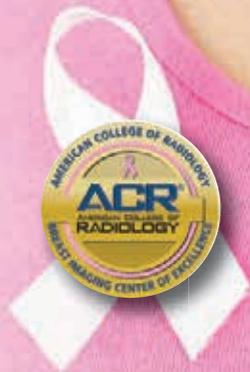


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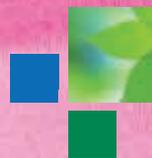
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TO GIVE THANKS

As I sit here (working late on a Friday evening, trying to get this November issue ready to go to the printer), I catch myself thinking about the upcoming month of November and what we associate with it: Thanksgiving. Yes, we've got turkeys on the cover, and yes, we'll all eat turkey on Thanksgiving Day (and the two days after that) – but there's so much more to it! As an immigrant to this country, I always found the history of Thanksgiving to be quite interesting, and I liked the concept of giving thanks. And as I said, in my haste to finish this issue, I catch myself thinking about the numerous things that I am thankful for at this juncture in my life. Let me share a few.

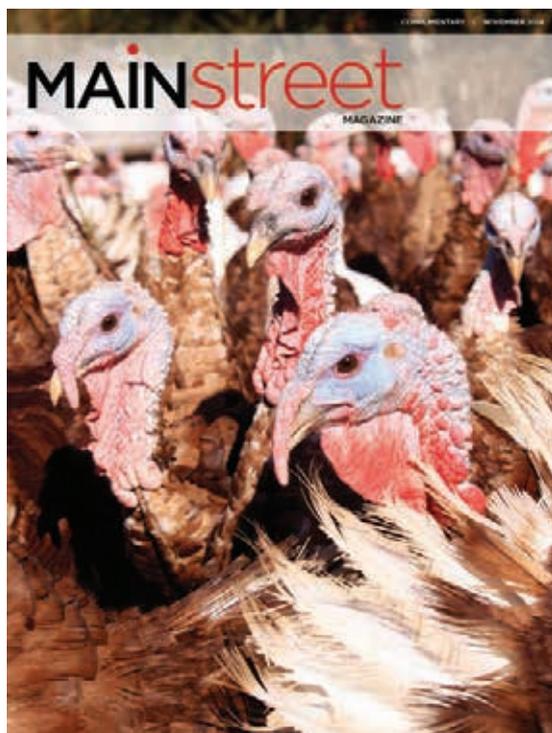
I'm thankful for being happy, healthy, and surrounded by love. I'm thankful for being surrounded by caring, positive, and inspirational people who I'm honored to call my family and friends. I'm thankful and excited about planning my wedding in the coming year. I'm also thankful that the negative-Nellies of this world are not a part of- or impacting my life, because let's be honest: no one wants them in their lives! So that is definitely something that one can count their lucky stars about, because the negative-Nellies drain your energy, happiness, and your lust for life.

I'm also so very thankful to be in a thriving community, in a very cool small little town called Millerton, N.Y., and to have had success with this very publication. I am beyond thankful to our advertisers and supporters, because without them, this would not be possible. And I know I've probably written that here a time or two already, but that is how thankful I am! I firmly believe that we cannot and should not forget those in our lives who have helped us achieve what it is that we set out to achieve. And for that reason, I recognize every advertiser, supporter, and reader of this magazine as such: they are all to be thanked for the existence of this publication.

I am so very thankful to have been fortunate enough to have met and to be working with all of my talented "staff!" Their words and pictures grace the pages of this publication, and they're dam good stories!

As this year's month of November approaches, and as the holiday craze starts setting in, take a moment for yourself. Take a moment and reflect: what is it that you are thankful for? And go beyond the shallow and superficial every-day things. Deep down, what are you thankful for and what makes you happy?

Happy Thanksgiving everyone!
- Thorunn Kristjansdottir



NOVEMBER 2014

It's turkey-time! We visited the friendly and curious turkeys that live at Quattro's farm in Millbrook, NY. The Quattro's Farm Store is located at 2251 U.S. 44, Pleasant Valley, NY.

Cover photo by
Thorunn Kristjansdottir

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spirits in
PROSE
RICHARD T. SCOTT, PAINTER

By Brandon Kralik
arts@mainstreetmag.com

We are talking about an artist, or more accurately, a Post Contemporary Painter, by the name of Richard T. Scott. If you are wondering if this is the same R.T.S. that did the Metropolis Retro Remix it is true, but, we won't even discuss that. There are so many plates on Scott's table that some must necessarily be omitted.

