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WELCOME TO 2019

We made it! We made it to 2019, which means that we came, we saw, and we conquered 2018. As we bid farewell to yesterday and last year, and as we welcome 2019, let's take a moment and celebrate all of our accomplishments. Sure, we all have our ups-and-downs and some years are better than others, but we should learn from our downs and therefore celebrate the highs even more. And while the ups are fresh in our mind, take to paper and write down all of your goals for the many ups that you want to achieve in 2019. What are your goals? What are you aiming to achieve? They can be personal goals; emotional, mental or other well-being goals; family goals; work goals; fitness goals; or they could even be for your business such as what you'd like to achieve in your business in the coming year. You are only limited by your imagination. Let's work towards making 2019 the best year yet!

With all of that being said, we had an unofficial theme in this January issue. The theme was along the lines of a fresh start, a new beginning, and just something new. Christine examined the real estate of new construction. Dominique interviewed the man behind Cosmic Cinemas in Hudson, NY, a movie theater that has just opened but that has a little bit of a twist. And just down the road in Hudson, Lisa brings us the story of repurposing – what the folks are doing at the old Armory building. What a fascinating history and story that building has to tell, and it's newest life is helping the community. I'd say that that's a win-win for everyone involved!

Mary brings us a piece about a change of life for some women; women who are rejoining the workforce after having been home with their kids or aging parents. Even if you're not a woman or have not been in the position of some of the women that Mary is writing to, there's a lot of good advice in the article.

Ian brings us a piece on biohacking. Don't know what it is? Well, it could go as far as having antennas hooked up to your head and getting phone calls in your head. You read that right.

We normally don't touch any political subjects, however, Melissa has penned a piece that just introduces us to some of the new and returning folks who won a handful of positions in November's election. So no matter your party affiliation, here's a way to meet some of your representatives.

But no matter your interest, there's something for everyone in this issue. Happy New year!

– Thorunn Kristjansdottir



JANUARY 2019

A new day. A new road. A new start to a New Year. Happy 2019!

Cover photo by
Lazlo Gyorsok

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being and becoming

Sallie Ketcham

By CB Wismar
arts@mainstreetmag.com

A piece of art must stand on its own. The photograph that “draws us in,” the painting that “speaks to us,” the sculpture that “captures a moment,” must have its own unique life to truly be art. There is no running commentary, no cryptic caption pinned to the work to offer justification. In the parlance, “it is what it is.”

For inanimate objects, that can be a challenge. The old saw of beauty being “in the eye of the beholder” incorporates a great gem of truth. For artists, themselves, the challenge is remarkable ... something with which they wrestle every day. An artist’s sensibilities rarely promote stability. There is always the chorus of voices heard in the recesses of that artist’s mind: “What if ...?” “Why not?” “How come ...?”

Finding one’s footing

Sallie Ketcham has found her footing, and standing on her own has brought with it a sense of balance and peacefulness that is wonderfully evident in her painting, her print making and her photography. It’s not that she no longer wrestles with

the muses that dance endlessly in the imagination of every artist. It’s that she had begun to appreciate the dance.

In several recent shows – on the Art Wall at North Elm Home in Millerton, NY, and in the Douglas Library in Falls Village, CT – the visual results of her balance and direction have been quite evident. “The pieces reflect who I am,” Sallie affirms, confidently. “The evolution likely began in 2013, but it has led me to embrace my identity as an artist, and to find my own voice.”

And, like the results of many of her carefully created prints, the layers of color and experience are all essential to the resulting work.

The influence of generations

Sallie admittedly had a bit of a genetic boost as she wandered into the world of art. Her grandmother had waited until she was in her 60s to begin a career as a portrait photographer, and Sallie well remembers the magic of watching an image appear during the development and printing process in her grandmother’s dark room. “It was magic!”

Sallie’s first camera may have been an iconic Instamatic, long the staple of Kodak’s consumer business, but the evolution had begun, and photography would play

heavily into her personal and artistic development.

A generation closer, Sallie Ketcham’s mother was an interior designer who worked with an imaginative sense of color and had an adventurous spirit that was not limited to current fashion or the expected. That spirit and vision were additional components of the artist Sallie Ketcham was to become.

There was school, of course – the Foxcroft School in Virginia’s hunt country where she became the photo editor of the yearbook, which then led to a degree from the University of Delaware, then starting a family and utilizing her passion as a photographer to begin a career as a freelance photojournalist.

Photography, and...

Established as a respected photographer, Sallie began teaching honors classes at a private school in southern Delaware, then at a community college in northern Maryland – and she began painting. Becoming part of a group of artists who referred to themselves as “X Girls,” she exhibited her work, was recognized and encouraged ... and found that the



Above, top to bottom: *Surface Tension*. The artist, Sallie Ketcham.

urge to move deeper into painting could not be denied.

"I enrolled in the post-Baccalaureate Program at the Philadelphia Academy of Fine Arts and concentrated on oil painting." The merging of her photographer's eye with her inherited sense of color and balance became more and more evident. By 2013, Sallie Ketcham was ready to find her balance, her solid footing – and her realized career as an artist.

"A friend from school lived in Kent, CT, and I came up for a visit." The attraction to the Litchfield Hills and the community of artists who inhabit the back roads winding through the hills was great. The move was made and she has been a resident ever since.

Wanderlust and wonder

Far from sedentary, Sallie is well traveled and has absorbed the dramatic images of her travels in photographs, paintings, and prints. The dramatic sky off the Irish Coast appears near the ocean's swell off the coast of Rhode Island in her portfolio. The hedgerows of the Irish countryside balance the stark drama of Antelope Canyon in Arizona. The sea coast has a special allure for her, with stunning result.

Her proficiency as a Master

SCUBA Diver has encouraged her travel and given her an enhanced sense of seeing through filters and penetrating light.

She has also not left the discipline and engagement of teaching behind in her emerging role as pure artist. In her Salisbury, CT, studio, she teaches print making and not only shares the technique but the experiences of discovery and experimentation. By using a layering technique achieved with multiple plates accompanied by manipulation of one printing layer in anticipation of applying a second, then a third, her work has a vitality that pulls the viewer beyond the surface of the piece to the heart of the work.

This layering is also evident in Sallie's photographic work, as she has become proficient in utilizing double images – both printed and achieved directly through the lens to build dimensionality to her work.

Riding the waves

The audience at a recent show included not only friends, but those who were discovering Sallie's work for the first time. The responses to the various media presentations were uniform in some ways – there was consistent enjoyment, awe and appreciation – and quite different in others. The highly energized waves



Above: *Beautiful Changes*, oil on canvas Below, left, top to bottom: *Another Dimension*, *Winter's Tale*.

captured in a dramatic photograph taken off the Rhode Island coast was magnetic to some, while others observed and moved past. "I find that men are intrigued by the image," reflected Sallie. "Some women find it almost unbalancing – like they have difficulty with equilibrium – almost like being sea sick."

The image is that strong, and that compelling.

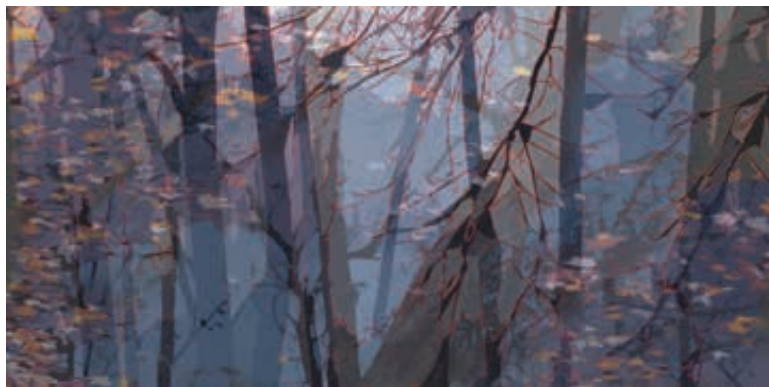
Balanced with the gentle views of tidal pools and autumn ponds punctuated by sunken, colored leaves, the vision of the artist latches on to the viewer and creates a distinct response.

This is a moment of transition for Sallie Ketcham, just as it is a moment of stability and self assurance. "I'm stepping away from the photography," she muses, "and concentrating more on the painting and print making. The camera will always be there and ready at a moment's notice ... but as the winter comes on, work in the studio is really compelling."

As it stands, there are two websites that elegantly display Sallie's work – one dedicated to her photographic explorations and one reserved for painting and print making. There is, as the Eagles' famously sang, "a peaceful easy feeling" about her work. •

Exploration is encouraged on Sallie's two websites at www.sallieketcham.com and www.sallieketchamphotography.com.

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



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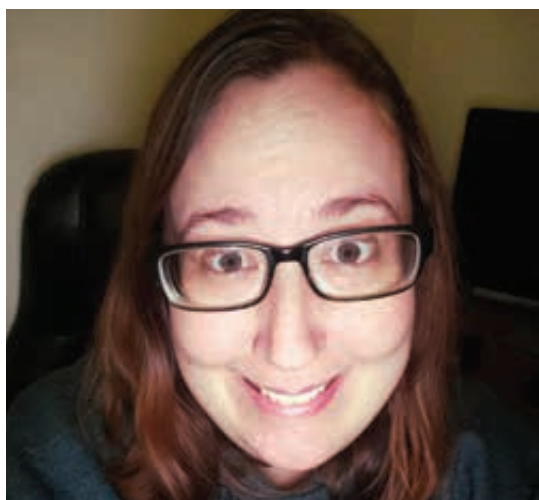
"I've never worked with such compassionate coworkers that have the heart and passion for what they do until I came to Fairview," says **Phoebe Meenagh**. Phoebe works at Fairview Hospital in Great Barrington, MA, as an admitting officer. Not only is she the first person you see at the window of the ER when you check in, but she also works in the "less hectic area of the hospital, checking patients in for their scheduled appointments." Phoebe says her favorite part of the job is the adrenaline that comes with working in the ER. When she's not at work, she enjoys being outside or simply spending time with the ones who mean the most to her: family and friends. "In 2019, my goal is to begin the nursing program at Maria College, which is where I am currently finishing my prerequisites." Phoebe is from Hillsdale, NY, and loves the changing of the seasons and the beauty of the Hudson Valley.



Lauren Williams is a stay-at-home mom and is also fourth generation to work at her family's farm, Marsh Meadow Farm, raising dairy and meat goats, pigs, chickens, and growing vegetables. "I absolutely love caring for the animals. They all have such great personalities." Between having the farm and four kids, that doesn't leave much spare time, but when she can, Lauren enjoys running, hunting, painting, and spending time with her husband, Erik. Lauren is also a member of the American Legion Post 346 in Germantown, NY, and coaches a soccer team for the Southern Columbia Soccer League. Lauren was born and raised in Germantown, although she did live elsewhere when serving in the Army, but says there is no place like home. "There is nothing like living next to the Hudson River and seeing the majestic Catskill Mountains from your window."



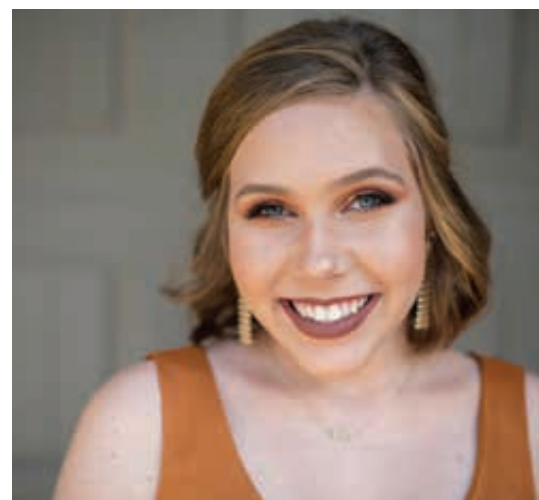
Nicolas Kitsock works for Austin Powder Company out of Catskill, NY, which is headquartered in Cleveland Ohio however. "I'm currently a NYS licensed blaster and we blast rock all throughout the Hudson Valley for both quarry and construction needs." 2019 will be Nick's fifth year with the company and he enjoys getting to "play" with high explosives safely every day, "I know that sounds crazy but its an extremely rewarding experience at the end of the day when you 'press the button' and thousands of tons of rock lay in shambles in front of you and your customer is pleased." Outside of work, Nick likes to play golf and spend time with his fiancée and their kids. "I love being a dad!" Columbia County has been Nick's stomping grounds since the day he was born. He says he can't imagine living anywhere else.



Amanda Conklin is a nursing lead supervisor for a large insurance company, "I supervise a group of 30+ nurses. I have been doing this for almost seven years and love building and leading a strong reliable amazing group of nurses and helping my members get the care they need." When Amanda isn't busy with work she is a busy mom to three children (Kameryn seven, Evan five, Ethan 11 months), spending time with her husband (and high school sweetheart) Dan, cooking, reading, hanging out with my best friend, and raising awareness for Autism. Amanda says 2019 will be jammed-packed with watching her kids continue to learn and she hopes to squeeze in some vacation time, too. "I have lived in Columbia County since I was 13, and Dutchess County prior to that. I love the open fields and beautiful scenery, and all the small local businesses." Well said Amanda – we agree!



Joe Michael has been with Herrington's for a decade – seven of which have been dedicated to working "outside sales." What outside sales means is that he's on the road, driving between job sites, meeting with contractors and discussing materials and Herrington's services with them. "I love how every day is different and developing relationships with customers. You meet a lot of great people." When Joe isn't hard at work, his number one and two passions are golf and hunting, aside from watching football on Sundays. As a true local native, Joe says he loves how we get the best of all four seasons. As we enter 2019, Joe says, "I'm looking forward to the age of two for my daughter, Clarie. This past year has been so much fun watching her develop her personality and starting to talk. My wife, Amy, and I are so lucky to be her parents!"



Sayde Paulsonis is a junior at Housatonic Valley Regional High School, and she has recently gotten to know the area after moving here from Texas. "I love it here. Though at first it was hard. Moving to the Northeast has allowed me to build great friendships, meet new people, and start fresh!" Sayde works at a local pharmacy in Sharon, CT, and when she's not busy at her job or at school, she adores spending time with her family and friends, for whom she is extremely grateful. Sayde also loves playing tennis, as well as doing makeup on herself and others. She has even turned her passion for makeup into a personal part-time business, which she has been running for three years now. "Doing makeup on myself and others is my favorite thing to do. It makes me so happy to make other people feel beautiful and to see them smile."



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For the love of the land...

JAMIE PURINTON, RLA LANDSCAPE ARCHITECT, ANCRAM, NY

By Christine Bates

christine@mainstreetmag.com

Jamie gave me a cup of lemon verbena tea and a piece of apple pie made by her husband when I visited her home office/studio in Ancram, NY. It was the wrong time of the year to appreciate the landscape that surrounds her home as I learned about her design philosophy and landscape business.

