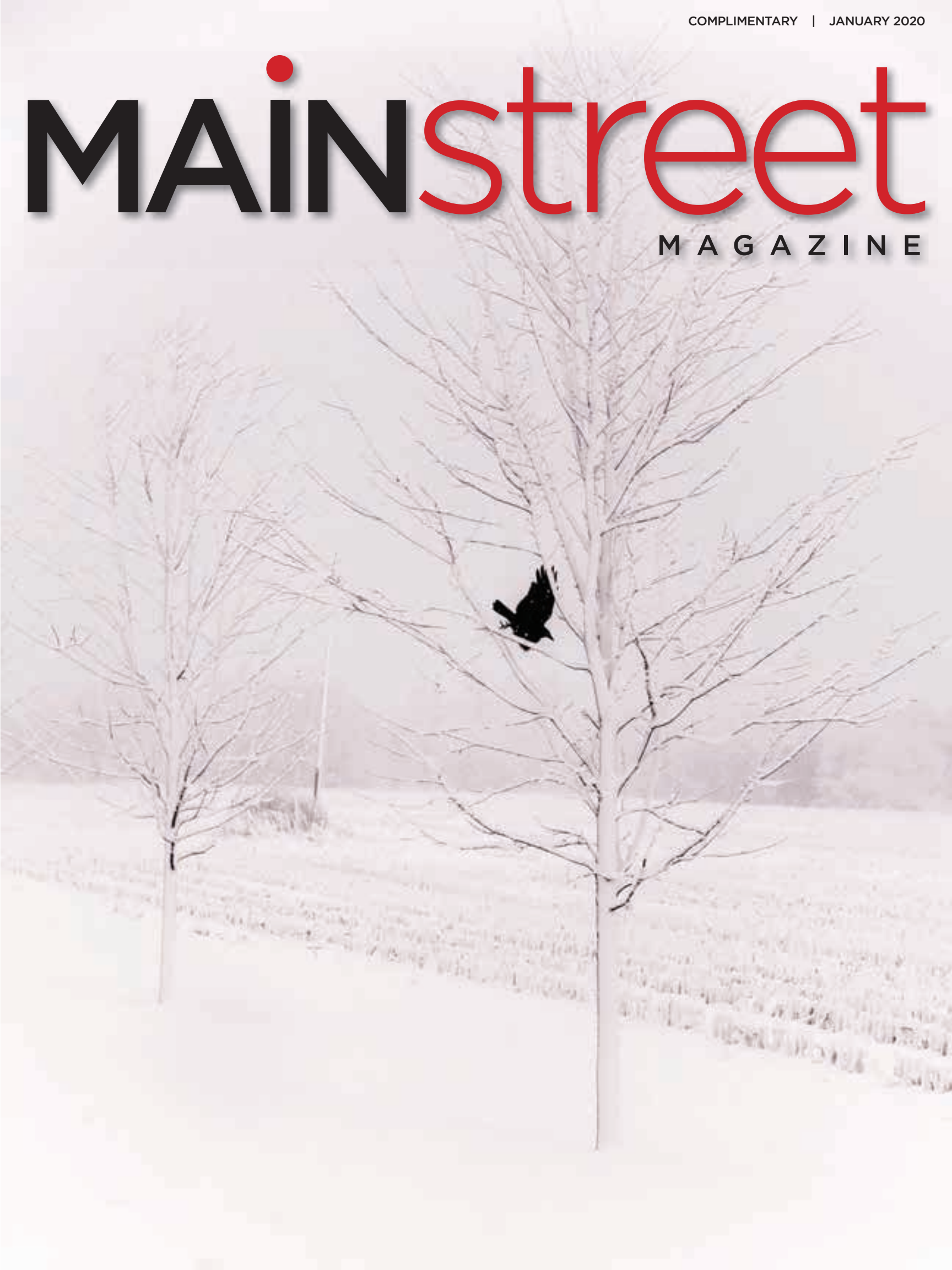


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MAGAZINE





Before



Before



After



Before



After



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## WELCOME TO 2020

It is really crazy that it's the year 2020! I feel that 2019 flew by in the blink of an eye: it was gone just as quickly as it came. I am almost happy to see a new year, with it a new and fresh start. 2019, for me, had many great moments, as well as some major life-and-death moments. I can very happily report that everyone involved made it through, but the circumstances I am referring to have altered my life. I am taking those learned moments of complete helplessness, fear, as well as the relief and joy felt, and I am putting them towards a new way of life in 2020. And I know, so many of us set a new year's resolution and begin that diet, or take a real stab at making a change in our lives as of January 1, which is great! But when faced with serious moments, well, then you really take the fresh start to heart.

We all have our own "stuff" and things that work for me may not work for you. But in 2020 there are a few changes that I'd like to make, as well as there are a few things that I would like to focus on. The last two years have felt like a whirlwind, and I am hoping that 2020 might bring a little more calm and organization. I'm hoping for more time – quality time. I know that may seem strange to some, but when we're so wrapped up in things that we "have to do," well, we sometimes forget what is important and when you realize what is important, those things that we thought we had to... they are put in perspective: they're less important. That's why I'm hoping for more calm and organization, so that I don't have to remind myself about quality time. With that said, I am a person who lives in- and relishes the moment that I am in. I am present in every moment. Some people don't realize they need to appreciate the moment that they are in, I am not one of those. I am aware and I live in every moment. But I want to do even more of it – if that's even possible.

This year I'd also like to focus on a better and healthier me. I know so many people say that, but I spent a lot of 2019 taking care of the health of others and this is my year. I have so declared it. For that reason you may notice more health-related stories in the magazine and on our website, I'll take you on the health journey with me! But the common thread is that I'd like joy and prosperity – for me, for you, and for everyone around us. I'm doing what I can do to bring that joy into my life, and by so doing I'm radiating it out into the universe. I hope that you'll do the same in 2020. Let's all find our happiest and healthiest selves, and by so doing we can spread great love and joy!

– Thorunn Kristjansdottir



JANUARY 2020

Take flight on your new life in the new year. May you succeed in all of your new endeavours. Welcome 2020, may this be the greatest year yet!

Cover photo by  
Olivia Valentine Markonic

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ERIC FORSTMANN

# Making the ordinary, extraordinary

By CB Wismar  
info@mainstreetmag.com

There is an ethereal elegance to Eric Forstmann's work – an almost hypnotic aura that brings viewers back again, and again. And, each time, they are rewarded with another whisper of an idea ... a moment of discovery that may bring a smile or simply be celebrated with a shake of the head.

His iconic painting of dress shirts hung on wood and wire hangers against a blank wall (*Five Shirts at 3:17 PM*, depicted on the opposite page) is so precise in its folds and wrinkles and pristine light source that casts perfect shadows, the urge to return to discover another nuance is compelling.

Is there a reason that two of the shirts are on wire hangers, one on a plastic hanger, and two on miss-matched wooden ones? Three hangers reach left while two reach right. Symbolism? Coincidence? Or, does the presentation belie the sense of whimsy that seems to appear, without warning, in many of Forstmann's paintings?

There have been several iterations of the hanging shirts theme, each with its own mystique and attraction. It appears, in looking across a body of his work, that certain images – the hanging dress shirts, crab apples, household utensils – keep drawing him back as subjects. Each piece is different, engaging and somehow reassuring.

## **Walking through the cornfields, looking down**

Reared in Warren, CT, he traveled for school to the School of the Museum of Fine Arts in Boston, MA, the beginnings of a career living in Hoboken, NJ, and approaching the New York City art scene, and has returned to familiar territory, living in Sharon and working out of a second story studio in Torrington, CT.

"As a child, I learned a great deal from my mother," reflects Forstmann. "When she needed a break or a change of pace, she would walk through neighboring corn fields and search for arrowheads. She had a great eye and an overwhelming sense of curiosity. I was a student of both."

One of four brothers, Forstmann recalls that there were always art supplies available at home. Encouragement was plentiful to move

experience and vision into artistic presentation. "It was going to happen," he reflects on a career in art. "I don't think I ever had a clear idea of what the direction would mean ... but it was always there."

Perhaps it was the organic simplicity of those walks in cornfields and the appreciation for the common, the everyday, that had the greatest influence on Forstmann as a young artist. "I learned at an early age that even the most common things have value. It all depends on how you put them together."

## **The discipline of the teaching studio**

Entering the School of the Museum of Fine Arts in Boston, no small feat for a budding artist, he had the benefit of learning from such luminaries as Barnet "Barney" Rubenstein, a celebrated figurative painter whose style was restrained and very steady; and Henry Schwartz, heralded as the greatest of the second generation of Boston Expressionists. Schwartz's comment about himself – "my imagination wanders everywhere" might well be linked to Eric Forstmann, as well.



Above, top to bottom: *Bates Hill, Early Spring*. The artist, Eric Forstmann. Images courtesy of the artist.



"I think I sold my first painting as a sophomore," recalls Eric, who moved from Boston to the greater New York area on graduation. "One of the things I'd picked up was *trompe l'oeil* painting (from the French meaning 'deceive the eye'), and when we moved to New Jersey, I decided to see if the market could accept my work."

Trundling off to Mabel's on Madison Avenue – a gallery that specialized in *trompe l'oeil* furniture – he dropped off a stool, presuming that in four to six weeks he'd return to pick it up. "By the time I got back to Hoboken, the phone rang. The piece had sold, and so I began the journey." Forstmann recollects that he sold over 400 of his painted stools and tables, creating a base to support a burgeoning family and solidifying an artistic style that he has continued to evolve in his studio work.

As the Forstmann family grew (he has four children) a move from apartment living to a house in the country became a goal. Having grown up in Warren – "I worked one summer cleaning Philip Roth's pool while he worked in his 'writing shed'" – Eric knew and loved the hills and river valleys of the area.

There seemed to be no difficulty in getting gallery showings for his work after his first solo show in Sharon, CT, in 1994, and as the family grew and Eric continued to create whimsical paintings, his audience of appreciative collectors grew.

"Don Gummer had bought one of my paintings as a gift for his wife, Meryl Streep. It was hanging in their home when they entertained Jane and Henry Eckert one evening." The Eckerts thought so much of the painting that they sought Eric out and invited him to be represented by their gallery. So began a love story that has continued to the present. For those searching for an Eric Forstmann original, the place to look is Eckert Fine Art, both in their Kent gallery and their online presence.



### Out of the studio

Though schooled in the disciplines of still life painting and adding the techniques of *trompe l'oeil* to his mastery, Forstmann has long been fascinated with the wider landscape as a subject for his work. A fascination with the artistic mastery that emulates three dimensions in a two dimensional medium has carried Forstmann into landscape painting.

"I was looking for a location where I could get real 3-D perspective on the hills that border the river valleys." A chance trip up Kildonan Mountain in New York provided just the perspective he was seeking.

"I'd drive up there almost every day," he recalls, "to get a sense of the depth of succeeding mountain ranges and the great serenity of the river valley, below."

There was, however, a cumbersome issue about painting *en plein aire*. It would not be enough to merely take a photograph and retreat to the studio. The real sense of dimensionality was captured in place ... on the mountain looking off in the distance. There, Eric could delineate three to five levels of the landscape – just what his painting style needed to create real depth and character.

### Build it yourself

The physical restrictions of standing behind a canvas mounted on an easel and having to step aside every few moments to capture another glimpse of the landscape was frustrating. "So my brother and I designed and built an easel that could handle a four by five foot canvas, but angle it so I could paint and merely look up at the scenery."

The Hudson Valley became one of Forstmann's regular subjects and by the late 1990s his work was balanced 50/50 between still life paintings and expansive landscapes that capture the seasons, the light and the majesty of the regional landscape.

As the marketing of art has changed in dynamic and venue, Eric Forstmann's relationship with Eckert Fine Art has morphed and matured. A major presence at an up-coming art fair will be heralded by an ad in *Architectural Digest*, the great arbiter of art and design. Each year, Eckert Fine Art hosts a sweeping show of Forstmann's work, and the eager collectors gather to see how this master has taken the common and turned it into something beautiful. ●

To view the current catalogue of Eric Forstmann's work, visit [eckertfineart.com](http://eckertfineart.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 through the arts form on our "arts" page on our website.



Above, top to bottom: *Five Shirts at 3:17pm*. *Shelf Obsession*. Imagery courtesy of the artist.



*"Without these women surrounding me with their loving care, I would have been stuck -- who knows where. That's a scary thought when you're dealing with pain and healing. We are so lucky to have them in our corner."* Bettie Snyder, Sharon, CT

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## friendly faces: meet our neighbors, visitors and friends



For most of his life, **Robert Wendeborn** has spent time creating with his hands and his mind, making him something of a renaissance man. “I work at Hillrock Estate Distillery as a distiller and moonlight as a bartender at Ore Hill and Swyft in Kent, CT. Outside of work, I dabble with some art and I write quite a bit.” Robert’s experience in craft brewing allows him to tap into both his creativity and personable nature, “I love it because I work with my hands. It’s also very creative so it engages my brain. I also get to meet people and hand them something I’ve created.” Of the coming year Robert says he’s looking forward to “exploring the Northeast with my girlfriend and spending time relaxing with our two cats.”



As a self-described “textile nerd,” **Katy Hoss** has recently come back home to Millerton, NY, and focused her love for apparel and years of experience on interior design. “After returning from over five years in the Los Angeles area, I really want to engage more in the community this year,” says Katy of her return to the area as an interior design consultant at Leslie Flood Interiors. “We’re a small business, so I wear many hats including design, marketing, merchandising, and administrative work.” Outside of work Katy enjoys the natural retreat our area provides, “I am originally from Amenia, NY, and I love how peaceful it is here and the focus on local artisans and small business. I love spending time with my dogs, cooking, foodie adventures, doing yoga, researching, and working on creative projects.”