The artist as a young man

Richard T. Scott is originally from Georgia where he received his Bachelor of Fine Art degree from the University of Georgia. He received his MFA from the New York Academy of Art, worked for Jeff Koons for two years, and was Odd Nerdrum's personal assistant for three years in Paris, France. He has exhibited and sold work at Sotheby's and Phillip's De Pury & Co. In addition to being represented in many private collections, his work can be found in museum collections in Europe as well as in the U.S. His painting *Hermetica* was exhibited at the Grand Palais in Paris after winning Sattchi On-Line's painting contest in 2011. Earlier this year he presented his paper *Truth is Only Skin Deep* at the Representational Art Conference in Ventura, CA, which was also published in the Summer 2014 issue of *American Arts Quarterly*.

But, what Scott is really up to is immediate, human, timeless and feels far removed from the smoke and mirrors of art world marketing, and yet, his work fares very well in the market place. It speaks across spaces. For myself, I find that his paintings slow me down, they tune in my vibration to the present moment and by being there, I am connected to spaces out of time.

The importance of composition

Scott and I met in Paris where I saw his paintings for the first time and where he and I had a conversation about his painting, *The Sophist*, which he had just finished. The first thing that struck me was his composition, which is a key element in all of his work. The way the eye moves from the shadowed face to the sunlit hand. The figure's gesture leads the eye by way of the river, a rocket shoots our gaze skyward, a sort of flare, and connects us to the looming tempest. The wind moves the trees gently into position, just where they should be. I found the painting and Scott's thoughts about it engaging. It is small but well thought-out. It is a professionally crafted painting, but then, consistency is important to him.

Following his years in Paris, Scott moved to West Cornwall, C.T. where he operates his own studio. His paintings are an interesting amalgamation of classical, skill-based techniques, and his own personal journey.

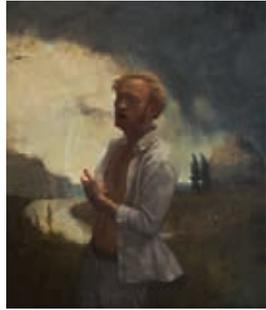
Transcending personal experience

In a recent Newington Cropsy Podcast, Scott said that he is searching for a content that transcends his own personal experience. Something that reaches for a more universal, human experience, something people can identify within their own lives. In that interview, hosted by Peter Trippi, editor of *Fine Art Connoisseur* magazine, Scott tells the story of a dramatic event, a school shooting that he was involved in, and which is shaping his current series of paintings. (The podcast interview can be found on Scott's website as well as the website for the Newington Cropsy Cultural Studies Center).

He says that, "Life experiences really enrich our identity and our relationship to other people and the world around us. It proves the Sophistic question, 'Do others exist or are you just a figment of my imagination?' When you have a gun pointed at you it becomes clear that this guy exists. That gun exists."

Scott tells of many interesting stories that have helped shape his life as an artist and I encourage you to seek them out. These experiences have revealed to him evidence of the human soul and this is something he admires and strives for in a painting, whether looking at it, or creating it. As he says in the interview, "Before I saw a Rembrandt painting as something brown and old, and after that experience I saw the soul of a person there."

He has always been attracted to visceral and empathic paintings like those of the Dutch period, Ribera, and Goya's black paintings. Scott says that it took him some time to reconcile the differences between this sort of humanist painting and what was happening in the New York Art world. It is understandable, the way the Art world transitioned from Modernism to Abstract Expressionism after the war, and then on into Post Modern ideas. Given the horrors of the 20th century that was a necessary path, but meanwhile there was a path less traveled, where a few practiced draftsmanship and the craft of oil painting and now that path is swelling up, spilling over into our cultural reservoir. With the help of technology as well as a need for it in our society, there has evolved an entire movement toward skill-based visual literacy. A series of movements actually, which fall under the Post Contemporary umbrella, as Scott refers to it.



Opposite page: Post Contemporary Painter Richard T. Scott in the studio with a portrait he did of his mentor Odd Nerdrum as Napoleon. This page, clockwise from upper left: Saudade, India, The Timetraveller's Wife, Midwinter Saint, the Sophist, and Odd Nerdrum and Andy Wyeth, all original oil paintings by Scott.