What does RLA stand for?

RLA means Registered Landscape Architect. To become a registered landscape architect you must complete a degree at a certified school and work for seven years under the supervision of a registered landscape architect.

There is so much to learn from others and it is great to be thrown early on “into the thick of it” under the supervision of an experienced professional.

When your internship time is complete candidates have to pass a three-day exam with an emphasis on public and environmental health, safety, and welfare. You also need to take 12 credit hours of coursework every year to keep your license. The education includes some site engineering such as grading and drainage, material structure, handicap access, soil science, and environmental protection. Having a license is not an indication of talent; it just shows you have a base of knowledge.

How did you become a landscape architect?

I grew up in an environmentally-minded family in Newbury, MA, and spent time early on identifying plants in our back woods. At age eight, I was photographing pollution in the local Parker River and gathering friends to pick up litter. My dad taught me to garden and then I made money as a teen tending neighbors' gardens.

In high school I studied the plant and animal life in the salt marshes and worked at a passive solar building school in Maine.

At Cornell Agricultural School, I majored in organic vegetable gardening. I met my first landscape architect in my 20s and realized that landscape architecture combined my many interests including environmental science, farming, building, and art.

In the mid-80s, I started the three-year masters program in landscape architecture at SUNY ESF. After graduating I found a job working in a landscape architecture firm in New York City. And then another job managing design and construction projects for the Department of Cultural Affairs for the zoos, museums, and gardens of New York City. Then I passed my license in 1992.

What do landscape architects do? How do you charge for your services?

Landscape architecture is a broad field; you can work on public parks, playgrounds, housing developments, city streets, or private properties. For private properties we can help clients select suitable property and work through the whole process of siting the house and driveway, walkways, stone walls, drainage, plantings, trails – everything related to the land.

Once I understand the scope of the work I prepare a design fee proposal that is based upon hourly rates. The implementation of the plan may take years depending upon how the client wants to phase costs. We go through a process of estimating and bidding and tuning the design to their budget.

We also discuss investments that would or would not help resale value, if their property is not considered their forever home. Pools are the classic example of an investment you may not completely get back if you sell the property, on the other hand, road privacy screens are an example of something that definitely increases property value.

I like to set my fees so clients can afford to keep me involved during construction and over the long-term development of their landscape.



Above: Jamie Purinton has a love of the land and its landscape. Photo by B. Docktor.

Where do you look for inspiration?

Everywhere. Today I stopped to photograph and stand under that very old sycamore on Route 83 in Pine Plains, NY. I also stop to photograph gates and fences, trees, parking areas, stonework, or a field of little bluestem in search of examples to show my clients.

And wild places, if we are creating a place to have a mountaintop feel, we visit mountaintops or for a rain garden we find natural wet meadows.

Books are also an inspiration. Claudia West's new book *Planting in a Post Wild World* is fantastic. And Larry Weaner's new book *Garden Revolution* is a great source of information. The Ecological Landscape Alliance has great conferences and classes. And I visit gardens through the Garden Conservancy Open Days and other public gardens. After seeing the blue-grey seed heads on a slender mountain mint last week at the NYBG native garden, they were added to a planting plan that I have.

Continued on next page ...

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What's most difficult for you?

Time management. Balancing work demands with personal time for home, friends, my own garden, and music. It has taken me awhile to learn to say no, especially to good projects and great people, if I can't fit them in my schedule. Plus too much electronic communication does interrupt productivity.

What do you do all winter?

This is a busy and important time of year. I have four or five months to accomplish a lot. Look here's my schedule for December – everything that has to be done. Complete designs and plant lists, bidding and estimates so everything is ready in advance for the busy spring construction season. And I am hoping for some quiet days to organize files and photographs.

How is working on a public space different than for a private client?

When you are working in a public space you need to listen to many more voices, consider multiple perspectives, find common interests and consider health welfare and safety concerns, as well as tight budgets. The benefit to working in a public space is that you are thinking about educational opportunities and creating a landscape that may serve as a model. A lot more

design time, critical thinking and planning goes into the public projects. It ups your game and stretches your skills.

Who are your clients? How much are they involved with the process?

Since I started my practice in Columbia County, NY, in 1998, I've worked with over 300 property owners doing either one-time consultations or comprehensive site plans. Sometimes they have spent a lot of money on past landscaping but are not happy with the results. They usually don't want a suburban look. They typically appreciate environmental concerns and being good stewards of their land. Often it is their first country home so they are eager to learn.

Client involvement varies depending upon their interest and availability. It is important that they communicate what they want, understand the options and prioritize what is most important or most valuable to them. A major part of my job during construction is to communicate progress and decisions along the way since many clients are not around during the week to check in on progress. The clients who garden are typically very involved in the garden details and plant choices. For all the projects, we typically take the time to go see

other properties and get a sense of style and detail. So we may tour area pools or go see stonewalls or plantings at various locations.

How do you understand the soil, topography, and the light of a sight?

There are some great online map resources where you can call up a parcel and get layered data on topography, county soil surveys, protected wetlands and waters,



Above: The meadow garden designed by Jamie Purinton planted by Garden Tenders at the Sternberg house requires no lawn mower or watering. Below, left: Hillsdale vine-covered pergola by Bill Stratton and Tad Higgins, gardens installed by Garden Tenders, design by Jamie Purinton. Photos courtesy of Jamie Purinton.

and more. Dutchess County Soil and Water provides a natural resource map of your parcel for a very small fee. And I spend a lot of time on their site. Throughout the development of a comprehensive plan I would typically make 20 or more site visits at different times of day and through different seasons. And for some properties, where I have been working for more than ten years, I have been to the site hundreds of times.

Do you use only native plants?

No, but it is a primary focus and I am dedicated to learning about the plants that are native to our area and sustain native birds and insects. For some properties, plant biologists from Hudsonia or Farmscape Ecology help me to prepare surveys of the lesser-known plants on the site. By bringing in a plant biologist you may learn about the particular sedges along your pond edges or which of the many native golden rods are growing in your fields. Supporting the ecological relationships between native plant communities and the insects or animals they support is so important to the health of our ecosystem.

In Ancram our Conservation Advisory Council has nearly finished a biodiversity habitat map for our town's 28,000 acres. With help from Hudsonia we have mapped vernal pools, calcareous fens, hardwood swamps, and other habitats and learned about the awesome biodiversity of native plants associated with these habitats.

Although there are many ecological

reasons to use native plants, there are also aesthetic reasons. By using plants naturally occurring on your site, you connect the area around your house to the greater surroundings. On the other hand, an exotic Colorado blue spruce, weeping cherry, or a red leafed maple tree can create a real visual disconnect since they do not look naturally occurring at all.

There are many specialty native oriented wholesale nurseries and winter is a great time to order. We do have some local retail nurseries like Whalen Nurseries, Wards, Windy Hill, Maple Lane, and Story's Nursery. The gardeners that I work with, like Garden Tenders, devote a lot of time to finding and ordering plants from many sources.

Are you involved with garden maintenance going forward?

Yes, many design decisions are made in the ongoing maintenance of the garden and being part of that is an opportunity to fine-tune the design. Our medium is ever changing and growing, so being involved over the long term makes for the best work.

How important is hardscaping?

Stonework is key to establishing a design framework, creating grades that make a site accessible, and setting



Continued on next page ...

a style, whether it is formal, rustic or agricultural. Typically it is the first construction task.

What are some examples of cost-effective solutions?

Paying attention to the virtues of your specific site, using materials from the location – like the stone from the foundation dig, minimizing import of soil, protecting the existing soil and trees during construction, creating natural drainage systems and revealing what you have before adding more is cost effective and environmentally sensitive. Make it known if something is too costly or inappropriate – like a tennis court on a steep slope or an orchard when the natural soil conditions are too shallow or droughty. If you want a pond, my advice is to dig a deep test hole and watch the water level over a period of a year to check the viability before going through the expense of digging. I've had customers who saved a lot of money by creating a swimming pond instead of constructing a pool.

Explain how the history of a site is important to the design?

Good question and an important topic. The importance of a site's history was the focus of my first book with Matt Potteiger called *Landscape Narratives, Design Practices for Telling Stories*. The ecology, geology, human activity, and stories that take place in a landscape shape the form, spirit, and qualities of a place. Asking, "what happened here ecologically and culturally?" can lead to design ideas that are uniquely formed to a particular place.

For an outdoor classroom at Mountain Top Arboretum in Tannersville, NY, we wanted to tell the geological stories of large rocks moved by glacier action over many miles. So the stones were placed in a way to help convey that story. Or a family who has lived on a farm for multiple generations has all kinds of valuable associations with the landscape. An old maple may be

where they swung as a child or the smell of lilacs in the spring reminds them of a family member who has passed. The old site of a sugar shack could become a new location for a fire circle. The history and the family stories provide great clues and direction for design ideas and help you decide what is worth saving and how to make changes.

These site plan drawings are beautiful. Don't you use a computer?

I spend way too much time already on the computer doing proposals, schedules, emailing. I am still doing it the old way, drawing with a pencil by hand on a drafting table, scanning sketches, and going to the printers. I am attached to drawing with a pencil and eraser as a way of contemplating and working through ideas.

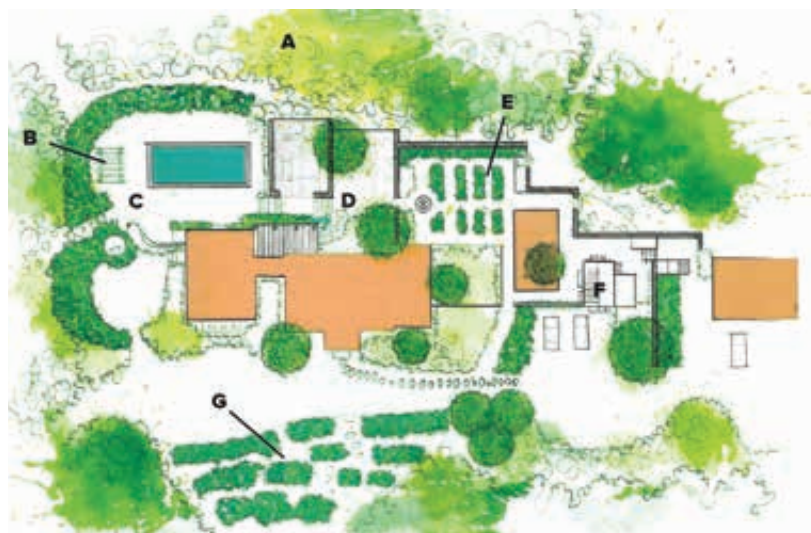
How do you market yourself? Is your website important?

Following your passion and connecting to a community of people with shared interests helps build your knowledge and business. Relationships with the Berkshire Mycological Society members, the Ancram Conservation Advisory Councils, the Mountain Top Arboretum, the Columbia Land Conservancy, Hudsonia, and Farmscape Ecology have all benefited me personally and professionally. Having gardens on tour, giving talks and writing all help to build my reputation and attract environmentally-minded clients.

Zen Point Media developed my website, which has been a great help; when people contact me they already have a sense of my style and approach. Plus when you put together a website it forces you to critically evaluate your work, sort through your portfolio and focus on the kind of work you want to attract.

What differentiates you from other landscape architects?

My focus is on our regional ecology, my active involvement from schematic design through the long-term maintenance of a property, and my choice to keep within a short radius are fairly unique. My projects are rarely further than 30 minutes driving



Above: A final plan for a landscape, hand-drawn by Jamie Purinton. Permission to reprint by *Garden Design Magazine*.

time so I can easily make site visits to measure something, test design ideas, or check on the progress of a job. Being there throughout construction to make decisions with contractors is a huge priority. If you are traveling from New York City or afar it is difficult to be responsive to meeting contractors whose schedules change with the weather or to be willing to show up for a 15-minute check with little notice.

Not having a big overhead and working in a home office helps keep my rates more affordable. It is all about creating a landscape that the homeowner and the whole team is proud of.

What about the business side of your business?

I keep monthly task sheets in order to organize my schedule of work and priorities and to help make sure I can manage my commitments. Each time you say "yes" or "no" to a project it is part of an evolving plan since projects typically take many years to come to fruition. I've always loved math so number crunching is not a chore.

What is the most unusual request you've had from a client?

I can't recall being surprised by an unusual request lately. We spend the time throughout the process considering particular unique wishes and fears. One customer deeply loves squirrels and wants to plant oaks, some people don't want flowers that attract bees so we use ferns or grasses, and some homeowners don't want to own a lawn mower so we plant thyme. It is their home so we consider it all.

What are the mistakes that people make when they design their own gardens?

A common error is buying individually attractive plants that don't add up to making a great plant palette that's well suited for their site. Plants belong to communities or have associates, so when you put a plant associated with a wetland next to plant associated with a dry rocky slope it can feel like a mish mash.

Also people tend to add landscape elements or plants without having an integrated plan or framework.

Sometimes people have invested in a lot of plantings or stonework but are unhappy with having created a suburban look. It's difficult, but sometimes removing what you have planted may be a move in the right direction.

Do you see evidence of climate change in your work?

Farmers, gardeners, and growers all see our climate changing. The woolly adelgid insects, which are killing the hemlocks, and the spread of ticks, as well as invasive plants, are a result of a warmer climate. The extreme variability of temperatures and precipitation – dry one year, flooding the next – strains all plants. ●

To learn more about Jamie Purinton and her body of work, you can visit her website at www.jamiepurinton.com.

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– b.b. '86



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Apple crumb pie

By Jessie Sheehan
info@mainstreetmag.com

A double-crust apple pie is one of life's great pleasures, no doubt. But if you are fond of crumb-topped muffins or coffee cakes or fruit crisps, a crumb-topped apple pie might just become your new favorite thing. It has mine.

I love the buttery, sugar-y crunch the crumb adds to the softened apples. I love the pie's handsome good-looks and the speed with which the whole thing comes together (perhaps it is psychological, but only rolling out one, bottom pie crust, as opposed to a top and bottom, seems like a huge win). For me, this dessert is the perfect combo of everything I love in a crisp or cobbler, coupled with everything I love in a pie.

Moreover, in this particular apple crumb pie that I am sharing with you here, much thought has gone into the filling and topping, in the hopes of offering you up something truly special (the crust is an oldie, but goodie, and needed no tweaking). Now, by no means does this imply that "much thought" does not go into **all** of the recipes I write, but this one caused a little heartache before I got it just right. And by "heartache," I mean I baked it for the first time for Thanksgiving, and I think it is fair to say, that it bordered on mediocre (and "bordered" might be an understatement).

The crumb was sandy and not very sweet and the apples mushy and tasteless. Needless to say there was a lot leftover. But now, a few pies later (and wiser), I promise: this pie does not disappoint. The filling is perfectly sweet and perfectly toothsome, and the crumb is crunchy, sweet and buttery and as far away from "sandy" as is possible.