As the newly-elected Mayor of the City Hudson, NY, **Kamal Johnson** looks forward to serving an area that has come to define his life. “I grew up in Hudson, my fondest memories are at the old John L. Edwards building playing no-touch ground tag with everyone from the neighborhood.” Kamal relishes his role as a community leader, “I have been part of Greater Hudson Promise for the last seven years. We work with families providing innovative programs to the incarcerated population.” As for 2020, Kamal says, “In the upcoming year I’m looking forward to stepping into the role of Mayor of the City of Hudson. This has been a dream of mine since I was in High School. I always look forward to how we can partner with our surrounding neighbors to help and learn more. Reach out to me!”



Sharon Hospital’s **Melissa Braislin** is an adventure-seeker. When she’s not overseeing physical, occupational or speech therapy and cardiac testing services, she dreams of visiting different mountain ranges around the world. The Kent, CT, resident’s passion for the outdoors started in college where she ran cross country and started hiking. After graduation, she spent 16 years as a speech pathologist, working with children and stroke patients. Today, she is the hospital’s stroke coordinator and director of rehabilitation and cardiac testing. “I love what I do because of the positive impact my teams make in the lives and health of our patients,” she said. In the new year, the Braislin family looks forward to traveling to Montana and Yellowstone National Park to hike, canoe, and enjoy the great outdoors.



**Rocco Cowan** has been a road foreman for the Columbia County Highway Department for over four years, and has worked for the department for over nine. His outpost in Ghent, NY, covers about 120 lane miles of road. During the winter months Rocco urges drivers to remember to slow down and give plow operators the space they need to clear the roads! He is committed to making circumstances on the road safe for everyone. “I like when the phone rings and a new situation arises. It could be as simple as a question regarding mailbox specs or a tree down blocking the road. I also love meeting and talking to the people in the area.” When he’s not busy working, Rocco loves camping with his family, and looks forward to doing more of this in the new year, along with using his gym membership more! You and me both!



“So here’s my claim to fame,” begins **Linda Orlowski** modestly. “My father, in 1954 built the first purpose-built nursing home in Hartford County, CT. Which, coincidentally was the year I was born.” Needless to say, Linda, now director of social work at Noble Horizons in Salisbury, CT, has spent most of her life caring for others. “I loved every aspect of my jobs in healthcare, and I held every job you could have imagined in my father’s nursing home.” After going back to school and earning her Bachelor’s Degree at St. Joe’s in Hartford and then her Master’s at Fordham University, today Linda enjoys continuing her native tradition of extending a helping hand at Noble Horizons. “The gorgeous campus, the caliber of people, and the home-like feeling makes this place and this area one of the most rewarding things I’ve ever experienced.”



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L to R: Studies by Cleve Gray, Leonel Morales, A Jolly Company by Kahn & Selesnick, Michael Musillami Trio.



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# The second time around

## Griffin in Great Barrington, MA

By Christine Bates  
info@mainstreetmag.com

Fascinating, individualistic people live here which makes for exceptional second hand, previously owned, vintage, boutique stores each with their own slant on fashion and mix of new and old. You will always find something interesting in these shops or perhaps you have a pair of Gucci shoes or a cocktail dress that needs a new owner. Main Street visited with Connie Griffin on a busy Saturday and ended up buying a new Victoria DiNardo hat and admiring a vintage wedding dress.

Connie Griffin at Griffin at the end of Railroad Street in busy Great Barrington, MA, offers shoppers everything from curated new books, art, and home accents, to new and vintage clothing and items from estate sales. After a career managing a visual special effects and post production company with clients like *Sex and the City* and *The Sopranos*, Griffin moved to the Berkshires in 2010 joining her husband Paul Giroux. Connie engages visitors to her store immediately and we talked about long gone Greenwich Village landmarks like Zito's Bread and the \$2.50 bowl of minestrone at the Bleecker Street Luncheonette.

Griffin has a fascinating mix with new and previously owned men's and women's clothing lining the wall below new whimsical graphic pillows. "Customers want something that no one else has, is well made and reasonably priced," according to Connie. And then she showed us the special items behind the counter and in the closet. "Look at this wedding dress with the lace coat to cover arms in the church and this black cocktail dress."

**Your first career was in the film industry. How did that happen?**  
In college I was an English major and after graduation I moved back to New York and thought I'd like to be in the film industry. I didn't have the money or the inclination to get a film degree

so I started out with a one-day job as a production assistant. PA's are the people who sweep the floors and get the coffee. That one-day gig turned into a full-time job because the boss believed that an English major could write well and present. From that first job I worked my way up and ended up running a postproduction company.

### How did you go from project management to starting a store?

Actually it was my husband's idea. He found an inexpensive storefront for rent and urged me to start a store nine years ago. I'm still learning every day. When you are the sole proprietor and completely self-funded you have to commit personally, financially, and emotionally. You think about how to make your business better every day, 24 hours a day. You ask yourself, "How can I do this differently?" The transition from working as a special projects manager for the Chamberlain Group to full time at the store took about five years. Railroad Street is our fourth location in nine years. It's a little smaller, but you know: location, location, location.

### Where did you get your vintage education? What does vintage mean to you?

I almost failed kindergarten because my mother would pull me out of school to go to thrift shops with her. She's 89 now and still shopping every day. That's how I started looking, really looking at things. The definition of vintage is a moving target. There are some things from the 90s that seem vintage, but generally vintage dates from the 80s and earlier. We just sold a pair of Gucci loafers on Instagram from the 1970s within five minutes of posting. Anything older than 90 years is generally considered an antique. These chemisettes in perfect condi-

tion made in France for American stores like Bendel's are an example of antique clothing.

### What do you look for? Where do you look?

I'm always looking at estate sales, yard sales, second hand stores, thrift stores, and even dumpsters and free items on the street. Places that aren't already curated like Brimfield. It's about honing your eye. There's always a sense of wonder and discovery. It's a big treasure hunt and it never gets old. The other day in a thrift shop a charcoal drawing of three kids playing basketball in the late afternoon caught my eye. When I researched the artist I discovered he was a contemporary of Edward Hooper and considered one of the last American realists. It was something of quality that might have ended up in the trash. It's all about recycling. Everything has a story. There's a reverence for things cared for and saved. Sometimes people bring things to me. A 90-year-old woman came to the shop with a beautiful winter coat that she wore in the Saint Patrick's Day parade when she was 18. I make sure to tell buyers the story so they understand the history.

### You also have new merchandise. What are your sources?

There are so many creative people that live in the Berkshires. One of the best parts of having a store is deciding in the moment to add something to the mix and see what happens. For example, those large charcoal drawing on the back wall are by a local artist. Griffin has become a venue for his artwork. That stand of Victoria DiNardo hats is another example of merchandise that's new and high quality. One of my own strengths is being able to identify talent.

All of our new clothing is high quality. There's an expression 'future

vintage' that's overdone, but these new clothes will last a long time. For example we carry the signature wool blankets of the Auntie Oti line, which are handmade in India. Our new clothing walks the line between Great Barrington and Brooklyn. Everything is a little bit different, less traditional and well made. The shirts are made in Guatemala by a Belgian designer and are all hand-woven. We try to find natural fiber clothing, not throw away pieces. I hope that the new will be used and preserved and become vintage one day.

### What is your retail philosophy? Do you have an inspiration?

I'm very aware that people can buy things anywhere but when they come here they come to talk and be inspired. They see something unusual that isn't anywhere else. We try to keep that newness, that unexpected. Coming here is an experience. When I was in second grade my sister and I would go every day after school to George's Folly, a second hand and junk store in Wellesley, MA. You never knew what you would find there. It's been my inspiration ever since.

### What's the hard part of running a store?

Just like any other business it's the nuts and bolts and even harder when it's your own money. •



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## OVERNIGHT CREAM CHEESE STUFFED

# french toast

WITH JAM

By Jessie Sheehan  
info@mainstreetmag.com

There is no question that I am a huge French toast fan and have been since back in the day. However, I did not grow up in a home where much energy or time was put into breakfast-making. In fact, we ate boxed cereal and my brother and I could not have been more on board – though we were not permitted “sugar” cereals, and from that injustice I am still reeling. But on the rare occasion we were served something special, it was always French toast (never pancakes, FYI). My dad would take slices of Pepperidge Farm white bread, dip them in a simple mixture of eggs, milk and a bit of sugar, and then place the egg-drenched slices in a frying pan of melted margarine. He served them up with more margarine and Log Cabin “maple” syrup and we were basically in heaven – and to this day, I still love Log Cabin, though I don’t often advertise the fact.

## The bread

Today I make French toast a tad differently than my dad. I start with an enriched, eggy, loaf of Challah or Brioche (I see no reason to make my own for this application, as even the chain store supermarkets sell plenty of delicious loaves – and the beauty of French toast, is that if your bread is a tad stale, etc., all the better).

I slice it up thickly, layer it decoratively in a large baking dish, and pour an amped-up custard of sorts over it all. I add yolks to my dad’s simple egg, sugar and milk mixture and I substitute heavy cream for some of the milk. I also add a bit of cinna-

mon, some salt and a generous glug of vanilla, just to liven things up a tad. I then wrap the whole thing in plastic wrap and place it in the fridge overnight. The bread soaks up the custard, and in the morning, I sprinkle the slices with Turbinado sugar and bake it off for the folks with whom I live (husband, a couple of boys) – and they could not be happier.

## Old is new

Recently, however, I have upped my French toast game even more. I am still all about the overnight, baked version – so much more efficient and tasty than preparing it slice, by individual slice – but due to an old recipe I was “gifted” by a lovely woman from Milwaukee (who seems to have made sharing her family’s amazing comfort food recipes with me her full time job) I have incorporated a fab new step to the French toast making process: I now spread cream cheese and jam on the slices of bread before layering them in the baking vessel and pouring over the custard. To say this makes for the most luxurious and delicious of French toasts, hardly does the dish justice.

The cream cheese basically melts and is absorbed by the bread lending it an otherworldly creaminess. The tang of the cream cheese remains, but hardly, just enough so you know you are experiencing something truly special – and the fruitiness of the jam is perfect for cutting the richness of the toast, rendering maple syrup (Log Cabin, or otherwise) unnecessary.

I am fairly certain that my love of baked French toast stems from my love of bread pudding, but with the addition of cream cheese and jam, this one might just be better than them all.



## Ingredients:

1 lb. to 1 1/4 lb. Challah (or Brioche)  
3 eggs  
3 egg yolks  
1 tablespoon pure vanilla extract  
1 cup granulated sugar  
2 tsp cinnamon  
1 tsp fine sea salt  
2 cups whole milk  
1 cup heavy cream  
8 ozs cream cheese, room temperature  
3/4 cup jam of your choosing  
Turbinado sugar for sprinkling

## Instructions:

Slice the bread into about 14 to 16 one-inch slices. Spread cream cheese on half of the slices and spread with jam. Top with the other half of the slices and cut in half. Arrange attractively in your prepared pan, stacking the “sandwiches” in two long rows like dominos (beginning and ending at the short sides of the pan).

Combine the eggs, yolks, and vanilla in a large mixing bowl and whisk. Add the sugar and cinnamon and whisk again. Add the milk and cream and whisk a final time. Pour the custard over the bread, pressing the bread down with your fingers, if necessary, to make sure all the pieces

are submerged. Cover the pan with plastic wrap and place in the refrigerator overnight.

In the morning, preheat the oven to 350°F. Sprinkle the Turbinado sugar generously over the French toast (this adds a bit of sparkle and a delightful crunch) and bake for 60 minutes, checking after 50. The bread should be golden brown and the custard fully absorbed and “cooked.” I like to stick a small paring knife into the center of the toast and when the blade comes out more cake-y, than wet, the French toast is done.

If it’s breakfast time, serve immediately with confectioner’s sugar lightly dusted on top. And if it’s not, then, with vanilla ice cream and/or lightly sweetened whipped cream. •

*Celebrate National Have A Brownie Day with Jessie on 2/29 at 11 am at Noble Horizons in Salisbury, CT. Jessie will be doing a live demonstration, talking about her recipes and books, and you’ll even get to have some brownies! To sign up go to [www.noblehorizons.org](http://www.noblehorizons.org). We hope to see you there!*

*Jessie is a baker and cookbook author; you can learn more about her through her website [jessiesheehanbakes.com](http://jessiesheehanbakes.com).*



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# Water, water everywhere

## *The effect of Flood Zones on real estate*

By Christine Bates  
info@mainstreetmag.com

*Our region has been described as the “Saudi Arabia of water.” Despite high water tables and abundant fresh water, Main Street’s coverage area is not in danger from rising sea levels as the oceans warm, but there are certain streams, wetlands, and flood plains that pose a risk from 100 year storms that are forecast to be increasingly the norm. All homeowners, all buyers, and all sellers should make themselves aware of the potential impact of buying or selling in a high-risk flood zone.*

### What is a flood?

Wet basements, so common in many places with high water tables, are caused by ground saturated by heavy rains or melting snow. A foot of water in your cellar is not a flood, it’s an inundation and the damage is generally covered by homeowner’s insurance. Frozen pipes that burst and bath tubs that overflow are also covered by general homeowner’s policies, although not old pipes that leak slowly and bring down a ceiling – that’s a maintenance problem you have to pay for yourself. Water backup caused by broken or backed upped water and sewer pipes, or ground collapse are not considered floods and usually require a special rider to your homeowner’s insurance policy.