“I have learned that I don't have to try to be contemporary, in the sense that I don't have to try to make my work fit into a Post Modernist super structure,” Scott says, “I can simply be authentic and that authenticity is more original than trying to be original anyway, trying to be new. Authenticity is the true originality, in fact striving for the best authentic expression of your own passions, your own ideas, is the only way to reach the most original thing, which is the masterpiece.”

We could learn a lot by making a bridge between the conceptual and the classical worlds by engaging in a dialogue between them. He has said that he is interested in the parallel narrative, how it allows these two forms of art to co-exist, to occupy their own niche with their own distinct criteria as well as providing an opportunity to tell a story between times, a more timeless connection between generations, cultures and civilizations. A number of his paintings feature double images as symbol of this idea. He uses them in order to create a narrative in the paintings, a dialogue between us and ourselves, and to tell a story that leads us down paths less traveled.

With regards to what is happening in the art market here in the United States, Scott says, “There is a large market here in terms of people buying and commissioning work. For example, one of my collectors recently bought a painting of mine and donated it to the Museum of Contemporary Art in Sicily. The painting is called *Midwinter Saint*. It is incredible to see that kind of support.”

He is all over the representational map, figuratively speaking

Just a few weeks ago, I took a drive with Scott to visit Helga. Yeah, that Helga, the beautiful muse from Andrew Wyeth mythology. The trip took us to Eight Bells, into the studio home of N.C. Wyeth, and later Andy Wyeth, on the coast of Maine. It was the only misty day in weeks either before or after and the flat grey atmosphere gave an immediateness, had a subtle depth that rang familiar and appropriate to our visit. Helga was charming and spoke to us about the paintings. She talked of the spirit in the work, how important it was to paint one's personal experience, and not try to paint something of which you know nothing about, that is the only way to connect to the infinite, is through the personal connection to the spirit.

Andy Wyeth's favorite living painter was Odd Nerdrum, the Norwegian figurative painter with whom Scott lived and worked with for three years in Norway and Paris. I myself have seen the handwritten letter from Wyeth to Nerdrum, attesting to the fact that Wyeth considered Nerdrum to be the greatest living painter, framed and hanging in Nerdrum's fireplace room. Helga spoke of the time she first met Odd Nerdrum at an exhibition, a story beyond words, how she used her hands, her eyes and all the time her wild white hair. She spoke of why the painting that Scott did of Wyeth walking together with Nerdrum is so special. It is the spirit, the intention that determines the final result and Scott is well aware of this. That is why he grows his own food, finding relaxing time in the garden, in the low light of the day, making pesto, sun drying tomatoes and preparing elaborate organic meals.

He cares deeply about his food, as he does about his painting. For Scott, it is all intertwined.

Richard T. Scott has placed himself, has taken his wool and woven it into the Post Contemporary blanket. It is comforting to know that there are people like him who take their talent seriously and make something beautiful out of it. How he promotes an epicurean lifestyle. He seeks out the knowledge that is necessary to take him where he wants to go and he listens to his own spirit. He is deliberate and yet spiritually guided.

As I said at the beginning of this article, there are many plates on Scott's table. Which is a befitting metaphor because he built his kitchen table himself, a sort of hobby of his is to work with wood. Oh! Did I mention that he designs coins and congressional medals for the U.S. Mint? True. This guy is full of pleasant surprises.

I suggest you get to know Richard T. Scott, this neighbor of yours. If you were really smart, you would commission a portrait from him and witness with him the grand meal that is life, he's really good at cooking up a dish to your liking. ●

Richard T. Scott currently exhibits his work with Galeri L'Oeil du Prince in Paris, the S.R. Brennan Gallery in Santa Fe, and within our community at Eckert Fine Art in Millerton, NY. To reach Scott visit his website at www.richardscottart.com.

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

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Conall Haldane is the hard-working owner of Tri-State Antique Restoration based out of Ancramdale. He and his co-worker, Mike Beecher, are so talented at bringing furniture back to life so that its owner can continue to enjoy and use it for many years to come. Conall laughs and jokes by saying that he works eight days a week, but it isn't far from the truth. When he isn't at the shop, he's busy renovating a house with his brothers, and spending time with family and friends. Conall recently became an uncle for the first time and twice over, he now has a niece and nephew. Uncle Conall can't wait to watch them grow up, and spoil them a little, too. "The holidays should be fun this year with more kids in the family!" Have fun Conall and thanks again for taking time out of busy schedule to chat with us. Now, back to work!