Now, a couple of notes: my new thing – and I hope it will be yours, too – is cutting one's apples into thin

slices, as opposed to chunks, allowing you to pack more apples in the pie, and making for the prettiest of slices. In addition, be sure to combine the crumb ingredients with your fingers until there are no more sandy bits in the bowl. This should be easy, but if for some reason sandiness persists, add a tablespoon more of butter. Be sure to tent the pie with foil about halfway through the baking time, to avoid burning the crumb, and try to let the pie rest for at least two hours, or so, post-bake, so the filling really sets.

And a final plug for this pie: it is likely you have each and every ingredient already in your pantry, and if not, can find everything you need at the corner store. Thus, there really should be nothing standing between you and pie, save for a couple of hours.

Cream cheese crust

1 1/4 cups all-purpose flour
1 tbsp granulated sugar
1/4 tsp baking powder
1/2 tsp salt
4 oz. cream cheese, chilled, cubed
1/2 cup unsalted butter, chilled, cubed
1 tbsp apple cider vinegar, chilled
1 tbsp ice water
1-2 tbsp room temp cream cheese for spreading on the crust

Crumb topping

1 cup all-purpose flour
3/4 cup dark brown sugar
Rounded 1/4 tsp table salt
1/2 tsp baking powder
1/2 cup unsalted butter, cold, diced into small pieces
Turbinado sugar for sprinkling

Apple filling

2/3 cup granulated sugar
1/2 tsp freshly ground cinnamon
Pinch of table salt
4 tsp arrowroot powder, or cornstarch
2 pounds Granny Smith apples, about four large ones



Egg wash

Egg
Pinch of salt

Instructions:

To make the crust, combine the flour, sugar, baking powder, and salt in the bowl of a food processor fitted with the metal blade and process briefly to combine. Add the cream cheese and butter, and pulse until the butter and cream cheese are broken up, but are still in small chunks.

Add the vinegar and ice water, pulsing the machine as you do. Once a bit of dough can be pinched together between two fingers and hold its shape, dump it into a medium bowl and, using your hands, bring the dough together into a disk. Wrap in plastic wrap and refrigerate for at least two hours or up to three days.

Remove the disk from the refrigerator, lightly flour a work surface, and roll it into a 10- or 11-inch circle. Place it in a 9-inch pie plate, crimp the edges and spread a tablespoon or two of the room temp cream cheese over the bottom of the crust. This will protect the pie from developing a soggy bottom while it bakes. Transfer to the freezer for one hour.

Preheat the oven to 400-degrees.

To make the crumb topping, combine all of the topping ingredients in a medium bowl and using your fingers, rub the butter into the dry ingredients until you are able to form the mixture

into one large clump. Place in the refrigerator while preparing the filling.

To make the filling, place the sugar, cinnamon, salt, and arrowroot powder in a large bowl and whisk to combine. Peel and core the apples and slice them quite thin, about 1/4 inch thick. Place them in the large bowl, tossing them in the sugar mixture to cover.

To make the egg wash, combine the egg and the salt in a small bowl, and brush along the crimped edge of the crust.

Pile the apples in the crust and cover in the crumb, pressing it down lightly to adhere. Leave a bit of the filling exposed at the top of the pie, so that you can see it when it is bubbling and ready to be pulled from the oven.

Place on a parchment-lined cookie sheet, and bake for about one hour and fifteen minutes, or until the filling bubbles in the center, or the internal temp of the pie registers 195 degrees. Rotate the pie at the halfway point and tent with foil.

Let rest until it reaches room temperature, about three hours, if you are feeling patient. If not, at least two hours. Serve slices with vanilla ice cream. The pie will keep lightly covered in plastic wrap on the counter for up to three days. ●

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

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ADVICE FROM CONTRACTORS, REAL ESTATE BROKERS, AND OWNERS:

Thinking of building a new house?

By Christine Bates

christine@mainstreetmag.com

Have you ever thought of a building a brand new house but wondered how much it would cost or how you would even begin? Do you need an architect? Main Street asked area builders, real estate brokers, and proud owners living in a new house built to their specifications about the process, the cost, the timing, and the experience.

Location, location, location

The first decision that a new home-builder must consider is where – the state, the town, and the size of the property. Are schools or convenience to stores or highways important? Are property taxes or income taxes an important consideration? Do you want a view, which often requires a long driveway? Do you need to clear the land? Has the soil been perked for a septic system? Are there restrictions on where you can build or what you can do? How much land and privacy do you want? Building lot costs at a minimum, will be \$50,000.

What are construction costs?

For a medium-sized 2,500 to 3,000 square foot house the general consensus of architects and builders is that \$250 to \$300 a square foot, plus the cost of infrastructure would be a good estimate of cost. This expense can vary enormously depending on the site – bringing in and possibly burying electrical power lines, drilling a well if there's no municipal water,

installing a septic system if there is no sewer – plus the cost of the land itself. Building new is expensive.

Contractor Fridrik Kristjansson of Nailed It Building & Construction supplied some insight into the difficulty of estimating construction costs and the major items that can affect the total.

The big-ticket items that can make or break a budget in terms of the exterior (not even thinking about the driveway, power, septic and any of that ground work), can change the budget by hundreds of thousands of dollars depending on what is used. For example a simple window can be \$200 to \$300 per piece while more expensive ones can range \$2,000 to \$3,000 – and up. Vinyl siding is in the neighborhood of 75 cents a square foot while cedar can be \$5 to \$10 a square foot with exotic woods being even more. An average standing seam metal roof is twice the price of asphalt shingles, and copper is about twice the price of metal.

Interior material choices contribute even more to the cost. Flooring can range anywhere from 50 cents to \$5 to \$25 a square foot. And some flooring is not finished and needs to be sanded, finished, and stained. Kitchens are a major expense. Fridrik estimates that cheap, all-in-stock Lowes' kitchen cabinets can cost a couple of thousand dollars compared with custom-made and detailed, which can bring the kitchen price anywhere from \$30,000 to \$100,000.

Electrical, framing, heating, and



Above: This 5,000 square foot new home on Bunker Hill in Salisbury is for sale for \$1,785,000. Photo courtesy of Elyse Harney Real Estate. Below, left: A corner of the home in Boston Corners designed by Elizabeth Demetriades and Patrick Walker. Photo by Dan Sternberg.

plumbing are all roughly priced according to the square foot size of the house. A big house needs more of everything: heating, framing and sheetrock, painting, wiring, plumbing. The more detailed the drawing/sketch of the house that the owner or architect provides and the more things that the homeowner selects will make a cost estimate more accurate. The best thing, Fridrik advises, is to go through the list and create a budget according to the items picked to arrive at an approximate price. Then it's the owners' choice to upgrade or subtract from the list. Usually contractors do not include in their cost estimate the expenses of lighting fixtures, appliances, counter tops, faucets, and plumbing fixtures, which range tremendously in price.

bathroom, fireplace, second floor with en-suite bedrooms, laundry on second floor, an oversized septic system that would permit expansion of the house, mudroom, hardwood floors, wood not vinyl siding, privacy from road, eat-in kitchen, family room and spacious two-bay garage. The builder has included many of these desirable features in a new home for sale on Bunker Hill in Salisbury, CT."

Brokers as builders

Pat Best of Best & Cavallaro has built six homes in the area, three for resale and three for personal use. She has never used an architect. "I start by finding plans and photos online of things I like, like HOUZZ or *Southern Living*, then bring the plans to a draftsman with my wish list: number of bedrooms, bathrooms, square footage, etc. Next I develop a list of specifications of the type of roof, flooring, bath and kitchen finishes, HVAC system, windows, insulation, doors and hardware, etc. for the contractor. I think it is actually easier to sell a newer house if it's a popular style – like a farmhouse or barn – as long as the finishes appeal to the sophisticated buyer. A new house can often bring a higher price per square foot because the buyer



Thinking about selling sometime?

Experienced real estate professionals always think of possibly selling a new house in the future – distant or near. "There are features that many buyers look for that you should consider when designing a new home, whether you are building a spec house for immediate resale or a family home for sale down the road," according to real estate broker Juliet Moore. "The list includes central air conditioning, first floor bedroom with full bath (if possible) as well as first floor social

Continued on next page ...

knows they don't have to worry about anything for quite a while. Because of my own experience I'm not the typical homebuilder and still have been over budget many times. It's hard to price every single thing accurately and there are unknowns like the cost of a well. My last well was \$6,000 over budget since they had to dig deeper and most people, including me, underestimate the site costs including landscaping, walkways, stone walls, and the things that give your house curb appeal and character."

True stories of two new homes: Two lawyers

Since 1996, weekends Dan Sternberg and Debbie Cooper had rented locally and became well known to realtors as "tire kickers" as they looked for a home to buy. Gradually they discovered they were attracted to brand new homes, but never found one that was quite right. One day in 2012, the year Dan retired, the couple was biking in Boston Corners, NY and saw a "land for sale" sign. They scrambled up to the top of the hill, took in the view and thought for the first time that maybe they should build. They didn't bid on the site then but they started talking to architects, and looked at other building sites that were no more than ten miles from the center of the village of Millerton, NY.

They were on the verge of purchasing another parcel, when one of the architects they were talking with visited the land in Boston Corners and called Dan: "You're out of your mind if you don't build here." Another hike up the hill made it clear he was right and they acquired the site in February 2013.

The couple's next big decision was to select local architects who understood their desire for a modern house that respected the physical and cultural landscape. They were impressed with the work of the Lakeville, CT firm Demetriades + Walker that they had seen locally. When Elizabeth Demetriades and Patrick Walker revealed that they shared Debbie and Dan's admiration for the design qualities of Katsura, the Imperial summer palace in Kyoto, Japan, they knew they had found the right architects.

The next step was "developing the program" to determine what was most important to the couple from the grand theme of integrating the design into the landscape down to the details of closet space. Four weeks later the architects returned with a tiny cardboard model of the house and a simple floor plan to present the basic design. After agreement the architects moved on to the details presenting Dan and Debbie with choices and suggestions for the array of decisions

needed to complete the design: everything from the choice of key interior materials to the selection of sinks and toilets. During the summer of 2013, while the architects were working on the final specifications, Dan, with their help, organized and supervised the infrastructure work: surveying the land, bringing electric up the hill to the site, blasting for the foundation, designing a septic



Above: Henry and Kathy constructed temporary quarters while their home was being built. Below, left: The finished home of Henry Smedley and Kathy Chow. Photos courtesy of Henry Smedley.

system, and creating a curving road up to the house site. By August the plans were complete and detailed bid packages were ready. In another six weeks the bids from contractors were received and United Construction in Torrington, CT was selected. The firm price contract was signed in September 2013 and by April 2015 the house was finished on time and on budget.

Dan described the two years between buying the land and selecting an architect to moving in as, "Two of the happiest years of my life. It was a creative learning experience." Dan has advice for prospective homebuilders: "Hire an architect, don't think you can do it yourself. The experience can be fun – take the time to be involved in it."

Two designers

Henry Smedley and Kathy Chow are New York design professionals who now live full time on Morse Hill Road in the Town of North East, NY. Like Dan and Debbie they started about 13 years ago looking for a fixer upper and discovering that they really wanted a new house. Proximity to New York was also important to them and they drew a two-hour drive circle around Manhattan and began their search. "We first wanted to be along the Hudson River but that turned out to be too expensive or the properties didn't appeal to us," remembers Henry. "So we headed due east as we didn't want to be on the west side of the Hudson until we found a location that we liked with a great view."

They bought more land than they had expected, established a budget and found their vision changing every month for about a year. They did know what they didn't want – a stark, white modern aesthetic, but were

otherwise uncertain about style, size, or design.

Trained as an architect with 34 years of work experience in the design of interior spaces, Henry knew what he did not know. So the couple hired an architectural firm to work with them on constructing a weatherproof shell. Then they handled most of the interior design and sourcing of materials with the architect's assistance. Rather than bidding the interior construction they talked to five recommended contractors and then picked the one they liked. Together they developed a creative vision and created a budget based on design drawings. "It is extremely important that you enjoy working with the contractor as the building can take a long time to complete and you will see a lot of each." The contractor is still their friend.

"We were crazy lucky that we found the perfect spot," recounted Kathy. After buying the land the couple camped out on the property for three summers before they broke ground on the house, which took another two years to complete. They feel that residing on the site really connected them to the land. Henry's recommendation to homebuilders is to have patience and don't rush. "Take your time and really get to know the land well. Determine where the wind comes from, where the great views are at different times of the day and year. Soak in the property. This will probably be one of the most costly things you will do in life so take your time and make sure you get what you really want. Have fun with it."

The couple never thought that they would live in their "weekend" house full time, but they fell in love with the place and retrofitted their careers to become full-time residents. ●





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A NEW LIFE AND A FRESH NEW START AT AN OLD MAINSTAY

By Dominique DeVito
info@mainstreetmag.com

If you're looking for something really fun to do that's new to the area, grab a friend and program your GPS to 160 Fairview Avenue, Hudson, NY. That's where Terrell Braly has opened up his first Cosmic Cinemas location in the Capital Region – and the Northeast! That's right, we're the lucky ones who get to experience this even before our fellow New Yorkers who live you-know-where.

"More than movies"

And what an experience! First of all, the seating and ambiance are more home theater than classic movie theater. Everything is brand new, clean, and sleek. The seats are large and comfortable, and instead of another row of seats immediately in front of you, there's a counter top. That's where the servers bring your food after you've placed an order. Yes, people bring your food and beverages to you instead of your having to wait in line.

And the menu is more than popcorn, candy, and soda. There's pizza (several variations), wings, even salad. There's popcorn too – a giant bowl of fresh-popped kernels with real butter if you want it – and a variety of desserts for your sweet tooth.

To drink, there is soda, and water, and ... beer! ... and ... wine! ... and even a stiff drink if it suits you. Brought directly to you so you can enjoy it before and during the movie.

The man with the vision behind this soon-to-be hot spot in town is Terrell Braly. I was lucky to catch up with him on a Saturday night, as I was to discover he's not one to sit still for long. Terrell (pronounced

like Carol) is an entertainment industry lifer who started promoting concerts – big ones – as a teenager in Marin County, CA. Tall and lanky, with a bit of Neil Young-meets-Tom Petty appearance, Terrell is a story teller with an amazing story to tell. My note-taking got a bit sloppy as he regaled me with thoughts on everything from movie-going to business basics to speculation on the impact of virtual reality.

It was a fun chat.

Terrell came East to attend Babson College outside of Boston, where he earned a degree in business – an instrumental and essential piece of the puzzle of his future successes. From Boston he went where we all go to live out Sinatra's lyrics, "If I can make it there, I'll make it anywhere." Sorry, but it's true.