Nationally, floods are the most frequent natural disaster and can be caused by heavy rains, melting snow, tropical storms, overflowing wetlands, or even broken dams. Regardless of cause, the federal government is in charge. Its National Flood Insurance Program (NFIP) has established a definition of “flood” for insurance purposes. A flood must result from a sudden overflow of a water body – a stream, a lake, a pond, a river, or even wetlands and cover at least two acres.

“Sudden” is the operative word here. Gradually rising sea levels in

coastal areas are not covered by flood insurance.

Standard homeowner’s insurance does not include damage to a property or its contents caused by flood according to Linda Robertson, a veteran insurance agent with Assured Partners in Lakeville, CT. In addition to defining a flood, the NFIP also determines the risk to any given property of flooding, establishes high-risk zones, sets coverage amounts and deductibles for property and contents, and provides flood insurance. If your house is determined to be in a high-risk zone, a bank will require flood insurance to cover the amount of the mortgage outstanding at a minimum. Flood insurance is required by lenders to protect their interest in the property. If you do not have bank financing there is no requirement to purchase flood insurance.

In the Hudson Valley, Jeanann Schneider, an insurance broker specializing in commercial and flood insurance at Fraleigh and Rakow in Rhinebeck, NY, said that properties in Ulster County were hit hard by Hurricane Sandy with numerous claims filed and paid. Without flood insurance there is no financial protection against this kind of disaster. You’re on your own.

### Easy to check on flood status

Like ghosts and murders, sellers and real estate brokers don’t like to mention flood risk. While property owners and real estate agents are not required to inform a buyer of flood status, it is easy to check for yourself. If there’s a stream running through or near the property, it’s a good idea. Street names with river, hollow, or valley may also be a tip off. Just type in the address at <https://msc.fema.gov/portal/home> to see a map and get an indication.

In Dutchess County, Dutchess Parcel Access provides flood and topographic maps of all property parcels. (See picture on next page of Millerton, NY, highway garage in the

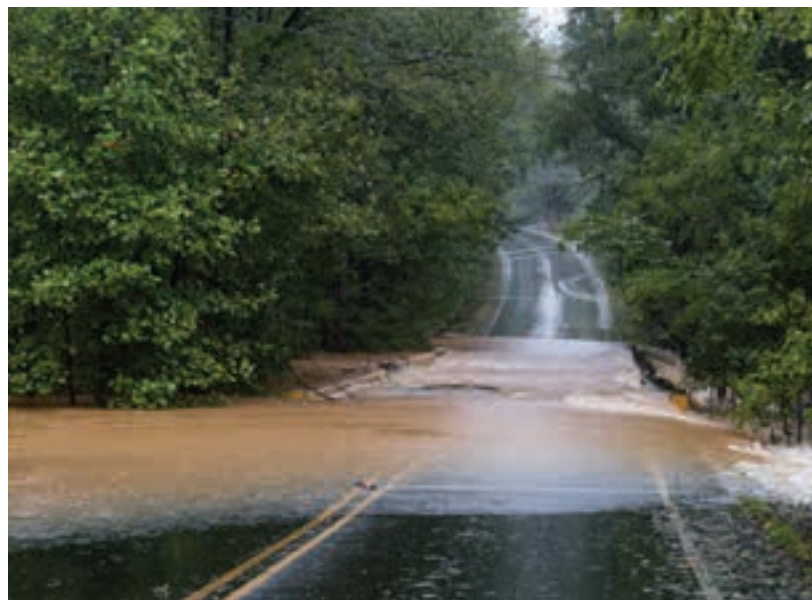


Photo: istockphoto.com contributor Jeremy Warner

Town of North East, which is in a high-risk flood zone along the banks of the Webutuck Creek. The highway department is in the process of moving to higher ground).

Another informative site is [www.floodtools.com](http://www.floodtools.com), which includes topographic maps, historic floods, and has a zoom out capability that gives you a big picture look at flood zones and reports on claim statistics. [www.myfloodstatus.com](http://www.myfloodstatus.com) charges for customized maps and promises to provide true flood status determination on any property for \$30. These reports are certified and insured and even reflect proposed FEMA map changes.

BUT to be absolutely sure call your insurance broker with a specific address and ask them for a definitive answer, especially in borderline areas. The broker will estimate the cost of coverage with various deductibles. The coverage amounts, deductibles, and risk premium are fixed by NFIP.

If a property is located in a high-risk flood zone, but your house is safely perched on high ground, a surveyor can be employed to provide an elevation certificate proving the

structure is above the projected high water mark and does not require flood insurance protection. This can be important if you want to know your risk of flood, are planning on selling or buying, and if you wish to avoid paying for flood insurance because you really don’t need it.

### How much does flood insurance cost?

NFIP flood insurance rates and coverage are set by the federal government and are subject to congressional approval. The maximum amount available is \$250,000 with an additional \$100,000 for household contents. Robertson estimates that in a high-risk zone maximum home coverage without contents included would cost \$3,000 to \$6,000 annually, depending on the size of the deductible, which ranges between \$1,000 and \$10,000. Banks also have a say in the deductible amount they will permit. Typically local banks will accept a higher deductible amount and lower premium than

Continued on next page ...



national mortgage companies. The number of properties defined as being at high risk of flooding is increasing steadily with big jumps in premiums seen in 2019. The danger of flood and the cost of flood insurance can affect the value and marketability of your house. If flood insurance is required, for the full \$250,000, it could add as much as \$500 a month to a mortgage payment. Flood insurance for an average home that's not in a flood zone currently is around \$700 a year – and floods can happen anywhere.

Recently, private insurers have entered this government-regulated insurance market and can provide competitive coverage at lower rates than NFIP in certain cases – especially those in high-risk flood areas. Be sure to ask your broker about that alternative. If your mortgage is over \$250,000, which is not uncommon, the bank may also require you to buy additional excess lines coverage that is placed with private insurance writers like Lloyd's of London. This is where flood insurance can get really expensive.

### Do floods reduce real estate values?

After Hurricane Sandy, homes with values below \$285,000 in New York decreased by 15.8% when flood zones were enlarged, but the impact was minimal for higher-end properties. Locally, assessors do not consider the threat of flood in determining assessed

value. And according to the Salisbury, CT, assessor no one has ever asked that their assessment be reduced because of a flood zone determination.

Christopher Boryk, Amenia, NY's assessor, explained that he only reduces assessed values on vacant properties in flood zone areas because of the anticipated expense required to develop the property. Parcels with existing buildings are considered to have stood the test of time, even if in a flood zone from a taxation point of view.

### Should you buy in a flood zone?

First you need to assess what kind of flood zone you're in. High-risk areas, known as Special Flood Hazard Areas, carry a higher chance of flooding over the life of a 30-year loan. If you plan to purchase a property in one of these zones, be prepared: mortgage lenders must require you to purchase flood insurance, and resale will be more difficult. If flood insurance is required, calculate how much that will add to your monthly payment. You might want to discount the asking price on the home. Flood maps are changing and structures that were originally built in low-risk areas can be re-zoned into higher-risk areas.

There are also ways to protect a home from flood and reduce insurance premiums like installing flood vents in the crawl space to prevent damage to foundation, elevating basement utilities like heat pumps and

furnaces, improving exterior drainage, sealing basement walls, and installing floodwalls or barriers. Elevating a house on pilings might also help, but that's expensive.

### How to sell your house in a flood zone?

Selling a house in a flood zone does present challenges, but there are some things an owner can do. It's possible to challenge the flood zone designation by appealing to FEMA to remove the designation. A seller could also show buyers that the risk of flood is low by requesting a report from the Comprehensive Loss Underwriting Exchange to show to buyers that there have not been any claims filed. It's best to be transparent about the risk and make an adjustment in asking price.

### Is flood insurance worth it?

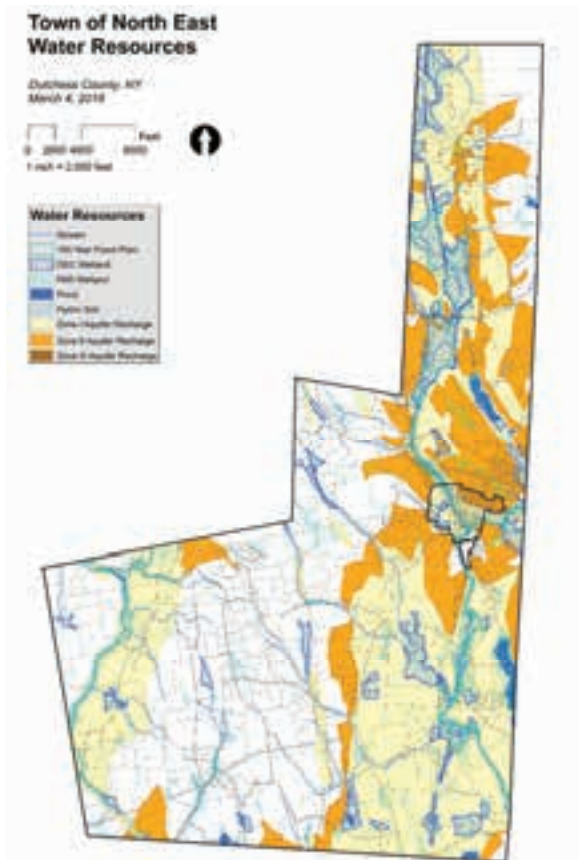
Worldwide, a third of all economic losses inflicted by natural disasters are the result of flooding. Nationally over the past ten years, the average flood claim is \$33,000. According to FEMA, 25% of claims are from homes in low to moderate risk. Floods can happen anywhere.

Locally the last BIG flood was in 1955 when Hurricane Diane dumped over 16 inches of rain in 24 hours on ground already saturated by Hurricane Connie. Amenia lost its lake and its tourist business when heavy rains caused the water gates to fail and drained the lake. In the northwest corner of Connecticut, debris blocked the outlet to Twin Lakes and houses floated into the lake with their occupants inside, and Camp Cedars on Long Pond was destroyed.

The climate in our region is projected to change faster than national and global averages including temperature, precipitation, heat waves and floods. The number of days with more than 2" of precipitation is expected to more than triple in just the next decade in our region, according to the New York State Water Resources Institute, creating the perfect conditions for floods.

You may have to buy flood insurance or after research decide that it might be a good idea even if you're not in a flood zone. ●

*Christine Bates is a real estate agent with William Pitt Sotheby's International Realty and has written about real estate issues and market since the first issue of Main Street Magazine in 2013.*



Map 2. Floodplains and Wetlands in North East. Larger scale version of this map located in Reference Appendix. Courtesy of Dutchess Land Conservancy





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# eric forstmann

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# Game Changer: Shifting to a plant-based diet

By Ian Strever  
info@mainstreetmag.com

“Just go for it.”

Those were the last thoughts I remember thinking before I rolled up and over a wooden ladder, and attempted to huck a 4-5’ drop on my mountain bike this past September. I’ve been mountain biking for over twenty years now with relatively few injuries, and although I usually draw the line at five foot jumps and drops, my bike handling skills are good enough to get me out of most jams. Not this time.

My front wheel dropped out from under me, and I fell down to the left and over my bars. Some part of my bike – I think it was the bars – hit me hard in the chest on the way down, leaving a yellowish bruise there and soreness that lasted for months. Worse still, when I finally came to rest in the dirt, my chin was dripping blood from a gash that would require five stitches to close, and eventually a beard that I’m still wearing to cover the scar.

Over the next month, I pretty much stopped riding. X-rays of my head, neck, and chest all came back negative (or positive, depending on how you look at it), but my chest ached from the impact, and my neck and back were a knotted mess of muscle. I probably should have sought out a physical therapist, but I couldn’t find the time, or rather, I didn’t make the time. Instead, I rested.

## I’m not 25 any more

I’ve had a few sports-related injuries over the past five years or so, and since hitting my forties I’ve noticed that recovery takes longer and longer. A strained calf that might have healed in a week when I was twenty-five can take up to six weeks to return to full strength now. Gym

work, yoga, and stretching all help to speed up the process, but I had to face facts: I wasn’t twenty-five any more.

Over the next month, I slowly recovered with plenty of rest, ibuprofen, and light stretching. Eventually, I bought a full-face helmet and returned to the trails to conquer my fears, and although I didn’t attempt the same drop, I was reasonably confident on other obstacles. In most ways, I was back to 100%, but my body still ached from the crash, now over a month earlier.

## The Game Changers

One day during my convalescence, a friend recommended watching the Netflix documentary, *The Game Changers*, about elite athletes who had taken up plant-based diets and seen major performance gains. His enthusiasm for it bordered on evangelism, such that I had to at least give it a look in the way that all of us take a passing interest in our friend’s podcast recommendations. I’d at least watch enough of it to hold up a conversation about it.

But as I watched, I found myself intrigued by the science. Former MMA fighter James Wilks narrates his own investigation into the world of plant-based diets and interviews a range of professional athletes who espouse the lifestyle. The film cites many studies, and touts Arnold Schwarzenegger, Strongman Patrick Baboumian, Formula One driver Lewis Hamilton, and endurance athlete Scott Jurek as beneficiaries of a plant-based approach. But despite a wealth of citations and testimonials, the film smacked of the kind of propaganda I was prone to ten years ago, when I was a vegetarian myself.



Above: The ubiquity of organic produce means a more reliable supply of nutrient-dense foods for those looking to make the switch to a plant-based diet.

Continued on next page ...





Above and below, right: Even chain grocery stores stock a full range of plant-based alternatives, either in their produce or frozen sections.