Noreen Hoysradt is a customer service representative for the Brad Peck Insurance Agency where she helps with renewals. The girls in the office refer to her as the "new girl," but she still loves them and the job so far. "I like working with my coworkers and helping the customers." Noreen has three kids and admits that she feels empty-nested without them at home, but is so proud of their accomplishments! Her daughter graduated from Marist and is student-teaching in Pine Plains, her youngest is studying his junior year of college in Japan, and her oldest is in the National Guard and served time in Afghanistan. For herself, Noreen likes to tap dance, which she has been doing since she was a teenager. She is also an independent sales consultant with MaryKay Cosmetics. At this time of year Noreen likes to take in the area's natural beauty and the fall foliage.



Charles Dietrich is the chef at Mountainside Café in Falls Village. The restaurant opened in May and Charles is enjoying this new opportunity and he tries to play a supportive role to the staff. A graduate of the Culinary Institute of America, he has worked as a chef in various restaurants including establishments in Kent. He likes working with fresh local food and is inspired by the seasons and tries to bring that flavor into his food, and also enjoys bridging the gap between local farms and communities. He has a growing family with two and one on the way. Charles enjoys spending time with his family outdoors, hiking and camping, and he is an avid reader when he can find a moment or two. Maybe you can get some reading time in during those midnight feedings?



Barbara "Babs" McClain has been a resident of Noble Horizons since 2008 and was born on Undermountain Road in Salisbury. In-between she graduated from the then named House of Mercy School of Nursing in Pittsfield and received a B.A. from The University of Hartford. She was Chief R.N. of various departments at Hartford Hospital and returned home and to Sharon Hospital in 1968. Babs served as assistant director of nurses in charge of staff development and in service education until her retirement in 1993. She continues to work at the Noble gift shop and enjoys dining at various area restaurants. She recently went parasailing on Lake George and is contemplating sky diving as her next endeavor. She says "If Bush can do it, so can I!" No argument here, Babs!



Sergio DERcole is the proprietor of Lakeville Health Food. Born in Rome, Italy, he made his way to London and Manhattan where he worked in International Banking. In 1983 he moved to Lakeville as a weekend and then eventually full-time, but still commuted daily for a year. In 1987 his son John was born. John is a professional musician who plays the six string bass and introduced it for use in the classical music genre. Sergio enjoys listening to music, eating well, working, and visiting his son in Manhattan. He enjoys the area because of the social life, its proximity to New York, and the scenery. Sergio says that it is one of the two most beautiful places in the in the United States, but he doesn't know where the other one is!



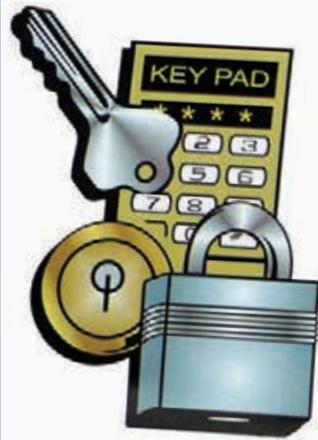
Jennifer Stuppelbeen is a Postmaster at the Craryville Post Office and has proudly served the Postal Service for 15 years. Jenn enjoys meeting new people and forming relationships with families who's mail she takes care of. When Jenn isn't caring for your mail, she loves spending quality time with her family. Jenn was sad to see the summer come to an end, but says they had so much fun swimming and hiking! To stay busy the rest of the year, she is a Girl Scout leader and Sunday School teacher for her girls. Jenn grew up in Ulster County and moved locally when she married her husband 11 years ago. She is always up for something fun to do with the family and thinks our unique area has so many great offerings to do just that.

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the two-faced nature of inflammation

MAINTAINING A HEALTHY LIFESTYLE

By Laura Downey French, DPT
info@mainstreetmag.com

As a physical therapist I encounter inflammation quite frequently. Whether it is the result of someone having a recent total knee replacement or an ankle sprain, inflammation is usually present. Inflammation is one of the immune system's initial and innate defenses against 'dangerous' stimuli. It is an essential part of the healing process, but if it goes on for too long it can be the source of tissue damage and can negatively affect a person's quality of life. Inflammation is an interesting process because even though it is one of the essential phases of healing, it can also be detrimental to our bodies.

