

MAINstreet

MAGAZINE





KINDRED

PROPERTY CARE

THE TRI-STATE AREA'S PREMIERE LANDSCAPE CONTRACTOR

Stone Masonry • Landscape Development
Landscape & Garden Maintenance
Snow & Ice Services • 3D Renderings & Designs



(860) 397 5267 • Info@KindredLandscapes.com • www.KindredLandscapes.com

We're here to insure your *entire* world

With three offices in Copake, Valatie, and Chatham we are here to help you with any of your insurance needs. Contact us today for a quote on your home, auto, business, health insurance or life insurance. We are the Kneller Agency and we're here to insure your world.



**Kneller Insurance
Agency**

179 Cty Rte 7A
Copake, N.Y. 12516
P. 518.329.3131

6 Church Street
Chatham, N.Y. 12037
P. 518.392.9311

3030 Main Street
Valatie, NY 12184
P. 518.610.8164

Auto • Home • Farm • Business & Commercial • Life, Health & Long Term Care

***In honor of Earth Day this month,
we'd like to highlight propane, which
is one of our offerings. Propane is a
clean burning fuel. It produces far less
emissions compared to its counterparts.
With the lower carbon content and less
greenhouse gas emissions per unit
making it a green fuel.***

CROWN
ENERGY CORP.

SERVICES:
Propane • Heating Oil • Diesel Fuel • Gasoline • Kerosene
Heating Systems • Service • Installations • 24 Hour Service

(518) 789 3014 • (845) 635 2400
3 Century Blvd., Millerton, NY 12546 • www.crownenergycorp.com

THE HEART OF HOME

As the old saying goes, home is where the heart is. We took that and ran with it, focusing a lot of our content this month on the home and garden. As with most of our issues, it's a bit of a light theme, but a theme nonetheless. And also, as usual, we don't always color within the lines. I say that because I'm specifically thinking of one of Pom's articles – and yes! Pom is back, y'all! Whoop, whoop! In one of her articles, she shares with us her journey in selling her house and moving. To me, that sounds like a nightmare, and I have secondhand anxiety just thinking about all the "stuff" she had to wade through. And wade she did.

The article includes more than just the humor and anxiety associated with moving though, because Pom also goes through how we hold onto all kinds of stuff and what it means to us, the emotional connections, and all the rest of it. When I read her article, I felt like I went on a whole journey with her as she redefined what her home meant to her. Likewise, Pom's second piece in this issue, saying goodbye to her beloved garden. Many of our devoted readers, who've been with us for years, might remember that Pom had a column for quite a while. In that column she wrote about all things gardening, including how she cultivated her own garden. Well, when she sold her house last year, she had to bid farewell to the garden that she had worked tirelessly for over a decade to create. But the silver lining? She gets to start all over again at her new house!

Speaking of starting over, Jesse brings us a piece on a mother-daughter trio interior design business, Keeler Concepts by Design, who are experts in renovating kitchens and bathrooms. Abby shares with us a business that is all about the love of flowers and collaborations.

In this issue we also have an incredible piece by Dominique, who interviewed a Copake Falls native who is a NASA astronaut in training. Talk about an inspiring story! Regina, meanwhile, brings us a piece on a local framing business that has changed hands as well as highlights an important issue that plagues many: alcoholism. As Regina's article highlights, April is Alcoholism Awareness Month, and we thought it important to share some data along with personal stories.

We also have quite a few other stories – all interesting, and there's sure to be something here for everyone. Above all else, we hope you enjoy. Happy April!

– Thorunn Kristjansdottir



APRIL 2026

We welcome April with open arms and hope that the sun shines bright and warm on all of us this month.

Photo by
Olivia Valentine

THE
home & *garden*
ISSUE

CONTENTS

- 6 | MAPPING THE ART WORLD
artist profile
- 11 | APRIL MUSTS
- 13 | ELEVATING YOUR HOME WITH ELEVARE
business
- 17 | DAFFODIL CAKE
food
- 19 | IN THE ZONE: INVESTIGATE ZONE
RESTRICTIONS BEFORE YOU BUY
real estate
- 23 | FROM THE QUIET OF COPAKE FALLS
to the next frontier of space
- 27 | FLORAL & FIELD:
a deep love of local flowers and
collaborative relationships
- 29 | GET FRAMED
local business
- 33 | KEELER CONCEPTS BY DESIGN
design business
- 35 | PUTTING DOWN ROOTS
- 39 | WHAT I LEARNED FROM DOWNSIZING
/ MOVING
- 43 | IF MEMORY SERVES..
at large
- 45 | A SOBERING TRUTH:
alcohol consumption in america

PUBLISHER, EDITOR, WRITER, & DESIGNER: Thorunn Kristjansdottir

CONTRIBUTING WRITERS:

Abby Audenino | Barbara Peduzzi | CB Wismar | Christine Bates | Dominique De Vito | Ian Strever | Jesse DeGroot | Leora Armstrong | Olivia Valentine & Caroline Markonic | Regina Molaro | Whitney Joseph

COPY EDITOR: Viveca Gardiner. **PHOTOGRAPHERS:** Lazlo Gyorsok & Olivia Valentine

ADVERTISING Ashley Kristjansson, 518 592 1135 or info@mainstreetmag.com

CONTACT

Office 135 Rt. 44, Millerton, NY 12546 • Mailing address PO Box 165, Ancramdale, NY 12503
Phone 518 592 1135 • Email info@mainstreetmag.com • Website mainstreetmag.com

PRINT, LEGAL, ACCOUNTING, & INSURANCE

Printed by Snyder Printer, Inc. • Legally represented by Downey, Haab & Murphy PLLC
Accounting services by Zulch Tax Consultants • Insured by Kneller Insurance Agency

Main Street Magazine is a monthly publication, coming out on or around the first of the month. It is published by Main Street Magazine, LLC. Main Street Magazine is not responsible for advertising errors. All ads receive final approval by the advertiser. Advertisers are legally responsible for the content and claims that are in their ads. Main Street Magazine reserves the right to refuse advertising for any reason. The entire contents of Main Street Magazine are copyrighted and may not be reproduced without permission. All rights reserved. The views expressed in the articles herein reflect the authors' opinions and are not necessarily the views of the publisher/editor.

The Finest in Country Properties

CONNECTICUT • NEW YORK • MASSACHUSETTS

DEEPLY ROOTED • THOUGHTFULLY CONNECTED • CURATING COUNTRY LIVING SINCE 1987



\$2,279,000

Beaver Mountain Farm Estate

3 BEDS • 2/2 BATHS • S/F 2,100 • 41.2 ACRES
ANCRAM, NY • BARNs & ARTIST STUDIO

EH#5689



\$975,000

Charming Home with Pool

3 BEDS • 3 BATHS • S/F 2,113 • .52 ACRES
LAKEVILLE, CT • 2-CAR DETACHED GARAGE

EH#5567



\$923,500

Beautiful Millerton Ranch

3 BEDS • 3/1 BATHS • S/F 2,428 • 5 ACRES
MILLERTON, NY • SCENIC COUNTRY VIEWS

EH#5668



\$725,000

Boston Corners Golden Valley

86 ACRES
MILLERTON, NY • STUNNING HISTORIC FARM

EH#5677



Your Local Ambassadors to the Tri-State Region



Elyse Harney Real Estate



SALISBURY, CT 860.435.2200 • HARNEYRE.COM • MILLERTON, NY 518.789.8800

Elyse Harney Real Estate LLC | Elyse Harney, Principal Broker | Licensed in CT, NY & MA | Principal Office: 11 E. Main St., Salisbury, CT 06068.



MAPPING THE ART WORLD

SHARON BATES

By Leora Armstrong
info@mainstreetmag.com

Sharon Bates is a multidisciplinary artist who balances her own studio practice with an active curatorial career. She currently runs the Millbrook Arts Project, a community art space and is the founding director of the Albany International Airport's Art & Culture Program, where, for almost two decades, she developed the public art program, which has become a national model.

I met with her at her studio in Millbrook, NY where her home is filled with artwork by other artists – some collected, some gifted, each piece thoughtfully placed in conversation with the next. Bates often works with found objects or discarded materials, treating them as a medium and transforming cast-offs into sculptural forms that retain traces of their past lives. Her work is deeply tactile, drawing viewers in; each piece carries a narrative shaped by its physical qualities, a place, or an experience.

What was it about this area that prompted the move?

I'll give you the quick story: my husband and I bought our house in 2019 and moved here from Albany in early 2020 to be near our daughter, son-in-law, and especially our two grandkids Finn and Beatrice. We both had retired from our jobs and moved right before COVID hit in March. Suddenly, we were thinking, "oh my, what did we just do?" We had moved to a place where we didn't know

anyone, and then we were thrust into isolation for a few years. It was a real adjustment period for everyone, of course, but especially for us. We had to figure out how to translate the active life we were engaged in up in the Capital Region and how to integrate ourselves into the Mid-Hudson Valley art community. Naturally, during the pandemic, there were no gallery exhibitions, no public programs, and no real opportunities to meet fellow creatives. So, we just stayed home and renovated our house. We bought the property because it had a great little two-car garage out back that we hoped to turn into a proper studio, but in the meantime, we've both established workspaces inside the house to create.

Fast forward to 2022, we teamed up with two other local artists and applied to participate in Upstate Art Weekend's Open Studio programming. We were accepted and didn't know if we'd get two visitors or 2,000. We felt that even if our immediate neighbors were the only ones that showed up, at least they'd get to know who we were, and we'd get to know them. The event was a weekend of two 94-degree July days, and we were shocked that we had over 200 people attend!

That is fantastic, can you talk about the Millbrook Arts Project and how you set this up?

By our third year in Millbrook, I was asked to join the board of the Mill-

brook Arts Group. It is an all-volunteer cultural organization that has been active for more than 30 years. Up to this point, MAG hadn't been involved in much visual art programming – their focus primarily involved the presentation of outdoor summer concerts, a winter concert series at the Millbrook Library, and various literary and children's programs. Together with June Glasson, an artist and a fellow MAG board member, we were brought in to develop opportunities for contemporary visual artists.

I had been helping the library install some community-based exhibitions, and during our second year of Upstate Art Weekend, MAG became an organizational participant, and we organized Millbrook Arts & Open Studios, which involved even more members of the community. MAG put out an open call to artists in the community, and I curated a group exhibition titled *On the Map*.

In preparation for this exhibition, I approached MAG's president, Ann Gifford, and asked if the organization would be willing to provide funding to renovate the library's exhibit space. Between MAG's contribution, funding from Friends of the Millbrook Library, Millbrook Library repair and maintenance funds, and some individual contributions, we raised over \$12,000! We painted the walls, installed new carpeting, added museum-style benches, and removed the wire hanging system to give us more flexibility.

We were also granted access to the Thorne Building, as it was in the process of being converted into a community space, and we presented a pop-up version of the *On the Map* exhibition. The expansive scale of the empty building supported more experimental installations, including sculptural works that responded directly to the space and were also placed on the grounds in front. That UPAW weekend encompassed the library exhibition, the Thorne Building pop-up exhibition, open studios hosted by seven artists and a concert of local singer-songwriter Emi Night and the Strawberry Runners at the Millbrook Bandshell. The program has continued to expand, with 12 artists opening their studios this past year.

Since the Millbrook Arts Group didn't have a physical space, and the Millbrook Library had a gallery space but no curatorial staff, in 2025, we formalized a joint venture, establishing the Millbrook Arts Project, a community art space. Our mission is to provide exhibition opportunities for visual artists, and to enhance the understanding of contemporary art to Millbrook and our surrounding communities.

In effect, we created a new organization from the ground up, developing its name and visual identity, governance policies and procedures, artist contracts, application frameworks, and a web presence. Jen McCreery, the library's assistant director and adult programming director, is the acting gallery director, and I am the gallery curator. In our inaugural year, we presented the work of 14 artists in six curated exhibitions that included special artist talks, work-

shops, and programming. I wanted the first season to be very impactful and to have strong shows with both local artists and artists invited from further away that brought new visitors to the gallery from many Upstate and Downstate communities.

This year we were thrilled to receive applications from 117 artists through our open call. MAP has scheduled five curated exhibitions, each for an eight-week duration along with community-based shows that include *Art Blast*, an exhibition of student artwork from the Millbrook schools, and *Needlework: A Living Tradition*, in collaboration with the Millbrook Historical Society, Millbrook Library, Millbrook Arts Group, and Skyllkill Needlework Guild.

I've noticed that across all communities, libraries are truly stepping up as vital hubs for creative work and civic engagement. It's a brilliant evolution; as traditional book circulation shifts, libraries are reinventing themselves through these collaborative partnerships.

Well, you know, in the past, libraries were often the cultural centers of their community, with galleries and sometimes even their own museum-like collections. In our small community, the library is truly our cultural hub, hosting lectures, movie nights, exercise programs, bridge classes, monthly jam sessions, a myriad of children's programs, and most recently a community dance party!

We also hosted a community-based exhibition and fundraiser, titled the *Salon Hang*. More than 100 pieces were installed from floor to ceiling. Anyone from the community could



Above: Sharon Bates in her studio. Below, left, L-R: *Nerve*. 2017. Acrylic on paper. 30x22. 7 *Slink*. 2018. Acrylic on paper. 30x22. Opposite page, L-R: MAP Gallery install view. *Lively Flourishes* exhibition. 2025. Work by Joy Taylor. Install view. Opalka Gallery. 3 *Shelves*; *Game*. 2018. mixed media, digital print.

bring in a piece of artwork that they had made; it just had to be for sale and half of the proceeds went to benefit the library. On our first fundraising art event, we sold over \$10,000 worth of work.

So, can we step back and discuss your earlier art practice and what prompted you to have a career working in the artworld?

Even as a kid, I thought of myself as an artist and was always drawing or involved in some type of craft project. I left Rochester, NY in 1978 and spent twelve years in Los Angeles, arriving when I was 24 with a very specific vision for my life: I wasn't going to marry, I wasn't going to have children; I was going to be an artist!

I was working my way through community college with my sights on an art degree from UCLA. But, as they say, life had other plans! I met my husband, married, and was pregnant my first year in California. Even so, I never let my art practice lapse. Along the way, I worked for a variety of shops, engaged in window and merchandising displays. I made connections with several art consultants, who sold my work to corporations, department stores, and private residents. Eventually, I worked for a high-end antique store that opened a gallery, where I began organizing exhibitions of early California *plein air*

painters, works of American regional artists from the 1940s and works of the WPA.

I moved to Troy, NY in 1998 and was hired as the gallery director for the Rensselaer County Council for the Arts, which became a stepping stone into deeper community involvement. Throughout this time, I continued developing and exhibiting various bodies of my own artwork that incorporated found objects and domestic patterned textiles, often creating site-specific installations that existed only temporarily. In my drawing practice, I focused on ink drawings of sculptural forms made through a process of non-thinking, gesture as a kind of language. My interest always seems to have been in shapes and objects that feel both primitive and futuristic.

After relocating my studio several times, I have moved away from using sculptural objects, as they take up way too much storage space. Most recently, I've been interested in cast-off materials that have presented themselves to me from around the house, including dryer lint. I am drawn to its softness, density, and subtle variations in color; also it is plentiful and a free by-product of doing laundry. Pulling it directly from the dryer, I began

Continued on next page ...



laying crescent shaped pieces on sheets of cardboard all around my basement. Overlapping sections came to resemble geologic slices of the earth, a timeline of sorts. In 2020, right after COVID-19 and the Black Lives Matter uprisings, the Dorsky Museum put out a call to artists, asking if “artmaking can really sustain us.” I made a work that consisted of 12 framed sections of the assembled lint pieces, one for each month of 2020. On the inside of the glass, in frosted vinyl lettering, I placed the name of the month and year, starting with March 2020 and titled it: *365 Days of Grey: A Year of Covid in Dryer Lint*.

In addition to dryer lint hoarding, I started collecting molded paper packaging from stuff ordered on Amazon, another material that came into our home during the isolation of COVID-19. The pieces I was most interested in were highly textured and came in different shades of brown, grey, and white. When arranged on a wall, they resembled abstract Mayan reliefs. An employee and friend from our village liquor store started saving the most interesting packaging from wine and liquor shipments and would periodically show up with a great stash for my new work.

It is an exercise in radical recycling – using the ubiquitous packaging of our lives and documenting our consumer habits. I take the lint from my dryer, and I put it in a wire cage for the birds to line their nests. What advice do you have for an artist today?

With any creative pursuit, you must have an intense and consistent desire to keep doing it. Continue making work, even when you don't feel inspired and even more importantly, make sure that you create an interesting life for yourself.

Unfortunately, it's not realistic for most artists to support themselves through the sale of their work. It seems there are many more artists in this world than patrons. But the more you share your work, invite people in to see what it's like to live with art, and talk to them about your ideas and

processes, the more the public will begin to understand and appreciate art in their own lives.

Before we moved back east, my husband and I worked with a career coach in LA who had gone to CalArts. He came from an art and film background, and his approach was incredibly practical: look at your schedule and commit to time in the studio, and treat your art practice like a small business. He used to say, “if you make one postage-stamp-sized artwork a week, by the end of the year you'll have fifty-two pieces.” That really stayed with me.

Can you talk about site-specific work and the curatorial projects you worked on at the Albany Airport?

Throughout my career, I have been rooted in the belief that contemporary art should be shared with the public. I've primarily worked for non-profit organizations that create opportunities for those who might never step foot in a traditional museum or gallery.

My most rewarding career opportunity was founding the Albany International Airport's Art & Culture Program in 1998. I was hired to transform the new 250,000-square-foot terminal from a mere 'drive-through hub' into a cultural destination. By establishing a dedicated pre-security gallery, several terminal galleries, an exhibition case program that featured satellite exhibitions from museums and cultural organizations, and a site-specific installation program, we invited the community, travelers, 'meeters and greeters', and the 1,000+ airport employees, to engage with art.