Back then, I was a much more idealistic and militant vegetarian, adopting it for ethical and high-minded reasons. And while I never proselytized, the mere act of seeking it out at restaurants and grocery stores was an advertisement for it. However, towards the end of one fateful backpacking trip on the Long Trail in Vermont, my mind locked onto the idea of a hamburger, and *voilà*, just like that, eleven years of vegetarianism slipped into the rear view mirror.

For the next decade, I ate everything from bison burgers in Goshen to caterpillars in China, but I also took on more and more responsibility at work ... and a few more pounds around the waist.

### Making the switch

With my injuries, I found myself willing to look past the possible propaganda and assess a plant-based diet on its own merits. "Just go for it," I decided again. Over a period of weeks, I eliminated animal sources from my diet, replacing milk-based yogurt with cashew and coconut milk-based options, and after I used up the meat in my freezer, I stocked up on veggie burgers and plant-based proteins that supposedly replicated the taste and texture of meat.

Eventually I slow-cooked the last pork loin in my freezer, and for the next two weeks, I was vegan

— something I had never achieved in my most dedicated days as a vegetarian.

The athletic benefits that were chronicled in *The Game Changers* were enticing, and as a cyclist, I was hoping to shed some weight to help my climbing. With each week, I dropped a few pounds, and soon I'd hit a ten-pound weight loss goal that I'd been trying to hit for years. I recalled this happening when I went vegetarian the first time, but this time around, I also noticed that the inflammation in my chest and neck had disappeared, and I was feeling better than I had since before the crash.

### The wisdom that comes with age and experience

So why did I ever start eating meat in the first place, and what is different this time? For one thing, the market has changed dramatically. My first foray into vegetarianism began when I was still in high school, and my income and options were limited. While I wasn't eating meat, I wasn't always eating the most healthful foods.

Today's widely-available organic produce offers nutrient-rich foods that contain substance and sustenance that keep hunger at bay. Furthermore, most grocery stores have plant-based alternatives that are not only more available but more appealing. While I won't say that veggie sausage can compete with a nice

Italian pork sausage in marinara sauce, it has gotten significantly better, and for my daily consumption, that suits me just fine.

But therein lies another difference: I'm not so vigilant about avoiding meat this time around, and I'm willing to bend the rules frequently enough that I would have to call my diet plant-based, not vegetarian. Travel taught me that there are times when you will miss out on an experience if you don't bend the rules for a good Argentine steak, and experience has taught me that I can't do without ice cream and an occasional Italian sandwich.

It's been about a month and a half now, so the experiment is still young, but so far I've been able to sustain the weight loss, and I don't have an overwhelming desire to go back to a protein-heavy diet. Moderation and a certain amount of discipline help keep me on track, and the benefits to my health and overall fitness are worth the sacrifice I've made for most meals.

Shifting to a plant-based diet is a game changer for weight loss, athletic performance, health, and the environment, but a game changer doesn't have to be so dramatic. Changing diet should be an evolution achieved one meal at a time, one ingredient at a time, and giving yourself permission to take it slow will also make it permanent, and that's the only way to change your game. ●





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# Hope on the Horizon

*A bright future at Noble Horizons;  
Connecticut's healthcare utopia*

By Griffin Cooper  
griffin@mainstreetmag.com

Woven into the tapestry of our lives is the culmination of all that we have experienced. From the fertile soil of our childhood, formative years where each moment has the capability of leaving an indelible impression, to our howling youth, where our sense of who we are within begins to breathe its first gasps of life. For most of us, assigning a temporality to the meaning of our lives has become a matter of course.

For each passing phase we assume the previous has resolved itself, and as we settle into a certain age a new set of sentiments can often find themselves creeping into the back of our minds. Deteriorating health, senility, isolation, boredom, and financial loss are common concerns aging populations face all over the world. Yet, sheltered by the hills of Litchfield County, CT, in the charm of the historic town of Salisbury, a revolution in healthcare and healthy living for not only the elderly, but every age group, is taking place. For nearly 50 years Noble Horizons has staked its claim as the most welcoming and innovative senior living, rehabilitation, nursing, and memory care community in the Northwest Corner.

A trust established in 1972 by Sharon, CT, residents John and Ethel Noble helped make possible the purchase of the original 64 acres and the construction of 20 cottages. Today, it

has grown into 50 cottages nestled on a bucolic 110 acre country setting. In conjunction with the neighborhood of cottages, Noble has established four pillars of premiere healthcare in the form of the Riga Residence for 24-hour skilled care, Whitridge for memory support, Wagner Terrace for intermediate care, and the Cobble that has the ambiance of a fine hotel. Though Noble Horizons has firmly established its reputation as the area's premiere destination for senior living through the decades, today's team of dedicated professionals, volunteers, and hardworking individuals have married traditional ideals of nurturing care with 21st century innovation. As a result, what approaches steadfastly on the horizon in that charm of Salisbury, CT, is a community of care that will cross generational boundaries for years to come.

## Bridging the gap

"This place has been the best surprise of my adult life," says Jean O'Connor, a nursing professional who herself worked in the field for nearly six decades and recently spent time in Noble Horizons' short-term rehabilitation. "I worked as a night charge nurse in a few places you might consider traditional nursing homes or rehab centers, and because of my previous experiences I told myself I would never consider becoming even a short-term resident in one of those places."

But, like so many others, Ms. O'Connor has come to recognize the revelation that is the Noble Horizons care family.

The direct support and pinpoint attention to detail when it comes to recovery has successfully usurped the stigma of exclusivity assigned to homes for the aging thanks to Noble Horizons' expansive care offered to individuals of varying ages. Noble's highly experienced blend of doctors and therapists specialize in a unique, personalized approach that treats a wide swath of individuals.



Using comprehensive techniques and thorough methods specially-designed to enhance recovery, Noble's rehabilitation team provides care for orthopedic, neurological, and cognitive needs. With 24-hour nursing care and daily therapy sessions, as well as free and lifetime access for everyone in recovery to its state-of-the-art gym and personal trainers, Noble Horizons has united methods of care both in time and technology by helping folks in rehabilitation "regain strength, balance, and flexibility in a comfortable environment."

Included in Noble's rehabilitation is fastened a dedication to innovation through new wave technology. The OmniCycle Elite for example, is an advancement in the rehabilitation process that uses a "smart motor" to help those in need of strength, endurance, and muscle control. The Shortwave Diathermy is yet another addition to Noble's cutting-edge rehabilitation technology. By using safe electromagnetic waves to create a gentle heating effect in muscles, joints and tissues, this unique piece of modern therapy technology helps to manage pain and increase flexibility in stiff muscles.

"Education is the most important factor for this community as it relates to Noble Horizons," says Jean of

Noble's pursuit of community inclusivity. "I feel there are so many people that need this type of treatment in our area, and deserve this beautiful place. People need to know how accepting Noble Horizons is, because it is the example that every place needs to strive to be, and I mean that with all of my heart."

## A sense of hope

Though technology can help pave the way for recovery, the key to Noble's personalized care is in its commitment to consistent evolutions in the fields of healthcare previously veiled by long-held stigma. Since its recognition in the medical community and the general public, diseases like Alzheimer's and dementia have long been associated with a loss of hope, a finality to one's life for which there can be no redeemable recovery. Hope however, is what lies at the heart of Noble's prolific applications in the field of memory care.

The community staple has once again proven that the breadth of its innovative thinking has the power to impact every resident in search of even

Continued on next page ...





the simplest of interactive experience necessary to achieve a more fulfilling life.

In 2016, initiated by its Auxiliary, Noble Horizons succeeded in becoming one of the first rehabilitation and personal therapy destinations in the area certified in the nationally-recognized Music & Memory program. And in the years since, staff have dedicated their efforts toward improving the lives of residents through the immeasurable influence of music. Music & Memory is a national non-profit organization that specializes in programs designed to connect those suffering from the effects of Alzheimer's, dementia, or other cognitive challenges with a musical experience that is personal to their own individual lives. With networks across the US and Canada, the program specializes in providing staff in places like Noble Horizons with training on how to both create and provide personalized playlists for residents.

"Music benefits everybody," says Lana Knutson, director of recreation at Noble Horizons and member of Noble's neighborhood of memory therapy. "Think about the music you like to listen to and the kinds of memories that resonate with you based on a particular song. Our favorite songs can set us right back in our childhood, and not just for a moment, music represents an entire state of being and consciousness from our past. Food, smells, and perhaps most importantly, we remember those people who have impacted our lives the most."

### A cut above

Off the backs of those members of Noble Horizons who have faithfully devoted a part of themselves to those in need and the surrounding community, they have again been recognized at the highest levels. The Centers for Medicare and Medicaid Services (CMS), a federal agency within the US Department of Health and Human Services that administers Medicare and works collaboratively with state governments to administer Medicaid, awarded Noble Horizons its rare and coveted 5-star rating. The perfect score makes Noble Horizons one of the highest rated healthcare attractions in the region and one of only two such places to be awarded a 5-star rating in the Eastern NY, Western MA, or Western CT region.

"As a non-profit organization and a continuum of care community, we have maintained a standard of skilled excellence through decades and I recognize this," says administrator Bill Pond, a relative newcomer to Noble Horizons, but who has already been imbued with Noble's innate sense for the individual. "Despite our earned recognition, our goals for continued care, including new and innovative approaches, remain as steadfast as ever. We provide some of the most inclusive and diverse care in the area."

Within that vein of inclusivity is Noble Horizons' recent success in earning the capability of providing IV Push Therapy as well as taking blood samples without having to send residents to hospital environments. Mr. Pond notes, "Interaction is key here, and we look forward to sharing services with local hospitals. Making possible what is provided in the acute setting, an achievable goal for the same kind of care opportunity here."

### An active life

What has already been astoundingly achieved within the Noble Horizons community has now poured into the surrounding hills and towns in our area through Noble's community outreach. Unsurprisingly, Noble's advancements in interaction with the people of the region comes from its exceeding ability to innovate in arenas where few others are.



Noble's most community-based department, Recreation, consistently finds itself at the fore of active and interactive programs. By transitioning the concept of recreation from simply leisure time to a more therapeutic experience, Noble's Recreation Therapy has blazed a new trail for residents to see the world around them, and ignited a new passion for active engagement. Noble's recreation team plans a wide variety of activities geared to the interests and abilities of residents. Frequent social events and regular trips for shopping, lunch at one of the area's many restaurants, visits to points of interest or scenic rides help to increase engagement in the beneficial aspects of recreation including enhancements in functioning, independence, and overall wellbeing.

Nearly every aspect of the human experience is touched within Noble's realm of across-the-board interpersonal care – even the spiritual. Without exception, Noble's band of recreational volunteers and spiritual leaders have set upon a mission to nourish each resident's spirit as if it were its own gift. Church services for every denomination include vespers, an evening service held on the fourth Sunday of each month. Eileen Epperson, Noble's pastoral director, has seen this celestial evolution first-hand, "My perception of those living here has been that being in the Noble Horizons family enhances that golden time of your life. When you claim your victories, forgive what needs to be forgiven, accept your life as it is, and become fully conscious in a safe and loving space."

### Come one, come all, come home

The word space can come to define much of our lives, those spaces of time we experience, the spaces we fill, the lives we inhabit, and those places we call home. Despite its prominence on the healthcare stage because of revolutionary technology and innovative thinking, at Noble Horizons, feeling at home remains its undeniable heartbeat.

Linda Orłowski, a leader in social work and the director of Whitridge, Noble's Memory Care, tells a story of ineffable connection between Noble Horizons and those that choose to occupy its many spaces. Of a dedicated painting that hangs in Whitridge and illuminates such spaces she says, "We have a wall in Whitridge that's been newly painted. The reason why this particular wall was painted the color it is – is because of the painting that hangs there. The painting is of a vase filled with beautiful red flowers on a yellow background. Beautifully unassuming most might think, it came on behalf of an artist whose wife lived here. He and his wife bought their last new home together some time ago, and as a housewarming gift he painted this beautiful arrangement for her. After she was diagnosed with Alzheimer's and came to Whitridge, the man brought that painting and put it in her room. He did this because he felt Noble Horizons was her brand new home." When he passed, he bequeathed the painting to Noble Horizons – a symbol of home for all. •

*To learn more about Noble Horizons and all of its offerings, please call (860) 435-9851 or visit [www.noblehorizons.org](http://www.noblehorizons.org).*



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# A LOVE STORY: *Great Mountain Forest*

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

Great Mountain Forest (GMF) is an emerald jewel in the crown of an area that covers over 6,000 acres in Norfolk and Canaan, CT. It also tells many stories – an understory of ecological diversity, a succession story of trees and families, a restoration story, a conservation story, but most of all, a love story between the forest and its stewards.

## Working forest

GMF is what's known as a "working forest," which according to the World Resources Institute means that it is "actively managed to generate revenue from multiple sources, including sustainably produced timber and other ecosystem services," i.e., services that nature performs in its normal functioning that benefit humans. An example of this at GMF is the sequestering of carbon in tree roots.

GMF is committed to conservation, ecological research, and public education. It's a forest system that views trees as renewable resources that are sustainably and intentionally managed. GMF also plays a role in the environmental health of the local area by supporting species of trees, plants, wildlife, and fish. Capping off its crucial work is a dedication to

public use and recreation with a careful respect for the unseen work of the forest underfoot.

## Throwing shade on forests

It's hard to imagine, as you walk through the grand canopy of tree stands in Great Mountain Forest, that in the late 1800s the entirety of the GMF area was virtually cut to the quick for farmlands, pasture, and industrial use.

