparks.org).

Other awe-inspiring hikes include Koko Head Carter Trail, which offers a steep climb to the top of Koko Head Crater. It boasts panoramic views of the east side of the Honolulu shoreline. The trail consists of more than 1,000 abandoned railroad ties, which serve as steps. During World War II, the railroad was used by the military. It was part of a tram that transported supplies to a lookout post at the summit (alltrails.com/trail/us/hawaii/koko-head-crater-trail--2).

There's lots of lush greenery along the Manoa Falls Trail – a 1.5 mile heavily trafficked trail located near Honolulu. An easy hike brings guests

to an Instagram-worthy cascading waterfall (alltrails.com).

Kualoa Private Nature Reserve is a 4,000-acre private nature reserve, working cattle ranch, and filming location on the windward coast of Oahu. Its mission is to preserve Kualoa's sacred lands and celebrate its history. A mix of tours includes a Hollywood Movie Site tour and ATV tour, as well as horseback riding, jungle expeditions, and more (kualoa.com).

With so much time in the sun and surf, you'll want to look your best. Lots of alternative fitness options include yoga on a surf board at Yoga Floats (yogafloats.com) or donation-based yoga at Yoga for my Homies (yogaformyhomies.com). Located on the grass with an ocean view, there's an option for doing downward dogs in the shade beneath a tree. Other yoga options include a waterfall mindfulness hike through Beach Yoga Sunset Hawaii (sunsetyogahawaii.com) and aerial yoga in a hammock at The Hang Out (thehangoutagy.com).

Shopping & dining

The Waikiki strip hosts lots of surf shops, luxury retail shops, and local boutiques such as Cinnamon Girl (cinnamongirl.com). For home accents, novelty gifts, luxe spa items, and more, visit SoHa Living (sohaliving.com). For artistically-designed Hawaiian-inspired paper goods, visit Bradley & Lily Fine Stationery (bradleyandlily.com). Beyond the upscale and lifestyle-oriented shopping experience at the recently opened International Market Place (stores include Saks Fifth Avenue, Lani Beach by Mireille, Maui Divers Jewelry, Shinola, and more), this location offers entertainment and events from lei-making to painting classes, and beyond.

An A-list of impressive, stylish restaurants includes Eating House 1849 by Roy Yamaguchi (try the ramen) and The Street Food Hall by Michael Mina – a bustling collection of culinary experiences curated by Chef Michael Mina. More than a shopping complex, International Market Place reflects a true Hawaiian sensibility through its stunning water features, and lush indigenous and exotic landscaping. It has an Indian banyan



Above: There is lots to do at Waikiki Beach in downtown Honolulu. Below, left: The fun doesn't stop when the sun goes down, depicted a beach-side bar in Waikiki at sunset. All photos by Regina Molaro.

tree that is approximately 160-years old and is among the oldest historic trees in Waikiki. It always comes back to Hawaii's roots. While familiar to locals, the Tree House in Banyan Court is a spin-off of the original tree house, which was home to the former International Market Place's founder Don Beach. It once served as his office and later as a local radio station (shopinternationalmarketplace.com).

A visit to Hawaii wouldn't be complete without eating some poke – a delicious raw fish salad. For this Hawaiian-style dish, head to Ono Seafood Products (747 Kapahulu Ave., Honolulu). Favorite breakfast spots include Kaimana Farm Café (kaimanafarmcafehawaii.com) and Cream Pot (creampothawaii.com) – both offer locally sourced ingredients in charming locales. When the summer sun becomes a bit intense, cool off with a shave ice at Shimazu Shave Ice (3111 Castle St., Honolulu). Also, be sure to indulge in a made-to-order malasada – a warm Portuguese donut available at Leonard's Bakery. This hotspot has been tracing its roots back to 1952 (leonardshawaii.com).

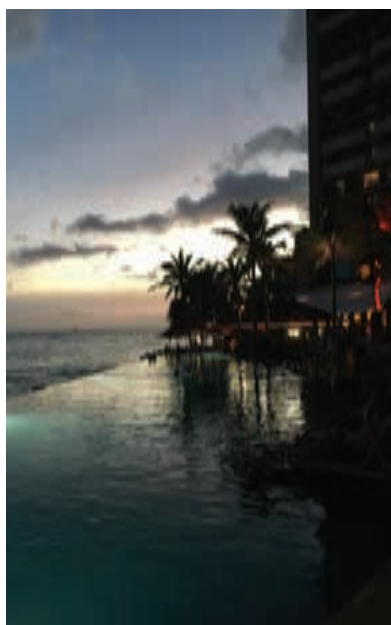
There's quite a bit to do after dark in Hawaii. Lots of hotels and restaurants offer live entertainment. Explore the casual beach-style live music scene at Westin Moana Surftrider (moana-surftrider.com) and be sure to catch the live music nightly at Tropics Bar & Grill and Tapa Bar at Hilton Hawaiian Village (hiltonhawaiianvillage.com).