From Manhattan he went to Boulder to test some theories in the food industry. From there he was called to the state of his ancestors – Texas. His family roots in San Antonio go back to 1858, when his great-great grandfather bought a ranch with money made from starting the Pikes Peak Gold Rush in Colorado. Terrell was about to strike his own gold.

Texas roots

With his entertainment business background and his passion for the movies, Terrell was turned on by the idea of a really enjoyable night out at the movies. "Movie-goer research has documented that over 80% of people who go to the movies have been out to dinner an hour before," he told me. "It's a night out for people."

Getting out of dinner in time to make a movie can put a real strain on an evening. Service at the restaurant can be delayed, parking at the movies can be challenging, then there's the waiting in line for tickets, and food, and finding a seat.

"What if you're there," Terrell



Photo: istockphoto.com contributor lolostock

quips, "and just as the movie is getting good a baby starts to cry two rows behind you, or a gang of teens is talking and texting and throwing popcorn or kicking the back of your seat." All of these are situations we can all relate to. "Your special night out," he continues, "is ruined. And it hasn't been cheap."

The movie industry came calling

In 2001, he discovered the Alamo Drafthouse in Austin, a single-screen theater with 16 employees that was serving food and drinks during the show. Their motto and mission? "Good food, good beer, and good film, all in one place."

And a Code of Conduct. It was started in 1997 and enjoyed a cult following. Terrell took over its leadership as CEO and one of three partners, looking to expand the theater's reach. He founded the franchise arm, which became the expansion vehicle. Terrell knew

Continued on next page ...

there had to be a better way to enjoy a night out at the movies.

New Alamo Drafthouse Cinemas opened in 2003 and 2004 in North-west Austin, Houston, and San Antonio. In August 2005, *Entertainment Weekly* named the Alamo Drafthouse the “#1 movie theater in the country.” Terrell’s phone was ringing. The movie industry noticed.

With interest coming in from all directions, Terrell eventually formed a joint venture with the Regal Entertainment Group, then the largest movie theater company in the world, and which included Regal Cinemas, United Artist theaters, and Edwards Theaters. They formed Cinebarre, where people could, simply, “Eat. Drink. Watch movies.”

The next chapter

There are currently eight Cinebarre/Regal Theatres across the US. In late 2015, Terrell sold his interest in Cinebarre and remained with his family in Charleston, SC, where he had moved his company headquar-

ters in 2010.

If it sounds like Terrell wouldn’t have time for anything other than expanding the cinema-eatery experience, it turns out that’s far from the truth. Terrell and his wife, Pam (who also has deep roots in the entertainment industry), have four children. All have been involved in the business. “Our daughter, Ivy, came up with the name Cosmic Cinemas,” Terrell tells me, noting with a chuckle, “She’s our VP of children’s programming who wonders who the president is. I asked her opinion on a name for this third iteration of the cinema-eatery experience, and she came up with Cosmic Cinemas.” Their son Edward is currently the VP of information technology.

Here in Hudson

It was his brother, James, who alerted Terrell to the potential for success in Hudson and the Capital Region. It seemed fortuitous that the Fairview Cinemas – a three-screen theater – was for sale, along with the pizzeria that was next to it.



Above, L-R, the staff at Cosmic Cinemas: Sheyenne Rewatiraman, Ryan McCabe, Shane Heiser, Samantha Vanderwalker, and Faith Renninger. Below, left: Cosmic Cinemas owner and the man behind the magic, Terrell Braly.

Cosmic’s soft opening in Hudson was in mid November, and with little to no publicity so far, the good word has spread. A second Cosmic Cinemas will be opening where the Madison Theater is in Albany, and a third location will be opening soon in Scranton, Pennsylvania. Other areas are being explored.

What makes Terrell tick? “I’m passionate about the entertainment experience,” he says, “and I like turning trash into treasure. I like when things seem against all odds.” I ask if success has surprised him. “I really believe that if you work hard and do your homework – and you persevere – that you can achieve what you want. It won’t be easy.” He continues, “but if you’re passionate and smart about it, it can happen. This is a business, too,” he states matter-of-factly, “and you can’t ignore that side of it.”

Passion rules

“I love what I do,” he says as he shows me around the theater, pointing out what makes the place special, from the décor to the system to the menu selection to the staff. Where the pizzeria used to be is a lounge area with a full bar, kitchen in the back. You can meet friends here before or after the show. It’s great to know you can talk about the movie over a drink without

having to get in your car and go somewhere else.

Terrell mentions that he may be bringing in a pool table. He’s especially proud of how the theaters are staffed, and asks me to take a picture of the group working that night. “You’ll be glad you did when you see their names in successful bands later on,” he jokes.

I have to ask what his favorite movie is. Without hesitation he says, “*The Godfather*. It’s a business movie, you know?” And a cinematic delight – as so many movies are when enjoyed with friends and heightened by good food, good drinks, and the experience of seeing the movie on a big screen.

Eager for the experience, I go in to watch *Widows*, ordering a beer and wings to enjoy during the show, and I see what the Cosmic experience is all about. It’s satisfying in so many ways. I am enchanted. And sated. And so looking forward to coming again. Catch a show any night of the week at Cosmic Cinemas. Come early to get comfy and place your order and then, escape and enjoy. •

To learn more, you can visit them online at www.cosmiccinemas.com.



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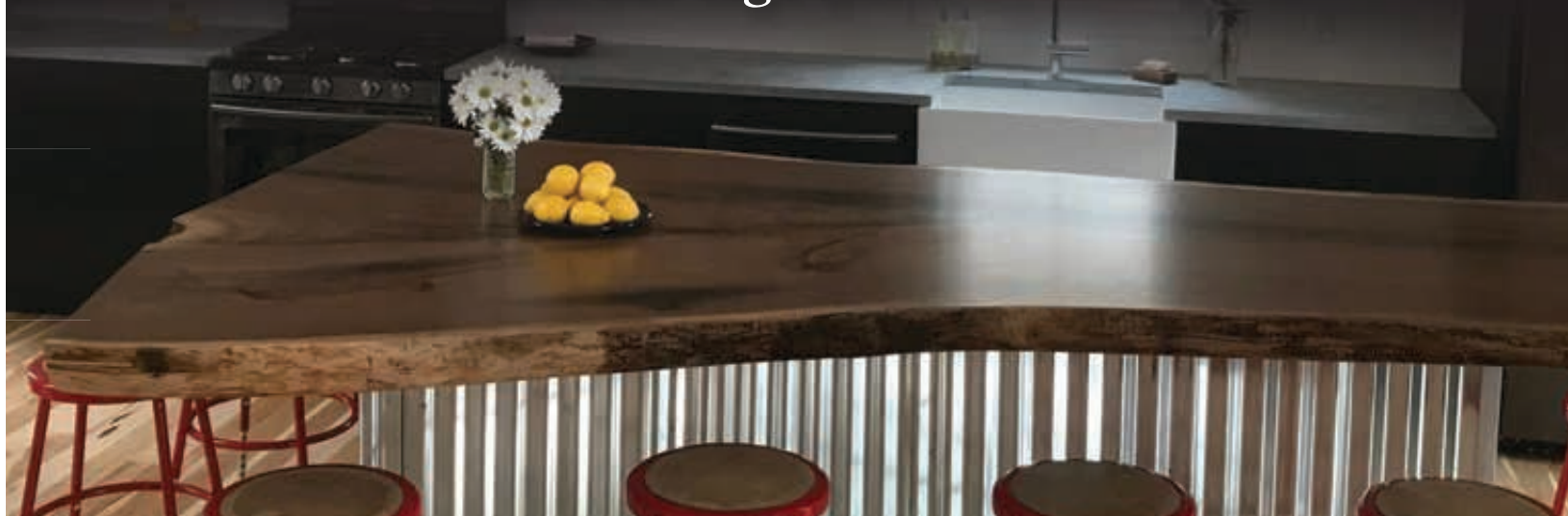
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CHANGE OF LIFE

WOMEN ON THE VERGE OF A NEW CAREER

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

As a woman, beginning work, re-entering the workforce, or changing careers can be daunting, but doing it in your 40s or 50s can be downright paralyzing.

Perhaps you've been raising a family or caring for aging parents full-time. Maybe you've been working in a job that's been great for its flexibility or compensation, but isn't exactly what you'd choose to do in terms of satisfaction and stimulation. Or it could be, as the British politely say, that you've been made redundant and your current job has been eliminated.

It's time for the change of life – not only in your hormones but in your career. It's time to reinvent, retrain, and reprioritize – and instead of that feeling like a drudge match it can be an exciting and exhilarating journey. How do I know? Because I've been there, done that, am still doing it, and happy to share the wisdom I've gained along the way.

Life story

One man I interviewed with when I was trying to reenter the workforce after a nearly ten-year absence brusquely told me my résumé looked “swiss-cheesy,” meaning that there were unexplained holes and it didn't have a clear direction or pattern of experience. Say, what?! To me, my résumé made complete sense. Every position – paid or volunteer – that I took had a logic behind it.

What he made me see was that I need to create the narrative arc of my story through my cover letter and interviews. I had to anticipate comments like his and be ready with a well-thought-out response. While my career path did appear like I was jumping around a checkerboard, I could see the reasons for my moves. My choices made sense when viewed according to my “mom logic” – the

choices I made gave me the flexibility to meet the bus, do carpool, make my children's games, and to be able to be with my dad when he was sick.

Take a look at your experiences to date. Try to see what kind of story they tell and be ready to fill in between the lines. It's your job to create the narrative arc that allows your life to organize itself into a cohesive whole. Then you have to tell that story convincingly to someone who doesn't know you, like an interviewer.

Impostor syndrome

Women can often suffer from Impostor Syndrome. They can doubt their own achievements and abilities and fear being exposed as a fraud. This can especially be the case if you've been out of the workplace for five to ten years or have never been in it. Questions about skills and qualifications can really mess with your head.

It's important to move beyond this self-doubt and not listen to that negative voice. I have found that usually, the people who doubt their abilities the most and wonder if they're good enough are often the ones who do the job the best.

Overcoming the voice of, “No, I can't” in our head takes intention and practice – and the first time you do it is scary, but then saying, “Yes, I can”

becomes a whole lot easier.

Now, when a client or employer asks me if I can do something I still have that inner voice that tells me I can't, but it's much softer now. And while the doubt running through my head may say I'm an impostor, the words that are emphatically coming from my mouth are, “Sure, I can do that.” And then I go home. Google the hell out whatever the task is, teach myself what I need to know, and make it happen.

And remember, employers need you! The 2017 *Deloitte Review* article *Meet the US Workforce of the Future* highlights the changing face of the American workforce. It points to an increasingly older and female employee in the coming decade. It recommends that employers begin building strategies to attract and retrain these workers – us!

Focus on what not when

Another tool to build your confidence and tell your career story is the skills-based résumé. When you were younger, your résumé probably followed the common reverse chronological order.

At this point in your life, that model might not serve you as well anymore. This is particularly true if you have significant gaps in your

employment history or you're trying to change careers.

A skills-based résumé focuses more on the particular skills sets you've attained and less on when and where you attained them. For this kind of résumé, pick three to four skills to emphasize and give examples of those skills from across your work and life history.

For example, these could be leadership, collaboration, strategic thinking, creative problem solving. Then bullet point times in your career that you've exhibited those skills. The bottom of the résumé contains the work history, which is deemphasized and keeps attention away from dates and gaps.

Remember to include volunteer positions and skills obtained in them. Even if unpaid, those roles developed meaningful workplace skills and capacities.

Find your fit

Personality inventories can help you gain clarity on what kind of occupation would produce the best fit for you. While they're not conclusive, they can guide your research and provide direction for a search.



Photo: istockphoto.com contributorSiphography

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While there are many online versions, a more low-tech (and fun) option is the book *Career Match: Connecting Who You Are with What You Love to Do*, which provides color-coded personality types and helpful career advice. Co-author Ann Bidou, also co-proprietor of Toymakers Café in Falls Village, CT, sells the book in her cozy café and can dispense career match wisdom and your latté with a personal touch.

Work the room

Applying for positions is now an online process. These online tools are geared to search for certain keywords and are biased toward selecting candidates who exhibit them. This is fine if your résumé and experience are fairly straightforward. But if you have a story to tell or your experience doesn't fit so neatly in a cookie-cutter application, then you need another approach.

Over your life you've hopefully accumulated a network of individuals you can tap to help you in your job quest. Volunteer roles in local non-profits, memberships in civic organizations, even the yoga studio are filled with people who can give you job insights and connect you with other contacts. These personal interactions and introductions allow you to tell your unique story and perhaps get you in the door to meet a prospective employer.

Also invaluable to expanding your reach to employers is joining local civic organizations, such as Chambers of Commerce. Jean Saliter, president of the Tri-State Chamber of Commerce, points out, "We have regular meetings and gatherings that allow members and guests to tap into local networks."

"This one-on-one time with business, civic and community leaders is priceless for a woman seeking employment, a career change, or an upgrade on life itself. Our weekly newsletter often contains career and job opportunities posted by member employers,

the same ones who attend our events and that you can meet face-to-face in a casual social setting."

Up your game

Being out of the workforce for any amount of time can leave you feeling inadequate and irrelevant to the challenges of today's workplaces. This knowledge gap can kill confidence and leave you wondering how you can climb on the fast-moving train of our more tech-driven employment market.

Jane Williams, director of the Entrepreneurial Center of Northwest Connecticut at Northwest Connecticut Community College (NCCC) observes, "The biggest barriers for mature women either entering or reentering the workforce or being separated from employment are technology skills and lack of confidence."

"When mature workers come to the NCCC Center for Workforce Development we help them attain a short-term credential, preferably stackable, so they can continue their education and training for higher paying jobs in a career path. When women begin to improve their skills, build a network of peers, and understand how their life experiences are relevant to new employment opportunities, they bloom."

Popular certificate programs are Office Professional, which includes Microsoft Office and Quickbooks and Allied Health Programs. NCCC, Berkshire Community College, Columbia Greene Community College, and Dutchess Community College all offer workplace training and certificate programs that are low-cost, potentially carry financial aid, and put you in the midst of other mature students just like you.

Taking career-related courses online through massive open online courses (MOOCs) such as edX and Coursera are other low-cost, low-risk ways to increase skills. There are a vast array of classes you can take for free, or for about \$150, earn a certificate of completion to demonstrate your mastery and list on your résumé.

SCORE Big

Another valuable resource is SCORE. A national non-profit, it helps small

businesses begin, grow, and achieve their goals through education and mentorship using local qualified volunteers who deliver services at little or no cost.

Whether or not you're looking to join the entrepreneurial ranks of small-business owners, SCORE is a valuable resource for mentoring and training. In northwest Connecticut, SCORE's partner is the Northwest Connecticut Chamber of Commerce in Torrington. There is also a SCORE Western Massachusetts and SCORE Dutchess.