This program didn't just beautify a municipal space; it engendered a deep sense of civic pride, proving that when you bring art to places where people live and work, it changes their relationship with their city and its artists.

During my eighteen years as director, I curated 40 large-scale exhibitions in the 2,500-square-foot Albany International Airport Gallery on our third floor, which hosted artist talks and receptions and became one of the premier exhibition venues in the Capital Region. I also curated numerous group and solo exhibitions in the Concourse A and Concourse B gal-



365 Days of Grey: A Year of Covid in Dryer Lint. 2021.

leries that featured the work of artists who lived and worked in the airport's service area, which included western Vermont and Massachusetts. One of the most exciting opportunities for artists was our site-specific installation program. Artists were invited to develop proposals to create large-scale sculptural work that responded to the airport environment and remained in the terminal for several years. Works varied from the piece, *American Gothic*, a sculptural homage to Grant Wood's iconic painting, which featured a hand-drawn and sewn inflatable sculpture of the artist's parents as American travelers, to a piece titled *Healing Wings* by Lillian Mulero that consisted of 3,000 origami peace doves decorated by children from 35 local schools as a memorial to the tragedies of September 11. The airport was a fantastic space to work with, and the creative possibilities felt limitless. The art and culture program has been going strong for almost three decades and has become a national model for public art. More than three million people a year go in and out of the airport, and artists we exhibited would always tell us that they never had more people comment on seeing their work.

What a great way to arrive from a flight to see art. I love installations at airports. When you're developing an exhibit, what's your process: do you go on the theme, the title, or from an open call where people have responded to something?

Depending on the gallery or the organization, I have incorporated all of those processes. After more than 30 years of working with artists in the Hudson Valley, I've built a deep network of creative relationships. At

the airport, we curated exhibitions by inviting artists whose work we felt represented an idea or a concept that we wanted to explore. I was operating in a highly political and public environment, which taught me early on the importance of navigating institutional contexts with care.

When we were assembling the inaugural 2025 MAP schedule, we moved quickly, so rather than issuing an open call, the four other members of the selection committee and I suggested artists whose work we were interested in and made likely pairings after reviewing the work. For the 2026 MAP season, we reviewed the work of 117 artists who responded to our call for artists. Connections emerged organically, some leaning more toward abstraction, others more representational or conceptual.

Bates brings an infectious enthusiasm not only to her own practice, but to making art accessible through her curatorial projects. Working with emerging artists as well as with those more established, she is interested in connecting their work with new audiences. Keep an eye on the calendar and make the trip to the Millbrook Arts Program, for Upstate Art shows this summer. And as we engage with our local libraries, remember to look beyond the books – there are hidden gems waiting on the walls as well. ●

For further information about the Millbrook Arts Program, a community art space and to see more of Sharon's work: Millbrook Arts Project: millbrookartsgroup.org. Email: sharonmabates@gmail.com. Website: sharon-batesart.com. Instagram: @sharon_a_bates



A BRIGHT FUTURE FOR SHARON HOSPITAL

RAISE
HEALTH

Northwell is committed to strengthening the vital care your community relies on.

This includes providing high-quality services, like labor & delivery—so families can continue to welcome their newest members with confidence. It's all part of our commitment to bringing a new chapter of care to Connecticut. To Litchfield County. To you.

Learn more at Northwell.edu/Sharon



Gina's K-9

Bed & Breakfast

- Boarding, daycare & play dates
- Dogs participate in family lifestyle
- 1/2 acre fenced in exercise yard
- A creek to swim in!
- Quality care pet sitting • Vet recommended
- 25 years experience • No cages or kennels

518-329-4675

Copake, NY

Fully insured & member of NAPPS
(National Association of Professional Pet Sitters)



VULNERABLE EARTH GROUP EXHIBITION

APR 21 - JUN 14, 2026

Reception: Sat, Apr 25, 4 - 6 p.m.

HOTCHKISS

Tremaine Art Gallery

11 Interlaken Road, Lakeville, CT
www.hotchkiss.org/arts



- Above the rest • Fine detail work guaranteed • Lawn Mowing • Garden Maintenance
- Mulching & Topsoil • Gutter Cleaning • Power Washing • Planting & Pruning
- Spring & Fall Cleanups • Organic Vegetable Gardens • Deer Protection
- Over 32 years experience • Serving Columbia County & beyond

Mountain Valley Gardening

FREE ESTIMATES. CALL (518) 965-9982

danica

CENTER FOR PHYSICAL THERAPY & MOVEMENT EDUCATION

~ Adding Life to Your Years ~

Pelvic Health Physical Therapy

Board Certified Pelvic Health Specialist

Dr. Sabina Busby, DPT, WCS, OCS, NCPT
& Dr. Bente Dahl-Busby, PT, DPT, NCPT

101 Gay Street (Rte 41), Sharon, CT 860.397.5363
danicacenter.com • info@danicacenter.com

Experience the *Art of Healing*

For over 50 years, Noble Horizons has been dedicated to caring for our senior population, offering a holistic approach to skilled nursing, senior living and rehabilitation. Noble Horizons is a continuing care retirement community located on a 110-acre wooded and manicured campus where it offers community-based educational and cultural programs, live events, local excursions, exceptional dining, wellness programs, pet, music and art therapy in addition to its top-notch health and medical services that are dedicated to wellness.

 **Noble**
HORIZONS
a non-profit organization



(860) 435-9851

www.noblehorizons.org

17 Cobble Road, Salisbury, CT

A continuing care retirement community that offers:

- Community-based educational and cultural programs
- Live events • Local excursions • Exceptional dining
- Wellness programs • Pet, music & art therapy

APRIL MUSTS

to eat

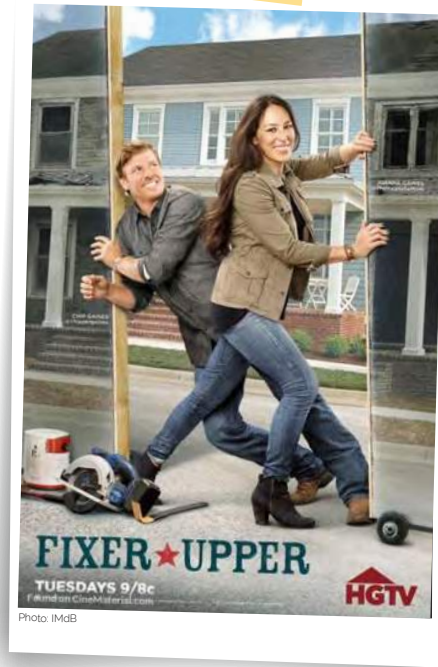


Shadow 66 Restaurant. If you're not familiar with Shadows 66 that's kind-of-sort-of located across from the Columbia County Airport, you should familiarize yourself with it ASAP, because it is DELICIOUS! Not only that, it's an experience. Heading north on 9H, it will be on your left and it's kind of inconspicuous. Once you step inside, you'll be transformed to another time and place with its greenish lighting, cool decor and memorabilia. But the cherry on top? It's the food. OMG! The food is incredible. We had stopped there for brunch and I'm a sucker for Eggs Benedict and just look at this photo! Mashed potatoes on the side? Have I died and gone to heaven? A side salad, too? Get out of here! This is like my most perfect brunch ever made for me. The service was incredible, the atmosphere is something to write home about, and the food? It's the *pièce de résistance*. I cannot wait to go there for dinner next. But a note to the wise: I'd suggest making a reservation.



GO WATCH

Fixer Upper. A guilty pleasure for me is to watch Chip and Joanna Gaines' show *Fixer Upper*. I know, I know, it's a big show and they're quite popular. But I just love their dynamic, their approach to every property, and Joanna's aesthetic. What can I say? I'm a total sucker for it. Admittedly I'm not an avid watcher, then again, I don't watch too much television either. But no matter what, if I'm flipping through the channels and *Fixer Upper* is on, it's just such a soothing and fun show to watch. I find myself learning something new with every episode, and Joanna always blows me away at the end during the reveal with her approachable design aesthetic. I love how the power couple is able to incorporate their clients' needs, likes, and personalities into every home that they build. I've also loved watching how they incorporate a little bit of Texas into every build. (For those who aren't in the know, the show is based out of Waco, TX.) I find that when it comes to home renovation and DIY shows, everyone's got their favorites, and this is definitely one of mine.



TO READ

Entertaining in the Country: Love Where You Eat by Joan Osofsky & Abby Gruen. Most of us in the region are well versed in the homestyle store Hammertown Barn with locations in Pine Plains and Rhinebeck. The dynamo behind that store is Joan Osofsky, founding it over 40 years ago. But what some might not know is that Joan has also published a few home and lifestyle-esque books, including this recipe and design book. As can be expected from Joan and her publisher Rizzoli, the book is gorgeous. The photos and design feel like you've just entered into the most gorgeous home / table setting / dish. But besides being gorgeous, this is actually a recipe and design inspiration book. As such, the content is nothing but inspirational for creating a dish and table setting for a romantic dinner for two, or for a dinner party of 12 – or anything in between. No matter your guest list, there's something here for all of us to enjoy and feel inspired to create in our own homes.

To do

Naumkeag's Daffodil & Tulip Festival. You can head over to Stockbridge, MA between April 18 and May 10 and check out Naumkeag's Daffodil & Tulip Festival. Get your tickets before you go though! Whilst there, you can help welcome spring when you stroll through eight of Naumkeag's iconic gardens as they begin to come back to life. Naumkeag's website states that their gardens "burst with colorful spring bulbs, vibrant container displays, and seasonal decorations. All set against the breathtaking backdrop of Monument Mountain and the Berkshire Hills. Explore the first floor of the house on a self-guided experience, browse unique finds in our seasonal gift shop, and visit the pop-up plant sale outside the greenhouse for mixed bouquets, container plants, and a pre-sale of spring bulbs. Enjoy snacks and refreshments from our outdoor concessions as you take in the beauty of the season." For further information, check out their website.



Stop in and check out the new Scag mowers and Milwaukee hand tools!



Sales – Service – Parts

Sales: Rich Crane | richie@cranesope.com
 Service: Todd MacNeil | todd@cranesope.com

337 Ashley Falls Rd (Route 7), Canaan CT 06018
 860-824-7276 | Fax 860-824-7759 | WWW.CRANESOPE.COM

Crane's
 Outdoor Power Equipment

SHELDON MASONRY & CONCRETE LLC
 "All Phases Of Masonry Construction"

Stonework | Brickwork | Blockwork
 Poured concrete foundations & slabs
 Insured | Free Estimates



Matt Sheldon | Lakeville, Salisbury, Millerton & beyond
 sheldonmasonry.com | 860.387.9417 | sheldonmasonryconcretellc@gmail.com

Repairs & Service Used Car Sales



Millerton Service Center
 ASE Blue Seal of Excellence

Michael D. Lyman & Adam M. Lyman
 518-789-3462 • 518-789-3488 fax • 52 South Center St. • Millerton, NY 12546

Lightning Protection!



ASSOCIATED LIGHTNING
 Rod Company, Inc

www.alrci.com

518-789-4603
 845-373-8309



Advanced **HEART CARE** at the heart of our communities.

 ALBANY MED Health System
 COLUMBIA MEMORIAL HEALTH

Our team sets the standard for heart care from prevention and diagnosis to the most complex, life-saving procedures.

albanymed.org/heart

With you for **EVERYTHING.** 

ELEVATING YOUR HOME WITH ELEVARE



By Thorunn Kristjansdottir
info@mainstreetmag.com

We recently caught up with the principal of Elevare, a company that specializes in roofing, masonry, siding, and painting. They work all over the United States, with a focus on the Northeast, where their customers range from homeowners and second homeowners to national historic sites and everyone in between.

What does Elevare do?

We do the same things in two different markets: exterior building envelope restoration, predominantly on homes. The bedrock of our work is in the historic market, and we also work in the non-historic market. On the other side of these disciplines, we design and consult, which primarily consists of engineering and drawings, effectively “design build,” meaning we specify, draw, and build our own designs. This mostly happens when and where there is a specific need for structural engineering.

What specifically do you do within the exterior building envelope?

The entire exterior building envelope typically starts with the roof, to ensure we protect the structure. Chimney restorations are also commonly part of this first phase of “top down” restoration, which includes roofing and masonry. Next, we create vertical facade elevations of the envelope on the home or building. Masonry facades are most common, but we also work with stucco, brick, stone, or traditional wood siding and trim. After the

structural work comes the finishing, be it paint or wood.

Between the roofing and the side walls of the home, you work in many different disciplines. Are there any of these areas, or artisan trades, that you’re most known for?

Our scope is broad, but we spend the majority of our time in relatively narrow areas within the specific crafts. On the roofing side, in the area of historic restoration and preservation, we have discipline-specific artisan specialists that spend their time working on slate roofs, clay tile roofs, wood shingle roofs, copper roofs, copper-smith flashing work, and copper gutter and leader drainage systems – the bespoke artisanal areas of roofing and copperwork sector relative to roofing. Our roofing artisans spend 80% of their time within these disciplines. The other 20% of their time is spent on traditional roofing disciplines on typical homes, including asphalt shingle roofs and flat roofing. The flat roofing tends to be in the area of highly complex, bespoke type-flat roofing. For example, we have worked on a lot of Frank Lloyd Wright homes, most of which have highly complex flat roofs.

The facade side of our work focuses on masonry and wood facades. The majority of our facade masonry work is traditional, but we also work with stucco, brick, stone and limestone, terra-cotta, and natural quarry stone as well as wood siding, and we do integral structural restoration.

It sounds like you have a completely integrated company as it relates to each discipline and material type both for facades and roofing.

Yes. We are 100% vertically integrated in-house. We can perform all of these artisan trade disciplines as well as generate the design and/or engineering (drawings) in-house.

Is it common for one organization to be able to execute all of these disciplines at this high level?

There are just a few companies in the US working at the highest level of historic restoration and preservation. We are also among the very few who do what I would refer to as ancillary specialty works, including steel design, fabrication and installation – starting with structural steel and finishing, for example, with ornate railing systems.

How did you master all of these artisan crafts at a high level?

In three ways. First is lineage. This trade is where my people come from and who they are. Secondly, obsession. Effectively making a decision to do so, and then relentlessly repeating the same decision over and over again the right way – daily and linearly. Thirdly, training this into my people and our culture. It is quite simple at the end of the day: it’s just a decision that gets made over and over again and thus executed repeatedly. Being obsessed and applying these principles achieves these high-end results.

It sounds like it would take a long time to achieve this level of

experience and expertise. Can you elaborate on the time dedication required?

It is not quick, but it’s not hard if you’re obsessed. Given the broad spectrum of the artisan trade crafts mentioned, it takes decades to achieve mastery.

In my case, I knew that I wanted to do this when I was 14 years old, so I dropped out of high school just as I turned 17 to pursue this career. I sought out a world-class operator/artisan and asked for a job. I was obsessed, so I paid attention and asked a lot of questions while simultaneously doing extensive ongoing research outside of work. Then I relentlessly practiced the skills that I was learning to the tune of working six days a week and many or most Sundays. It was a lot of long days, 70- to 80-hour work weeks were common and consistent. On top of which, I spent all waking hours thinking about the same and nothing else. I looked at it from the perspective that if it takes the obsessed individual 10 years to learn a single artisan trade at the highest level, then at the pace I was going, I could achieve this in five years.

Between specialty roofing, copperwork, masonry, steel, and structural design, I accomplished my level of expertise over a period of 37 years. I was and am looking to perform these artisan disciplines at the highest level in the world, so there was and still is

Continued on next page ...

no other way, particularly if the judges of how good you are at these levels are your peers in each discipline who are operating at the same level.

It sounds like who you were learning things from played an integral part in your education and experience?

Yes. My method early was working under the highest-level operators/craftsmen. Then I quickly went into business in my late teens, but most of my career and education came from experts who worked at the highest level. I would pay to learn or bring someone into our fold and pay them so I could learn internally as I worked beside them. This still goes on today, particularly as things evolve. Since I went on my own in the very early 1990s, I needed to learn through education and bring artisan types in to train or work inside my organization so that I could control outcomes. I've predominantly been taught by Europeans, as the holy grail of all trades in historic restoration and preservation originates in Europe. Our structures were built by European artisans in this country. Additionally the artisan education and trade in many parts of Europe are at a higher level than in the United States, in particular with regard to slate roofing, terra cotta clay tile roofing, copperwork, and masonry.



Do you procure materials from Europe?

95% of the mortar that we use comes from the Saint-Astier lime quarry in France. They've been quarrying hydraulic lime mortar in Saint-Astier for 2,000 years. 5% or less of the time we use Portland cement-based mortar and concrete from the US. Usually a condition on the project determines this choice.

What would you say is the most important thing in highly specialized exterior building restoration?

Relentless education and repetition. We also always use the "first principles" approach: there is no other way to do it at this level. This approach attracts the right people and repels the wrong ones. It is very difficult and demanding to create artisans and hire them this way, which is also why someone who doesn't subscribe to this culture won't last in the industry at this level, and that becomes evident to both them and me right away. The right people are bought into this "first principles" culture, just like I was.

Is there a lot of travel involved with this niche work?

Yes. We work all over the US but predominantly in the Northeast, where the gold standard of these types of structures is located. It's also where I live. Traveling and doing so nimbly is a large part of our work, and we are well-versed in it.

Where is the farthest place that you've worked?

Palm Beach is the farthest south that we have worked.

Where are some of the areas in the Northeast where you spend a lot of time?

We spend a lot of time working in Tuxedo Park, NY. We also spend time in the Berkshires in Massachusetts as well as in Long Island and Columbia, Dutchess, and Westchester counties in New York. Our work often takes us to Fairfield county in Connecticut, Bergen County in New Jersey, and Newport, Rhode Island. This said, we like to travel, so we will go anywhere to work.