On Tuesdays and Thursdays, from 7:30 to 10:30, catch brother duet "Little" Albert and Eddie. They always get the friendly crowd moving and grooving. Previous gigs included opening for Sammy Davis Jr. and Bob Hope. Congrats to Little Albert who was recently inducted to the Rock and Roll Hall of Fame.

Other after-dark activities range from the Holokai Catamaran's Waikiki Sunset Cocktail Sail with Open Bar (hawaiiactivities.com) to sipping drinks poolside at The Surfjack Hotel & Swim Club, which landed on Conde Nast *Traveller's* Hot List in 2017. Vibrant artwork created by local artists and an on-site boutique up the stylishness factor (surfjack.com). Those who want to dance under the stars can head to SKY Waikiki – an open-air lounge atop a 19-story building. Beyond happy hour, there's dancing after 10pm in a nightclub setting.

There is plenty to do for those seeking adventure and action, but lots of relaxing locales for those who yearn to rest. Take your pick, but regardless of your holiday style, be sure to get acquainted with Hawaii's intriguing culture and history. ●

Although Hawaii is known for its expensive holiday scene, many experiences, shops, and museums offer military discounts, so those who serve or have served should be sure to inquire when booking activities. To learn more about Hawaii and to plan your trip, visit gohawaii.com.





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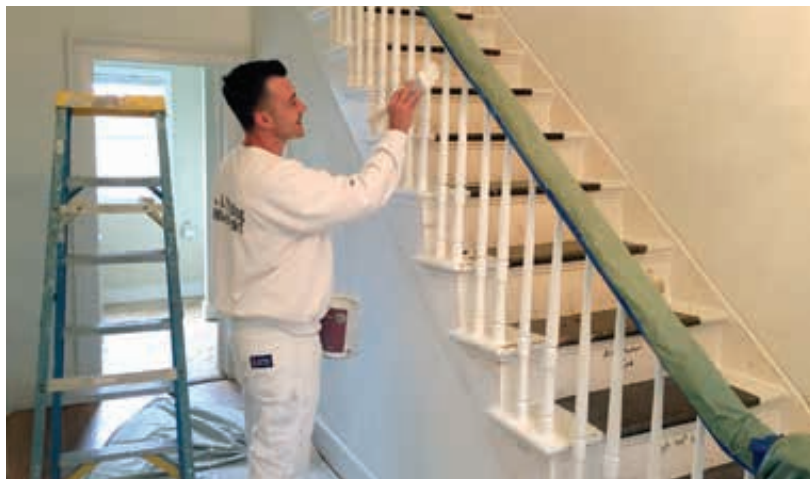
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Swinging a paintbrush isn't for everyone. Louis DeCrosta grew up working with his father who has owned a successful painting business in CT for over 25 years. After moving back to Columbia County in 2016, Louis started L.A. Painting in the summer of 2017, which is fully insured and the services include all aspects of residential and commercial interior and exterior painting, staining, power washing, and restoration. He serves Columbia and Dutchess Counties in NY, Berkshire County in MA, and Litchfield County in CT, but Louis has worked in Rensselaer and Westchester Counties. "We are interested in all inquiries." Each job is executed with professionalism, punctuality, attention to detail, and most of all, priding themselves on the customer's complete satisfaction, which Louis says, "proudly separates us from other painting companies. The most important thing about L.A. Painting is that we customize our work directly to the wants and needs of our customers. My goal is to leave every customer happy and satisfied, which provides me with a sense of pride and accomplishment." Louis feels humbled by taking what he's learned from being a part of his father's business and applying it to his own painting and restoration company. The future is full of bright colors for L.A. Painting with Louis looking forward to expanding services and adding more talented professionals to his team.



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IS SOCIAL MEDIA WORTH IT?

When you're running a business, your time and financial resources are valuable and you want to spend both wisely. I've had a lot of business-owners talk with me about social media and ask if it is really worth the time and effort. Some of them view social media as a way for people to be, yes, social. So how can social media be used for businesses – and perhaps more importantly, how can it be worth both the time and effort that is required?

It's fairly simple: in today's day and age, if your business isn't somehow linked to a social media or networking account, you're already behind the eight ball. "The Big Three" are Facebook, Instagram, and Twitter, but in addition you've got Snapchat, Pinterest, YouTube, Google+, LinkedIn, – to name a few more. This might seem overwhelming when, as a business owner, you're already wearing so many hats and here's just another thing that needs to be done. But the key is to know your business and your clients and customers, because based on that knowledge you can choose which platforms will work best for you and give you the best ROI. Additionally, being active on these platforms and having links to and from your website will help boost your website's activity, statistics, and will help with its search engine optimization.