Wood for charcoal to smelt iron ore and for tanning left a barren landscape. Resource consumption on a grand scale by the Hunts Lyman and the Barnum Richardson Iron Companies without a thought for the future of the land had drastically altered the face of areas of Norfolk and Canaan.

## Ahead of their time

In 1909, Frederic C. Walcott and Starling W. Childs, influenced by Progressive conservation measures that protected land across the country, acquired 400 acres near Tobey Pond for public benefit. This was the beginning of Great Mountain Forest. By the 1930s acreage grew to several thousand and Walcott and Childs were actively managing the property, also reintroducing deer and bird life to the area.

During this time of rejuvenation of the land and its species, the men were campaigning to have the State of Connecticut take a more proactive role in land conservation, an area where Walcott and Childs thought the state was lagging. Both were critical to the public-private efforts that proved so effective in conservation efforts across the country. They used the work of GMF to show government officials what was possible in the regeneration and stewardship of land.

In 1913, after several years of advocacy and public education they



Above: GMF woods road. Below, left: Tamara Muru-etagoiena poses with winterberry in preparation for the annual wreath making workshop. Photos by Jody Bronson.

convinced the state to set aside 15,000 acres for conservation.

In the early 1930s, Childs' son, Edward "Ted," graduated from Yale Forest School and took over his father's half interest. He continued to add land to the forest with Walcott, and in 1948 bought Walcott's interest in the property after his death.

Ted died in 1996, and in 2003 the Childs family legally protected the forest and placed it under the separate control of a non-profit entity through which it is managed today.

## Good people make good forests

It's hard to talk about GMF without acknowledging all of its enthusiastic and dedicated staff and interns. Jean Bronson runs programs, raises money, and keeps the public up-to-date on the forest's activities. She creates



Continued on next page ...



diverse programming such as outdoor campfire cooking, educational hikes, and holiday wreath-making, and has found the perfect combination of cheerful efficiency and welcoming host.

Forester Russell Russ followed in his father's work boots and nearly 20 years ago returned to the forest that he grew up in. Russ keeps track of weather data for GMF and the National Weather Service. He also manages the Yale Forestry Camp, works with researchers, and assists with forestry and maple sugaring.

### Putting down new roots

This October, GMF hired executive director Tamara Muruetagoiena. In her they have found a dedicated environmental professional with expertise in environmental sustainability, goal setting, program management, strategic planning, marketing, and most importantly a deep love of the natural world – and GMF.

In 2005, Muruetagoiena found herself at the Yale Forestry Camp in the middle of GMF as a student in its School of Forestry and Environmental Sciences. In 2008, she returned as a summer teaching assistant for Yale. In her words, "something clicked." She found the forest one of the "most magnificent ecosystems" she'd experienced and filled not only with awe-inspiring trees, but amazing people.

Her career path took her to Europe, Latin America, and the Dominican Republic. Her latest post was with Driscoll's as the senior global manager

of sustainability and R&D.

As in nature, serendipity often plays a role in what takes root in a person's life. The GMF position came at a time when Muruetagoiena was ready to work for an "organization with sustainability as part of its mission." Weary of a corporate agricultural model that espouses "total domination of humans over nature," she was ready to trade growing fields for a working forest, where humans take a backseat to natural processes.

Muruetagoiena identifies herself as a forest ecologist, which she describes as "researching, understanding and documenting the interaction between species and environment. The forest is an ecosystem and I try to see the relationships between the trees that grow there and plant and animal life."

While enamored of phloem, she also loves a good flow chart. She sees one of her strengths as understanding an organizational ecosystem and plotting a path forward to strengthen current activities, programmatic offerings, and revenue and funding streams, and work with her colleagues to devise new areas of growth.

As the executive director, her knowledge of science is in service of managing and creating relationships between species of a different sort – staff, volunteers, board members, donors, and the public.

### Forest Man

Working alongside Muruetagoiena is Jody Bronson, GMF's 40-year forest manager. Bronson is responsible for forestry operations. With

a white beard, baseball cap, and outerwear that never seems warm enough for the weather conditions, he knows the land and its trees inside and out and exudes a positive aura that is evidence of the good, calm energy



that time in nature can generate.

At GMF Bronson harvests timber, improves wildlife habitat, builds and maintains roads, assists in research, educates the public, and supervises interns. Bronson casts his work as "the manipulation of forest ecology in service of a particular end." Sometimes this master planning is proactive, e.g., thinning white pines to build vigor in the crowns, or reactive, e.g., harvesting ash that's been decimated by the emerald ash borer.

For Bronson, what keeps him rooted in place for the past 40 years is the magic and mystical nature of the forest. While he admits that it's always changing and dynamic, he also finds in the forest the one thing he can come back to over and over. "There's a certain steadiness and predictability to the forest."

### Weather tracking

One area that Muruetagoiena and Bronson want to explore is the

Above, top to bottom: Wampee Pond. The working forest. Photos by Jody Bronson. Below, left: Bull moose from trail camera. Photo by Charlie Fritz.



remarkable weather data GMF has collected over the past 88 years. This longitudinal data tethered to one particular place can lend an understanding of where patterns of weather become changes in climate.

Superimposed on this analysis is 75 years of maple syrup production data which includes observations of bird, animal and insect life, frozen water, and other anecdotal notes that can provide correlative and causal data about how these factors relate to maple sap levels.

Muruetagoiena observes, “My past work in the sustainability field involves the interpretation of third-party data, which makes the impact more abstract. When I saw our data on weather, it hit me really hard. It was real. It is real – and tied to this place. GMF data is bearing out that weather is getting warmer.”

Bronson can attest that maple production is consistently down. He recounts, “Maple syrup is the lesson we can see. Twenty years ago we had 19 sap collections over a season. It was down to 14 over the past few seasons and last year we had 12. We’re not getting enough of a temperature differential between day and night to get the sap flowing.”

Both want to see this historical data compiled and interpreted in the coming years so GMF can use it in their public programming. They plan to educate others about the role of historical data in tracking climate change in a geographical area we know with a product we can taste.

### Mitigating carbon footprints

Aside from timber, one of GMF’s forest products is carbon offset credits. Sections of the forest are set aside for growing tree stock that sequesters carbon, meaning that it traps and stores carbon, thus reducing the amount in the atmosphere.

Muruetagoiena and Bronson agree that the US is way behind Canada and Europe in the administration of carbon offsets, however GMF’s efforts adhere to strict guidelines and are audited and regulated.

### Educating for the future

In the center of GMF are seven acres that Ted Childs gave to his alma mater in the late 30s after a hurricane decimated Yale’s own camp in eastern Connecticut. In 1941 Yale School of Forestry began using this land for the Yale Forestry Camp.

Until the 1960s it was used for field training. Today, it’s primarily used for Yale summer programs and graduate school orientation activities. Childs also began summer internship program in 1938 open to forestry students from around the country. To this day, a team of interns works with GMF staff each year to manage the forest and apply classroom learning. This past summer they even built a canoe with wood from the forest!

### Favorite places

Both Muruetagoiena and Bronson have their favorite forest places. For her, it’s Meeker Town cabin where she sees “the coexistence of humans as part of the ecosystem. It gets me in a mindset of Thoreau, where humans are not the dominant species in nature, we’re equal to it.”

For him, it’s the Red Spruce swamp, an untouched dense part of the forest. “It’s primal, quiet, and brings me peace.” Always a forest scientist, he adds, “It’s also a unique ecosystem for this part of CT.”

### Neverending story

Muruetagoiena and Bronson see GMF as a narrative tale of the ecological rejuvenation of a region; intentional management of forest products as renewable resources; the interplay of species in the face of unpredictable factors; and the vision of individuals and families who put their trust in the land – and the land in trust.

The moral of this story is that along with serving the public good, land stewardship and economic viability can go hand in hand. ●

*For more information about GMF and its programs or to donate, visit [www.greatmountainforest.org](http://www.greatmountainforest.org).*



Above, top to bottom: A Barred owl. Photo by Jody Bronson. Jody Bronson recording forest inventory data. Photo by Harry White.



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# EAT, DRINK, AND BE MERRY

By Lisa LaMonica  
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Everyone loves a brewery with great local brew and festivities, and these types of business ventures are booming in our region. For the past few years, many regional vacant buildings have been given new life and repurposed as new meeting spots. One of Hudson, NY's, structures (long considered to be an eyesore by many) will get that chance.

708 State Street in Hudson was long ago known as the Upper Depot, the former Hudson Upper Station on the Albany & Boston Railroad, a train station of 3700 square feet near the train tracks on 7th street, and it is three years older than the Amtrak station. No longer a train station, for decades now the building has been vacant and has fallen into disrepair. During more bustling times in Hudson's history, the train depot was part of the Hudson and Berkshire Railroad from September 1838 to 1959 when it ultimately closed.

## Opening in 2020

The Galvin Foundation made its announcement in fall 2019 that construction is expected to commence shortly on the Upper Depot Brewery Project, with an opening of the new brewery in spring of 2020.

This new hub will bring people together in a new way, and in hopes stimulate the local economy by offering several new jobs and boosting tourism. The location will be large enough to house an event space and tasting room, and offer another venue for live music with food trucks. Recreational activities such as these seldom disappoint and have proven to be very successful, even in small rural locales.

Prohibition is so abstract to imagine these days, but there was a time when Hudson had to be dry. Thank-

fully, we don't live in those times. This new brewery will follow the lead of Hudson Brewing Company, located at 99 South Third Street, which can boast of being the city's first brewery since Prohibition.

"It all started with a couple of friends drinking some homebrew in the garage, we loved the beer so much we were like 'should we start a brewery?'" explained proprietors Will Thibeault and PJ Birmingham, who joined forces to create Hudson Brewing Company. Their dedication to preserving and promoting Hudson's rich and colorful history is evident in a visit to the industrial chic Taproom.

## A bit of history

John Craig, of the Hudson Area Library History Room, and I went over the former depot's history and poured through many of Hudson's ancient books housed in the library on a gray windy November day. Also there with us were brothers Tom and Joe D'Onfrio helping to document its history and participating parties. They were all instrumental in providing information on James Mellen, who lived from 1793 until 1839, a banker and board member who heavily invested in the depot. He was one of the parties who may have collectively lost close to \$700,000 on the poorly built depot, which was originally built for horse drawn transport. Back then it was a staggering amount of money. Mellenville would later be named for him, with a train station still there, it connected Mellenville with Claverack and Chatham to train transport over to West Stockbridge, MA.

At one time in recent history, Van Kleeck's Tire had owned the former depot building which was in danger of being demolished due to the owner's lack of plans to maintain the building. Fortunately, there were many advocating against the demolition and for the historic importance of the building so that it could remain in Hudson.



Above, top to bottom: The vacant building about to become a brewery. Lisa with John Craig and Tom D'Onfrio at the Hudson Area Library going over historic records.

Opposite the vacant 147-year-old Hudson Upper Railroad Depot on the east side of the street, was the former Hudson Orphan and Relief Association at 620 State Street, which was demolished in spring 2019. "We are saddened to announce the need to deconstruct our building at 620 State Street in Hudson because of public safety concerns," said Dan Kent, vice president of initiatives at the Galvin Foundation. Many of the bricks salvaged will be re-purposed for use in the renovation of the new brewery.

I asked if the buildings retain any energy from their former incarnations, and I was told that until 1881 the building was used as an orphan asylum until it relocated to 400 State Street, later the home of the Hudson Area Library. We know from the Annual report of the State Board of Charities of the State of New York,

Volume 3 that the Hudson Orphan and Relief Association was started in 1843 by "a few benevolent ladies and gentlemen" and was sustained early on by mostly private donations in addition to also receiving state aid.

Our area has seen many highs and lows since its settlement. Dilapidated and worn down structures that many of us have grown up seeing, are now finding new life and a new purpose all throughout our region. With historic preservation, dedicated individuals and organizations, and a new hotspot, everyone wins. •



*Marc Molinaro looks forward to another term as Dutchess County Executive*

# Bridging the gap



Above: Marc Molinaro paid us a visit in our Main Street office on a rainy winter's day. This is Marc Molinaro ON Main Street IN *Main Street Magazine*. Photo: Thorunn Kristjansdottir.

*By Griffin Cooper*  
griffin@mainstreetmag.com

As we turn the page on the second decade of the 21st century, the country's political climate has perhaps never been more volatile. The rise of social media and the ease of connectivity has transformed the public forum dramatically. Political discourse has become less a proactive discussion for the betterment of our quality of life, and more a series of encounter battles fought for the purpose of clearing the opponent's opinion from the field. New York alone has found itself at times embroiled in a unique divide based solely on one's proximity to Manhattan.

In an age where the voting public has become seemingly all too willing to lodge themselves firmly on their respective side of the aisle, it may, in fact, be up to politicians themselves to bridge the proverbial gap. In the Hudson Valley, Dutchess County Executive Marc Molinaro, who won a third-term in November, looks to bridge the gap between identity politics and forge new waves of reform for the people of Dutchess County.

## The youngest mayor in the country

Practiced may be an understated way to describe Mr. Molinaro's political career. Now just 44, Executive Molinaro began public service in 1994 at only 18 years of age, after winning a seat on the Village of Tivoli, NY's Board of Trustees. Just a year later, Molinaro would be elected mayor of Tivoli, making him the youngest mayor in the country.

After his time as mayor, Molinaro spent four terms in the Dutchess County Legislature where he served as chair of the Budget Committee and co-chair of the Commission on Child Protection. Some of his legislative claims to fame include writing and adopting the Clean Indoor Air Act as well as the Open Space and Farmland Protection Plan.