Is there a particular teaching method that you use or that has



been pivotal for you?

Yes, the story of "Bruce And The Spider." It teaches fortitude and relentlessness. I've had allegedly terminal metabolic cancer three times, and that approach is what I used. I use this approach for everything. This said, it must be preceded by obsession and relentlessness.

I'd imagine you have worked on a vast spectrum of projects for important people and important structures?

Yes. We've worked on federal projects, for example the Franklin D. Roosevelt Presidential Library and Museum and Visitors Center. I've provided services on the structures of two United States presidents, both former and acting. We've also worked on structures designed by linear prolific global architects such as Philip Johnson, Frank Lloyd Wright, Bruce Price, and Walker & Gillette.

Is there anything that you would advise a young version of yourself today?

Yes, it's what I tell my kids: People will spend \$250,000+ on college, but they are reluctant to pay for a higher level of difficulty by seeking out niche education. In other words, it's "hard to find" and "difficult to get" someone to teach you niche disciplines at high levels. I recommend to my children

and young people to find the top, say, three people in the world that dominate what they want to learn and do. Then approach them over and over, and tell them you want to work for them and learn from them until one of them hires you, which may end up with you paying them to work for them, like paying for college. In my opinion, this is the best and quickest way to learn at the highest levels.

What type of client is not the right client for you?

The client that is not looking for this level of work. Doing things really right as this level comes at a high cost and takes time. Our processes take longer, and most of the materials we employ are more costly.

Everyone in our company has over 20 years working with our group, most over 25 years. This said, we are extremely competitive when apples are compared to apples. If it is apples and oranges, then as mentioned, the methods, processes, and materials are more costly.

Do you have a favorite quote?

Yes. "My job is work – fate is God's job." ●

To learn more about Elevare and their services call (800) 316-ROOF or (518) 500-2110. You can also visit them online at elevareexteriors.com.



REACH HIGHER WITH AN **ELEVATED BANKING EXPERIENCE.**

You've worked hard to build the life you have today - which is why it makes sense to choose a banking experience that's built just for you. NBT Private Bank delivers the personalized, high-touch relationship that you deserve, with access to member-exclusive programs and specialized products designed around your unique needs and goals.

Let us help you realize your financial vision. Connect today.



Darilyn Woods
Senior Private Banking
Relationship Manager
Darilyn.Woods@nbtbank.com
860.672.5379



Scan here to learn more or visit
www.nbtbank.com/privatebank
to get started.



Deposit products offered through NBT Bank, N.A. Member FDIC. | Equal Housing Lender

Investment and insurance products:

Are Not Bank Deposits | Are Not FDIC Insured | Are Not Bank Guaranteed | Are Not FDIC Insured by Any Other Government Agency | May Lose Value

◆ Church Street ◆
DELI & PIZZERIA

BREAKFAST • LUNCH • DINNER
 SALADS • SANDWICHES • SUBS •
 WRAPS • BURGERS & DOGS •
 PIZZA • & MORE!

(518) 329-4551
 1677 COUNTY RT. 7A, COPAKE



Claverack
WELL & PUMP
 SERVICE

(518) 325-4679

HILLSDALE, NY • info@claverackpump.com
www.claverackpumpservice.com

Mass. Lic. #Mass. 971, 1016, 1017, 1018 • NY. Lic. #10351 • Conn. Lic. #373

Michael D. Lynch*
 ATTORNEY AT LAW

106 Upper Main Street • PO Box 1776 • Sharon, Connecticut 06069
 (860) 364-5505 • MLynch@MichaelLynchLaw.com
www.MichaelLynchLaw.com

* Also admitted in New York State

The Wish House

Gifts Clothing Home Accents
 & Souterrain Gallery

in West Cornwall CT

just up from the
 Covered Bridge
 open Tu-Su
 11-5

wishhouse.com
 860 672 2969



Siding & Painting

ELEVARE

800 551 2843 | 518 500 2110 | ElevareExteriors.com/SidingAndPainting

Daffodil CAKE

By Olivia Valentine with
Caroline Markonic
info@mainstreetmag.com

This cake absolutely exudes spring with its sunny yellow and white marbled interior. Reminiscent of a daffodil – hence the name. Light, airy, and delicate, it feels like the perfect way to welcome warmer weather. After the winter we've had, it's especially nice to enjoy food that both tastes and looks like spring.

While visiting my mom down south, we were brainstorming recipes that might be fun to share with y'all, and this was one she suggested. She told me that my paternal grandmother used to make this cake quite often back in the 1960s and 70s.

That sent us straight to her little recipe cabinet, which is always a treat to explore. It's a small, well-worn two-drawer cabinet with cookbooks stacked on top and drawers below that house her recipe cards. This cabinet has clearly lived a long and useful life in her kitchen. The drawers are packed full and slide open with a familiar resistance, revealing oodles and oodles of recipe cards standing neatly in place. Some are written in her careful handwriting or typed, others in the looping script of friends and relatives. There are cards yellowed with age, magazine clippings trimmed just so and tucked into plastic sleeves, and newspaper recipes folded and refolded until the creases are permanent.

Everything is alphabetized, of course. My mom is one of the neatest, tidiest people I know – if only I had an ounce of her organization! My own recipes are scattered everywhere: in books, in drawers, in cabinets, and even by my bedside table. Going through hers feels like flipping through a family scrapbook, each card a reminder of a meal, a holiday

spread, or a simple family gathering. So many of the dishes she cooked for us over the years are preserved there, tucked safely inside that little cabinet, waiting to be made again.

Trial, error and tweaking

Interestingly, this is one recipe I don't actually remember my grandmother or my mother making. It was handwritten on a piece of stationery, with the ingredients listed but the instructions frustratingly vague. After researching this vintage recipe and discovering countless variations, I did a bit of tweaking of my own – and I think the result is truly delicious.

I chose to finish this cake with a light citrus glaze, but it's wonderfully versatile. You could also serve it with freshly whipped cream and berries, a simple dusting of powdered sugar, or even a classic buttercream frosting. And finally, a little behind-the-scenes moment: while preparing to photograph this cake, I removed it from the tube pan and stepped out of the kitchen to hunt for a cake stand from my laundry room cabinet (which is also extremely unorganized and houses far too many kitchen tools). That's when I heard my dog, Ruby, being scolded by my boyfriend. Despite being quite small, she had managed to stand on her hind legs and take a huge chunk out of the cake, which was a little too close to the edge of the counter. If she were any bigger, she probably could've claimed the entire thing in one swift gulp! It's a good thing I love her so much, because I was more than a little ticked off.

As always, enjoy!

Ingredients

¼ teaspoon salt
1½ teaspoons cream of tartar
2 teaspoons vanilla extract



10 room temperature egg whites (use large eggs)

1¼ cups sugar, divided
1¼ cups sifted cake flour
5 egg yolks
1 tablespoon orange zest
¼ teaspoon orange extract

Glaze

1 ½ cups powdered sugar
1-2 tablespoons freshly squeezed orange juice (you can add a little water as well to thin it out if it is too thick)
1 tablespoon orange zest

Directions

Preheat the oven to 375° F.

In a very clean mixing bowl, add the egg whites. Sprinkle with the salt, cream of tartar, and vanilla. Beat until the egg whites hold stiff peaks. Gradually add one cup of sugar, beating just until incorporated.

Carefully fold in the sifted cake flour in four additions using a rubber spatula, folding gently until fully combined and no streaks remain.

In a separate bowl, beat the egg yolks with the orange zest until thick. Slowly add the remaining ¼ cup sugar

and the orange extract, beating until the mixture becomes pale yellow.

Fold about one third of the egg-white mixture into the yolk mixture to lighten it. Using large spoonfuls, fill an ungreased tube pan, alternating the white batter and the yellow batter to create a marbled effect.

Bake for about 35 minutes, or until a toothpick inserted into the cake comes out clean. Invert the tube pan upside down (I place mine over a glass bottle) and allow the cake to cool completely. Once cooled, remove from the pan.

To make the glaze, whisk together the powdered sugar, orange juice, and orange zest until smooth. Drizzle over the cake. Alternatively, frost with whipped cream, dust with powdered sugar, or finish with buttercream. •

Olivia and Caroline are enthusiastic foodies and bakers who are constantly in the kitchen, as well as explorers who create their own adventures in our area – and did we mention they are mother and daughter? Follow Olivia on Instagram to see her many creations at @oliviawvalentine.



The Hair Lounge

*A color and hair design studio
Eyebrow tinting, stain & lamination*


Loren Whiteley • Tarah Kennedy • Amy Carol
Joe Musso • Hailey Cookingham

143 Route 44 • Millerton, NY • (518) 592 • 1167

Lindell Fuels, Inc.

Fuel Oil • Propane • Heating
Air Conditioning

CT Registration # HOD.0000095
CT License # HTG.0690604-S1 | CT License # PLM.0281220-P1



It's Hard to Stop A Trane.®

P.O. Box 609 | 59 Church Street
Canaan, CT 06018
860 824 5444
860 824 7829 fax



**Now Accepting Spring
Items For Consignment!**

LOOKING FOR DESIGNER
HANDBAGS, CLOTHING & ACCESSORIES

PLEASE CALL TO SCHEDULE
AN APPOINTMENT 518.592.1888


DESIGNER FINDS

AN UPGRADE
CONSIGNMENT
BOUTIQUE



FRIDAY - MONDAY 11-4
CLOSED TUESDAYS - THURSDAYS
518.592.1888 | 50 MAIN STREET MILLERTON

DOWNEY, HAAB & MURPHY, PLLC



Attorneys At Law

info@millertonlawyer.com
(518) 789-4442 / 3613 • 87 Main Street • Millerton NY 12546




MEADOWSCAPES

— ECOLOGICAL DIVISION OF MATT'S LANDSCAPING —

(860) 824-1188 | FALLS VILLAGE, CT
NATIVEMEADOWSCAPES.COM

Dare to landscape differently

Now is the time to plan for spring and summer! Our focus is highlighting the natural beauty of your property and reintroducing native biodiversity with invasive plant removal; restoring your landscape's natural habitats; and creating beautiful native meadows, gardens, and outdoor living spaces. We design our meadows with custom seed mixes that are curated for your land's specific conditions. Welcome home to your ecological paradise.

In the Zone

INVESTIGATE ZONING RESTRICTIONS BEFORE YOU BUY

By Christine Bates
info@mainstreetmag.com

Do a town's zoning regulations allow you to put up a garage or install a swimming pool on the property you are considering buying? Can you run a coffee shop, build a new home on a hilltop, rent an Airbnb, divide your land, or work from home? Understanding what a property owner can and can't do is part of the due diligence process of buying any real estate, whether a farm, commercial building, or a home on a small village lot. Failing to research zoning laws can lead to major headaches and financial consequences down the line.

Whose idea was zoning anyway?

Zoning regulation is relatively recent. It emerged in the 1920s, when the United States Department of Commerce passed the 1924 Standard State Zoning Enabling Act, which allowed states to grant zoning powers to municipalities. By the 1950s, zoning was used to create low-density, single-family suburban zones, which often excluded multi-family housing. Nationally, lack of affordable housing is blamed on these restrictive guidelines, with intense debates continuing over local versus state control.

Comprehensive zoning came late to *Main Street's* rural region. Salisbury, CT's first zoning plan was enacted in 1959. The Town of Pine Plains, NY did not adopt a comprehensive zoning code until 2009, in response to the planned Durst development, while Amenia, NY adopted their plan in 2007 in reaction to a 2003 request to approve the private Silo Ridge Field Club.

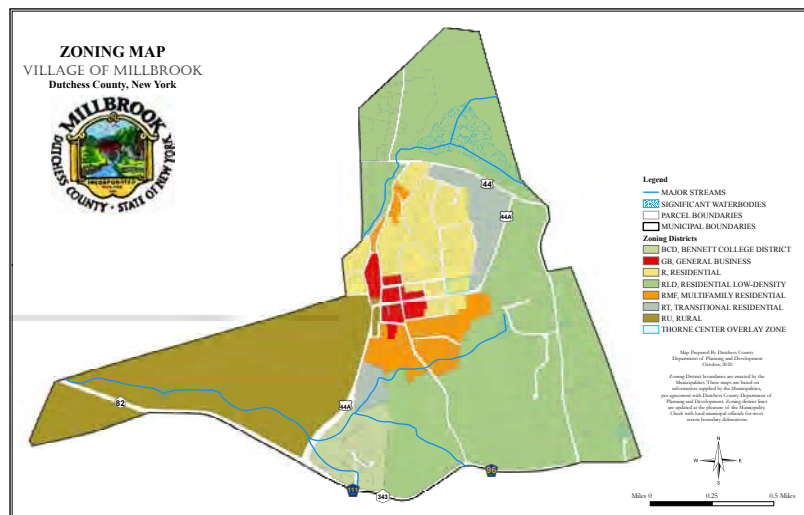
Prior to formal zoning, most towns already had land usage regulations

that spelled out how land could be divided into smaller plots. State Building Construction Codes as early as 1951 regulated structural integrity, fire safety, and plumbing. Basic land usage was often restricted by county-level health department regulations, and public safety ordinances addressed storage of flammable liquids and scrap yards.

How to find out? Who to ask?

Zoning information from any real estate agent, whether buyer's or seller's, should not be relied on. Registered real estate professionals are not legally responsible for independently verifying zoning laws, but they are responsible for not misrepresenting them. While agents must disclose known, material facts, agents should direct buyers to verify zoning regulations directly with municipal planning departments before buying for the most accurate, up-to-date information.

Buyers also need to ask if there are any zoning changes under consideration that may affect the property's use. For example, the Town of North East is in the final stages of a four-year effort to revise its zoning code for commercial districts with residential and agricultural districts to follow in the future. The buyer of a 36-acre property in North East will just have to wait to see if new zoning rules will let them proceed with building a 24-room country inn. It may take years before the final version is implemented. The owner of the iconic Mobil gas station on Route 44 in Millerton is contesting a proposed zoning change that would prohibit sheds on his property. In Sharon, CT, the Planning



and Zoning Commission is currently debating chicken and rooster regulations and, more importantly, restrictions on ridgeline protection to preserve views.

After you have done your due diligence, request a zoning verification letter confirming the current zoning laws, whether the existing use conforms to those laws, and a list of any active variances or special permits on record.

Wetlands are environmental zoning

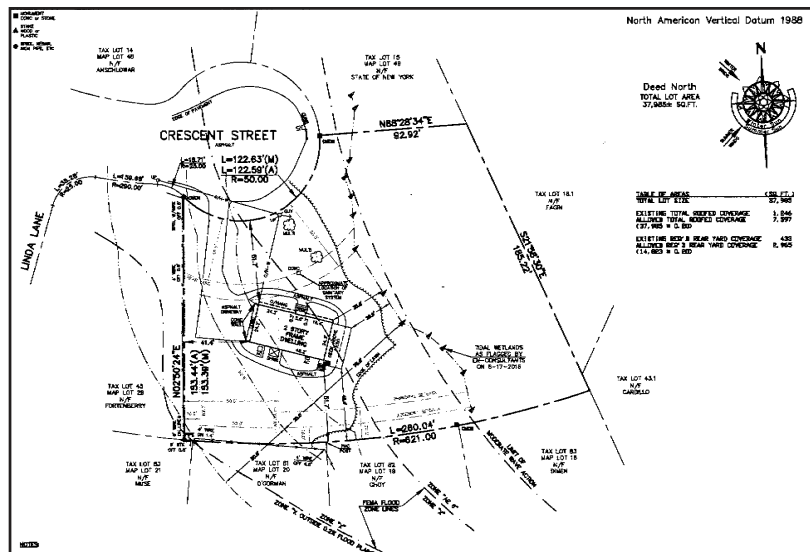
Zoning regulations primarily involve restrictions on street frontage, setbacks from roads and neighbors, size of structures, and usage for the lot size. In addition to primary zoning regulations, buyers must also be aware of any overlay districts that add additional restrictions. "Wetlands" rules established to protect, preserve, and manage wetland resources also need to be checked to ensure compliance. These restrictions can significantly limit development by requiring large buffer zones. Wetlands buffer zones, which restrict building, can be as wide as 100 feet but are highly variable based on site-specific needs. Depending on the season, the land may not always look wet, and federal and state wetlands can be defined differently. If

Above: Every municipality has a map that defines zoning districts and their regulations. Zoning map of the Village of Millbrook courtesy of Dutchess County.

Left: All of the homes surrounding the Sharon, CT green are located within the town's historic district and subject to "appropriateness" by the Sharon Historic District Commission first created in 1975. Photo by Christine Bates.



Continued on next page ..



Above: A detailed survey combined with an environmental consultant's marking of the wetlands indicates the only place a small swimming pool could be located. Plan by F. Michael Hemmer, LB, PD.

Right: A rotating display of sheds built by a young, local entrepreneur on Route 44 in the Town of North East may be in violation of new zoning usage regulations for the Boulevard District under consideration. Photo by Christine Bates.

you are planning on building or adding a swimming pool you may require a surveyor and an environmental firm to mark the edges of flood zones, wetlands, and the buffer. The survey map pictured shows the complicated process that allowed a seller over the course of three years, thousands of dollars, and filing with three different conservation agencies the ability to obtain approval to build a swimming pool and sell the property. Their realtor had told them, "There's lots of room for a swimming pool."

Historic districts are "Heritage" zoning

Buyers can be surprised to discover that the property they are buying is located in an historic district, which can impose design guidelines and approval processes for external modifications. Sharon, CT established its Historic District Commission in 1975. Its purview covers the town green, including 18th-20th century buildings, Sharon Valley, and a high concentration of Colonial Revival estates. The primary restriction for property owners within the historic district is the requirement to obtain a certificate of appropriateness from the Sharon Historic District Commission before making any changes visible to the public, which extends to modifying the handrails to your front porch but not to changing the paint color.