Five cardinal signs

Inflammation is a process that, through complex chemical reactions, results in five primary signs when present. It causes vasodilation (a widening of the blood vessels) which increases the blood flow to the injured area. This creates increased warmth and redness, the first two signs of inflammation. The changes in the blood vessels permeability allows for increased fluid in the area, better known as swelling or edema. The fourth sign, one we all know well, is pain. It is believed that chemicals are released that stimulate nerve endings which increase our sensitivity to pain when the inflammation process starts. All four of these signs of inflammation were documented over 2,000 years ago in *De Medicina*, by a Roman named Celsus, c.25 BC–c.50 AD. The fifth sign of inflammation is loss of function, which was documented after Celsus. Some of these signs may be more prevalent or recognized than others depending on the type of injury and location.

Acute inflammation

When we have an infection, tissue damage or even necrosis (death of tissue), a foreign body such as a splinter, or just an immunological reaction (due to hypersensitivity to a stimulant), our body goes into an acute inflammatory state. Acute inflammation occurs quickly and does not last for more than a few days. We have all experienced acute inflammation, whether it was a sore throat, or a joint injury such as an ankle sprain, or even a small paper cut, our immune system relies on inflammation to start the healing process and to prevent further damage from occurring. The cells that are injured send out a complex series of messages to the body which in turns reacts and sends helper cells to start cleaning up and repairing the area. Once our immune system senses that there is no longer a threat and the healing process has begun, the inflammatory process is slowed and then ceases. At this point the

injured tissue is well on its way to being healed.

Chronic inflammation

Chronic inflammation occurs when there is prolonged exposure to irritants, persistent injury, continuous infection, or a malfunction of the immune system resulting in an autoimmune disorder. It lasts longer than a few days and can extend out into months and even years. This occurs when the body is no longer able to 'turn off' the inflammatory response. The prolonged inflammation in these circumstances ends up damaging healthy tissue. When this occurs, healing and tissue destruction are occurring simultaneously. As the tissue heals and gets reinjured due to the inflammatory process scarring occurs and the tissue becomes less mobile.

The fourth and fifth signs of inflammation become extremely important because there is definitely a loss of function in the tissue affected as well as an increased sensitivity to pain. So as a physical therapist, when I work with patients who have chronic inflammation, I have to keep in mind that until the inflammation is addressed I may not be able to help restore function or decrease the pain sensation which can be very frustrating.

Some conditions that are characterized by chronic inflammation are rheumatoid arthritis, lupus, multiple sclerosis, chronic Lyme's disease, cancers, diabetes, heart disease, Alzheimer's, and pulmonary fibrosis. Because inflammation is present anytime there is cell damage, all diseases and conditions have some degree of inflammation, but the few just listed, along with many more, are characterized by the prolonged negative effects of the inflammatory process which is what makes them so devastating.

Battling 'bad' inflammation

The nature of inflammation is two-faced in that it is part of the healing process, but also part of tissue destruction when not regulated by the immune system. When inflammation is acute, medication can be prescribed to help with the pain it may produce. There are many doctors though who do not want to decrease or stop the inflammatory response in acute situations because it is a necessary part of healing. This is why Tylenol or Percocet may be prescribed instead of an anti-inflammatory medication such as Advil or Motrin, or a heavier anti-inflammatory such as a steroid. Pain is the number one complaint usually during the inflammatory phase, so if a medication can be prescribed that can minimize the pain sensation but not interfere with this phase of healing that is ideal.

Ice can also be applied to the affected area (if external) for approximately 20 minutes to keep the

cardinal signs at bay. Ice can slow the process down, temporarily, due to its ability to cause vasoconstriction. In cases where inflammation has become chronic or it is caused from an autoimmune disease then anti-inflammatories may be prescribed to try to slow down and maybe even stop the progressive tissue destruction.

Other control factors

Diet also plays a role in inflammation. Foods that can cause inflammation and that should be avoided contain sugar, saturated fats and trans fats, omega 6 fatty acids, refined carbohydrates (white flour), and gluten and casein (due to common allergies to these proteins), and anything with artificial coloring.