In 2006, he was elected to represent the 103rd district in the

New York State Assembly where he fought to protect the Hudson Valley Greenway and adopted the Red Hook Conservation Fund before winning Dutchess County Executive in 2011, where he serves today. As a self-described moderate Republican, Molinaro is keenly aware of the temperature of today's political climate. Subverting expectations by implementing one of the most time-honored political strategies—accessibility to the people he serves.

Perhaps unsurprisingly then, Mr. Molinaro took time out of his busy schedule to stop by our office and discuss his career, philosophy, and what he's looking forward to in his coming term.

## What could compel a young man to get into politics like you did at the age of just 18?

I may have been born in Yonkers, but I grew up in Tivoli. That place is so special to me because it was where I held my first job and got to know the community well. I was also at a point in life where most young people begin to think about what it is they would like to pursue. I actually interned for my State Assemblywoman, Eileen Hickey, as a junior in high school and that's when I started to fall in love with public service.

I had a school teacher, Steve Sutton (who still teaches high school), who encouraged me to take part in a program called Presidential Classroom. I spent two weeks in Washington, DC, surrounded by government and I think that's what propelled me to volunteer back in my hometown. Tivoli, at that time was a once-bustling riverside community that had perhaps lost its center, and it was the older generation in town that encouraged me to get more and more involved. It was that spirit of community that made me decide to forgo going away for college and instead study at Dutchess Community College while I ran for the Village Board of Trustees. I remember my mother

and I made a deal before I decided to run, if I lost I would go off to college, and if won I would I have my first job. So when I decided to run for mayor I ran home to my mother and asked her again if that would be OK, she said no of course – I did it anyway.

**How have you seen local government change since your early start in politics?**

I believe local government, especially at the village level which is unique in America, and elected officials have the advantage of being a bit more aware of what's happening around them – which satisfies my desire to connect with people on a local level. I also found that I achieved a sort of tactile personal connection with people I served, so instead of instituting a policy to fill a pothole, I just fill the pothole.

**We've all seen the nature of political discourse change over the last decade, how do you perceive that change from the viewpoint of an elected representative?**

I recall President Obama saying once that we are in danger of living in a “cancel culture,” which to me means a society where a disagreement in ideology results in the cancellation of opinion, and I think the President was quite accurate in that regard.

I would say from a political perspective, the world has changed. The tools for cancelling out what we deem the “other side” are more sophisticated than ever before.

Governing though has become more engaging and on a local level the process has stayed consistent. People still generally believe that their representatives are trustworthy and we, as elected officials, have a direct responsibility to resolve issues that people contact us on a daily basis about.

I do sometimes get offended as a politician when I hear prospective candidates say “If I win, I win, and if I lose, I lose.” There's a certain

amount of perceived indifference present that you just can't afford to have in local government. You must have pride in what you do and maintain a commitment to serve people – regardless of party. County and local governments don't always agree on priorities, but we will never seek to be disrespectful to one another.

**Is there a certain policy, piece of legislation, or issue on the horizon you would most like to tackle in your next term?**

Absolutely, county governments aren't afforded the luxury of serving only one purpose, in a sense we are the ultimate middle-men. We are responsible for the things you expect as a local resident, like plowing snow, and we are mandated by the State of New York to perform a host of other tasks, something unique to our state.

Our focus continues to remain on job growth; quality, sustainable job creation that will build communities. We don't have the infrastructure to support multi-billion dollar corporations so supporting the innovation economy is a key element for job growth in our area. We love to see the marriage of downtown, with mix-use residential, small manufacturer, high-tech jobs, and creative arts continue to build a sense of place in the Hudson Valley. There have been thirty consecutive months of job growth in Dutchess County, because slow, persistent commitment to our municipalities works.

Our other primary focus remains on what is the public health crisis of our lifetime, and that is opioid and heroin addiction – period. Without hesitation, how we prevent, intervene, and ultimately treat those dealing with addiction has to shift significantly in this country, because we are losing far too many people.

Dutchess County has perhaps the most comprehensive network of services and probably the most tools of any county in America,



now it's time to put them to good use. This year we are committed to focusing on an Eastern Dutchess effort to centralize addiction services from the Poughkeepsie area. Soon we'll be pushing out a mobile unit thanks to resources currently being gathered thanks to Assemblywoman Didi Barrett, taking the incredible services we provide in Poughkeepsie and getting them out on the road.

If you believe addiction is an illness, as I do, you cannot expect people who are shamed into thinking it is not to walk into a center while battling said illness. We are fighting this disease in a way that connects by hiring more recovery coaches and expanding our outreach county-wide, that will be a primary focus for my upcoming term. •

*To learn more about Marc Molinaro or to reach out to him to discuss issues related to Dutchess County, please visit [www.dutchessny.gov/Departments/County-Executive/County-Executive-Marcus-Molinaro-Biography.htm](http://www.dutchessny.gov/Departments/County-Executive/County-Executive-Marcus-Molinaro-Biography.htm).*

Above: A Google Map of Dutchess County, NY, the area for which Marc Molinaro is the County Executive.



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# Working it!

The new year is a time for exploring new ideas such as opting in to a shared workspace environment

By Regina Molaro  
info@mainstreetmag.com

With the recent wrap-up of the holiday season and the new year upon us, there's no better time for transforming new business ideas into reality. If your project is already up and running, it's time to escalate it to the next level of success.

Whether you prefer the structure of working remotely from a shared space, are a member of a team with a faraway office space, or simply enjoy working alongside others in the community, Rhinebeck's CO. co-working space may be ideal for you.

## The three C's

Launched in October 2018, CO. offers a shared workspace environment and an event venue to suit a range of needs. Housed in a contemporary architect-designed building, CO. invites plenty of natural light in. The 3,700 square-foot coworking destination boasts high ceilings and lots of pine wood in the interior. These design elements unite to create a mod rustic sensibility.

Reflecting its philosophy of collaboration, CO. is cooperatively-owned and co-operated by a lineup of co-owners and investors. It's focus: communication, collaboration, and cooperatives.

Tapping into lifestyle trends such as today's "gig economy"—independent

workers paid by the "gig" or project — CO.'s concept aligns with the future of the work force. As time evolves, more people are working remotely from home, co-work spaces such as CO., coffee shops, libraries, and beyond.

While some juggle gig jobs, others are freelancers, independent contractors, or entrepreneurs. According to Bureau of Labor statistics, there were 57 million gig workers in the US economy in 2018. This number represented 36% of all US workers. That number is forecast to grow.

Co-working spaces such as CO. enable workers to enjoy the perks of the traditional work environment while offering economical flexibility and access to others in the community. Memberships range from full-time to occasional coworking.

## All are welcome

CO. is open to all — from day-use visitors to freelancers, entrepreneurs, small business owners, startup teams, and employees who work from home.

Its bright, airy space offers meeting rooms, private phone booths, resident desks, and comfortable lounge areas. The versatile event space is ideal for off site strategy sessions, corporate parties, and beyond.



CO. is democratically controlled by its members who have a close association with the space. They serve as producers, consumers, or employees. "We always want to be a place of community and collaboration," says Johnny LeHane — one of CO.'s founders.

LeHane is an entrepreneur and investor. After quite some time seeking a shared work space to suit his own needs, he joined forces with Hélène Lesterlin, Deana Burke, and Pati Jones to craft CO.'s business model. Beyond serving as a member of the operations team, LeHane works as a host, supporting members, prospects, event managers, owner-investors, and the community.

Lesterlin and LeHane both have previous experience working with Good Work Institute — a non-profit organization in the Hudson Valley. Its aim — to cultivate, connect, support, and illuminate the work of local change agents.

Above: Co-working has taken on a new meaning in Rhinebeck, NY, in community partnership with Accel 7. Photo: Mohican Studios. Below: CO. is located across the street from the Dutchess County Fairgrounds. Photo courtesy of CO.



Continued on next page ...



“Sustainable and durable, we founded CO. with the same mindset. It’s not about one person becoming wealthy, but about providing a cooperative for all,” adds LeHane. The co-owners represent a dynamic cross section of local entrepreneurs and business owners.

### Memberships

Architect Frank Mazzarella is the visionary behind the revamped space, which was once a furniture store. With experience working abroad and in New York City, his firm’s contemporary designs seamlessly blend within their natural settings.

CO. currently has a roster of more than 80 members. They span a range of industries from technology to the legal sector, marketing, distribution, energy, prosthetic limb replacement, and more.

Various memberships are available – each includes access to CO.’s member app, which enables users to book spaces, manage their memberships, and connect. The Resident Desk (\$500 monthly) offers 24-hour access to your own dedicated desk in a shared office. There’s also lockable personal storage, and printing capabilities. Those in this

tier are entitled to all the benefits of the coworking space such as lounge areas, long coworking tables, the full kitchen, outdoor spaces, and six hours of meeting room usage.

For \$250 per month, Full-time Flex offers full-time, unlimited coworking plus four free hours of meeting room usage. It offers 24-hour access to a shared open workspace, which includes the long tables, lounge areas, phone and diner booths, a full kitchen, and outdoor spaces. For \$150 per month, Part-time Flex offers eight days of coworking per month, two free hours of meeting room usage, and the same on-site amenities as the Full-time Membership. After eight days of coworking, a \$25 daily day rate applies.

Co-op participation is optional. Those with co-op memberships are entitled to profit sharing and voting rights. After six months of coworking membership, users are eligible to join the co-op.

Those who yearn to connect with the community, but require only occasional access, can opt for the \$25 monthly Community Membership. They are granted access Monday through Friday from 9am to 5pm. This tier includes two days of coworking per month with a \$25/day daily rate after that. There’s also a visitor day rate for \$30.

From Monday through Friday between 9am and 5pm, a host is on hand to check people in, answer questions, and more.

Finally, people may volunteer in exchange for coworking. CO.’s Desk Exchange



program unites a group of freelancers, artists, entrepreneurs, and CO-workers who share the responsibilities of the day-to-day running of the cooperative.

### Meetings and events

Each month, CO. hosts events and gatherings of all sizes. The conference rooms can be rented by the hour. The intimate event space features a glass garage door, which opens up to the courtyard for times when the weather is warm. From one-on-one meetings to workshops, innovation sessions, community meetings, private gala events, and company-wide retreats, the meeting and event spaces are open to the community; membership isn’t required.

Events are hosted several times per month. Upcoming events include a free monthly coworking, which runs from 9am to 5pm and is followed by a happy hour. The next event will be held on January 24.

There’s also a game night, which welcomes all for an evening of board games and light refreshments. Beyond that, there’s the ongoing Accel7 – a business accelerator that offers training and mentoring sessions for Hudson Valley startups. Check the website for upcoming dates. ●

*To learn more about CO., visit them at 6571 Spring Brook Ave., Rhinebeck, call them at (845) 481-3681, or visit them online at [coworkwith.co](http://coworkwith.co).*

Above: Co-working has taken on a new meaning at CO. in community partnership with Accel7. Photo: Mohican Studios. Below left: There’s more that happens at CO. than just co-working, there are many events, gatherings, seminars, and parties, too. Photos courtesy of CO.







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# The mysterious & the beautiful

THE MAGON COLLECTION & THE KARA COLLINS CONNECTION

By CB Wismar  
info@mainstreetmag.com

It is an imposing journey – Papua New Guinea to the Litchfield Hills of Connecticut. Halfway around the world doesn't come close to identifying the cultural, language and geographic distances that are inherent in the trip. Yet, as Jane Magon Collection jewelry begins to appear in the collections of local residents, thanks to the efforts of Kara Collins, the enormous distances and differences become an intrinsic part of the uniqueness and charm.

## Jane and how it all began

Jane Magon, Australian-born, grew up in Papua New Guinea and became engrossed in the local lore, the legends, the tribal customs and the striking beauty of an island country little known to those known as “Westerners.”

Returning to Australia she studied art and design, became a jewelry designer, and was so influenced by the cultures she had experienced, pursued advanced degrees, eventually receiving her Ph.D. in art history ... and shamanism.

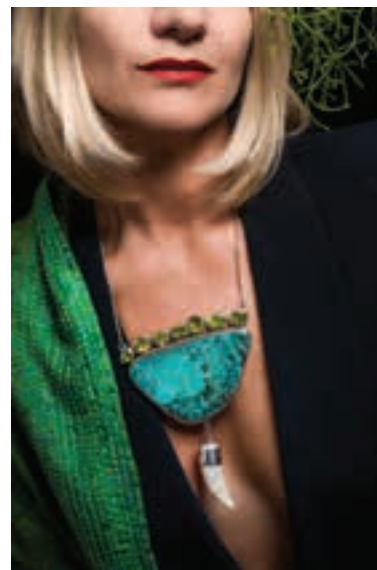
The spiritual impact of the customs and practices of the native

peoples of both Papua New Guinea and the remote areas of Australia coupled with her proficiency in things academic brought her to the United States where Harvard University awarded her a Senior Research Fellowship in the Center for the Study of World Religions.

Skilled as a jeweler, driven by a sense of discovery and possessed of a true appreciation of the spiritual aspects of many cultures, Magon found the point of intersection in creating one-of-a-kind pieces of stunning jewelry that have been celebrated and collected in Australia, shown around the world, and are now appearing in the United States.

## Kara joined the Magon team

Enter Kara Collins, a photographer and jeweler with 22 years experience at the highest levels of luxury gems and settings, who had decided to step out of the business world for a few years to rear her daughter. Finding the spaces and pacing of New York City less conducive to bringing up their daughter, Kara and her husband relocated to the Litchfield Hills where “working from home”



has become a finely-tuned lifestyle for so many urban ex-patriots.

The lure of returning to work came into focus for Kara when former associates approached her about finding a buyer for a remarkable piece of jewelry – one of Jane Magon's creations. Transaction completed, the conversation turned to forming a closer bond.