Separate structures included as part of a National Register of Historic Places do not necessarily have any historic restrictions but may be eligible for favorable federal and state tax treatment if they meets certain criteria.

A variance is a risky bet

A "variance" is an exception to zoning restrictions that a designated town

zoning commission can grant to allow a property to deviate from standard regulations. Dimensional variances can allow zoning deviations regarding property dimensions, for example waiving a building setback rule for a garage too close to the property line or a height restriction for a proposed building that is too tall. This type of variance can be granted due to hardship: "There's no other place to put a garage, and it's just eight feet from the property line instead of ten feet and my neighbor doesn't mind."

Usage variances are permanent and attach to the land not the owner. They typically involve public hearings where neighbors can voice concerns. These exceptions can't affect the character of the neighborhood, create a social issue, or have an adverse environmental impact. This type of variance is typically harder to receive as the potential purchaser of the 350-acre Migdale Castle in Millbrook discovered when petitioning the town for a special zoning overlay to transform the residence into a luxury resort. Due to vehement community opposition, the developer withdrew the application. The sale, which was for \$14,000,000, was contingent on the variance. It did not go through, and eventually the property sold at auction in London for \$8.96 million.

Minutes of planning and zoning board and zoning board of appeals hearings are available online and will provide a sense of how a particular municipality approaches zoning variances. Even if a variance is eventually granted, it can take months or years to finalize between getting on the board's monthly agenda to scheduling public hearings.

"Grandfathering" has nothing to do with relatives

In zoning lingo, "grandfathering" is a legal nonconforming use exemp-

tion that allows existing property uses, structures, or conditions to continue legally even if they violate existing zoning laws, building codes, or regulations. Structures built before zoning was enacted are grandfathered and continue to operate legally under this exemption. Older homes in most village centers where zoning codes specify road frontage and a standard front yard setback from the street line often do not meet this standard.

Anything that was present before the zoning law was enacted is grandfathered as long as it was legal when built. In the instance of the Village of Millerton this means before June 8, 1977. Modifications made after that date should be evidenced by approved building permits. Buyers should determine if permits were issued for any modifications made to grandfathered buildings after 1977 to ensure compliance with current zoning requirements. When was that garage added? Was there a permit issued to add a bathroom?

Grandfathering can be terminated if there are changes such as major renovations, expansion, or demolition, in which cases the current code would be applied. If a grandfathered use stops, a business closes for a prolonged period of time, or the site is unsafe, grandfathering can be lost and current zoning requirements apply.

By taking the time to thoroughly investigate a property's zoning status and permitted uses, buyers and sellers can avoid costly surprises and ensure they can use the land as they intend. Understanding these complex regulations and their implications is an essential part of all real estate transactions. •

Christine Bates is a registered real-estate agent in New York and Connecticut with William Pitt Sotheby's. She has written about real estate and business since Main Street Magazine's first issue in 2013.





We Grow the Legacy of Your Trees

All Phases of Tree Care
 Tick Spraying • Lightning Protection
 Traditional & Organic Insect and Disease Management
 Consultation with Landscape Architects
 Management Plans • Alturnamats Dealer

CALL 860-868-1930 TODAY!

Bill Pollock, Licensed Arborist #62352 • Certified Arborist #NE-0387AT • DEEP License #B-1172

ArborCT.com



Spring is hatching!



www.dutchesstradingco.com
 42 Main Street | Millerton, NY 12546
 Hours: Visit website for current hours

Inspired by nature, born from technology



TimberTech Decking blends the warmth and beauty of natural wood with splinter-free comfort, low-maintenance ease, and long-lasting durability—including top-rated fire resistance in select collections. Crafted with proprietary technology and a majority of recycled materials, it offers a more sustainable choice than wood—so you can create a beautiful, resilient outdoor space that lasts for decades.

TimberTech
 EVERYTHING WOOD SHOULD BE[®]

LUMBER • MILLWORK • BUILDING SUPPLIES
HERRINGTON'S[®]

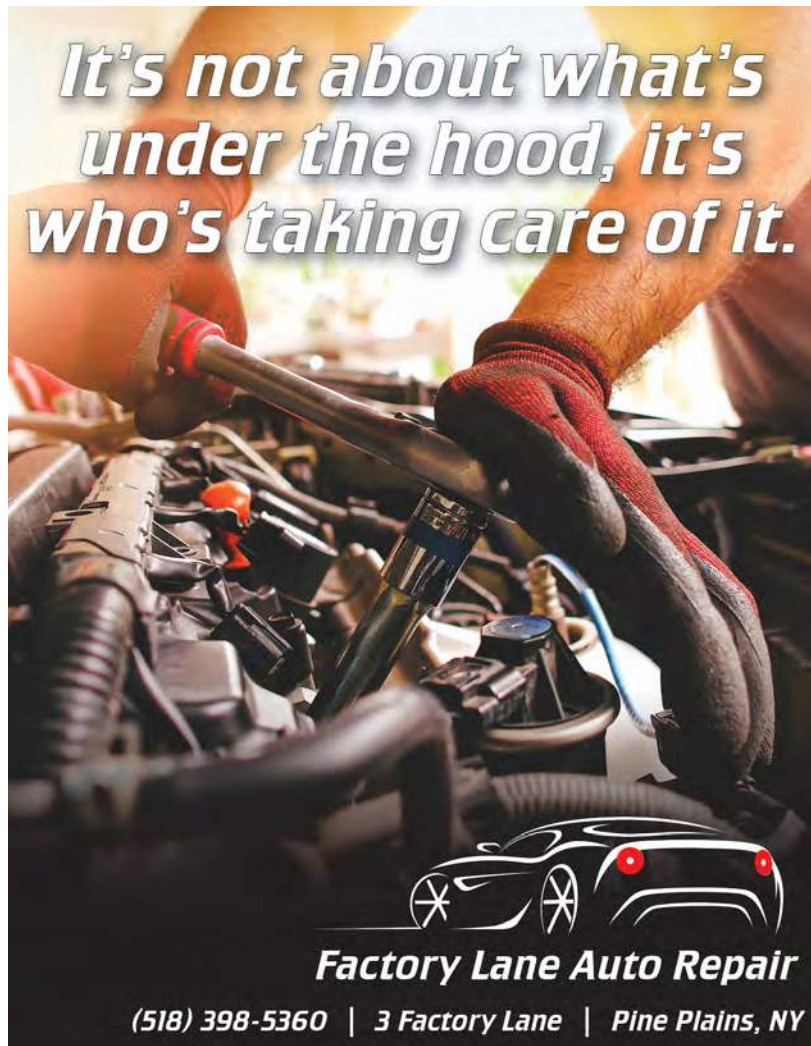
We share your passion.[®]

Hillsdale, NY: 518.325.3131 • Lakeville, CT: 860.435.2561 • Millerton, NY: 518.789.3611
 Hudson, NY: 518.828.9431 • Chatham, NY: 518.392.9201 • Sheffield, MA: 413.229.8777



herringtons.com • 800.453.1311 • WE OFFER FREE DECK DESIGN

*It's not about what's
 under the hood, it's
 who's taking care of it.*



Factory Lane Auto Repair

(518) 398-5360 | 3 Factory Lane | Pine Plains, NY



We have tables outside for dining
and for your enjoyment!



518-592-1313 • oakhurst-diner.com
Like us on Facebook and Instagram
@oakhurstdiner
Open 8am-8pm Thurs-Mon

THE RE INSTITUTE

AN ALTERNATIVE ART GALLERY

1395 Boston Corners Rd.
Millerton, NY
518-567-5359
www.TheReInstitute.com

Open Fri, Sat, Sun, 1 pm to 4 pm



PRIVATE CHEF SERVICES, RETREATS AND BUSINESS
CATERING, CELEBRATION OF LIFE AND INTIMATE
WEDDING CATERING, HORS D'OEUVRE
PARTIES, WEEKLY DINNER CLUB



P.O. Box 425, Salisbury CT 06068 | mannacateringco.com



R&R Servicenter, LLC

Steve J Mosher

914.474.5206
randrservicecenter.net



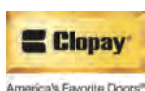
Specializing in: Ponds, Landsculpting, Riding Arenas, & Roads

= MADSEN = OVERHEAD DOORS

Fast, friendly service since 1954



Madsen Overhead Doors offers numerous door options to fit any budget!
Residential, Commercial & Industrial Doors, Electric Operators,
Radio Controls, Sales & Service.



673 Route 203, Spencertown, NY 12165
Phone (518) 392 3883 | Fax (518) 392 3887
info@madsenoverheaddoors.com
www.MadsenOverheadDoors.com

WHAT CAN WE FRAME FOR YOU?



518.789.3428
www.gmframing.com
17 John Street • Millerton, NY

GILDED MOON FRAMING

From the quiet of Copake Falls

TO THE NEXT FRONTIER OF SPACE

By *Dominique DeVito*
info@mainstreetmag.com

At exactly 12:49pm on January 28, 2026, the call from NASA came in on my cell. From NASA! On the other end was Dr. Imelda Muller, one of 10 astronaut-in-training candidates recently selected to the class of 2025 from over 8,000 applicants. She was calling from the Johnson Space Center in Houston, TX, a long way from her hometown of Copake Falls, NY.

When I gushed my thanks to Dr. Muller for her interview time, she immediately insisted, “Please, call me Mel.” It was a small moment, but one that captured the essence of who I found her to be in the short and precise 10 minutes I had to speak with her. Even with a very demanding schedule, she was approachable, grounded, funny, insightful, and kind. Quintessentially human, even as she trains for a life that will take her far beyond Earth’s atmosphere.

From whence she came

Dr. Muller’s – Mel’s – path has already taken her to stellar heights. From Taconic Hills Central School District in Columbia County, she went to Northeastern University, where she earned a bachelor’s in behavioral neuroscience in 2013. Next, she attended the University of Vermont College of Medicine, where she earned a medical degree in 2017. From the UVMCM, Dr. Mueller joined the US Navy, completing a transitional year residency internship at the Naval Medical Center in San Diego in 2018. A year later, she completed the US Navy Undersea Medical Officer training.

A lieutenant in the US Navy, she served as an undersea medical officer at the Navy’s Experimental Diving Unit in Florida. Her work in decompression safety led her to NASA’s Neutral Buoyancy Lab at the Johnson Space Center in Houston, where she provided medical support during diving training.

And not just that! In the Navy, Mel was also a member of the elite All-Navy Triathlon Team in 2022, and competed on the US Military Endurance Sports team. She was completing a residency in anesthesiology at Johns Hopkins School of Medicine in Baltimore when she was accepted into NASA’s astronaut-in-training class. She has earned many awards and honors along the way, too. (For more information on Muller and the other candidates in this esteemed class, check out the YouTube video, “NASA Selects 2025 Astronaut Candidates.”)

Where she’s going

When asked about her vision for space exploration in the coming decades, Mel didn’t hesitate. Her voice carried the excitement of someone who sees the horizon widening before her.

“I share a vision with a lot of the world,” she said. “We’re on the verge of taking space exploration beyond what is closest to us and learning lessons beyond the Apollo missions that can inform us about going deeper into space, with the goal of getting to Mars.”

For Mel, the most thrilling part is the sheer scale of possibility.

“What’s amazing with space is it’s not a finite resource. There is so much to discover. Space industries are growing, and the world as a whole is looking out. It’s like we’re pioneers in a new frontier ... an old frontier that’s becoming a new frontier.”

Her words echo the spirit of exploration that once drove her grandfather – her beloved “Umpa” – who played a small role in designing components for the Apollo lunar landing module. His joy in that work, she said, “carried him through his life and certainly

Continued on next page ...



Dr. Imelda Muller is accepted into the 2025 Class of Astronauts in Training at NASA. Courtesy of NASA.

affected me.” In many ways, Mel is continuing a family legacy that began in the earliest days of lunar exploration.

Training for the unknown

Mel’s current life is defined by training: intense, structured, and endlessly varied. Her astronaut candidate class is undergoing two years of preparation to ensure every member has the same core foundation.

“We do all kinds of different things,” she explained. “Spacewalk practice, operating International Space Station systems, and so much more. Always something different.”

For someone who has already served as a Navy physician and undersea medical officer, the return to student life is a gift.

“As an adult learner, it’s an amazing time and place to reflect,” she said. “It’s a real privilege to be on the learning side.”

NASA, she added, has an energy that feels familiar. “It’s the same type of energy I felt as part of a team in the Navy and as a physician. We’re working on something bigger than ourselves. I have that strong sense of this being a huge privilege and a motivator.”

From the deep sea to deep space

Mel’s Navy background gives her a unique perspective on extreme environments. As an undersea medical officer supporting diving operations, she witnessed firsthand how the human body and mind adapt under pressure – literally and figuratively.

“Both environments are unique,” she said. “They have impacts on us that are both physiological and psychological. Research teams around the world are exploring this, and there are similarities between the deep sea environment and the environment of space.”

The hope, she explained, is that what scientists learn from these challenging environments will ultimately help people live healthier lives here on Earth. It’s a reminder that space exploration isn’t just about reaching distant planets, it’s about understanding ourselves.

When asked what people misunderstand most about space, Mel paused. “That is a question for the universe,” she said with a laugh. But then she offered something more reflective. “We focus a lot on development of science and technology. What can we learn? How can we grow? We can grow a lot as humans working with each other, and those lessons will be translatable on a mission. We learn lessons about each other as humans.”

It’s a perspective that feels especially resonant in a small town, where cooperation and community are part of daily life. Space, in Mel’s view, is not only a scientific frontier, it’s also a human one.

Copake Falls still inspires

Despite her demanding schedule, Mel returns to Copake Falls whenever she can. She was home briefly over Christmas, and the memories of that visit were vivid.

“When I’m there, I just love being outside,” she said. “The hiking and the quiet and the dark sky at night.”

For anyone who has stood under a Copake Falls sky on a clear winter evening, her words ring true. The stars feel close enough to touch – a coincidence not lost on someone training to see them from above.

Mel also spoke warmly about the foundation she received growing up in a small community. “I had opportunities to be involved in all kinds of extracurricular activities, and everyone at Taconic Hills and in the community was so supportive.”

I asked whether TV shows and movies like *Star Trek*, *Star Wars*, *Lost in Space*, or any others have influenced her, and I was surprised when she said she really doesn’t have a favorite – though she did confess that she occasionally hears William Shatner’s voice lulling her to sleep.

She said that what excites her more is the explosion of children’s books about space. “There are whole sections in bookstores and libraries now for kiddos. I don’t remember that when I was young.”

And astronaut food? She hasn’t been to space yet, so she hasn’t had to live on it, but she said that the training includes learning how to rehydrate meals. “The other day we had to



rehydrate Brussels sprouts,” she said, laughing. “They tasted really good!”

Back to Earth

The interview time wrapped up way too quickly for me. In wanting to share more about Dr. Imelda Muller, I was reminded of an article written by Patrick Grego for *The New Pine Plains Herald* in September 2025, in which she said, “We’re constantly learning about how far we can go as humanity. Some things are physical limitations, some are cognitive, and some are just limits that we put on ourselves.”

Grego also asked what she’d say to children looking into space and imaging other worlds. Her reply? “The sky is no longer the limit. It’s time to think big. That can mean working hard at whatever challenge they have to overcome that day. You might be surprised at what you might be able to achieve, especially with the right team.” ●

Learn more and cheer Mel on by following her and her fellow astronauts-in-training on these Instagram accounts: @nasa; @nasajohnson; @astro_imelda; x.com/NASA_Johnson.



Top, L-R: Mel in her Navy days.

Middle, left: Mel’s portrait for NASA. Right: Competing on the US Military Endurance Sports Team.

Above: Mel with her parents at her Taconic Hills High School graduation.

Photos courtesy of Dr. Imelda Muller and NASA.



Roofing

ELEVARE

800 316 ROOF | 518 500 2110 | ElevareExteriors.com/Roofing



**AS THE WEATHER
WARMS UP, HOP OVER TO
COUNTRY GARDENERS
FLORIST FOR YOUR
SPRING DECOR &
FLORAL NEEDS!**

Country Gardeners Florist

**WE WORK WITH ALL LOCAL VENUES:
LIONROCK FARM, INTERLAKEN INN, OLD
DROVERS INN, WHITE HART, TROUTBECK,
COPAKE COUNTRY CLUB, AND MANY MORE!**

www.countrygardenersflorist.com
(518) 789-6440 • Railroad Plaza • Millerton, NY
Weddings • Anniversaries • Theme parties
Funerals • Fresh cut flowers • Dried flowers
Potted plants • Pottery

LET'S GET STARTED ON THOSE SPRING PROJECTS!



Now is the perfect time to plan all of your spring projects.
Give us a call to get a quote!

- Lawn & Landscape Installations • Patios & Walkways • Land Clearing
- Invasive Plant Management • Excavation Services • & More!



(860) 824-1188 • office@mattslandscapingct.com • mattslanscapingct.com



HARNEY & SONS
MASTER TEA BLENDERS
EST. 1983

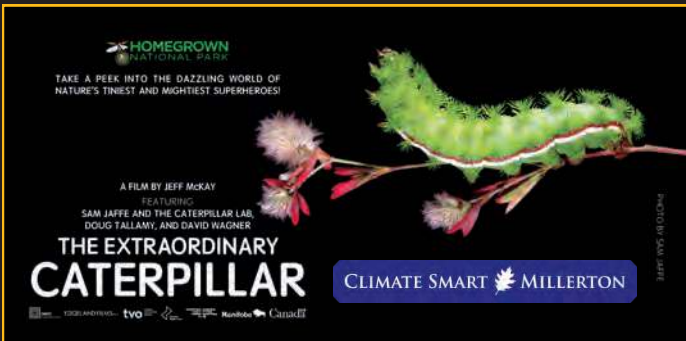
Make Tea Your
Everyday Luxury

Find your next favorite blend
at www.harney.com.