Lauren and Mark Trager of Two Twelve Consultants are the chairs of marketing for the northwest Connecticut SCORE. They are firm believers in the power of SCORE for women entering or reentering the workforce or shifting gears to another job. Mark Trager explains, "SCORE offers individual mentoring, workshops, a library of online courses and webinars, and blogs by successful women-run small businesses. It's also active in supporting our region's growing number of home-based businesses."

The Northwest Chamber of Commerce of Connecticut also focuses on supporting women in business through its WOW! Forum, a one-day program to address the need for professional development and personal growth opportunities for women. In fall 2019, SCORE will continue to support the Chamber's WOW! Forum and Lauren will be a speaker.

You got this

You can do this! Mature women bring a wide range of skills – including well-honed soft ones, the ability to stay calm when all around you is falling to pieces, and an off-the-charts work ethic. What you need now is some new or polished attainable skills, a network to call on, and the belief that these can be the best working years of your life! •

LOCAL RESOURCES:

Tri-State Chamber of Commerce

www.tristatechamber.com

Northwest Connecticut Chamber of Commerce

www.nwctchamberofcommerce.org

Dutchess County Regional Chamber of Commerce

www.dccoc.org

Columbia County Chamber of Commerce

www.columbiachamber-ny.com

Southern Berkshire Chamber of Commerce

www.southernberkshirechamber.com

Wow! Forum

www.wowforum.org

SCORE

www.score.org

Entrepreneurial Center of Northwest Connecticut

www.nwcc.edu/entrepreneurial-center-northwest-connecticut

Northwest Connecticut Community College

www.nwcc.edu

Dutchess Community College

www.sunydutchess.edu

Berkshire Community College

www.berkshirecc.edu

Columbia Greene Community College

www.sunycgcc.edu

Small Business Association Women's Business Centers

www.sba.gov/tools/local-assistance/wbc

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Confessions of a short-term biohacker

By Ian Strever
info@mainstreetmag.com

At some point six years ago, I found myself in a routine. Even more than a routine, my early morning breakfast had become a kind of ritual bordering on obsession.

Coffee from freshly-ground, single-source African beans, filtered with a Chemex, served in the same American-made, handmade mug, and an English muffin, one half peanut butter and the other half (always the top half) Nutella.

I tried breaking out of the rut – I really did – but on those few occasions when I ran out of English muffins, I had disastrous days at work and recommitted myself to my ritual like a lapsed Catholic. There was solace in knowing that whatever the day might bring, I could control the quality of its beginning.

Bulletproof coffee?

But 261 mornings of Nutella and processed carbohydrates (I allowed myself to stray on the weekends) isn't the healthiest year of breakfasts, so when I heard about the promise of Bulletproof coffee, I was intrigued.

Marketed by Silicon Valley biohacker Dave Asprey, the recipe is simple: blend a tablespoon or two of grass-fed organic butter and a tablespoon of his patented Brain Octane Oil into your morning java, and you will have more sustained energy, greater mental focus, and lose weight in the process. Pardon the pun, but Bulletproof coffee sounded like a magic bullet.

Not wanting to rush into a change after six years of allegiance to Thomas and his muffins, I tested the waters on a Saturday morning. Butter makes everything taste better, and coffee is no exception: blending

it produced a delicious, latte-like foam. But this “Brain Octane Oil” seemed like snake oil to me. As I read up on it, most of my research circled back to Dave Asprey's blog on his own Bulletproof website. So where science seemed silent on the claims, I decided to conduct my own experiment. Suddenly, I had become a biohacker.

I'm a biohacker now

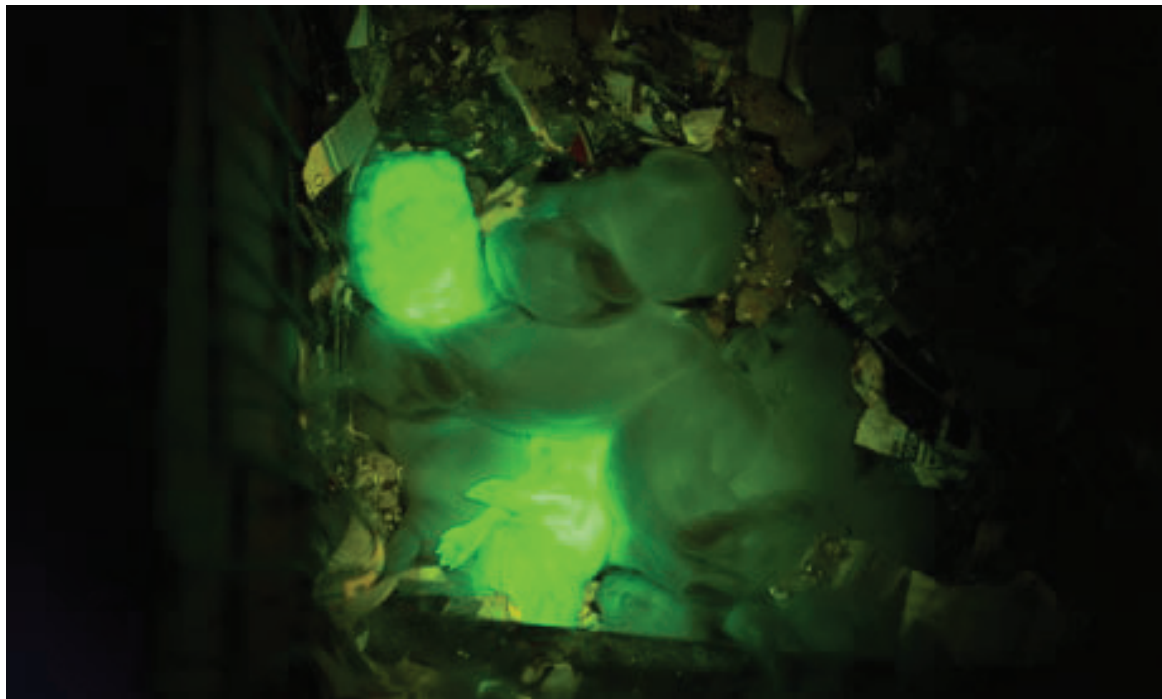
What exactly made me a biohacker is a bit open to conjecture. The term encompasses a couple of approaches to “DIY” Biology: according to Asprey, “there are two perspectives on biohacking. One is that biohacking is something you do to biology, outside of yourself; you're going to change a cell; you're going to change an amoeba and make it glow in the dark. The other perspective on biohacking, the one where I spend my time, is that you can hack your own biology, and you can gain control of systems in your body that you would never have access to.”

My foray into Bulletproof coffee seemed less like biohack and more like diet, really. I would categorize

it alongside low-carb, gluten-free, protein-heavy diets that all have had their moments in the sun. In fact, however, Asprey is advocating a ketogenic diet, which shares similarities with those diets but instead attempts to induce ketosis, a metabolic state in which the body turns fats into ketones in the liver. Ketones provide fuel for the brain and lower insulin and blood sugar levels, spelling fewer spikes in blood sugar and more sustained energy. In other words, using more butter and fats in my morning java seemed to check out.

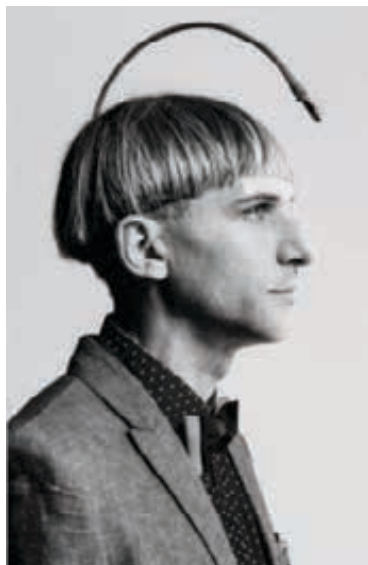
Brain Octane Oil

As for his “Brain Octane Oil,” I experimented with his less expensive and more generic offering, MCT oil (or XCT Oil under Bulletproof's branding), which is sold at specialty markets in our area such as the Berkshire Co-Op or Guido's Market. MCT oil (short for medium-chain triglycerides) is derived from



Above: Scientists injected the DNA of glowing jellyfish into rabbits to create iridescent rabbits. Credit: University of Hawaii.

Continued on next page ...



Above: Neil Harbisson is a "cyborg activist" on the extreme end of biohackers. His antenna implants allow him to receive information such as radio waves and even phone calls inside his head. Credit: Saatchi Art. Below, right: Bulletproof's XCT Oil, grass-fed butter, and mold-free coffee are the ingredients of a great start to the day for any biohacker.

coconut oil and differs from other kinds of fats in that it bypasses the gut and goes straight to the liver where it, too, encourages ketosis.

The various benefits of MCT oil such as weight loss, improved brain function, lower blood sugar, and more sustained energy have been modestly confirmed by medical studies, although the testing has been limited in scope and duration.

Enter biohacking.

I didn't have an extensive body of research to support the introduction of MCT oil into my diet, but frankly, a peek under the hood of most diets reveals a paucity of longitudinal evidence. While nearly every diet advocates the use of locally-sourced, organic, whole foods, the complexity of our bodies alters the effect of any single food item. Metabolism, activity levels, stress, allergies — all of these impact our internal chemistry, and it makes sense that we will all need to adapt our diet to our unique physiology.

How technology can help keep tabs on our bodies

Fortunately, we live in an era when it is easier than ever to access the tools to inform ourselves about biological decisions and to measure the impact of them. With the addition of an EKG function on the new Apple iWatch, consumer technology can monitor more biological functions than ever before, and paying close attention to them can allow anyone to gauge the impact of changes to their lifestyle. With the iWatch alone, individuals can track sleep patterns, heart rate and electrical activity, exercise duration and intensity, and overall levels of activity throughout the day. It even helpfully summarizes that data on periodic bases to identify shifts in our lifestyle.

Technology is also central to biohacking. This can mean something as low-tech as wearing sunglasses in the evening to block sleep-stealing blue light or something as advanced as fiddling with DNA to encourage muscle growth or to concoct homebrewed disease treatments.

Somewhere in the middle, technologically-speaking, are biohackers who have experimented with implants ranging from magnets in the fingertips to antennae that allow the user to receive phone calls inside his head. The dangers of these activities are obvious, but beyond just allowing individuals to tinker with their own genetic makeup in a garage, the availability of scientific tools such as centrifuges and thermocyclers, coupled with easy access to DNA sequencing information on the internet, creates the potential for misuse. A team at the University of Alberta recently developed horsepox, a previously extinct relative of smallpox, from materials gathered from the internet with relatively little attention from federal regulators or authorities.

Thus we find ourselves in the world of James Bond villains and box office thrillers, but the reality is truly concerning. And promising.

Technology's potential

In the right hands, this technology not only gives us rabbits that glow in the dark with jellyfish DNA, but the ability to graft desirable traits

from one organism to another that will one day allow us to intervene on hereditary illnesses. That day is coming, inevitably at this point. The question is whether it comes from the lab of a major pharmaceutical company or from your neighbor's garage.

But let's step back from the cliff to my own kitchen, where the Bulletproof experiment has been running for over two weeks. I've cut out my morning English muffin ritual every day, and I have not lacked for energy and focus, although my mid-morning snack has moved to 9:30 instead of 10. I haven't lost weight, but I feel better — enough to explore the prospect of going full Keto. I don't deal well with rule-heavy diets — and a ketogenic diet is that — but having mostly eliminated carbs and gluten from my diet, it won't be a huge stretch to focus on the organic, "clean" foods required by this regimen. I even bought a Bluetooth-enabled scale that tracks my weight, BMI, and body fat percentage, allowing me to track these indicators in an app.

If this is biohacking, then sign me up. ●





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Meet a few of your REPRESENTATIVES

By Melissa Batchelor Warnke
info@mainstreetmag.com

We normally don't talk politics in this magazine, but more than 100 million people voted in the elections on November 6, breaking national records for midterm turnout, so we thought we should let you know what came of it. And while Connecticut, Massachusetts, and New York stayed blue, there were a few close races, as with the election of Antonio Delgado (D-NY) and Ned Lamont (D-CT). Ahead, meet your new and returning representatives.

If you live in Litchfield County, CT...

Then you're in CT-5, Connecticut's fifth congressional district.

Senator: Chris Murphy, D
Chris Murphy, who has served as a Senator since 2013 and a Representative from 2007–2013, handily won re-election in this solidly Democratic district. Murphy is known for his gun control advocacy; he was at the site of the Sandy Hook Elementary School in Newtown, CT, the day the mass shooting happened and has been one of the most vocal congresspeople in the push for mental health care and expanded background checks for gun purchasing. "It wasn't that I didn't have an emotional connection to the issues that I worked on prior to Sandy Hook, but this was different," Murphy told *CNN* in 2017. "This was a calling and a mission in a way that I had never felt before." He also believes in expanding government healthcare by allowing individuals and companies to buy into Medicare, with the aim to transition to a single-payer system.

NEW US Representative:

Jahana Hayes, D

Jahana Hayes made history as the first black woman elected to Congress from any New England State. Until recently, Hayes was a social studies teacher at John F. Kennedy High School in Waterbury, CT. She was recognized by President Obama as the National Teacher of the Year in 2016. Hayes' platform is largely aligned with

Murphy's; she also believes in moving toward single-payer healthcare; expanded gun control; and building a robust public education system. This will be her first time serving in public office.

NEW – HOT RACE

Governor: Ned Lamont, D

Ned Lamont was elected Governor in a far more competitive race; he surpassed his Republican challenger, Bob Stefanowski, by less than two percent of the vote. Lamont, who was a successful telecoms entrepreneur, brought an economic focus to his campaign. Lamont said he would fight to gradually raise the state minimum wage to \$15/hr. from \$10.10, where it currently sits; promised he would not raise the state income tax or sales tax; and expand job-training programs. He also expressed interest in legalizing recreational marijuana and sports betting.

If you live in Berkshire County, MA...

Then you're in MA-1, Massachusetts' first congressional district.

Senator: Elizabeth Warren, D
Elizabeth Warren won re-election to the Senate, where she has served since 2013, by a wide margin. Warren has been embraced by the left flank of the Democratic party for her work on behalf of consumers and to lessen the burden of student debt. She is frequently named as a potential 2020 contender and revealed that she would "take a hard look" at running for president after the midterm election. President Trump has repeatedly questioned Warren's claims to Native American heritage and is likely to make this a central talking point if she runs against him.

US Representative:

Richard Neal, D

Richard Neal won re-election to Congress, where he has served since 1988. Neal is the Ranking Member of the House Ways and Means Committee, which makes him the Democrats'

go-to-guy on taxes and trade.

Governor: Charlie Baker, R

Charlie Baker won re-election to the governorship, which he has held since 2015. Baker is a popular guy; he took a whopping 67% of the vote and, at press time, his approval rating is the highest of any governor in the United States. Baker is a moderate Republican who opposes President Trump. He's known for investing in public transit, expanding access to renewable energy, and moving homeless Bay Staters from motels to shelters.