Jane Magon returned to her native Australian base to travel to remote areas of India and Thailand, among other locations, where gems could be acquired with which to create her inspiring pieces and to continue to build her collection and reputation.

Kara Collins drew on her years of marketing and administrative experience to begin building first a strategy, then the logistics needed to introduce a new name, a new line of unique jewelry to a very sophisticated market.

Above, L-R: Image of Warrior Woman necklace with crocodile tooth (crocs loose only two teeth a year and need to be fetched from the murky waters where they live), large national American turquoise, Peridots, set in sterling. Dr. Jane Magon showing off three of her pieces. Below, left: Countess Collection - Lady Jane. Three strands of hand-cut Peridot beads with 18kt white gold spacers and a 14kt white gold clasp. Connecting nobility with glamour, The Countess Collection was designed to provide a woman of refined taste and high status, a piece of fine jewelry that exudes an air of exclusivity and glamour. Images courtesy of Kara Collins.



Continued on next page ...



"This area has such an incredible population of artists," comments Kara, who has been building both a local presence and a New York office where sales are made directly to the customer. When Ellen Griesedieck's American Mural Project announced that its 2019 Gala would be built around a fashion show with designs executed utilizing recycled materials, Kara built on her knowledge and support of the Project to offer up Jane Magon Collection pieces to be worn by the runway models.

The results were dazzling, and the word spread quickly about the beautifully original designs. The connection was not a difficult one.

Jane Magon utilizes not only brilliant gems and precious metals, but bits and pieces of cultural elements that link the wearer to the history and energy of entirely different people and traditions. Just as the American Mural Project presents the intricate and compelling story of America, Jane Magon's creations speak volumes about traditions that are both remote and, in many ways, uniting.

**What the new year will bring** 2020 will be an intriguing year for both Kara Collins and the Jane Magon Collection she now repre-

sents. "We are working on developing unique lines that will be made available through high end jewelers across the country. They'll carry enticing names like 'Rock the Croc' with embossed gold that resembles crocodile skin, 'Tribal Lacing' inspired by the Sepik tribe of Papua New Guinea, and 'Flying Arrows' that will include arrowheads adorned with fine jewels. These will be pieces that are very accessible, that work in both the daily setting and in moments of celebration ... special moments." Intriguing about the new collection is that it will be designed in Australia by Jane, but will be fabricated in the United States.

"We've been crafting the individual pieces in Australia and Europe," reflects Kara. "But with the engagement of skilled American jewelers, we will have the finished pieces closer to the markets where they will be sold."

If reactions to the pieces currently on offer are any indication, the new line will be received with enthusiasm. Current sales are by invitation, either in the New York office or in "Champagne Evenings" where invited guests are able to not only see the pieces, but try them on and experience how a piece from the "East Meets West," "Countess," or "Warrior Woman" line will fit into their own collection.

"Warrior Woman" is not a legacy of combat, but of great inner strength," comments Collins. "It captures the soul ... the purpose of the woman who wears it." The pieces certainly capture the strength and spirit of Jane Magon, the woman whose travels and explorations have led to this moment. •

*To explore the Jane Magon Collection and to learn more, visit their website at [www.janemagon.com](http://www.janemagon.com).*



Above: Kara Collins is the face of the Magon Collection in our neck of the woods. Below, L-R: Moroccan Holiday Earrings, diamonds set with ruby drops and ruby beads, carved Lapis Lazuli set in 18kt yellow gold. East Meets West Collection, diamonds set with Chrysoprase drops, Tsavorite Garnet, green tourmaline, and Apatite beads in 18kt yellow gold. Left: Day to Night Collections, Carnelian drops and beads with 24kt gold leaf with an 18kt yellow gold clasp. For the wearer to be able to wear the jewelry to work during the day and out for the evening with a little sparkle. Images courtesy of Kara Collins.



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**Housatonic Camera Club opening** – Opening reception January 24 from 5-7pm, open weekends 11-4 through February 23. Join the Housatonic Camera Club at an opening reception for its annual New Year exhibition. FREE

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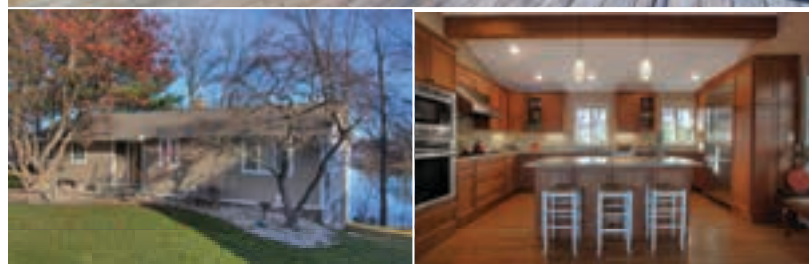
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# At the heart of the community

## THE MOVIEHOUSE, MILLERTON, NY

By CB Wismar  
info@mainstreetmag.com

It's an intriguing challenge. How does a place move from being a random collection of houses, a post office, and, perhaps, a store or two to a community where people gather, know each other, and share common interests?

Among the other significant gifts that The Moviehouse has given to Millerton, NY, and the surrounding towns in New York, Connecticut, and Massachusetts is that it has created and sustained a community.

Movies? Community? In the era of Netflix, Amazon Prime, Hulu, Disney+, and an ever expanding roster of streaming services, how can a simple movie theater in the heart of an up-country village create a community?

The answer lies in a wonderful admixture of history, tradition, passion, hard work, and stamina. There's imagination and true community spirit involved, as well ... all of which have been carefully preserved by Carol Sadlon and the dedicated team that makes The Moviehouse such a very special place.

### Start at the beginning

Deep history, first. The building, a classically imposing structure that sits atop the hill on Millerton's Main Street, was originally built at the behest of wealthy industrialist and community benefactor Julius Benedict whose Winchell Mountain iron works

had supported the construction of Grange #796 in 1903.

The National Grange of the Order of Patrons of Husbandry had been created in post-Civil War America as a fraternal order focused on the local agricultural economy benefiting from the creation of a community. So progressive was the concept that not only were women encouraged to join, but elected positions within each local Grange community had a number of slots available only to women.

The key word, however, was community, and with Benedict House set as a gathering place in Millerton, a community grew around it. The second floor of the imposing building with the monumental clock tower hosting an historic E. Howard timepiece was a ballroom where community events from weddings to traveling theatrical performances were offered.

When the building was sold to a local entrepreneur as membership in the Grange declined, photographer and merchant Myron Puff added retail to the building, but the notion of having a movie house in the town became established and as cinema grew – from silent features accompanied by live music through to the days of “talkies,” which then emerged from black and white to color – the building drew the community together.

It was in 1977 that a family of “weekenders” from New York City discovered that the property was, once again, for sale. Robert and Carol Sadlon had many well developed passions. Among them was the notion of historic preservation and the impact that theaters can have on a community.

### Enter the Moviehouse

It was not until Memorial Day Weekend of 1978 that Robert and Carol had been able to transform the derelict building into a safe space where



Above: The Moviehouse stands at the top of Main Street in Millerton. Below, left: The Moviehouse was brought back to life in 1977 by Carol and Robert Sadlon, Carol remains its visionary today. All photos courtesy of The Moviehouse.

local residents could gather for a first-run feature film. As Carol recalls, “Our first film was *The Goodbye Girl*,” the blockbuster Neil Simon/Ray Stark/Herbert Ross romantic comedy that led actor Richard Dreyfuss to the stage to accept his OSCAR for Best Performance by an Actor.

The summer was off to a roaring start ... a start that ended when the Sadlons turned the lights off after the Labor Day Weekend and returned to New York, and work, and the winter.

The community, however, had different expectations. “People were really upset that we had shut down for the winter,” recalls Carol. “We reopened Memorial Day Weekend of 1979 and have been open 365 days a year ever since.”

The effort dedicated to overhauling the building did not end with the reopening. Soon one screen became two, then the second floor was renovated to host the largest theater of the complex. The latest addition has



Continued on next page ...



been the screening room, an intimate theater with sofas and comfortable chairs that allow The Moviehouse to screen films that might not otherwise get a viewing.

One of the many proud moments tied to The Moviehouse and the efforts of the Sadlons was the designation of Main Street Historic District in Millerton as part of the National Register of Historic Places in 2010.

### Into the digital age

“It was the advent of digital cinema projection that brought us to a real point of deliberation and decision,” recalls Carol. “The classic carbon arc projectors had thrown a great image on the screen, but films were no longer going to be delivered on massive 35mm reels. It was the digital age, and we had to decide to undergo massive change ... or convert.”

Convert they did, and the digital satellite delivery of films has allowed The Moviehouse to not only bring in the continuing cascade of Hollywood films as well as notable international productions and fascinating documentary films, it has made it possible to bring such cultural icons as The Metropolitan Opera, The National Theater of London, and the Bolshoi Ballet to a local screen.

The result? As one might imagine, entire communities have grown up around the opera, dance, and live theater, each contributing to the ever-growing broader community that looks to The Moviehouse to

be current, engaging and, at times, avant-garde. This is “event cinema” as it has been termed – the presentation of new and unique film experiences that pique the interest of the audience and deliver programs unavailable elsewhere.

### Local connections to global events

New films and those with particular local connection are ushered in with guests to discuss and debate once the film has been screened. When the heralded *Ford v Ferrari* premiered at the theater, local racing dignitaries with great history in motorsports were on hand to offer commentary and answer the questions of a jubilant audience. Skip Barber and Sam Posey brought the film to life with their own intimate reflections of the subject matter and made a viewing of the film a true event.

There are free screenings as part of holiday celebrations in the town and there is art. Not only does The Moviehouse offer periodic film explorations in the “Exhibition on Screen” series profiles internationally celebrated artists, the second floor lobby area has been turned into a vibrant gallery with shows of locally recognized painters changing throughout the year.

### Into the future

When Robert died in May of 2019, the entire community responded to the passing of a tireless leader and visionary. With Robert’s passing, there were the anticipated questions about the future of The Moviehouse. Rest assured, The Moviehouse is in strong, capable hands with Carol Sadlon whose vision of the future for the facility is limited only by the requirements of turning dreams into reality.



That is, after all, the way movies are made – turning dreams into stories and narrative and dialog and music and bringing them all together for the engagement of the audience.

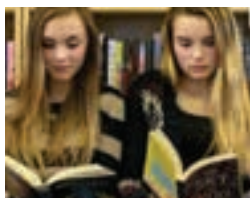
And so, too, The Moviehouse. “We live in an incredible area,” asserts Carol, with a fire in her eyes that bespeaks her passion. “We have world-famous centers for music and dance and art and theater all within reach. It seems most appropriate that the cinematic arts enjoy that kind of focus, as well. That’s the future at The Moviehouse, and we’re eager to welcome the great individuals who share that dream ... the community.” ●

*The Moviehouse is located at 48 Main Street in Millerton, NY. Current offerings on four screens as well as art presentations, free FilmWorks Forum screenings, memberships in “The M,” and special events can be found at [www.themoviehouse.net](http://www.themoviehouse.net).*

Above, top to bottom: The Moviehouse building was home to many things since its construction in 1902, depicted here as the town druggist. The community taking in a feature film. Below, left: Before taking in a movie, it is important to stop at the concession stand to get a popcorn and other goodies. All photos courtesy of The Moviehouse.







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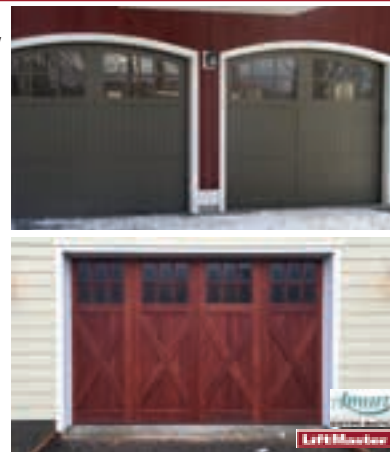
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# In the works in 2020...

SOME OF MAIN STREET MAGAZINE'S PLANS IN THE NEW YEAR

By Thorunn Kristjansdottir  
info@mainstreetmag.com

Ahh, it's a fresh start! The New Year is always a symbol of a blank slate and a fresh start. Some of us take it more seriously than others, and businesses often approach the new year, and the new quarter, with new goals in mind. That's no different for us here at the magazine. I thought I'd take the opportunity and share with you a few of the things that we're excited about.

## Upcoming themes

As many of our readers are aware, throughout the year our magazine will have a theme, i.e. May is our "Transportation" issue, July is our "Food and Drink" issue, etc. 2020 is no different, and we've even come up with some new and exciting themes. Some of these are soft themes, like our "Summer" issue, and some are pretty strong, like our "Art & Design" issue. But we always listen to our readers and advertisers, and we will of course continue with the favorites. But we've come up with new and exciting topics that we feel will resonate with all of our readers.

## Our website

As some of you might know, we re-launched our website last August. Up until then it had been more or less an information site for us; it had our past issues, ad rates, distribution information, staff bios, and so on. But in August we launched a site that was ... well, about six or seven times the size of what had been there prior.

On our re-vamped site we created numerous categories and topics of interest that apply to the awesome area that we live in. Up until then, we simply didn't have the real estate in the magazine, or, due to timing issues, couldn't feature them in print. One of the categories that we can fold under the umbrella of "things that are happening" is our aptly-named *Word On The Street*. See what we did there? Yes, a little

play on words. Stories that we have featured in *Word On The Street* include such topics as early voting, and how Taconic Hills was offering students free breakfast and lunch. The stories featured are important to our region, and sometimes a tad controversial.