The Moviehouse
WHERE FILM MATTERS. Since 1978.

APRIL



THE WISDOM OF HAPPINESS + Q&A | SILENTS SYNCED: PEARL JAM VS. A WOMAN OF THE WORLD | NT LIVE: ALL MY SONS
EARTH DAY: THE EXTRAORDINARY CATERPILLAR + Q&A

48 Main St. Millerton, NY

themoviehouse.net



- Heat/AC Systems
- Heating Oil
- Propane
- Diesel
- Kerosene
- 24/7 Emergency Service/Repair



Herrington Fuels

It's all about comfort.

Servicing Taconic Hills Area

(518) 325-6700

herringtonfuels.com

9018 State Route 22 • Hillsdale



FLORAL & FIELD:

A deep love of local flowers and collaborative relationships

By Abby Audenino
info@mainstreetmag.com

“Floral & Field was created to support farmers and florists, particularly along the East Coast, who want to better understand the standards, systems, and relationships involved in selling and sourcing wholesale flowers,” says Alisa Bolduc, founder of Floral & Field, a farmer and wholesale consulting business.

“I saw a need for education and connection on both sides – farmers wanting to focus on wholesale markets and florists wanting to source more locally but unsure of where to begin. My goal is to help bridge the missing piece: keeping commerce local, strengthening small farms, and supporting thoughtful sourcing within the floral industry.”

Learning from the Land

Though Alisa is most at home these days when surrounded by stems, she wasn't always as interested in agriculture as she is today. She comes from a family with a strong culinary foundation, so food, sourcing, and seasonal ingredients were always a part of her world. Her interest in agriculture, however, began in earnest when she was on a working-holiday visa working on farms in New Zealand.

“Working that closely with the land showed me how agriculture is the base of all communities,” she says. “That shifted everything for me. When I returned home, that experience combined with my hospitality background shaped the way I approach agriculture today – with intention and a respect for the systems that support local producers.”

After moving from the Hudson Valley to the Capital Region, Alisa noticed that there wasn't the same connection between farmers and florists. While the relationships existed in some capacity, she felt that there was still a great opportunity to bring more visibility to local farms, support florists, and close the gap in sourcing regionally and efficiently.

“The timing felt right because there is interest in sourcing locally but not always the infrastructure or guid-

ance to support the endeavor,” Alisa explains. “Floral & Field was created to help make local flowers more accessible. I felt there was an opportunity and a real need to help strengthen those connections, bring more visibility to local farms, and support florists in sourcing regionally.”

Building community

Floral & Field offers one-on-one consulting services for farmers, either via Zoom or in-person, focused on wholesale preparations, systems, and long-term sustainability. Alisa provides support to farmers and florists who want to build stronger, more sustainable wholesale relationships by streamlining communications; refining the wholesale floral process; helping florists better understand local sourcing and seasonality; clarifying expectations, standards, and workflows; and creating systems that support long-term growth.

The timeline for how long Alisa consults on projects really depends on what the client needs. She's happy to have a one-time call to tackle a specific question, or she can partner with a farm to support through an entire season or for a long-term mentorship. Floral & Field is based in Saratoga Springs, NY, but Alisa will travel up to 100 miles for in-person work. In addition to her consultation services, she is also in the process of building out accessible resources to support growers and florists beyond one-on-one sessions. These resources include ready-to-use templates like grower and florist checklists, bloom calendars, planting schedules, and pricing and sales worksheets; actionable guides for when to plant and harvest, field layout basics, and pricing strategies; and field-planning tools.

Armed with a strong belief in the power of community, Alisa is also creating a free “Trusted Network” resource that connects florists, growers, educators, suppliers, and flower collaborators with like-minded partners and professionals to build stronger relationships and allow for more collaboration.

“I believe strong communities are



Photo courtesy of Alisa Bolduc/Floral & Field

built by the people who live and work within them. When we support local farmers, florists, and small business owners, commerce stays local and the entire community benefits,” she explains. “Networking to me isn't about scale; it's about relationships. Floral & Field focuses on helping people find the right connections, share knowledge, and build trust. I want to see communities rely more on their local businesses rather than defaulting to big-box systems that don't reinvest locally.”

In addition, Floral & Field regularly collaborates with local farms, florists, and businesses through workshops, consultations, and other seasonal projects. Alisa also uses her platform to highlight regional growers, share educational resources, and support initiatives that promote local sourcing and sustainable practices within the floral industry.

“Much of this work happens behind the scenes – connecting people, sharing resources, and helping turn ideas into action.”

Choosing local

Alisa notes that although flowers are often seen as a luxury, they too play a large part in local economies. Floral & Field isn't just for farmers or florists; it's for anyone who is interested in understanding why choosing local matters.

“What makes the work unique is advocacy,” she shares. “I meet businesses where they are, help identify gaps, and offer thoughtful redirection that supports their long-term growth. There's no one-size-fits all. I focus on systems that make sense for each

individual business, while keeping the larger picture in mind.”

For Alisa, the most rewarding part about operating Floral & Field is expanding her sense of community. Community is not only where she lives, but also the people she learns from, supports, and grows alongside. “Seeing businesses take thoughtful risks, gain confidence, and experience progress is incredibly fulfilling,” she says. “Whether it's a farmer landing their first wholesale account or a florist confidently sourcing locally for the first time, it's incredible to be a witness of the connection.”

In the short term, Alisa hopes to work more closely with Capital Region growers and florists, helping them meet wholesale standards and supporting florists in sourcing locally. In the longer term, she sees Floral & Field continuing to grow as a trusted educational and collective resource, strengthening networks, and helping local floral systems thrive in a sustainable way.

Alisa also pens a bi-weekly Substack where she explores why wholesale flowers matter, the impact of sourcing locally, and how people – both inside and outside the industry – can become more involved in supporting local agriculture. “It's a fun way to connect with readers and hopefully continue the conversation.”

•
For more information about Floral & Field, visit their website floralandfield.com, follow them on Instagram @floralandfield, and follow Alisa on Substack @floralandfield.

Flowers make any occasion extra special!



ROARING OAKS
FLORIST
Using locally sourced and seasonal flowers.

(860) 364-5380
 349A Main St., Lakeville, CT
www.roaringoaksflorist.com

60% Mango
 40% Yogurt
 Nothing else at all

No Sugar Added
 or any other sweetener



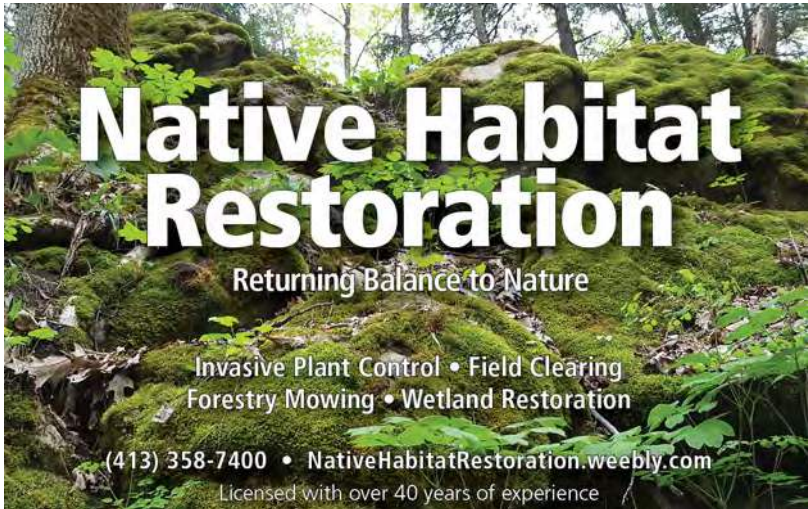
MANGO LASSI

ROCKY BROOK FARM ANCRAMDALE NEW YORK

Native Habitat Restoration
 Returning Balance to Nature

Invasive Plant Control • Field Clearing
 Forestry Mowing • Wetland Restoration

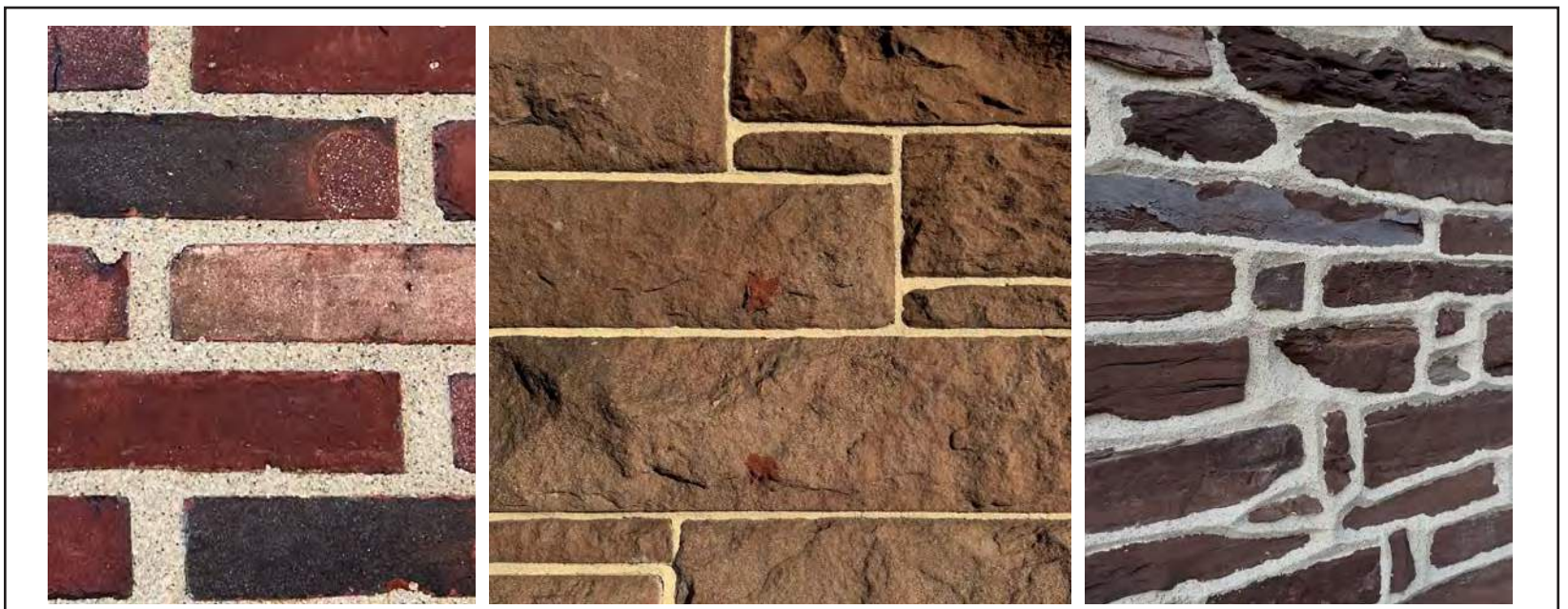
(413) 358-7400 • NativeHabitatRestoration.weebly.com
 Licensed with over 40 years of experience



NORTH EAST MUFFLER INC.
 Custom Bending up to 3 inches

Open Mon.–Fri. 8 to 5; Sat. 8 to 1

John & Cindy Heck
 Route 22, Millerton, NY
 (518) 789-3669

Masonry
 ELEVARE

800 551 2843 | 518 500 2110 | ElevareExteriors.com/Masonry



GET FRAMED

By Regina Molaro
info@mainstreetmag.com

The hands at Gilded Moon Framing in Millerton have been skillfully preserving works of art for quite some time now. Whether they're working with colorful Picassos and Matisse with lofty price tags; modern works by Jasper Johns, Helen Frankenthaler, and Wilfredo Lam; or priceless children's sketches and scribbles, they always put a high level of care and expertise into executing their craft.

Although Gilded Moon Framing traces its history back to the year 2000, there's been a recent shift, and there's a new-ish team at the helm. More on that later...

The business's founders, Jill and Paul Choma have happily devoted more than two decades to their craft, but within the last few years, they've been spending more time traveling to the West Coast to visit their children. With careful planning, they put the right team in place to transition their business.

A brief history: In 2000, Jill began custom framing out of her garage. After doing projects for friends and neighbors, she began taking on work for local galleries, private collectors, and educational institutions.

Then, in 2004, Paul joined the business in a full-time role, and together they opened the doors to Gilded Moon Framing in the annex of the NorthEast-Millerton Library. The shop was housed in the annex until 2010, when it relocated to its current address at 17 John Street, the former site of Millerton National Bank.

New hands

Laura Polirer and Kelsey Reed now helm Gilded Moon Framing. Both have been on board for a few years. The duo officially took over in January of 2025 but have been essentially running the business for most of 2024 while the Chomas were traveling.

In January of 2025, there was a soft launch. "We have slowly been telling our clients about the change as they come in for framing. Most of them are already familiar with Kelsey and me, and we've had a very positive reaction from everyone," said Laura. Other small businesses in the area have also been very welcoming.

Prior to joining Gilded Moon

Framing in 2021, Laura was already immersed in the art community. "As an artist myself, I keep up my studio practice at the Cunneen-Hackett Art Center in Poughkeepsie, NY," she said.

With a degree in visual arts, Laura has worked in a variety of artmaking practices and media. Throughout her work experience, she has learned how to handle, store, and transport artworks. She has also worked for several artists and teachers in Dutchess and Ulster Counties.

"While exploring career opportunities, I interned at a painting restoration studio in Kent, CT so I had some restoration and preservation knowledge before joining the Gilded Moon team. Jill and Paul encouraged me to obtain Certified Picture Framer status after extensive training and testing on the latest archival framing methods," she said.

Kelsey kicked off her career in 2017 when she was overseas in Okinawa, Japan with her husband, a US Marine Corps veteran. "I specialized in framing military memorabilia and meaningful farewell gifts for service members. Having the ability to preserve their respected uniforms, service medals, and ribbons was both deeply rewarding and an honor," she said. She has a passion for framing three-dimensional objects and a love

Continued on next page ...

Above: Gilded Moon offers an array of frame styles, colors, and finishes.

for hands-on frame building in the woodshop, operating equipment, and refining her craftsmanship (how very Japanese).

Like Laura, Kelsey joined Jill and Paul's team in 2021. She learned more in-depth preservation techniques and best practices for protecting artwork and memorabilia and went on to earn her CPF in 2023.

A perfect fit

Before joining Gilded Moon, Laura planned on earning her master's degree in painting restoration. She aspired to work for a large institution and establish a private business. After interning at the restoration studio, she realized that she can be a bit impatient.

"Restoration involves spending hours on one painting ... and a lot of research and scientific analysis beforehand. Although I was very adept in my chemistry classes, it wasn't something I found as enjoyable in practice," she said.

Although she enjoyed working with her hands, Laura realized that she prefers the collaborative process involved in designing a frame and the result, which is finished in a week or two. In preservation framing, the framer still cares for the piece with the intention that it won't need further restoration or intervention. "I could see myself

doing this for the rest of my life," she added.

Unlike Laura, Kelsey had intentions of owning her own framing shop. In fact, when she interviewed with Paul, he asked about her long-time plan. Having her own shop was part of her response.

"I'd already had experience in custom framing, and I was drawn to Gilded Moon Framing because of their high standards when it comes to preservation and attention to detail. I knew I wanted to be a part of a small community, and when approached about the idea of taking over, it just made sense," said Reed.

Change of command

Since both were already employees of Gilded Moon, Kelsey and Laura worked closely with Jill and Paul prior to the shift in ownership. The Chomas' mentorship and training shaped the incoming owners' skills, values, and approach. "They taught us everything we know," said Kelsey and Laura.

The duo certainly had an advantage since they were both well acquainted with the clients and production workflow. Eventually, they began working closely with vendors and brainstorming innovative solutions to frame unconventional items. Some of their jobs included erecting a silver matchbox cover that could easily be removed for polishing and a robe gifted from a Nigerian Chief.

Jill also trained them in the roles that related to the business side, such as filing taxes and running reports, while Paul trained them on the more technical aspects of building custom frames. Laura and Kelsey also gained notoriety through their writing for *Picture Framing Magazine*.

Now officially at the helm, Kelsey and Laura plan to keep the business in alignment with the former regime – from the level of craftsmanship to their expertise in professional preservation. Of course, some new ideas are on the horizon, including renovating the attic into a usable space.



Above: The bucolic facade of Gilded Moon Framing & Gallery in Millerton, NY. Below, top to bottom: Kelsey Reed specializes in framing military memorabilia and meaningful farewell gifts for service members. The team can frame a wide range of works.

Their specialty

Gilded Moon Framing's primary focus remains the preservation of fine art. Whether they are reframing a piece or getting it framed for the first time, the team wants to make sure the artwork is well protected. They're also available for consultations. They have an extensive selection of frame styles from hand-gilded to stock options that they order in length and assemble in-house. Gilded Moon Framing also offers an array of mat colors, from French style to fabric-wrapped samples. Kelsey and Laura are eager to lend their expertise and offer suggestions, so the framing experience is enjoyable rather than overwhelming.

The shop carries high-quality cotton rag matboards which are naturally acid-free. The team also works with talented gilders and artisans in New York City, Boston, and Santa Fe as well as with woodworkers in Pennsylvania.

When available, Gilded Moon Framing aims to sell USA-made, but they also have some stunning imported options that hail from Italy. Tru Vue is one of their favorite brands; due to its high UV protection, they use it for all their glazing jobs. The shop also stocks Tru Vue's Optium Museum Acrylic, which is considered by many to be top notch in the industry. In addition to being 99% UV protective, it is also anti-reflective, scratch resistant, and static resistant, so it will not attract dust when hanging.