When it comes to social media, you need to grow and cater to your audience, and you need to be "social" for the most part. Therefore, just posting here and there, and not necessarily having a set game plan in place will most likely not give you great results or ROI. The best plan of action is to have a plan: the right content, at the right time, and engage with your followers, and working on growing your audience, AND getting the word out about your business and what it is all about – but you have to do it in the "right" way.

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BIRD FEEDING IOI

First use regionally formulated bird seed with no fillers (little white and rust balls in mixes). Cheap seed has lots of fillers which birds do not like. Use mixes which are geared to the season. Fall mixtures use lots of nuts, safflower, and black oil sunflower seeds. Put out peanuts in the shell or use a peanut feeder with split peanuts. These are great for woodpeckers, chickadees, nuthatches, and blue jays. Suet is an excellent choice as cold weather approaches. Loaded with carbohydrates, many varieties of suet have nuts, fruits, or mealworms in the mix. Recommended flavors are peanut butter or woodpecker.

Put white millet on the ground for your chipping- or white-throated sparrows, juncos and mourning doves. Put out a heated birdbath, as birds need water all year long. Put out a roosting box, many species of birds will roost together and keep out of the cold blowing winds. Many of the boxes have a door which can easily be converted to a bluebird house in the spring. Just change the direction of the door.

There are many varieties of birdfeeders and my favorites are the squirrel-proof feeders from Brome Bird Care, a cedar hopper feeder, and a tube feeder with a tray from Aspects. Aspects is a Rhode Island company which issues a lifetime warranty against squirrel damage, not bear damage, but the bottom removes for a easy clean feature. Cleaning is not a favorite chore but very important for the bird's health. Enjoy nature!



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Allergies

It's August in the Hudson Valley and many of us are spending time outdoors enjoying the beauty of our area. With the added time outdoors, you may be experiencing allergic reactions from airborne irritants. Statistics show that 35 million Americans suffer from seasonal allergies. In the fall we can experience discomfort from plant and tree pollens, weeds or grass pollen too, commonly known as "hay fever."

From an herbal perspective we look to the whole person when working with seasonal allergies. Among other things, we aim to address microscopic tissue changes, liver function, immune function, and systemic inflammation.

Microscopic tissue changes are addressed with flavonoids (a chemical found in plants), which are extremely helpful and well-proven in reversing changes like capillary engorgement and permeability, and decreasing chemical signals that promote inflammation. While most plants contain some flavonoids, standouts include goldenrod, fresh stinging nettle, and green tea.

If the liver is sluggish your body won't be metabolizing chemicals absorbed from the gut and you may end up with an increase in "toxins" in the blood. An herbalist uses bitters and cholagogues such as dandelion root, gentian, medicinal mushrooms like red reishi, and liver tonics like milk thistle to strengthen the liver function.

Adjusting immune function with immune tonics and immunomodulants like red reishi and shiitake can also be helpful. Consider astragalus as an immune tonic during the "off season" when allergens are low to help build up the immune system. Systemic anti-inflammatory herbs can help as well. Here I would consider licorice, turmeric, and Jamaican dogwood.

Being outdoors is such a rich part of living in this area, don't let seasonal allergies hold you back from taking that hike!



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Flooring considerations

When it comes to choose flooring, aside from personal preference, there are many different colors, strengths, designs, widths – in both natural and composite materials – to take into consideration. Some things to consider when choosing your flooring are: the amount of foot traffic, and if your pets and/or children can/will scratch your floor. The greater the amount of foot traffic and wear-and-tear by people and animals, you should consider a laminate, tiles, and/or a hardwood floor. The reason being is that these products are more durable and are less like to dent, dimple, and scratch less easily. This will help the longevity of the flooring.

Another thing to consider is if the area is more prone to moisture, tiles are a great option, and as well as a composite rubber flooring. These are great materials because they are more impermeable, which restricts the moisture to the products' surface and does not allow it to penetrate through, which could cause severe damage to your sub floor and the overall structure under the floor.

If you have radiant heat under your flooring, you should make sure that the flooring you choose is compatible with your heating source. Solid hard wood floors on top of radiant heat have a tendency to expand and contract a lot more because of the heat fluctuation throughout the year. If you do have radiant heating a stone or tile product will help conduct the heat better than a wood product will.

Take a look around at what you like and what will work best in the room that you are considering new flooring for. If you still have questions, talk to a qualified professional and they can help steer you in the right direction.

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