We have devoted an entire section to animals, farming, and the outdoors. Every week we feature an animal that is available for adoption at one of the great local animal adoption agencies. We've partnered with a number of them throughout the Tri-state area and are trying to help spread the word about some loving animals that could use a new home. Do you need a new family member? Also to be found in this section is animal advice, farm features, environmental issues, and the *Otis Feed*.

What, you are probably asking, is the Otis feed? Well, let me tell you! Ashley, our director of advertising, has a very pretty cat named Otis. Ashley is a very smitten kitten when it comes to her one and only Otis Joe. So we've given Ashley and Otis a platform to help propel Otis to fame – or his five minutes of fame. Oh yes, I'm serious. We know it's silly, but it's also quite fun. Otis' weekly post gets quite the number of hits and there are plenty of cat puns to go around!

On a more serious note, we've also devoted an entire section to health and beauty. We're proud to have partnered with a lot of smart, experienced, and educated people throughout our region who provide content for our website, and the health and beauty pages are no different. So in case you're looking for helpful information, or some bit of advice about your health, feel free to check it out.

We of course have a section devoted to the arts where we can elaborate further on local artists, antiques, museum exhibits, writers, poets, and musicians – to name a

few. In this section you can also find our *Film Reviews*, and we've had quite a busy season with CB Wismar hitting up a movie, on average, every week. It is Oscar season after all! CB has reviewed everything from *Ford v Ferrari* to *The Irishman* to *Frozen 2*. Something for everyone, for sure.

We of course offer you some free advice. And our advice comes in many forms. In our *Advice* section we have general advice, some of which comes from our advice columns in the magazine, to horoscopes that are courtesy of the fine folks at Robin Hood Radio, to our very own *Mommy Blog*.

## Our amazing partners

We have to take a moment and highlight some of our amazing partners. You'll notice on the various stories, that the byline is not just our in-house staff writers, but are from an array of writers from all walks of life, and from all different industries. For example, Dominique DeVito of Hudson-Chatham Winery writes a weekly *Wine of the Week* where she recommends a wine that is fitting for that week and season. We also post a real estate listing early in the week, we call it *Deal of the Week*. In it we feature a property that is for sale that can be considered a great buy. The *Deal of the Week* is presented by a different realtor every week – we don't play favorites.

We also feature an antique of the week, usually on Saturdays, from such antique professionals as Montage, Hunter Bee, and Sutter Antiques, who give us a glimpse at a piece, share with us why it is unique, and what we should look out for when on the antique hunt.

These partners are experts and or professionals in their own field, and we are so honored to be working with them – and to share their knowledge with you. So if you're an expert on something and would like

to share your knowledge, shoot us an email or give us a call.

We're also very excited to have partnered with the great folks at Robin Hood Radio. You should tune in every other week and take a listen to Marshall Miles and me discussing some of our stories, some of the folks that we feature, and just things that are happening in our region. It's never boring! And if you missed it on air, you can listen on our website, but of course.

## We'd like to thank...

I will conclude this little *Main Street* update by saying that we couldn't do any of this without you, our readers, and our advertisers. We listen intently to all of our readers and advertisers, and we hear their compliments and criticisms. That is one of the reasons why we've expanded our website, are on the radio, and are both sponsoring and co-sponsoring a number of events in 2020.

I would like to draw special attention to our advertisers though. In an era where you hear such things as "print is dead" and we've watched countless magazines and newspapers fold, we are still able to produce this full-color, expertly-printed magazine solely because of our advertisers. This magazine is free, remember? And so the next time you pick it up and enjoy some great local, positive stories, we ask that you take a look at the opposite page – the ad pages – and consider our advertisers for their products and services. It's because of them, after all, that you're able to enjoy everything that we produce.

And if you'd like to become one of our awesome advertising partners, we'd love the opportunity to work with you. But above all, thank you all for reading and being part of our *Main Street* family. Have a happy, healthy, and prosperous 2020. •



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As a newcomer to the Hudson Valley's small business scene, Jim Morano, owner and operator of JVM Masonry, looks forward to matching his ambitious goals with the skills he has developed during his years in the field. "I love what I do, and I believe it shows in my work. I pride myself on having good attention to detail. The passion I have for this kind of work has never been about money. I do it because I have developed a skill for creative work and I am driven to share it with the people of the Hudson Valley. The feeling I get when I am finished with a job is something hard to describe." Though Jim started JVM Masonry in 2018, he's been practicing masonry for 12 years and specializes in brick work, historic restoration, stone walls, and patios. JVM's services stretch across our area covering most of the Hudson Valley including both Columbia and Greene counties. "When I hear a client tell me how amazing a finished job looks and to see the customer happy is the reason I go to work each morning." Looking forward to 2020 Jim says of JVM, "Making a name for myself and building a successful business are obviously things I hope to accomplish. Mostly though, I hope to create something I can be proud of."



## FarmOn! Foundation

Food education through farm preservation. (518) 329-3276. 556 Empire Road, Copake, NY. [farmon.org](http://farmon.org)

From its headquarters on Empire Farm in Copake, NY, FarmOn! has blazed a path through the Hudson Valley by creating unique opportunities for family farms to bridge the rural-urban divide and connect commerce from city to country via "food ways and farm experiences." This pathway has fostered the entrepreneurial spirit for youth educational programming FarmOn! developed to envision a world where sustainable farming is both valued and profitable. Young adults travel from all over the state to work at Empire Farm as part of its advocacy efforts on behalf of family farming, community engagement, and experiences. Through youth educational programming on-farm, off-farm, in schools as well as businesses, incubator workshops and jobs for young adults, entrepreneurs, and volunteers, FarmOn! successfully innovates and impacts with experiences that imprint for a lifetime. As a 501c3 non-profit organization and public charity, approachability, creativity and entrepreneurial practices guide founder Tessa Edick and the rest of her dedicated team in all aspects of both vision, and mission. By educating with hands-on vocational learning as beginning farmers, FarmOn! aims to fill the succession gap at family farms to keep farmers farming and real prosperity possible. If the family can keep the land and young adults bring the business of food on those farms, "it's a win-win-win for us all to savor."



## Rookie Farm Bakery

A variety of homemade pastries and desserts. 10 Anthony Street, Hillsdale, NY. [rookiefarmny@gmail.com](mailto:rookiefarmny@gmail.com). Like us on Facebook.

"Baking has always been an important part of my life," says Amy Laurie, owner of Hillsdale, NY's most exciting new addition, Rookie Farm Bakery. "I watched my grandmother bake as a child and continued to bake throughout my professional life in the music industry." After years of managing bands, Amy has returned to another inborn passion: baking. "Food became a powerful touchpoint of communication between artists and executives. I never tired of making that connection." Amy's baking odyssey stems from her own roots growing up in the area, "Our farm in Columbia County has always been a source of culinary aspirations for me alongside happy times with family and friends." The mother/daughter-run Rookie Farm Bakery offers a variety of homemade pastries and desserts, including its signature cookie tarts. "All of our baked goods are made from scratch and feature our farm fresh, antibiotic-free chicken eggs, also for sale. Our shop has cozy window seating, and we offer free wi-fi." The centerpiece of the bakery is Amy's father's table from his art studio. "It serves as our communal table where we hope to foster new relationships and bring people together." This coming year, Amy and Rookie Farm Bakery look forward to "offering more events around our communal table, meet new people and form new friendships!"



## Millerton Mercantile

Curated shop featuring local produce, flowers, art and artisan goods. 3 Main Street, Millerton, NY. [millertonmercantilellc.com](http://millertonmercantilellc.com)

Since opening its doors in August of 2019, Millerton Mercantile located on Main Street in Millerton, NY, has maintained its enduring mission to strive to be an inviting space that offers local farm products along with local artisans wares. To the folks of the charming local shop, their mantra remains that "food is art," so it's crucial to present fresh local food in the manner that it deserves – alongside art. Our local farmers and ranchers go to great lengths to produce top quality food. At Millerton Mercantile, staff believe they should have a store that respects and appreciates what they do. Owner Stephen Murphy says the most rewarding aspect of being part of the local scene has been, "being able to meet all the lovely people that come in. Whether they purchase something or just have a look around, it's rewarding. Also we have penny candy that's actually a penny! Most adults remember a time when it was the norm, and the kids delight in counting out their change and getting a pile of sweets." The shop is currently working on upgrading the kitchen so they can offer soup and sandwiches. Stephen says, "personally for me I'm looking forward to putting a garden terrace out back where you can sip your coffee surrounded by fresh veggies and herbs. Bring your dog or your bike and relax."



## Now is great time to assess things

The start of the year is as good a time as any to not just make some changes and begin a new, fresh start for yourself (did you start going to the gym yet?), but to also make some changes for your business. I start thinking about changes and moves that I would like to make in the months leading up to the new year, and in January I start executing some of them, while making adjustments as I find what is effective and what isn't. As business owners and managers, we are of course looking to grow our business, spread the word about it, as well as retain and grow a happy customer base. So how does design and marketing factor into this, you ask? For some of you, it might not factor in at all. For other businesses it could drastically help propel it.

How many times have you felt that you just needed a change? A new hair cut, a new wardrobe, a new job even? I bet every one of us has felt that. Well, when it comes to your business, sometimes a change is needed too. This can apply to a new brand identity, new supporting materials like stationery and brochures, or even a new website. For others it might mean updating technology like your website, Google search results, or website SEO. For some it might mean getting your business out there on social media. Every business has different needs, and every business grows differently. And sometimes it is that story that's important to share with your customers and followers.

So as you start 2020, take a step back and assess your business. How is it looking? What are your goals in the coming year? What needs to change? What can stay the same?

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## HOW TO MAINTAIN YOUR DOG'S NAIL HEALTH AN EARLY AGE

Puppies need to begin getting used to their nails being done starting at an early age, sometimes even as young as 4-6 weeks old. Additionally, they'll need to be done every week and a half to two weeks in order to keep the nail short. The same rule should apply every two weeks to two-and-a-half for adults, depending on the wear of the nail due to every day activities like walking on pavement. I find that grinding works best to keep the nail healthy, short, and round. The longer the nail gets the longer the quick-the-vein that travels through the nail gets. It will almost certainly be harder to shorten the nail if it grows too long. Nails that are allowed to grow longer than average can be painful for your dog to walk on, and can eventually even split off entirely. A good diet of protein helps strengthen the nail as well. Most importantly don't be afraid to clip your puppy's nails! Though it might seem like a stressful experience, it is really quite simple and the long-term benefits your dog will enjoy will outweigh any nervousness you might feel at first. To make it easier and less stress inducing, simply begin by only clipping the tips of the nails. Soon enough, both you and your puppy will get accustomed to the entire routine. If you still find yourself too nervous about clipping your puppy's nails, feel free to stop by PetSmart and visit a professional groomer like me, or ask your veterinarian to show you the proper technique. – Hayley Boyles



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## Starting your path to fitness:

Many of us may find ourselves looking in the mirror wanting to get fitter, healthier, and happier. These are great goals to strive towards, but is too much fitness a bad thing? Starting a new fitness and health routine can seem daunting at first to those that have "been here before" and those looking to start over fresh in the New Year. One thing to keep in mind is that too much of a good thing can be bad, especially when talking about fitness. That first week can be the difference-maker, because without proper rest and recovery, a participant can burn themselves out quickly. A good goal to start with is 30 minutes a day of light-to-moderate exercise for five days. We can even break this down to 3-4 sessions that last 45 minutes to an hour. Without listening to your body and taking it slow, you could end up so sore you can't move, or even worse, end up with an injury that takes you out of the game for awhile.

This is why group classes are awesome to both start with and continue with, because the timing is already laid out for you, and the thinking is done before you even come to class. All you have to do is show up and get started with no guess-work or trying to figure out how machines work or how many reps to do. Plus, you will most times find a new community of peers that you didn't know existed, or bring friends with you for one heck of a night out. By going to classes, you'll ease right back into fitness and into that healthier lifestyle. If you are nervous about starting a class because you think it may be too hard or advanced, look for a beginners class that will bring you slowly into the environment and teach you the moves safely, but also leave you sweaty and ready for more! When you're ready to vamp it up, head to the next level and get ready to change your life!

Fitness is the best gift you can give yourself. Ease into it and make it a journey, not just a destination to an end goal. Just like life, there are many paths to take in fitness, just make sure to start.

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## 5 tips to voluminous hair

**Tip 1:** Volume comes from the roots of your hair. The root dictates the direction in which the hair flows. When you think of direction, don't just think left and right; think up and down.

**Tip 2:** Shampoo and conditioner – volume shampoo won't weigh down your hair, and some of you may be able to go without conditioner all together. Conditioner smooths down the cuticle while locking in shine and moisture. When you're trying to achieve more body, having some texture to the cuticle is helpful. If you need it, use it sparingly on the ends of your hair.

**Tip 3:** Products – for damp hair use products such as gel and mousse. For dry or second day hair, dry shampoo and texturizing spray work well. Always spray towards root. Using too much product can weigh the hair down.

**Tip 4:** Heat tools – there are a number of ways to use heat tools. However, the easiest thing to do is to flip your head upside down, then use your blow-dryer on a medium/high heat with low speed. This will set any product you have used, as well as shifting the root vertically, creating volume.

**Tip 5:** Tease and spray – tease the root with a teasing brush or comb. Hold the hair section at a 45° angle and gently push hair down from the end to the root, using hairspray to set the teased hair. Leave a section of smooth hair around your teasing to conceal everything. Hairspray again to lock in the style.

I hope these tips help you on your journey. – Kelsie Wessel, stylist



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