The shop also has a variety of ready-made frames for sale in its Inspiration Gallery. If they don't have the size

customers are seeking, frames can be made to order. Any of their moldings can be made into tabletop frames with an easel back. Gilded Moon Framing also has easel stands available to place wired frames on an end table or mantle.

For sculptural works, Laura and Kelsey can create acrylic tabletop displays with UV protection. They have framed works on display throughout the shop so they can highlight different mounting techniques, most of which are available for purchase.

Although framing is their specialty, Laura and Kelsey keep a list of local recommended experts for clients in need of restoration, installation, and shipping. They plan to offer installation and delivery again soon, however at press time, their services were limited to complimentary drop-off at Arnoff Pack and Ship in Lakeville, CT.

With warmer weather hopefully coming soon, Laura and Kelsey have been discussing different ideas to boost community engagement. They are looking forward to being a part of town-wide events such as the Where's Waldo summertime scavenger hunt, Summer Stroll, and Halloween trick or treating. ●

Gilded Moon Framing is located at 17 John St. in Millerton, NY. Call (518) 789-3428, or visit them online at gmframing.com.



PALEY'S MARKET and GARDEN CENTER



It's Time To Start Your Growing Season!

*Seeds • Pansies • Native Perennials & Shrubs
Trees • Fertilizer • Grass Seed*

Annuals, Perennials, Herb & Vegetable Starts, Nursery Stock, Large selection of Seeds, Garden Pottery & Decor Tools, Supplies & Accessories, Gifts for Garden & Home

230 Amenia Road
(Rt. 343), Sharon, CT
T: 860-364-0674
Join our E-Club for news



Open 7 Days a Week
9am -5pm



www.PaleyMarket.com



OBLONG BOOKS SPRING BOOK FAIR

[FOR GROWN-UPS]



 ROSE HILL FARM

Explore tables of books and pick up a drink from Rose Hill's excellent taproom and a bite from Oh My! Gyro food truck!

FRIDAY, APRIL 17
4:00 - 7:00 PM
TICKETS \$10



Ticket proceeds benefit  COLUMBIA COUNTY
SANCTUARY MOVEMENT



OBLONGBOOKS.COM

Vintage Outdoor.
Vintage Indoor.

MILLERTON ANTIQUES CENTER

MAIN 25 STREET

More than 35 dealers.
Open 7 Days a Week.

518-789-6004



 **LOMOTION**
DRIVEN BY EXCELLENCE

Sales, Service, and Performance Since 1984

SALES

40 Car Showroom
.....
Buy/Sell
.....
Consignments
.....
Insurance Available
.....
Financing Available

SERVICE & PERFORMANCE

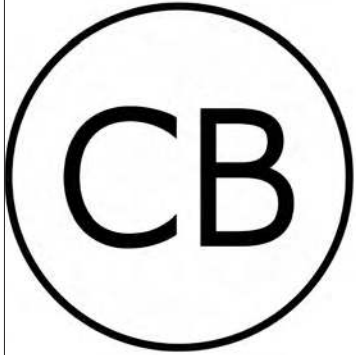
Factory-Level Services for
Specialty Vehicles
European & Exotics
Performance Tuning
.....
Porsche Club of America Tech Center

STORAGE

Climate-Controlled Storage for
Antique Cars,
Classic Cars,
Sports Cars,
Race Cars,
and
Exotics

lomotionauto.com | 845.471.5705
224 Overocker Road (Rte. 44), Poughkeepsie, NY

55 mins from NYC | 40 mins from Lime Rock Park
10 mins from Poughkeepsie Train Station and Taconic State Parkway



Design/Build

Custom Homes
Passive House
Remodels

cbdesignbuild.us

518.755.0329



laron
architecture
works pllc

laronarchitecture.com

501 Fifth Avenue, 2108
New York, NY 10017

2 Route 8
Ancramdale, NY 12503

646.809.5009

STISSING CENTER



Saturday, April 4 in Banning Hall

PASQUALE GRASSO TRIO

JAZZ MUSIC 7:30PM \$30-40



Friday, April 10 in The Grace Note

LESLIE MENDELSON

SINGER-SONGWRITER 7:30PM \$25



Sunday, April 12 in Banning Hall

SELECTED SHORTS

THEATER 3:00PM \$30-40



Friday, April 17 in The Grace Note

THE TOM DUFFY BAND

LOCAL ROCK 7:30PM \$10



Saturday, April 18 in Banning Hall

BEES IN THE BARN

ROOTS 7:30PM \$30-40



Friday, April 24 in The Grace Note

THE GRACE NOTE OPEN MIC NIGHT

COMMUNITY EVENTS 7:30PM \$10



Saturday, April 25 in Banning Hall

HUDSON VALLEY PUPPET SLAM

THEATER 7:30PM \$30-40

STISSING CENTER, PINE PLAINS NY
thestissingcenter.org



The Blue Olive

An Extraordinary Tasting Experience

The Blue Olive is a premium olive oil and vinegar tasting room and specialty gourmet store located in Pawling, Cold Spring, and now at Eastdale Village in Poughkeepsie, New York. We feature many infused and premium varietal extra virgin olive oils. We also feature specialty wine and balsamic vinegars, homemade bread, cake, and pizza kits, olives and tapenades, pasta and risotto, gift baskets and wedding favors, a variety of sea salts, local-based jams, herbs, honey and maple syrup, as well as home-made olive oil soaps and beauty items, and much more!



TheBlueOliveShop.com

Pawling, Cold Spring, & Eastdale Village in Poughkeepsie, NY

Keeler Concepts by Design



By Jesse DeGroot
info@mainstreetmag.com

“Robyn Keeler did an amazing job designing my kitchen. I would highly recommend her expertise for the entire remodeling project. She kept me moving along with decisions and beautiful selections that made my kitchen uniquely mine. She also kept me within my budget. I am so happy with everything.” – A delighted client

Is it time for a new kitchen? Let's not be foolish – of course it's time for a new kitchen. How about dragging that 1950s-style bathroom into the 21st century? Let's do that, too!

Founded by Robyn Keeler, Keeler Concepts by Design now also encompasses her daughters, Brittany and Alyssa, thereby bringing a team approach to taking your old kitchen or bathroom, or both, and turning it into something worthy of the heart of your home. KCD, located at 6 Main Street in Chatham, NY, offers a hands-on, craftsman-oriented approach to creating a whole new living space inside a home. Its territory could be considered much of Berkshire County in Massachusetts and “quite a bit in Columbia County, as well as Westchester and Connecticut,” Robyn said.

The KCD evolution

“I have liked designing, drawing, and all that kind of stuff since I was little,” said Robyn. “I remember my parents doing their kitchen when I was probably ten years old. I was right there with them, picking out stuff.”

Out of college, she went to work for an interior design firm, at the same time interning with an architect, and was ultimately employed by that architect for six years before moving

to Millbrook Custom Kitchens in Nassau, NY. Ultimately, this all led to the creation of Keeler Concepts by Design in Robyn's home, before moving into office space in Chatham.

When Brittany came out of college with a major in architecture, initially she joined a design firm, but then, said Robyn, “She saw how busy I was getting and decided to help me out. She's been with me ever since.”

Subsequently, Alyssa, following her college years in Boston (Wentworth Institute of Technology) and a couple workplace stints, joined KCD as COVID-19 hit. “We thought her construction-management education would be a good fit to help us through with the the part of the business beyond design, organizing the construction part of it as project manager.”

The process

It all gets underway with the initial consultation, either in their office or onsite, said Robyn: “We ask a lot of questions about what the client likes or doesn't like about the space they want to change. A lot of times we ask for any ideas they might have, inspirational photos of things they might like, color preferences, tile thoughts, how they work in the kitchen, if there are two people working together, or if they need prep space. Just a lot of questions.”

The next step is the preparation of very detailed drawings, involving floor plans and elevations, which are then presented to the client. “We put together vignettes of what it could look like with wood samples and countertop samples – we kind of do it all. We also provide the pricing for the materials,” said Robyn.

Keeler Concepts by Design “works with a lot of the contractors in the

area, and we coordinate it all through to installation.” Wrote Alyssa via email, “From a project management perspective, planning early is key for any project. Cabinetry and specialty materials often have longer lead times, and the renovation process itself requires thoughtful coordination.

Ordering materials in advance and establishing a clear timeline helps ensure projects stay on track and move smoothly from design to installation.”

At the very least, it's a mixed bag when it comes to completing a job – a kitchen project could require three months' worth of time, or, as the Keelers have experienced, jobs could wind up taking several years.

“We work with clients who are building or renovating homes in the area and looking for a tailored and detail-driven design experience,” she added, while noting that much of KCD's client base is of the second home owner variety. “Our projects range in style, but each one is thoughtfully customized to reflect how our clients live and what matters most to them.”

The spaces in which KCD finds itself working “are a mixed bag,” said Brittany. “I think that's why we like what we do, because it's creative. A smaller house requires a completely different mindset, a different set of tools, from a larger home. The opportunities are endless, so the job is always different, always changing. I think that's what helps keep us here.”

The key to the KCD approach, for the most part, revolves around gathering, socializing, family, and tradition, things that Robyn, Brittany, and Alyssa are personally drawn toward.

“One thing that sets us apart is our close collaboration with local builders and trades,” added Alyssa. “We have a

solid understanding of regional home styles and construction practices, while still encouraging each project to feel personal and unique to the homeowner. It's always rewarding to see how different every client's vision and goals are; no two projects are ever the same.”

As outlined on the KCD website, the Keelers “guide clients from the initial call to the final reveal. Beginning with an initial meeting whether at our studio office or on site, we'll dive deep into your wants and needs out of your desired space. Our highest priority is fulfilling the unique needs of each client and we understand that everyone's needs are different.”

“We'll help establish a budget; suggest cabinetry style, fixture placement, and finish selections; determine traffic flow; and watch out for mechanical considerations. All the above are taken into account to develop a final plan presented with floorplans, elevations, and perspective drawings. We carry several different lines of cabinetry handcrafted locally to fit your needs. We pride ourselves on the mastery of storage and storage needs which we find to be the most integral part of our success.”

It's not the easiest business in the world to be in, observed the Keelers, but they all agreed that they love it: “The clients that end up so happy that they send us notes about how much they love their kitchen make it all worth it. We're proud to work within our community and to contribute to the evolving character of homes in the area.” ●

To learn more about Keeler Concepts by Design, visit their website at keelerconcepts.com.

Sharon Electric, LLC.

www.sharonelectriccompany.kohlergeneratordealer.com



GENERATORS
KOHLER
GENERAC

860-435-9683

Call to schedule your generator maintenance before you get left in the dark.

Electrical Contractor | Sales | Service | Installations
sharonelectric86@gmail.com | Salisbury, CT



HUDSON VALLEY
OVERHEAD
DOORS & OPERATORS



Model 6580L
1 HP Belt Drive
Wi-Fi® Battery
Backup Garage
Door Opener

Amarr

Long panel
glazed true white
steel double
garage door



LiftMaster
POWERED BY **TYTQ**



Sales: Consultations, Free Estimates, Installation

Repairs: Broken Springs, Damaged Sections, Preventative Maintenance

845-876-2772 ♦ hudsonvalleydoors.com ♦ Rhinebeck

P 518.272.8881 • E info@snyderprinter.com • 691 River Street, Troy, NY



SNYDER

PRINTER

www.snyderprinter.com

— SHARON — **AUTO BODY**

Jim Young
OWNER

jim@sharonautobody.com

28 Amenia Road | PO Box 686 | Sharon, CT 06069
T: 860 364 0128 | F: 860 364 0041

sharonautobody.com



RONSANI BROTHERS PAVING

- Residential & Commercial Paving
- Specializing in Home Driveways, Private Roadways, Parking Lots
- Stone, as well as Oil & Stone finishes
- Fully insured

(518) 429-1797
ronsanibrotherspaving.com

COPAKE LAKE REALTY Corp.



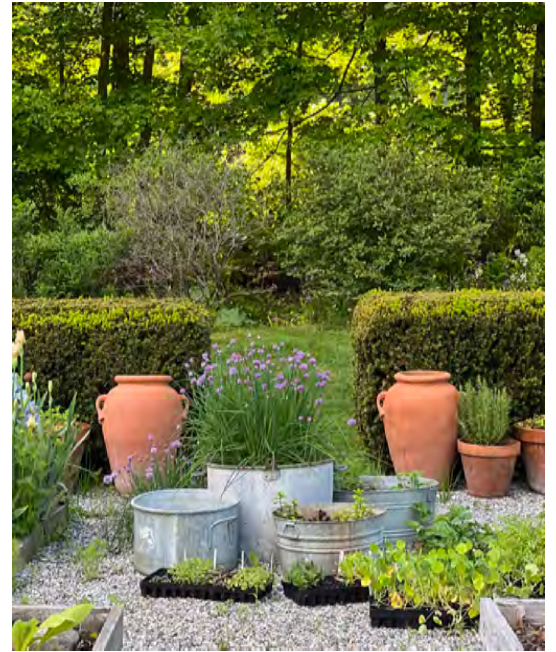
Community Based. Independently Owned.

Representing Buyers and Sellers For Residential, Land, Multi-Family, Commercial, Rentals, and Farms in NY & MA.



www.CopakeLakeRealty.com
290 Birch Hill Road, Craryville, NY | (518) 325-9741
2602 Route 23, Hillsdale, NY | (518) 325-3921

Lindsay LeBrecht, Real Estate Broker | Copake Lake Realty Corp.



PUTTING DOWN ROOTS

In January this year I left the garden I felt I had spent my whole life creating. In reality it was just the last 13 years, but emotionally it had been a lifetime of waiting for the opportunity, and it had then taken pretty much every minute of those 13 years.

By Pom Shillingford
info@mainstreetmag.com

What started as a very personal project somehow morphed into the basis for a cut flower and floristry business, a successful Instagram account, and a place on the Garden Conservancy's Open Day tours. It was written about in magazines, and I regularly gave talks about its creation. As anyone who has sat through one of my talks can attest, I had not planned for any of that to happen. My photos of "Before" and for the first few years consist of a bunch of feral kids running around using Salisbury Wines bags as baskets during Easter egg hunts. (No need for aspersions on either my mothering or party prep skills, thank you.) The greatest irony of the scope of its unexpected success was that it led to me spending so much time on other people's gardens and flowering that I did not have enough time to look after it.

That was far from the only reason we made the decision to move, but it was a factor. As I sit here now at the

end of February, waiting for the umpteenth snowstorm of the winter to pass through, I am trying to bear that in mind as I start planning our new garden. That along with several other hard-learned lessons that are worth sharing.

Think hard about what YOU want to do

I never want to dampen anyone's enthusiasm when it comes to gardening, but let's hold your horses for just one second. Because before we get on to the exciting bit of actually planting our gardens, it is worth spending time to think about the bigger picture.

Before anything else, let's establish what you think about your garden. Do you look at the space around your house and think, "this is a yard I need to control" or "this is an extension of my house, my home, and me; an opportunity for creativity; a chance to continually learn; and a new avenue of purpose"? If it's the former, maybe just skip to the next article here.

Next up, are you – and no shame here – someone who wants to hand responsibility to a landscaper, or are you going to get your own hands dirty? You may long for a beautiful garden but for time, health, or practical reasons need someone else to help you with it. Gardening isn't just about planting and weeding. The roots of a

successful garden are in its planning and editing. No gloves required for those.

Bringing in the experts

Two caveats here though, good landscape professionals are in high demand. Their schedules are entirely at the mercy of the season and its weather. You may well have to wait to get on their schedules. If they come highly recommended, that wait is well worth it. The first person I called when we found our new house was my landscaper, who I had worked with almost from the start of our last garden. Before we went any further with this house purchase, I needed to know if he would still help me here. (He said yes and here we are. And yes, I will share. His name is Jason Emberlin, and if he and his team have the time to work for you, you will have won the jackpot.)

The second piece of advice is that once you have secured your person, treat them like royalty. I often hear a dismissive tone in people's voices when talking about landscapers. But chances are they have grown up locally and have been doing this a very long time. In other words, they know

Continued on next page ...

Above: Before you start planting, start planning.



Top: Two center pictures show the Befores at Pom's previous garden. Far left and right, show the Afters

Above: The blank canvas of her new garden.

more about our climate; our changing environment; the best resources; and our local plants, trees, pests and disease than us Johnny-come-latelies are ever going to. They are experts in what they do. Use them and treat them as such.

Time to spare

Also have you thought about how much time you want and have to spend in your garden? Not the sitting-around-admiring-it time, but how much of your free time are you prepared to spend working in it? There's no right or wrong answer, but being realistic about this from the get go is crucial to the amount of enjoyment you are going to glean from your garden. Gardening can take a lot of time in this climate – not all year but alas not in a calm continuous steady way. More stop-and-wait, stop-and-wait, stop-and-wait, zero-to-90 hair-on-fire, collapse-in-a-heap way.

Be overly optimistic about how much you can manage and how long everything will take, and you can easily find the garden running out of hand and you feeling overwhelmed and cursing whosever idea this was anyway. Be realistic, and don't take on too much to start with. Grow your ambitions hand in hand with your actual garden.

Are we there yet?

Also, be realistic about how much time your garden will actually take to grow. Not this season but over the years. Maybe on AI you can create an instant garden, but in real life gardens take a long time to truly establish. The best gardens are built on patience.

There are many things that make me sad to have left our old garden but perhaps the greatest was leaving behind the trees that we planted as tiny whips and that had, over the years, grown into full, mature trees. It's not just the relinquishing of the actual trees themselves that hits hard – we can easily replant the same here – but the time it took for them to establish as they did. That time, we are never getting back.