If you live in Columbia- and parts of Dutchess County, NY...

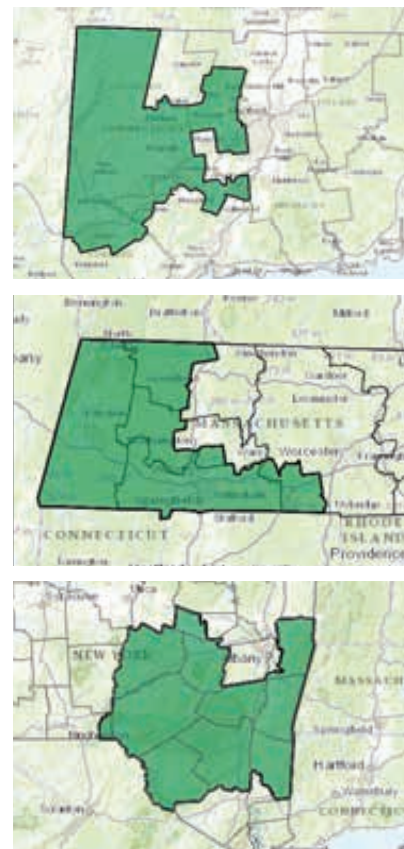
Then you're in NY-19, New York's nineteenth congressional district.

Senator: Kristen Gillibrand, D
Kristin Gillibrand, who has served as a Senator since 2009, won re-election in one of November's five woman vs. woman Senate races. Through her time in office, Gillibrand has moved from the center to the left; she was the first Senator to call for the abolishment of the US Immigration and Customs Enforcement, also known as ICE, after abuses in that agency came to light. Gillibrand, a strong voice in the #MeToo movement, was also the first to call upon Sen. Al Franken (D-MN) to resign after sexual misconduct charges were leveled against him. She is a strong supporter of single-payer healthcare.

NEW – HOT RACE

US Representative: Antonio Delgado, D

Antonio Delgado made history as the first black or Hispanic person to be elected to Congress from Upstate New York. He won the race by less than 8,000 votes. The National Republican Congressional Committee labeled Delgado, a Rhodes Scholar and Harvard Law School Graduate, a "big-city rapper" in an ad that was widely criticized as racist. Delgado believes in implementing a public option, strengthening jobs training programs, and expanding gun control.



Above, top to bottom: Connecticut's fifth congressional district. Massachusetts' first congressional district. New York's nineteenth congressional district. Maps are courtesy of Wikipedia.

Governor: Andrew Cuomo, D

Andrew Cuomo was re-elected to the governorship, which he has held since 2011. Cuomo's primary against Cynthia Nixon, the advocate best known for her role on *Sex and the City*, received national attention. While Cuomo won handily, Nixon was credited with driving him further to the left on issues like voting rights and marijuana legalization. And yet Cuomo, in his winning bid for Amazon to bring their business to New York, famously told reporters, "I'll change my name to Amazon Cuomo if that's what it takes;" in November, the company announced it would establish a second headquarters in Long Island City. Managing the influx of even more money to New York City – and fixing the much-maligned MTA – will be top of his to-do list. ●



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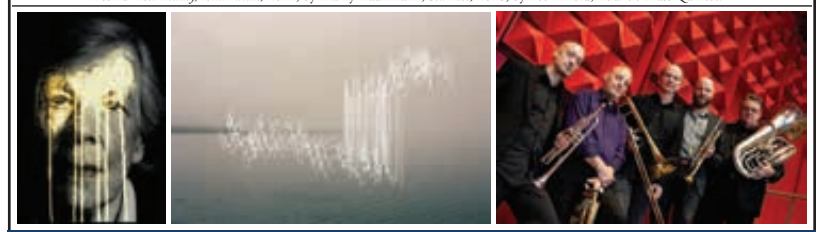
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January 24 - February 24:
TREMAINE GALLERY — *Lee Arnold: Metaphors.* Arnold's work explores systems of natural phenomena and the aesthetics of information using film, video, animation, photography, collage, drawing, and sound. Reception & talk: TBA. Free admission.

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L to R: *Lost Beauty, Iona Facial*, 2012, by Marky Kauffmann; *Sea Rise*, 2018, by Lee Arnold; Atlantic Brass Quintet.



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A SHORT HISTORY OF THE HUDSON ARMORY:

Re-purpose; old becomes new

By Lisa LaMonica
info@mainstreetmag.com

The Armory (seen to the right in a 1905 postcard) resembles an ancient fortified castle, which sits just outside of the boundaries of Hudson, NY's Historic District (which was added to the National Register of Historic Places in 1985). The Armory stood at the corner of Fifth and State Streets and was built in 1898 for \$6,000, which was paid for by Columbia County and with the vision of architect Isaac G. Perry, considered to be New York's first state architect. Many of his up to forty armories are now listed on the National Register of Historic Places.

These days, the Armory is home to the new Senior Center, Community Center, and Hudson Area Library, when it reopened and was re-purposed as such with a grand opening that took place on Saturday, April 9, 2016.

Its roles and a fire

The Armory functioned as an armory for the New York State National Guard units, and community events such as proms, auto shows, and Harlem Globetrotters basketball games.

In 1878 a new Unit named for Colonel David S. Cowles the "Cowles Guard" was in tribute to the Hudson native who had died in the Civil War. Cowles was educated at Yale, having later practiced law in Hudson and served as a District Attorney for three terms there.

Archival video footage of the December 31, 1928 Hudson Armory fire shows a vintage fire pumper and efforts to save the building, although most of the interior was destroyed with repairs not taking place until 1930. (The footage is available on YouTube at www.youtube.com/watch?v=lpA_ViqNL_k).

Units based out of the armory en-

gaged in conflicts during the Spanish-American War, World War I, and World War II. Units received much local appreciation for their assistance in 1900 while enforcing a quarantine order during a smallpox outbreak in Stockport. In 1917, a unit was dispatched to the Catskills to protect the reservoirs that supplied New York City's drinking water after a German plot was uncovered to poison it.

The Armory closed in the 1970s and had been privately owned with a most recent incarnation as the Armory Antiques Center.

A new role

Since ancient Egyptian times, libraries have been an important part of culture. If you've ever longed to know what was housed in Alexandria, you love libraries. April 9, 2016 was the long-awaited grand opening of the new library in Hudson's Armory building at State and Fifth Street. Such a long process it seems for all who anticipated this move, and to all who carefully packed books and history room archives months ahead of time in preparation.

It was worth the wait. Neighbors nearby endured such a long renovation process, and now that it's complete, they have a real jewel in their neighborhood and something to be proud of. As Congressman Chris Gibson pointed out at the start of the ribbon cutting, many area Armories need to be re-purposed and made useful again.

It's fascinating to think about the building's history. While I always loved the old library building at 401 State Street, its new role is something to be believed. I won't miss the draftiness on cold winter days in the old History Room. The new space is so much more expansive, that it would seem to encourage creativity of all kinds. In 2016, Hudson Mayor Tiffany Martin Hamilton recalling her childhood, remembered that at seven years old, finally being allowed



Above: The postcard reads: "I wonder how you will find our darling little sister today." -March 13, 1906. Collection of Lisa LaMonica.

to cross the street by herself meant independence, and she headed to the library. Libraries then and now, have always been a treat to the soul, no matter what your economic status, but libraries are especially important to the underprivileged. Providing safe havens to troubled youth and entertainment to those with limited means, libraries are where we all go for enrichment.

More than just a library

It's no different today. Making the old Armory useful again makes great sense. It's also more than a library. This space now also serves seniors in their own Senior Center on the second floor where staff has been tirelessly setting up enrichment programs. The community and many local businesses have been donating supplies for the kitchen and ongoing classes like art, needlework, and exercise.

The third floor with its resplendent light and views, comfy couches, and portraits of the children gracing the walls, will be where the Perfect Ten After School Program has their own space working on upcoming programs like an anti-bullying campaign and forming an animal rights group.

What a treat to see the girls dancing a colorful Caribbean Carnival dance

during the open house led by Mrs. Badila. Contributions are accepted at their website: www.perfecttenafterschool.org. Anyone interested in developing a program or volunteering, perhaps with a snack program, can contact laura@perfecttenafterschool.org.

The History Room

Last but not least is the History Room, located on the main floor of the library. This is where house histories can be traced, early edition poetry books by Edna St. Vincent Millay, and other rare books can be found, ancient maps are kept, and you may look at original documents, vintage postcards as well as Rowles Collections early photographs of Hudson.

Many authors and historians as well as native Hudsonites and newcomers to the area have found the History Room to be a valuable asset to research. Not every local library is blessed in such a way but we are lucky to have this treasure as well as its knowledgeable volunteers providing information on a variety of topics.

Continued on next page ...

The Hudson Area Library History Room houses a special collection that pertains to the history of the City of Hudson, Greenport and Stockport, as well as Columbia County and New York State. The History Room also hosts the Local History Speaker Series, offering free monthly talks on diverse topics related to the history of Hudson, Greenport, Stockport, and Columbia County. Talks include collaborations with local historic organizations such as The Jacob Leisler Institute for Study of Early New York History, the Greenport Historical Society, the Hendrick Hudson Chapter of the DAR, the Van Hoesen House Historical Foundation, SBK Social Justice Center, and the Underground Railroad Project of the Capital Region.

The History Room hours are Tuesdays 4–6pm and Saturdays 10am to 12pm, during which people visit and browse the extensive collection of city directories, yearbooks, and local history books; and research items in the archival collection. The public can also request information on local history that volunteers will research. Appointments are available upon request. For more information email reference@hudsonarealibrary.org, call (518) 828-1792 x100, or visit the main desk in the library.

The Senior Center

The City of Hudson Senior Center and library collaborations include: Core Strength & Balance classes with Dr. Paul Spector – this workshop

will introduce exercises that improves postural stability, core strength, spatial body awareness, sensory integration, agility and coordination. The class size has a cap of 12 to allow greater flexibility in addressing the needs of each participant. After completing the series of four sessions, the individual will have mastered a balance routine that they can continue independently at home.

Swing Dance at the Armory (done seasonally), recaptures the magic of the Armory dance parties of past years. This program, sponsored by the City of Hudson Senior Center and Hudson Area Library, is free and open to all ages. Registration is appreciated. The Fabulous Versatones will play while you dance the night away in the library's community room. Refreshments will be served. So bring your dance shoes and your attitude and get ready to swing to music from the 40s, 50s, and 60s.

Watercolor with your grandperson – a grandparents, children, and grandchildren watercolor workshop is run by teaching artist Gretchen Kelly. All materials will be provided. Refreshments will follow. Registration required.

For young children and their families:

Story and craft hours for children and families are held on Wednesdays, Thursdays, and Saturdays. Also, for day care, PK, and K class trips.

Movement and music – musician Abby Lappen conducts an hour of



Above: Children and adults in the High Five! program. Below, left: The History Room. Images courtesy Hudson Area Library.

song, movement, and community with children's music and an irresistible call for engagement. Ages birth to five years old.

Folktales and stories – arts educator, writer, director, and performer Pamela Badila reads and tells traditional stories from around the world with music, performance, and crafts for children and their families. Children of all ages are welcome.

High Five! – families with a child, birth to five, can join a supportive community and learn everyday, fun activities to help build their child's reading skills. There is a story and craft hour, for ages two-plus in the library while parents attend a discussion and activity session. There are guest instructors and field trips. Older siblings are welcome in the library during the program. Participants will receive free books and prizes each week. Lunch will be provided.

The summer reading runs five days a week throughout the summer.

For tweens and teens:

Minecraft Club – held on Wednesdays and Saturdays. Minecraft Club, where kids and teens get to play and battle together on the Armory's special servers to explore, gather resources, and survive against monsters that creep, crawl, and explode!

Tween Advisory Council – The Hudson Area Library Tween Advisory Council is comprised of youth ages eight to 12 who take a leadership role in providing input on youth library programs, planning, and implement-

ing their own program ideas, recruiting other tweens to be involved in library programs, and engaging in community-based projects. Their programs include DIBS (Doing It Better Series) and movie matinees for tweens and teens.

Hack the Library! is held over the winter and summer breaks and it is intensive. It is a digital arts (video, music, photo) media camp taught by teaching artists and it is for tweens and teens ages eight to 18.

A place for creativity and joy

Throughout the day, whether seeing people you always see or haven't seen for awhile, there is such a strong emotional feeling being there. This new space is inspiring, and will accommodate much of this community's under-served needs. It is a place of creativity and joy.

Sher Sullivan Stevens who manages the Hudson Senior Center has said recently, "The staff encourages everyone in the community to visit this beautiful space and learn about the myriad of events – especially those who have not yet visited. I love the phrase banded about in the country: 'Libraries are not just for books anymore!'" ●

Suggestions for programming and events are welcome; contact Sher Stevens at sherstevens@gmail.com. Visit the library website for events including regular old time swing dances at hudsonarealibrary.org.





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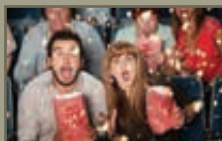
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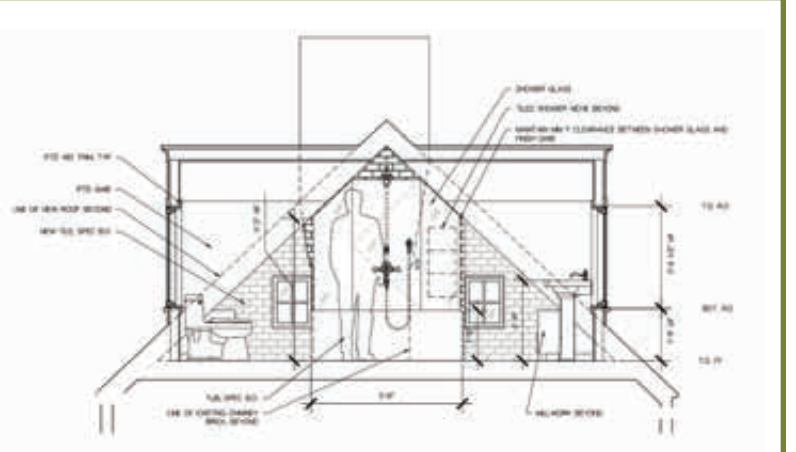
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Living in a symphony

ANTHONY & CHARLIE
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By CB Wismar
info@mainstreetmag.com

Theirs is a story so magical, it almost cries out for its own musical score. It must be original music, of course, not derivative, but a piece as unique as Anthony and “Charlie” Champalimaud are individuals and as elegantly lyrical as they are as a couple and proprietors of the Amenia, NY, hospitality gem – Troutbeck.

So replete with historic references, famous visitors, and monumental events that it could deserve a volume all its own, Troutbeck today is the realization of imagination, drive, sensitivity, creativity, and conviction that mirrors the work these two have invested in not only restoring the property to its pristine beauty, but making it a true “go to” destination in the Hudson Valley and nearby Litchfield Hills.

How it all began in Kenya

The opening bars of this orchestration must have the emotional beat of tribal drums. For Anthony and Charlie (her given name is Charlotte, but the energy and brightness of her character make calling her “Charlie” an absolute must) the story began in Kenya. “We met at a wedding,” comments Anthony with a quiet candor that is very much in keeping with his personality. “We were both invited to attend by the

owner of the retreat where the wedding was held....” “...and I decided that when we met, we were going to be completely up front from the beginning,” Charlie completes Anthony’s sentences in a way that bespeaks the incredible bond they have.

That first meeting quickly became days and weeks – and intercontinental travel – and Anthony needing to fly from London to Norway – and invitations to picturesque Scandinavian Christmas celebrations. Theirs is a love story of long flights, tight connections, late nights, early mornings, and a soundtrack punctuated with laughter.

The not-so secret “of course”

The musical score shifts to elegantly played piano, the singing of traditional Christmas carols and an exhilarating conversation with Charlie’s father that beautifully played out the trusted tradition of asking for a daughter’s “hand in marriage.”

The fact that Johan said, “Yes ... of course...” was to be kept a secret. Anthony wanted to ask Charlie to marry him where and when he chose. By the end of that December evening, however, her father’s permission had gone viral. Literally



around the world, there was an audience eagerly waiting to hear the orchestration of the next movement. When would they would marry?

But Anthony is patient and focused with laser-like precision. The musical score shifts once again to the fully orchestrated horns and strings and percussion of New York City where, marriage proposal accepted, Charlie and Anthony marry on an April day, scurry north to have drinks and oysters at the legendary Oyster Bar at Grand Central Terminal, visit the terrace of Grand Central where Charlie tosses her bridal bouquet, then off to celebrate with a performance of *Hamilton*. Primitive. Classical. Orchestral. Rock ‘n Roll. Big Band. Rap. New Age. World Music. And, that’s just the beginning.

Charlie and her travels

International travel was not unusual for Charlie, who had created a career with UNESCO, lived in New York, traveled the world, taken a degree in War Studies at London’s King’s College, worked for Human Rights Watch, and found great fascination with the cultural

Above: Anthony and Charlie at Troutbeck. Photo by Nicole Franzen. Below, left: Troutbeck’s exterior. Photo by Michael Mundy.



Continued on next page ...

heritages of Africa. Preserving the heritage of Troutbeck while making it accessible and welcoming for new generations is clearly a focus for her and perfectly meshes with Anthony's vision for the property.

Anthony and design

Anthony had grown up in Canada, where his internationally celebrated mother, Alexandra, had emigrated from Portugal when military coups made life in her native country unbearable for a family with two young sons. Her tenacity and talent merged as she created Champalimaud Design and has proceeded to build a blue ribbon client list that includes design work for hotels around the world: The St. Regis in Beijing, Four Seasons in Jakarta, and the Waldorf Astoria in Chengdu among many others.

Anthony speaks with great affection about his mother who worked with the young couple to create the enchanting design of Troutbeck. Alexandra, who has a home in Litchfield, visits frequently to incorporate time with Anthony and Charlie's son, Johan Carlos.

"When I first came to the US with Anthony, we came to Troutbeck," recalls Charlie. "Just the potential for this to be something truly wonderful was evident. I wanted to be very much a part of making Troutbeck what it is ... and can be."

Charlie's background in cultural

heritage and restoration serves her well as she digs deeper into the history, the aura of Troutbeck, and manages to incorporate that sensitivity into a place that is not a museum but a living extension of the rich history that has been part of the property since its initial construction in 1765 by the Benton family.

Anthony studied art in England and pursued a career that intersected with Champalimaud Design, working his way up to upper management and gaining a fully realized knowledge of the hospitality industry, executed with style, elegance and utility. "It took over six years for us to acquire Troutbeck, but through that entire period, we were tightly focused on the notion of creating a welcoming, peaceful place to which people would be drawn to fully experience what we have to offer."

They make Troutbeck greater than the sum of its parts

The simple facts about Troutbeck as it is offered to patrons include 37 guest rooms, a secluded pool, gardens, trails, a meandering river, an outstanding farm-to-table restaurant presided over by Chef Marcel Agnez, and great meeting spaces.

What Anthony and Charlie have brought to the property are the intangibles that move the physical space into the realm of being an



Above: A common area in Troutbeck. Below, left: Troutbeck's pool area. Photos by Paul Barbera.

experience. "We want the community to be comfortable here," offers Anthony, who refers to the menu in the restaurant and a robust hosting of community events ranging from film screenings hosted by the Boondocks Film Society to lectures by internationally renowned authors to appearances by Pilobolus, the adventurous dance company from Washington, CT.

Perhaps the most vivid example of the realization of that wish was the New Year's Eve Party as 2017 became 2018. The announcements had been made. The menu was set. The music was carefully selected. "But, who was going to show up?" Both Anthony and Charlie smile demurely as they reflect on the "big evening" and the calculated risk they took. "Suddenly, people just started appearing," remembers Charlie. "And by the end of the evening, the predictable small groups and cliques had given way to one tremendous party," finished Anthony with a grand smile. "It worked!"

A broad invitation to a perfect home

Weddings, corporate retreats, board meetings are all welcome at Troutbeck, but an equally expansive welcome is offered to entrepreneurs looking for space to think, dream, and "ideate."

"We have great spaces to reflect – to think – to have quiet conversations – to explore," suggests Anthony, whose own reflective style

finds form and substance in this special place.

In very intoxicating ways, the personalities of both Charlie and Anthony have blended into the historic setting of Troutbeck. They have not allowed it to be a staid, somewhat tedious memorial to the parade of thinkers, artists, writers, political figures, and imposing historical personages who have walked these gardens and paced these halls. They are vibrant, energized, open and truly gracious people ... and this unique creation reflects those qualities at every turn.

Getting people to talk about the future can be daunting, amusing, or directionless. With Anthony and Charlie Champalimaud, the discussion is electric: "Nothing stands still," offers Anthony. "There are plans emerging that we can't yet discuss, but they are very real and very exciting." And, Charley picks up the thread and carries it forward. "We're moving quite near here so that we can be more present, more engaged. There is so much to do – so many things to enjoy and celebrate about the area and the experience, we want to make sure we don't miss a thing."

And, the music plays on ... Anthony and Charlie Champalimaud are best found at Troutbeck. ●

To learn more about Anthony, Charlie, or Troutbeck visit, www.troutbeck.com.



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A great American elm



For over a century, a great American elm tree (*Ulmus americana*) has stood in the town of Copake, NY. Located on the Kneller Insurance Agency's property there, where the newly-opened branch of The Bank of Greene County is located, the tree is now one of the largest of its species in the Tri-County area. Standing at approximately 100 ft tall, this enormous tree has become a landmark in the Copake community – and perhaps beyond.

By Madison Smith
info@mainstreetmag.com

Ulmus americana

According to Wikipedia, "*Ulmus americana*, generally known as the American elm or, less commonly, as the white elm or water elm, is a species native to eastern North America, naturally occurring from Nova Scotia west to Alberta and Montana, and south to Florida and central Texas. The American elm is an extremely hardy tree that can withstand winter temperatures as low as -42°C (-44°F). Trees in areas unaffected by Dutch elm disease can live for several hundred years."

Preservation efforts

Race Mountain Tree Service (providing the Berkshire region with tree care and forestry consulting since 1977) has been taking preservation measures in an effort to uphold the American Elm's longevity since 2017.

With funding from both The Bank of Greene County and the Kneller Insurance Agency, Race Mountain Tree Service has pumped over fifty gallons of a safeguarding solution into the cambium layer (a delicate tissue between the inner bark and wood of the tree) at the base of the tree each time that they have treated it. The solution strengthens the tree's resistance to the vascular "Dutch elm" disease.

Since 1961, Dutch elm disease has plagued the many species of elm trees across the United States. This possibly deadly disease is caused by a fungi that is spread by bark beetles. Once the fungi is introduced, the tree attempts to stop the fungi from spreading by plugging up its xylem tissues. However, while this may prevent the fungi from spreading, it also prevents key nutrients and water from travelling up the tree. Without proper treatment of the tree or taking preventative measures to keep the bark beetles away, this obstruction of the xylem could slowly kill the elm.

A call from a neighbor

The Kneller Insurance Agency, formally known as Brad Peck Insurance, has been operating in Copake since 1945. When they purchased the current property in 2017, they were informed by a concerned Copake local that the American elm in their new

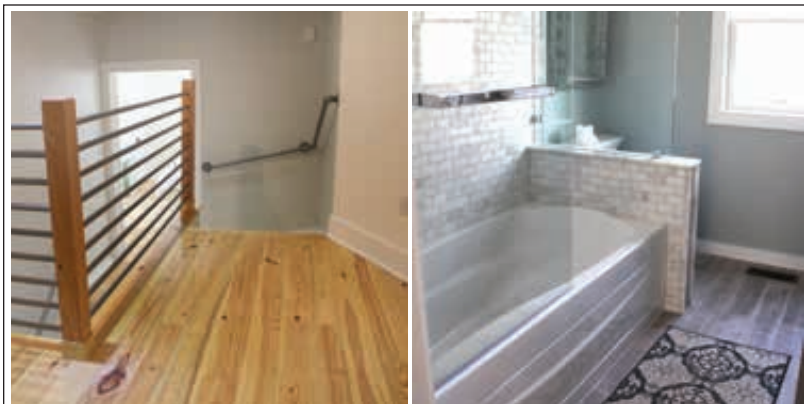
front yard had previously received life-preservation treatments that had been funded by Key Bank when they were located there.

The procedure had included a drenching that would lessen the American elm's chance of contracting the Dutch elm disease. However, that procedure had been discontinued about five years prior due to the expense.

Concerned about the health of the tree, Kirk Kneller, president of Kneller Insurance, approached the president of The Bank of Greene County, Don Gibson, who agreed to assist with funding the tree's preservation.

The Kneller Insurance Agency recognizes the importance of the Town of Copake's landmarks and has a deep commitment to its community. Along with The Bank of Greene County, they are committed to continuing the preservation of this great American species. "Anyone that has been through Copake remarks as to the grandeur of the stately old elm," stated Kneller. "We at the Kneller Insurance Agency as well as our friends at The Bank of Greene County are fiercely committed to doing everything possible to ensure our elm's longevity through continuous maintenance moving forward." ●

Above, top to bottom, L-R: Kirk Kneller (R) stands next to one of Race Mountain's tree experts. The tube containing the safeguarding solution. Race Mountain's tree experts injecting the tree with the solution. The tree as it stands in front of The Bank of Greene County on County Route 7A in Copake, NY. Photos by Kirk Kneller.



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Explore Grenada

RATHER THAN JET SETTING TO YOUR FAVORITE WINTER HIDEAWAY, SPICE IT UP AND EXPLORE A NEW DESTINATION.

By Regina Molaro
info@mainstreetmag.com

The dark days of winter certainly take a toll on our happiness and well-being. That's why January and February are ideal months for exotic getaways to sunny destinations such as Grenada – an island country in the West Indies, which is approximately 100 miles north of the coast of Venezuela.

This friendly Caribbean country is also referred to as the “Isle of Spice” due to its prolific production of cinnamon, cloves, ginger, cacao, nutmeg, and tropical fruits. English is the country's official language, but people also speak Grenadian Creole English and Grenadian Creole French, which both reflect the island's African, European, and native Indian heritage.

Grenada is volcanic in origin and boasts a ridge of mountains running north and south and pristine landscapes, which are still undiscovered by crowds. If your new year's resolution involved a vow to explore new territories, be more adventurous, or indulge in a new hobby such as scuba diving, Grenada is the destination for you.

Explore...

Beyond frolicking in the surf and relaxing in the shade of a leafy palm tree, there are plenty of things to do. Grand Anse Beach entices beach-goers with a two-mile stretch of soft, powdery white sand and azure waters. Sip



coconut water from an actual coconut at one of the casual beach huts that dot the coast.

An exotic underwater sculpture park in the Moliner Beausejour Marine Protected Area lures scuba divers, snorkelers, and art aficionados. One of the main attractions is “Vicissitudes,” a circle of life-size figures (cast from local children) that are holding hands. “The Lost Correspondent” features a figure working on typewriter at a desk that is littered with historical newspaper articles that relate to Grenada's previous involvement with Cuba. The award-winning Dive Grenada (PADI 5 certified) center can arrange your visit. divegrenada.com.

Conservation Kayak offers a range of guided kayak adventures to suit every skill level. Paddle out to a deserted island, swim in turquoise seas, and bask in the warmth of the sun. Longer trips offer an organic lunch, refreshing drinks (beer and non-alcoholic options), and some time to unwind on a secluded beach. conservationkayak.com.

Those who yearn to do stand-up paddleboarding can explore the mangroves, quiet bays, and secluded beaches of Grenada with SUP Grenada's Eco Tour. Swimmers who are confident in windy, choppy conditions can dare to challenge themselves via a SUP surfing lesson. supgnd.com.

Nature buffs and hikers can explore the mountainous areas of Grenada, which boasts dormant volcanic ridges and valleys. Visit Concord Falls, Mt. Qua Qua, Seven Sisters Falls, or Grenada's steamy hot springs with Mandoo Tours. grenadatours.com/hikes.htm.

The Dodgy Dock eatery and bar at True Blue Bay Resort is home to Esther and Omega's Grenadian cooking class, held Thursdays at 3pm, reservations are not required. dodgydock.com.

Chocolate enthusiasts will enjoy Belmont Estate – a 17th century plantation that is home to cocoa processing facilities, an organic farm, gardens, and a heritage museum. An open-air restaurant entices guests with

Above: The lush grounds of Mount Cinnamon. Image provided by Mount Cinnamon Grenada. Below, left: The beach at the Calabash resort. Image provided by the Calabash resort.

Continued on next page ...

its traditional Grenadian cuisine. Be sure to snap up some of the world's finest premium grade chocolates at the gift shop. belmontestate.net.

Sample locally made rum at the River Antoine Rum Distillery, which has been producing ultra-smooth rum since 1785. A guide will walk you through the process – one that remains relatively unaltered since the distillery's earliest days. Pearls Main Rd, Moya, 473-442-4755.

Those seeking a bit more buzz and culture can head to Grenada's capital, St. George's, which is a mountainous port area dotted with pastel-colored houses. While there, visit the Grenada National Museum to learn about Grenada's history and archaeology. grenadamuseum.gd.

Stay...

Calabash Luxury Boutique and Spa is a Relais & Châteaux Property that offers five-star service in a relaxed, intimate atmosphere. calabashhotel.com.