The best time to plant a tree

There is an adage that the best time to plant a tree was 20 years ago. The next best time is today. And it's also worth remembering the Chinese proverb that a society grows great when old men plant trees in whose shade they shall never sit. While you may just be planning a few raised beds of vegetables, don't be scared of legacy planting too. You can create something that may give joy to others one day.

So consider if you have the wherewithal to plant one or two small trees. Eating your own home-grown tomatoes is a very particular joy, but I promise you nothing compares to the magnificence of year-on-year watching a small sapling metamorphose into a majestic beauty. The first thing

we will be planting here in the new garden will be trees.

Success in planning

While this winter is lasting forever, it might seem that gardening is off the table right now. Not a bit of it. Now is the time to decide what you are game for trying this year. Winter is for planning, and without a plan, we are not going to be prepared. If relevant, contact your landscaper and share those plans so you're on their schedules. Order your seeds and get ready to start sowing. Look for bare root plant, shrub, and possibly tree suppliers. Make decisions now so that you are ready to roll the moment the soil temperature starts to rise. Good things come to those who wait. Better things come to those who plan. •

Pom Shillingford is an obsessive gardener based in Salisbury, CT. She offers both garden design and event floristry services through English Garden Grown. Find her at englishgardengrown.com or on Instagram at @english_garden_grown.



WHITETAIL LANDSCAPING
& EXCAVATION



Landscaping | Hardscapes | Excavation | Gardening
Property Management | Snow & Ice Removal

Serving the NW Corner of CT and the Southern Berkshires, MA.

959-227-9004 | WHITETAILCT.COM | OFFICE@WHITETAILCT.COM



Everything you need for the road ahead.

Drive **RUGE'S**, Drive Happy!



*Serving Rhinebeck
Since 1935!*

rugesauto.com



QUATTRO'S POULTRY FARM & MARKET

FRESH FROM OUR FARM
Chickens, Pheasants, Ducks, Geese, Turkeys & Venison

A Unique Shop For Custom-Cut Prime Meats

Steaks • Chops • Boneless Leg of Lamb • Crown Roasts • Prime Rib • Fresh or Smoked Hams
Our Own Smokehouse Specialty Meats & Sausages

Wide variety of CRAFT BEER!

ITALIAN SPECIALTIES: Cheeses, Pastas, Olive Oil, Vinegars
Also LOCAL Breads, Vegetables, Honey, Jams, Grains & more!



Quattro's Ice Cream Bar • Open April - October

VISIT OUR FARM STORE

RT. 44, PLEASANT VALLEY NY 12569
(845) 635-2018



The Motorworks

Foreign, Domestic & Vintage Service
NY State Inspection Station

518-789-7800

23 South Center Street, Millerton, NY
www.TheMotorworks.biz



Hylton Hundt salon

HAIR STYLING & COLOR
COLOR CORRECTING SERVICE
CUSTOM COLOR
BRAZILIAN BLOWDRY
EXCLUSIVE DISTRIBUTOR OF
AVEDA HAIR PRODUCTS

We are also still carrying these favorite hair & skincare products



WE LOOK FORWARD TO SEEING YOU!
To book an appointment give us a call or email us at
(518) 789-9390 • hyltonhundtsalon@gmail.com

real people...
real style

Catering to the needs of the
well-loved pet since 1993



Petpourri
We love your pets.

SUPER PREMIUM PET FOODS • RAW DIETS • QUALITY TOYS,
TREATS & ACCESSORIES FOR YOUR DOG & CAT
— MANY MADE IN USA

Hours: Monday-Friday 9-5:30, Saturday 9-4
333 Main Street, Lakeville, CT • Phone: 860-435-8833

CARLSON

PROPANE, HEATING & AIR CONDITIONING



HEATING & AIR CONDITIONING:

Complete design, installation & service • An independent Lennox dealer
Specializing in: Gas warm air systems and central air conditioning

PROPANE:

Sales • Service • Installation • Residential • Commercial
Competitive pricing • Automatic route deliveries • Heat • Hot water • Cooking
Tank monitoring System • Budget payment plan • Winter contract pricing

Prompt professional service.

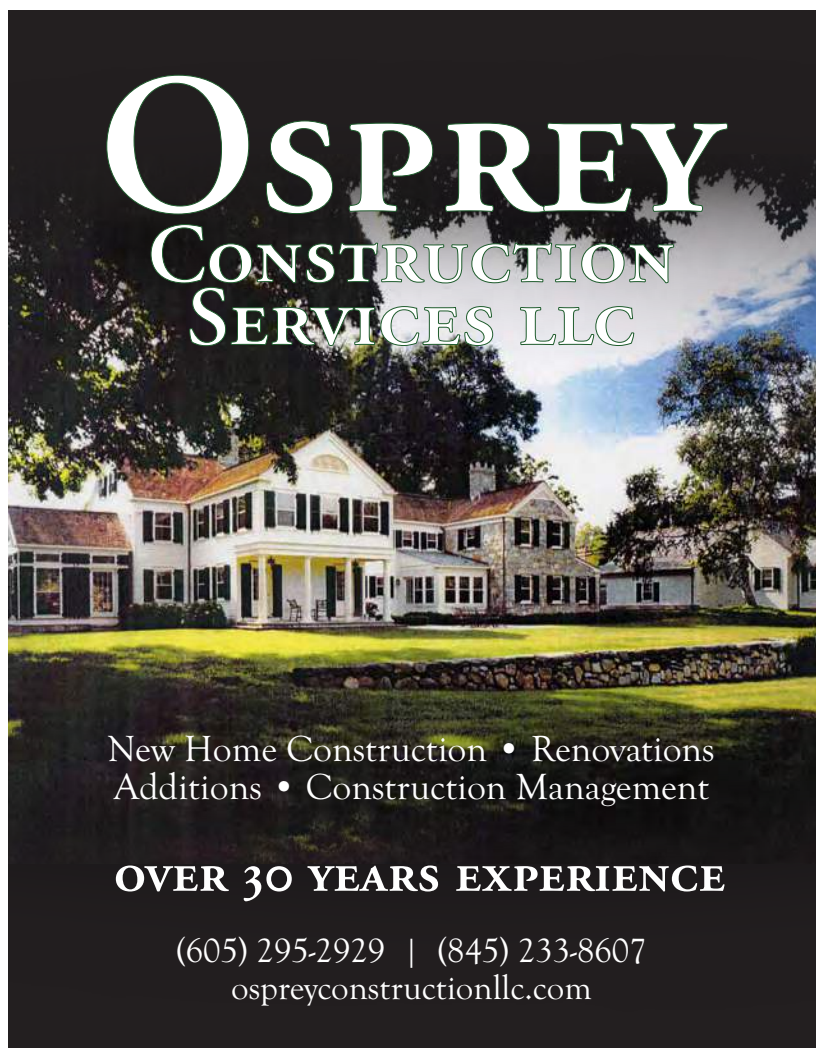
Carlson for customers who insist on safety & quality.

Serving South Berkshire co. & Northwest Corner CT since 1979 • 79 Pike Rd., Sheffield, MA

800-542-2422 • www.carlsonpropane.com

CT Lic. 302776 • CT Lic. 278010 • CT Lic. 1113 • CT HOD #1002 • MA Lic. 023709 • MA Lic. 30167 • MA Lic. 912

OSPREY CONSTRUCTION SERVICES LLC



New Home Construction • Renovations
Additions • Construction Management

OVER 30 YEARS EXPERIENCE

(605) 295-2929 | (845) 233-8607
ospreyconstructionllc.com

WHAT I LEARNED FROM DOWNSIZING / MOVING

By Pom Shillingford
info@mainstreetmag.com

In September last year, my husband and I made a bold and, to many, perhaps even ourselves, shocking decision. We decided to sell our house.

We had been lucky enough to find our old house in 2011. A beautiful, historic wreck on Main Street in Salisbury, CT, which, through a lot of blood, sweat, and tears, we had brought back to its former glory. We had raised our children there. Along with the husband's long-suffering help, I had also created from scratch quite the garden. It was the kind of garden people come from afar to visit and it had also become the base for my thriving cut flower and floristry business. Everyone – including us for the longest time – assumed we would be full-term lifers. What had always been known as the Macdonald House after its previous 50-year owners, would one day be known as the Shillingford House.

Biting the bullet

Our decision to suddenly sell did not come entirely out of the blue. For the last few years with our children away at school and university, along with the husband's travel schedule, I had grown weary of the ridiculousness and expense of myself and the dogs rattling around in one small corner of an enormous house. We had started to say to our children, "one day, the day will come for us to move."

What precipitated our overnight decision last September was a perfect storm of events that themselves coincided with the house emptying overnight of children, who had been home all summer. I was suddenly back to rattling around in a corner on my own for the next nine months. Just like that, the mythical far-in-the-future day we had been talking about was here. Not even giving ourselves time to formulate any kind of a plan, I called Elyse Harney Morris.

Selling is the easy bit

Three weeks later, photos taken, marketing plan in place, the house was listed. Ten days later we were at final bids with three asking-price offers. How fantastic everyone cooed! Yes, indeed! But MY GOD! a) we had nowhere to go – and with four dogs, a cat, a cooler full of thousands of forcing winter bulbs, and 10,000 tulips needing somewhere to be planted, we were no landlord's dream tenants, and b) worse, I had spent the last 14 years filling every inch of a 5,000-square-foot house plus a barn to the brim! Now, horror of horrors, it was time to move it!

Nothing like a deadline

There is lots of advice out there about how to downsize, Swedish Death Clean, declutter, etc., etc. Call it what you want, all I now know is that unless there's a gun against your head, it's near on impossible to be as ruthless and unsentimental as you need to be. We had tried in the past, but with the luxury of always being able to present some reason to keep everything, we had failed. But now, we (who am I kidding, I) had no such get-out. Things – and lots of them – needed to go.

How do we have SO MUCH stuff?

Our attic – a place I rarely ventured into but had no qualms sending the husband with something, anything, everything that I just had to keep, was a hoarder's warehouse. Every child's game, book, puzzle, and piece of artwork; my 45-year-old school uniform; my grandmother's 1915-1985 daily diaries – you get the drift. The basement was no better. Aside from being my winter work studio, it

Continued on next page ...



The last thing to leave their old house (just before the January blizzard and with a bit of help) was Pom's 1971 Fiat 500.

was awash with the less emotional but more useful detritus of life – old paint pots, puppy crates, party and craft project supplies, and Christmas decorations. It was also home to the entire contents of a previous beach house’s kitchen, along with all kinds of pieces of furniture that I was certain the kids would be beyond grateful to receive for their first apartment.

Our barn was stacked to the rafters with my husband’s epically large wood collection and just-in-case handy bits of pipe, hose, and wire. There was a mountain of garden tools, lawnmowers, wheelbarrows, seed trays, vases, buckets, and flower frogs plus 120 individual boxes of different varieties of painstakingly dug, washed, and divided dahlia tubers sitting next to the forcing bulbs in the cooler. Just mountains and mountains of things. I wasn’t joking when I said we were doing this now while the husband was still alive because I was never doing this alone.

Nothing like a challenge!

We had ten weeks to clear out. Ten weeks that included Thanksgiving, Christmas, long-planned visits from family in England, college applications for our youngest, and, counter-intuitively to what most people think of florists and gardeners, one of my busiest times of the year. (Oh, and that small matter of finding somewhere else to live.)

Dear Readers, did we do it? Yes, we did. Was it pretty? No, it was not. Would I do it again? I will never have to, because once we started and I realized just what this entailed, I was making damn sure this was a once-in-a-lifetime job.

Here’s what I learned in the process.

Let go of the emotional

98% of things we are hanging on to for our children’s sake, they will not want. They don’t want our leftover furniture or spare bed linens. They are not interested in the artwork you

thought was cool in your 20s, photo albums of ancient relatives from the 1970s, or the receipts for who gave you what from your wedding registry. And, if you can’t remember the preschool friend who sent them a third birthday card, chances are they can’t remember them either. Out it all needs to go.

Don’t feel bad that you are not the person to turn your great, great, great grandparents’ beautifully calligraphed letters into wallpaper. Neither are most people, and while there is that one person out there who would happily do this, alas it’s not you, and you don’t have the time or bandwidth to find the person who does it is right now. Should you choose to quietly dispose of these items, the world will keep turning.

Sharing is caring

Freeing yourself of all the things you keep just in case one day you will need them? Heaven. Getting them into the hands of people who can use them right now? Priceless.

Ridding yourself of all the things you keep because you think you should for some emotionally dubious attachment even though you don’t really like let alone love them, is seriously good for your mental health. When we finally finished emptying the attic, it felt like the house might actually float away without all that weight holding it down.

Even better, as the husband, now on first name terms with everyone at the Salisbury/Sharon Transfer Station, discovered at the Swap Shop, you might actually make someone cry with joy when the person who really would love it, gets their hands on it.

That is of course if they get a chance to before certain dealers and resellers get to it first, whisk it to their shop, and slap a price tag on it. While some may donate the proceeds of these finds to charitable organizations, others definitely do not. Don’t want to feel disgruntled about this? Then don’t try to move in a matter of weeks at the wrong time of year to have a yard sale. Otherwise, prepare to feel



Photo: istockphoto.com contributor DL_Studio

extremely gripey about that carry-on.

Temper your expectations on how much money you can make selling your possessions. Dealers were already awash with the good stuff we thought we’d make our money back on. Sites like Facebook Marketplace and Next Door are not for the pressed for time. In the end we sold just one item to the friends who came for Christmas Day ... and left with our dining room table!

Getting down and dirty

Accept early on that this is not a glamorous job. Know that for weeks your nails are going to be trashed, your clothes filthy, your back screaming, and that your knees callused from kneeling on the floor for hours on end going through boxes.

You need to be in purge or pack mode. Not both together. Emotions build as moving day approaches, and you need to be as clear headed and cold hearted as you’ve ever been. Clear out everything first. Pack it later. It will all go much faster.

You will come to strongly believe clear trash bags are the most useful thing anyone ever invented. Being able to instantly see the contents assures you don’t accidentally bin a family heirloom in your hurry. Likewise, banker boxes allow you to easily lift the lid off and require no packing tape.

Avoid packing tape at all costs. The noise is bad enough, but the deep frustration of the temper-inducing lost end one more time might be the thing that tips you over the edge.

There will be times when you think you are making progress and times

when it feels you are actually just making a mess and going nowhere. There will be times when your husband will think longingly of a premature death – yours or his, doesn’t matter which. There will be times when you despair if THIS WILL EVER END!

Silver linings

Should your children annoy you during this process, you will deeply regret not leaving this task to them as part of their inheritance. The plus side to still being here though is you get to hear how much people were going to miss you when they thought you were moving away and how happy they are that you are actually hanging around the neighborhood. It’s like being at your wake while still alive!

You may not be as ready on moving day as you were determined to be, but it turns out that doesn’t matter.

Most importantly I learned that all of that stuff was not my identity. The sky did not fall in when I let it go. While physically hard and emotionally draining, the process was liberating. I wish I had done it earlier. (But I also know that was never going to happen without a moving truck in the driveway.)

Good luck! •



MONTAGE ANTIQUES



A New Season for Classic Beauty

860-485-3887 25 Main Street, Millerton, NY
WWW.MONTAGEANTIQUES.COM @MONTAGEANTIQUES

GALLERY OF DREAMS

Fine Art • Artisan Crafts



Sculpture by Cassandra

LOVE IS THE ANSWER

Opening Day • Saturday, April 4, 2026 • From 12-5 pm

- | | | |
|--------------------|----------------|-----------------|
| MARY LOU ALBERETTI | CASSANDRA | JESSE LALIBERTE |
| ROBERT ALBERETTI | JANE CAPELLARO | PIETER LEFFERTS |
| HARPER BLANCHET | KAREN CULBRETH | BRUCE MORSE |
| JOHN BRETT | EMILY FULLER | VICTORIA MORSE |
| SYDNEE CAFIERO | K J GREALISH | ISABEL ROONEY |

Open Friday - Sunday • From 12:00-5:00 PM • Or By Appointment

156 Gay Street • Sharon Connecticut
860.671.4651 • thegalleryofdreams156@gmail.com
Gallery Director - Victoria S. Morse • Founder - Bruce F. Morse

SALISBURY, CT



\$1,950,000

57.86± Acres. High Open Pastures. Mix of Light Woods & Open Grassland. Small Stream. Wonderful Views. Graham Klemm. 860.868.7313.

SHARON, CT



\$1,295,000

Stylish Modern with Views. 3 Bedrooms. 3.5 Baths. Fireplace. Deck. Firepit. Mudge Pond Beach Rights. 3.5± Acres. Graham Klemm. 860.868.7313.

WASHINGTON, CT



\$995,000

Unique Opportunity to Restore or Build New. Grand Colonial. 11 Bedrooms. 7.5 Baths. 5 Fireplaces. 2-car Garage. Top Location. Must See! 10± Acres. Peter Klemm. 860.868.7313.

CORNWALL, CT



\$399,000

Prime 2 Unit Retail/Commercial Building. 2 Half Baths. Excellent Storage. Large Parking Area. 2,000+ Cars Per Day. 0.22± Acres. Graham Klemm. 860.868.7313.

KLEMM REAL ESTATE Inc.
LITCHFIELD COUNTY'S PREMIER BROKERS

#1 Boutique Firm in Connecticut

Lakeville/Salisbury 860.435.6789 > Litchfield 860.567.5060 >
New Preston 860.868.0505 > Roxbury 860.354.3263 > Sharon 860.364.5993
Washington Depot 860.868.7313 > Woodbury 203.263.4040



Source: SmartMLS, CC & DC MLS, MHMLS and Klemm Private Sales 1/1/93 - 12/31/25



klemmrealestate.com



PALLONE KARCHESKI



www.pkbuilding.com

Dream Analysis • Psychotherapy
Couples Work



RICHARD JOHN MACK, LCSW

Private Practice - Zoom
appointments available.

646-284-5962 • Sharon, CT
richardjohnmack@gmail.com

HARPER BLANCHET

★ TWILIGHT STUDIOS ★

FINE ART • PHOTOGRAPHER • PAINTER

845.750.8853 PO Box 556, Millerton, NY 12546

• HarperBlanchet.com • TwilightStudios.net
harperblanchet@gmail.com



In the 1767
Dutch House
Claverack, NY

Peggy Lampman
REAL ESTATE

518-851-2277
www.peggylampman.com



GREEK REVIVAL IN HISTORIC ANCRAM HAMLET

Classic home has charming layout and lots of natural light. First floor contains bedroom with bath, spacious living room with period mantle and woodstove, handsome original stair, and sunny renovated eat-in kitchen. Upstairs are two bedrooms and bath, plus studio in the finished attic wing. Almost one acre property includes a vintage garage, stone walls, patio, and paths with perennial flowers and ferns. Located in southern Columbia County, near Hudson, Millerton, and Pine Plains, it is under two hours NYC... \$495,000

HILLSDALE FINE WINE & SPIRITS

*Cheers to warmer
weather and a
Happy Easter!*

Offering a wide variety of wines
and spirits from around the globe
in varying sizes • A full wall of
sparkling wines and champagne
• Many local wines and spirits •
Miscellaneous chilled whites, roses
and bubbly • Our everyday 3/\$20
sale section where you can mix &
match 3 wines for \$20 • Check out
our Facebook page for specials,
tastings, and updates.

Hours: Sun and Mon 12 to 5pm
Tuesday - Saturday 10-6pm
Curbside pick-up available!

518.325.4010

8 Anthony Street in Hillsdale, NY
behind Freshtown Marketplace



Only For You and Only at...



Service Your Cars, SUVs, Trucks
& Commercial Vehicles
With The Pro's For Less
Than You'd Expect!



**NORTH EAST
VALET**
NO CHARGE PICK-UP & DELIVERY

182 Route 44, Millerton
(518)789-4477 • NorthEastFord.com

IF MEMORY SERVES...

By CB Wismar
info@mainstreetmag.com

It's always interesting to run into a word or phrase that's novel. It's the "what does that mean?" syndrome. This can happen when reading a book and stumbling across a word that must make sense since it was written by a learned author, making note of it, then looking it up to see what we've been missing. It's also a common experience when perusing the Internet – whiling away precious moments between being bombarded by cat videos and political broadsides.

It's with understandable pride that we offer up today's word:

Vergangenheitsbewältigung

Ah, those playful Germans. They have such a way with words. Rather than go to the trouble of creating a new word, it seems more efficient to simply cobble together several words and get the message across. Just in case ... and we realize that this may be only a remote circumstance ... the translation doesn't simply leap off the page, that cumbersome word means "coping with the past."

That can be a challenge.

As humans, we are gifted with the capacity to remember. Memories of childhood traumas are stored along with computer passwords, the names of pets, songs that haunt us at 3am, embarrassing moments from high school dances, punchlines of jokes, and directions to the hardware store. We remember world events and silly conversations from a family reunion 20 years in the past.

Since we remember the past – both good and bad – how do we cope with it? What's the "secret sauce" that allows us to exert the full force of our *Vergangenheitsbewältigung*?

Sharing the burden

Well above our pay grade, we turn to the Salk Institute to discover that the

human brain has the capacity to store one "petabyte" of memory. Petabyte – another word we didn't understand. A petabyte is the equivalent of 2.5 million gigabytes. We'll leave this tumble into the rabbit hole of computing to agree that a petabyte is a lot of information. A real lot.

So, burdened or blessed with the capacity to remember a great deal of information, most of it related to past experiences and knowledge gained over years of simply living, how does one cope with the burden of remembering – of coping – with the past?

The John Wayne School of Coping

Years ago, while visiting a western outfit store in Texas, we were stumbling around amidst aisles of tailored, snap-fastened shirts, impressive cowboy hats, and bolo ties. We were looking for a pair of boots. What dyed-in-the-wool eastern snob doesn't need a pair of cowboy boots?

Casually propped up at the end of the boot aisle was a framed quote by one of America's revered philosophers – John Wayne.

"Courage is being scared to death, but saddling up anyway."

It seems to have taken ten words of English to capture what the Germans did with one, albeit lengthy word.

We're hurtling toward mid-term elections. We're trying to cope with vivid portrayals of frightening events that have been burned into our consciousness, to reside in memory for the years to come. We're all trying to juggle the ethical guidelines created for us as children with the stark realities of life as we mature and age ... and often grow more and more cynical. Memory has a frightening way of corroding innocence.

Under the layers of civil discourse, neighborly concern, and the simple

repetitions of daily life, it's quite possible that we're simply frightened. The future is always an unknown, but if our mix of memories and apprehension turn facing that future by being, as John Wayne articulated, "scared to death," the *Vergangenheitsbewältigung* of it all seems to be "saddle up anyway."

Olympic send off

We overheard more than one coach at the recent Winter Olympics reach over to a young competitor about to throw themselves down an icy mountain and say, "You've got this."

It may seem like cold comfort, but reliance on the human spirit encourages the voice of memory to affirm, "you've got this."

Rock on. •



MAINSTREET moxie

THE PODCAST

“We’re talking ‘bout some moxie!”

**Our guests come from all walks of life and are an inspiration.
They share their stories and give our listeners advice on
how they too can cultivate their own moxie.**

**DON'T MISS A THING! CLICK "SUBSCRIBE" AND LISTEN EVERYWHERE
YOU LISTEN TO PODCASTS: APPLE PODCAST, SPOTIFY, AMAZON MUSIC,
YOUTUBE, IHEARTRADIO, PODCHASER, POCKET CASTS,
AND MORE! OR LISTEN ON OUR WEBSITE**

**Follow us on social media or
visit our website mainstreetmoxie.press**



A SOBERING TRUTH:

ALCOHOL CONSUMPTION IN AMERICA



By Regina Molaro
info@mainstreetmag.com

April marks Alcohol Awareness Month – time to gain knowledge and awareness about alcohol consumption in America. Established in 1987 by the National Council on Alcohol and Drug Dependence, its mission is to increase public understanding of alcohol use disorder and reduce the stigma surrounding alcoholism.

Emerging evidence from the medical community suggests that even drinking within the recommended limits of the Dietary Guidelines for Americans may increase the overall risk of death from various causes, such as several types of cancer and some forms of cardiovascular disease.

To help Americans adopt a healthy diet and minimize risks associated with drinking, the Dietary Guidelines for Americans 2020-2025 recommends that adults of legal drinking age refrain from drinking or limit their intake to two drinks or less per day for men and one drink or less daily for women. It's important to note that this is not intended as an average over several days, but rather the amount consumed on any single day.

For those drinking, know your limit. One alcoholic drink contains 0.6 fluid ounces of pure alcohol. That can be 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40%

alcohol). There's also binge drinking, defined by Dietary Guidelines for Americans as five or more drinks for the typical adult male or four or more drinks for the typical adult female, in about two hours.

TABLE: source: portal.ct.gov/dmhas/upcoming-events/events/april---alcohol-awareness-month in CT

10 Fast Facts About Alcohol Did you know that...

- 75% of esophageal cancers are attributable to chronic excessive alcohol consumption.
- Nearly 50% of cancers of the mouth, pharynx, and larynx are associated with heavy drinking.
- Chronic alcohol consumption is associated with a 10% increase in a woman's risk of breast cancer.
- Heavy chronic drinking contributes to approximately 65% of all pancreatitis cases.
- Among emergency room patients admitted for injuries, 47% tested positive for alcohol and 35% were intoxicated; of those who were intoxicated, 75% showed signs of chronic alcoholism.
- There are more deaths and disabilities each year in the US from substance abuse than from any other cause.
- As many as 35% of heavy drinkers develop alcoholic hepatitis.
- As many as 36% of primary liver cancer cases are linked to heavy chronic drinking.
- Alcoholics are 10 times more likely to develop carcinoma than the general population.
- Accidents related to alcohol use are among the leading causes of death for teens.

The dangers of drinking

Excessive alcohol use is a leading preventable cause of death. According to the Centers for Disease Control and Prevention, every year in the US, 178,000 people die from excessive use of alcohol.

The World Health Organization cites that consumption plays a causal role in more than 200 diseases, injuries, and other conditions. This includes an increased risk for liver disease, pancreatitis, gastrointestinal inflammation and bleeding, high blood pressure, cardiac arrhythmia, cardiomyopathy, myocardial infarction, and stroke as well as alcohol use disorder, peripheral neuropathy, Wernicke-Korsakoff syndrome, depression, and anxiety.

Alcohol consumption is also the third highest preventable cause of cancer in the United States. Recent estimates cite that 5.6% of cancer cases and 4.1% of cancer deaths are linked with alcohol consumption.

Since it impairs judgement and affects coordination by acting as a central nervous system depressant, it's no surprise that alcohol use also elevates the risk of injury and accidents. The National Institute on Alcohol Abuse and Alcoholism cites that in 2022, alcohol contributed to more than 4.2 million (3.5% of) emergency department visits, which includes 3 million visits for men and boys, and 1.3 million for women and girls.

Continued on next page ...

According to the National Institute on Alcohol Abuse and Alcoholism's 2024 National Survey on Drug Use and Health, 57.9 million people ages 12 and older reported binge drinking within the month previous to the survey. That number includes 32.2 million males ages 12 and older (22.8% in this age group) and 25.7 million females ages 12 and older (17.4% in this age group).

Help is available

Luckily, help is available. Treatment options include professional medical support and behavioral therapies. Long-term success often involves support groups, lifestyle changes, and avoiding triggers. Those struggling with alcohol use are advised to speak with a primary care doctor or addiction specialist. Beyond taking a toll on a person's health and well-being, problems with alcohol use also impact family and friends.

Emotional impact, trickling down

Children raised by an alcoholic parent often experience significant trauma, resulting in long-term emotional, psychological, and behavioral struggles, including anxiety, depression, guilt, and a high risk of developing substance abuse issues. They frequently adopt roles as caretakers or struggle with trust, intimacy, and perfectionism in adulthood, requiring support to break the cycle of dysfunction.

In fact, substance use disorder by a parent is considered an "adverse childhood experience," a potentially traumatic event occurring before age 18. The list includes abuse, neglect, or household dysfunction that can cause toxic stress and altered brain development that harms long-term physical and mental health.

Children in alcoholic households are also more likely to have adverse experiences. The risk of alcoholism and depression in adulthood increases as the number of reported adverse experiences increases, regardless of

parental alcohol abuse. Depression among adult children of alcoholics appears to be largely, if not solely, due to the greater likelihood of having had adverse childhood experiences in a home with alcohol-abusing parents.

Sharing personal experiences

Some members of the community courageously shared their stories about what it was like to live with an alcoholic.

A (now adult) child of an alcoholic father shares:

This mentally affected me more than I realized. When you're a child, your instinct is to look to your parents for protection and guidance, but for me it was hard to feel that towards my dad.

Fear, anxiety, sadness, anger, hurt, embarrassment, and disappointment are a few of the many emotions that I recall. I didn't want to be in social settings since I feared that more people would see my dad on a 'bad' day and that embarrassment would follow me. To this day, I am still a homebody.

As I got older, I continued to try to control my dad and his actions. My mom frequently reminded me that when he and I exchanged words, it was the alcohol talking. She's right. My head knows that, but my heart still hurts.

As a teen, I made a conscious decision never to go down that road or allow it in a partnership. I'm happy to report, I achieved those goals, and I am proud of the person I've become.

A family member of an alcoholic offers a message of advice and support to others who may be living with an alcoholic family member:

Sadly, alcoholism doesn't just affect the individual you love and care about, but it also takes its toll on your family. Remember that you aren't the reason your loved one is choosing to pick up and drink; it reflects them, not you.

As much as you want them to get help, they need to want it for themselves. If you're at all like me, you keep your home life very private,



Illustration: istockphoto.com contributor elenabs

which causes you to bottle up years of emotion. Please know that you're not alone, and it is okay to have mixed feelings and express them.

To cope, make sure you rely on your support system or seek help for yourself. Music was always my outlet. The louder, the better! Some songs are like a warm hug and shoulder to cry on, while others just boost my mood. The power of music is something I am forever grateful for.

Another community member weighed in on the misconceptions that society has about families dealing with alcoholism:

It frustrates me that alcoholism isn't talked about enough. It is a real problem that affects more people than you realize. I attribute that to alcohol being so accessible: at dinner, package stores, the grocery store, and the gas station. This just makes it more acceptable.

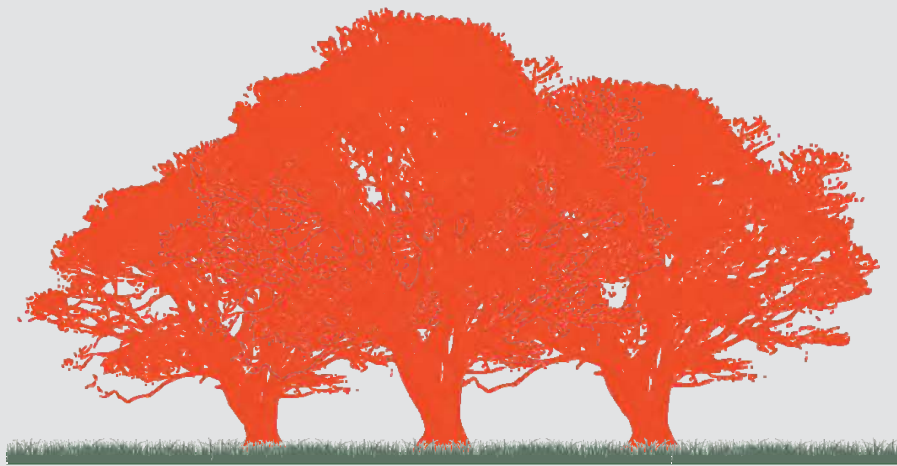
Why aren't we talking about ways to eliminate the temptation or promoting more help for those in need of detox? More than anything, I wish this beverage would disappear and stop affecting loved ones the way it has affected mine. This awful disease took my dad's life.

I think my dad believed that because he was labeled an 'alcoholic,' it was assumed he was a 'bad' person, and his opinions and feelings didn't matter. That is so far from the truth.

Under the booze, my dad was a good person and had feelings just like you and I do.

After understanding Alcohol Awareness Month and all of the readily available data, while also talking with family members, it became quite clear that some people choose to leave their relationship with an alcoholic, and some decide to stay. "People need to do whatever works best for them and not for anyone else. Remember, no one else can walk in your shoes," said one person who was impacted by an alcoholic family member. ●

Help is available; speak with someone today. Dial or text 988 for substance use support through the Suicide and Crisis Lifeline, available 24/7, help is available in English or Spanish. If you or someone you know is impacted by alcoholism, resources are available. Contact the Hudson Valley Addiction Center in Newburgh at hvatc.com or (845) 713-8640 or Alcoholics Anonymous in Poughkeepsie at dutchessaa.org or (845) 452-1111.



SHARON LAWN & LANDSCAPE



LANDSCAPING

Terrace and Walk Installation
Tree and Shrub Supply and Planting
Lawn Installation
Retaining Walls



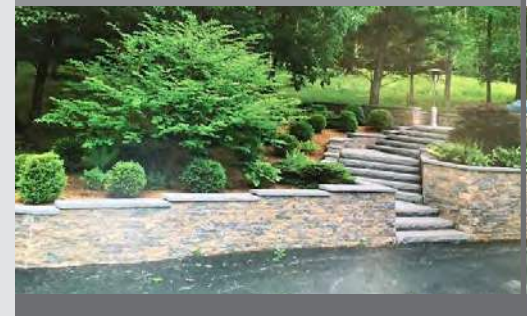
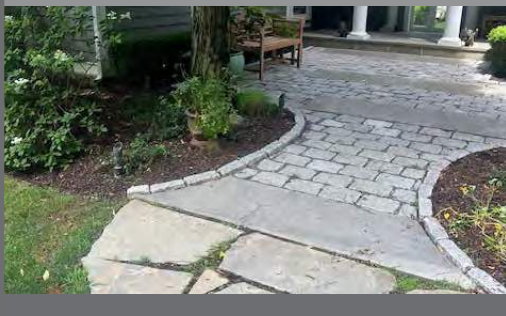
EXCAVATION

Full-Service Site Prep
Land clearing / Tree Takedowns
Driveway Repair and Installation
Electric and Water Line Excavation



GROUNDS MAINTENANCE

Edging and Mulching
Bed Maintenance
Lawn Care
Lawn Treatment Programs
Spring and Fall Clean-ups
Winter Maintenance



Commercial & Residential

Licensed | Insured | Credit Cards Accepted

(860) 672-5260 | Sharonlawnandlandscape@yahoo.com

“The personal touch from Bank of Millbrook really made a big impression on us, as our business was built by being on the front line.” *- John Stefanopoulos*



The Stefanopoulos family (L-R) Paul, Billy, Peter, John and George. (Missing – Nick Stefanopoulos)

Over fifty years ago, four Stefanopoulos brothers arrived from Greece with a dream – and together they built a dynasty of Four Brother’s Pizza Inns. The next generation carried that entrepreneurial spirit forward, creating a Drive-In theater in Amenia that has become a true local destination.

A family business with this kind of legacy knows the value of relationships you can trust. Whether your business has been around for decades – or you’re just getting started – Bank of Millbrook is here to help you grow. Stop by one of our branches and see how we can support your goals!

BANK OF MILLBROOK

The Strength of Relationships



*Personal and Business Banking Services
Trust and Investment Services*

(845) 677-5321 BANKOFMILLBROOK.COM