Coyaba Beach Resort's design scheme and vibe draws from Amerindian life from centuries past. In fact, the name Coyaba is an old Arawak

Indian word, which means Heavenly. The ocean-front hotel boasts water views, an on-site scuba diving and watersports center, as well as double tennis courts and a personal instructor. coyaba.com.

Laluna has been named one of Grenada's most Romantic Caribbean resorts. *Fodor's 100 Hotel Award* referred to the resort as "casual chic – effortlessly stylish with rustic-modern appeal." laluna.com.

Eco-luxury retreat Maca Bana is perched atop two acres of seafront hillside and offers spectacular views of St. George's and Magazine beach. Take Instagram-worthy shots by the edge of the infinity swimming pool. Maca Bana offers uniquely designed bedroom villas and private hot tubs. Lush tropical gardens, a cascading waterfall, and terrapin and koi fish ponds up the ambiance. macabana.com.

USA Today named eco-luxury boutique destination, Mount Cinnamon Resort and Beach Club "Best Caribbean Resort" in 2018. This seaside enclave offers sailing, paddle boarding, and fishing as well as indulgent beachside massages. The Green Globe Certified resort offers an extensive



Above: A view of Mount Cinnamon and Grand Anse Beach. Image provided by Mount Cinnamon Grenada.

selection of accommodations from suites to villas and beyond. "Grenada offers so much unspoiled beauty for residents and tourists alike to explore and enjoy," says Mark Kitchen, general manager of Mount Cinnamon Beach Resort & Beach Club. "With villa suites tucked into the mountain-side overlooking Grand Anse Beach, our guests are fully immersed in the island's incomparable landscape – and only steps away from the ocean." He goes on, "We also offer a curated array of activities for guests to enjoy and explore – from spa to diving, cooking classes to island tours. Mount Cinnamon offers something for everyone, and we enjoy personalizing their experiences on property and throughout the destination." mountcinnamongrenadahotel.com.

The only hotel in Grenada to receive the prestigious AAA Five Diamond Award, Spice Island Beach Resort offers beachfront suites with stylish contemporary décor, breezy terraces, and private lawn gardens. Some have private plunge pools. spiceislandbeachresort.com.

Eat & drink...

Relax with a cocktail and bite at Umbrella's beach bar (umbrellas.gd). Take in the ocean vistas while listening to some live music (weekends only).

There's always a reason to celebrate at the colorful, waterside hideaway, Dodgy Dock. It hosts a happy hour every day of the week from 5 to 6pm. Live music entertains revelers every Tuesday, Friday, and Saturday. Grenadian night is held on Tuesdays

and Mexican night on Fridays. dodgydock.com.

For authentic Indian cuisine, visit the ultra-stylish Punj-abi. punj-abi.com.

Sushi aficionados will enjoy indulging in the fresh seafood offerings at YOLO Sushi. Indulge in the chef's special rolls, which feature the catch of the day. victorybargrenada.com/yolo-sushi.

Craft ale and cider enthusiasts can sip and sample the offerings at West Indies Beer Company. It offers a sprawling space and a chic, welcoming interior. westindiesbeer.com.

Unwind...

Serenity now! Indulge at one of Grenada's serene spas such as Blue Haven Spa (truebluebay.com/bluehaven-spa); Coyaba (coyaba.com); or Cinnamon Spa (mountcinnamongrenadahotel.com/spa-yoga).

It's easy to unwind at Sankalpa Yoga Studio – a tree top studio with ocean vistas (truebluebay.com/sankalpa-yoga-studio). There's also Spice Harmony Yoga, which boasts a sunny studio that overlooks exotic fruit trees (spiceharmonyyoga.com). MitSukha (yoga.gd) invites yogis to practice in a beachside gazebo and Mount Cinnamon (mountcinnamongrenadahotel.com/spa-yoga) offers sunset beachside yoga.

Those who yearn to take a bit of Grenada home with them can snap up some colorful locally-made textiles, throw pillows, stationery, and other wares at Nutmeg Design Company. nutmegdesigncompany.com. •



Above: Take in a golden sunset from Grand Anse beach. Photo: Regina Molaro.

It's time to think outside the box:

Video, drones & commercials

In our fast-driven tech world, things can change overnight. Something new to consider for your business' design and marketing arsenal is the use of videography, drone photography and videography, and utilizing that footage for a strategic commercial (to be used either on TV, or on your website, or social media channels). You've heard the term "a picture is worth a thousand words" – well perhaps videography is worth a hundred thousand words then! We can custom-create marketing videos and commercials from concept to finished product. It's an exciting time with this technology and it can be utilized in so many fashions. One's imagination is truly the limit on this.

Marketing strategies

Everyone believes that they can come up with an ad concept or strategy. Sure, everyone certainly can. But how effective are they? That is the question! Some of the best marketing strategies are the ones that are "out of the box" and catch the attention of the potential customer. But isn't that the objective, you ask – to get your customers' attention? Of course it is. That's why a strategic and smart marketing strategy is your best investment. That marketing needs to be informative and needs to set you apart and tell the story of why your business is the best fit for the job. But the trick is to make it interesting and effective. Let us help with that, and help to get the word out.

What your graphics say about you

What do you feel that your graphics say about your business? What does your logo say, and do your other design elements reinforce that logo? Think of your brand (your logo and its elements) as the first impression that your customers get when "meeting" your business; does that graphic convey the right emotion, does it grab attention, does it do its job? It better be doing its job and getting you attention! When it comes to your brand sometimes "out of the box" isn't the right fit because your brand needs to be "right" for the job that it needs to do. However, sometimes doing something unexpected and "different" can help grab that attention you've been seeking.

Video, drones & commercials



Website design & marketing



Branding



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INSURING YOUR WORLD

It's a New Year and time to rethink many things in our lives. For many, this is a slower time in your year so why not do a deep review of your insurance policy? Start by checking your homeowner's policy, is your dwelling properly valued? And have you checked to see if you can save some money by increasing your deductibles? Do you have fine art or collectibles that need special coverage? If you are a renter, do you have a tenant homeowner's insurance policy? Let's move to your automobile policy ... have you checked to see that your liability limits are high enough and what are your comprehensive and collision deductibles? A good credit can be obtained by raising the deductible from \$500 to \$1000! Should you delete the comp and collision on that vehicle that has over 150,000 miles? Do you have a personal liability umbrella? These are very inexpensive and are good policies to have should you have an accident and get sued for over your basic policy limits. Lastly, how's your life insurance program? Whole life policies are a great product that combines death protection with cash accumulation. As the old saying goes, people don't plan to fail ... they fail to plan!



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New year, new construction

As we enter into 2019, some of you may be interested in building a new home. While looking for a building lot for your new home, you should take the following into consideration:

- It is very important to adhere to the rules that are put in place by the town's building department.
- To have proper water accessibility, either through a well or town water supply.
- Depending on the soil content, it will determine what type of septic system you will need. If you are building in a township that has a sewer system, be sure to look into what is involved in hooking up to that system.

Once you have these very important items checked off your list, you are ready to focus on your house and the next steps. Once you have an idea of the style of house you would like to build it's important to find an architect/engineer that will work well with you and your design. Then once you break ground, starting with a good foundation is crucial. The foundation is the starting point of the home, if it isn't perfect then the house will not be perfect. Next, it is important to have good doors and windows, and ample insulation. Insulation is an item that I would recommend not skimping on, because if you do you will regret that decision on those cold February nights and those scorching hot August days. After all of these items are figured out the fun can begin: you can start to pick out your flooring, kitchen, vanities, tile, paint colors, and so much more.

Don't be overwhelmed or scared of the building process. Yes, it is time-consuming and there's a lot to do, but nothing beats the feeling of walking into a house that you dreamt about, you then put that dream on paper, and then ultimately built and made your reality. Nothing matches that feeling!

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NOW is the best time to examine...

NOW - today - at the start of the New Year - is the best time to examine your business' marketing strategies, as well as any facelifts it might need (perhaps a new identity?), or technological updates (is your website outdated?). We live in a fast-paced world where things can change overnight. And no matter our business or industry, we all have to keep with the times to stay current. If we don't, we can become outdated or even obsolete - or worse yet, we can lose out on business.

But don't approach things from a place of fear. Don't be on the defense. Rather, work from the side of offense. The start of the year is a great time to examine your business and compare it from the past few years, examine any trends and changes, perhaps your clientele is getting younger? If that's the case, you need to examine how your business can pivot with its marketing and designs to better appeal to that younger demographic. Where are they finding out about your business? Word-of-mouth, social media, your website, print ads? You need to know these things. And you also need to be able to control the narrative. How you do that is by doing three things:

1. Know your business, where it came from and where it is going
2. Know your clientele - your existing clients as well as the ones you should be targeting while growing your business
3. When you are fully in the know about the two points above, then you or you in collaboration with a strategic marketing/design professional should be able to come up with a great strategic plan to grow your business by appealing to- and reaching your desired clientele.

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2019: A time to break out!

As hair stylists with years of experience in the industry, a common refrain we hear is, "I want a change ... but I really don't want it shorter." We seem to have a comfort zone and an attachment to our identity when it comes to our hair, so changing our style can be difficult. Husbands and children and family come up as resistors when considering big changes. You might be surprised by that resistance! The beginning of a New Year is a perfect time to think of new ideas and styles though. Given our seasonal challenges with cold weather which can alter textures, this can be the perfect time to consider something new! Take a look around and notice styles that you admire. Ask yourself if you could picture yourself with something similar. Collect your pictures and look at old pictures of yourself. Your history is really told in hair styles! Gather your courage and ideas and challenge your stylist to take a fresh look in the mirror. You can work together to take a leap of faith and step out together to open a new chapter. Let it be fun and liberating! We can enter the New Year with a hopeful and positive energy. So, next time you see your stylist, bring your ideas and pictures, and see what good things happen. All best wishes in the new year!



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Elyse Harney Real Estate

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Elyse Harney Real Estate was founded in 1987. The company has expanded over the years and now has 25 active, team-oriented, agents. As the village of Millerton, NY, is growing and expanding so is Elyse Harney Real Estate! They are excited to announce their beautiful new office space at 36 Main Street as well as an expanded team of agents who are now serving the New York market. The team includes Arleen Shepley, Bob Russo, Mimi Ramos, Lorie Kupetz, Rebecca Dean, Rob Russotti, and Jonathan Scarinzi. "Our doors are always open – stop in to meet the newest additions to our team or share a cup of Harney & Sons tea with old friends." Elyse Harney Real Estate proudly serves over 40 unique communities with real estate in Litchfield County, Berkshire County, Dutchess and Columbia County's beautiful Hudson Valley region. Elyse Harney Real Estate will assist you with residential and commercial properties, vacant land, rental properties, land conservancy, and preservation. "We are honored to be immersed in the heart of the Millerton community and excited to toast our new agents, new office – and continued success built upon a tradition of trust (our motto meaning putting the clients' interests first, whether they're buying or selling, and they are always well represented)."



PK Building & Remodeling

Fully licensed and EPA certified for all facets of construction. (860) 485-4696. info@pkcontractingct.com. pkcontractingct.com

Lifelong friends Mike Pallone and Gregg Karcheski grew up in the Northwest corner of Connecticut with strong ties to the community. They started PK Building & Remodeling in January of 2005, initially as a trade-specific business doing painting and taping. Now they have grown into a general contracting/construction company. For over a decade, the company's goal has been to create work of superior quality and enduring beauty. Employing a team of creative, skilled, and passionate workers, PK is able to assist their clients through every step of a new construction build or complete remodel to achieve a final look that meets their clients' expectations. Interior and exterior painting, pressure washing, drywall taping, plaster repair, stain matching, faux finishes, spray finishing including interior, exterior, and millwork are among the company's considerable skills. No matter the size of the job, this full-service contracting company offers one-stop capability to take your project from concept to completion in a timely fashion. "We truly enjoy offering our clients creative solutions to produce beautiful kitchen and bath remodels or additions that are both practical and functional." Their skilled professionals produce quality work that turn client's dreams into reality. PK is fully licensed and EPA certified for all facets of your next project.



Merwin Farm and Home

A one-stop-shop for antiques, hand-painted gifts, and monthly DIY workshops. 1 John Street, Millerton, NY. (518) 592-1717.

In the mood for some great antiques and to get crafty this year, but not sure where to go that offers both? Nestled in Millerton, NY, Merwin Farm and Home is the perfect place for you to check out. Charlotte Merwin and Shannon Sheridan teamed up about five years ago selling antiques and hand-painted signs and decided it was time to officially open their business doors, which happened on September 2, 2018. Aside from the great antiques and many handmade products, they also offer monthly DIY workshops. Each workshop has a specific theme to create the perfect piece of decor for the upcoming season and/or holiday, and not to mention you will have so much fun putting them together, too. "It's so fun seeing people come together to create something they never thought possible. We love seeing pictures of the pieces we've made in their new homes." In the new year (and many years to come) Charlotte and Shannon are looking forward to continuing their relationship with the community and offering more fun workshops for all to enjoy. "We love so many different elements, and getting to combine them has been great. We hope to continue to grow and create beautiful things." Many of the Merwin Farm and Home patrons are from Millerton, Amenia, Sharon, Lakeville, and Salisbury, but Charlotte and Shannon look forward to meeting more folks from the surrounding area as the business grows.



Eastern States Well & Pump Services

Water well drilling, geothermal drilling, water filtration, & more. 8960 NY 22, Hillsdale, NY. (518) 325-4679. claverackpumpservice.com

Former owner Joe Flood, Jr. recently retired and sold Eastern States Well Drillers to the owners of Claverack Pump Service, Raymond Chuck Keyser and son Raymond Alex. Good water is essential to your health and home. Claverack Pump Service has been providing quality water solutions to homes and businesses with well drilling, geothermal, pump houses, irrigation wells and systems, effluent systems, lift stations, flow testing, constant pressure systems, submersible and jet pump installations, hand pump installs, and water filtration since 1946. With new technology and equipment constantly affecting the water systems industry, their team of professionals are constantly updating and improving their operations – they have experience of the old and knowledge of the new processes that are required. Having earned a reputation for providing outstanding water conditioning products and excellent customer service, they are confident that they will be able to deliver the high quality water you deserve. Eastern States Well Drillers, and now Eastern States Well & Pump Services, has enjoyed over 50 years of working in the local community and are looking forward to many more years of bringing clean water to your home and business with great customer service, professionalism, promptness, and efficiency.



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To open the account you must deposit at least \$5.00. You must maintain a minimum balance of \$5.00 in the account each day to obtain the disclosed annual percentage yield. A \$12.00 fee may be charged for early closure or withdrawal of funds before maturity. This club account is automatically renewable. The Club term matures on the third Monday in October and will automatically renew. A check will be issued for the account balance at this time. An automatic deposit can be set up to your Salisbury Bank checking or savings account. You will have thirty (30) calendar days from the renewal date to close this account without a fee.

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