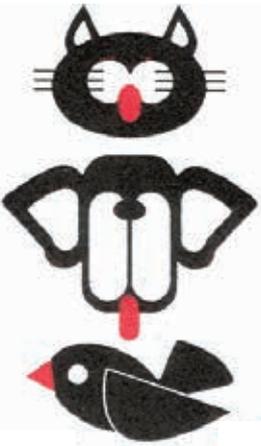
There is also a large correlation between adipose tissue (fat cells) and increased levels of inflammation in the research that is available. Trying to decrease body fat, in a healthy manner, is also beneficial in decreasing inflammation. Stress was another topic that frequently came up when looking up inflammation and the research that is out there supports that increased stress levels promote increased inflammation.

Inflammation and exercise

Exercise causes inflammation due to the wear on the muscles and joints and due to the occurrence of micro tears in muscle fibers, and the research available supports this. This tissue 'injury' automatically invokes the acute inflammatory process to start, because after all, destruction of any cell will result in the inflammation process. Studies also show however that exercise helps to lower markers of systemic inflammation when it is performed regularly. The research is consistent in that it shows that exercise can both cause and fight against inflammation. The majority of research though reveals that even though exercise may induce acute inflammation its overall ability to help the body fight against chronic inflammation is greatly beneficial.

In conclusion

The topic of inflammation is fascinating because it is an innate part of our own immune system and yet it is both beneficial and detrimental to our bodies. It is important to remember that acute inflammation is necessary and important for healing and it should not be feared. When acute inflammation becomes chronic or systemic inflammation is present, it can be dangerous and needs to be carefully watched. Consult your physician if you feel that you may be experiencing chronic inflammation or the effects of a malfunctioning immune system. ●



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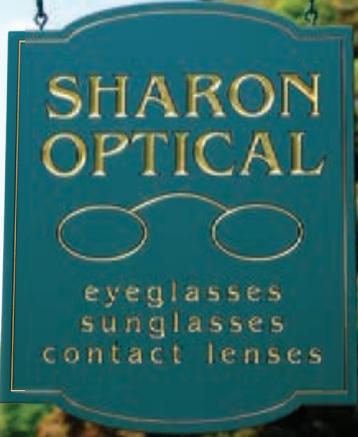
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alicia adams alpaca

GROWING A LUXURY LIFESTYLE BRAND

By Christine Bates

christine@mainstreetmag.com

Tall, model beautiful, and engagingly straightforward, Alicia Adams, her husband Daniel and young children moved to Dutchess County eight years ago to grow a family and an alpaca business. Born in Germany and raised in Mexico, she and her half-American, half-German husband met in Munich. In five years Alicia and Daniel Adams have built a luxury brand selling fine alpaca throws and accessories with the help of family and friends. We talked to Alicia and her business partner, Elizabeth Logan-Baravalle, amidst piles of shipping boxes and racks of brightly colored alpaca throws, while four month old Alegra, the newest Adams' family member, contently watched from her infant seat.

What is your business and how did you start it?

It really began accidentally. It started with Alamilo, our Stanfordville, New York, alpaca farm, where we breed Suri alpacas. We now have one of the largest Suri herds outside of the Andes. Every year in May the alpacas must be sheared, and I decided to experiment and make some baby booties and hats for friends that also had small children. I don't know how to knit but I found local people who could. Then we added a few more things – shawls, capes, throws, all made locally. At the bottom of the recession we were offered a booth at the January 2010 New York International Gift Show for a very attractive price – another vendor had dropped out of the show at the last minute. We had very little product or experience and a shoebox sized booth, but we figured, “What do we have to lose? In the worst case it would be a learning experience.”

What happened at that show?

Buyers from stores all over the country actually bought our products. I was so surprised that I told one of them, “I can't believe you are placing an order.” We had to expand our production capabilities quickly. We use our own fiber, but, as our business has grown, we have had to buy additional yarn in Peru.

What's so special about alpacas? What don't people know about alpaca yarn?

Alpacas are friendly and gentle and baby alpaca yarn is never scratchy. Alpacas come in 24 natural colors from white to black and their fiber is hypoallergenic. An alpaca sweater can be five times as warm as wool and lighter in weight because of its microscopic air pockets and long fibers. Unlike the large cashmere goat herds, which are now disturbing the eco systems in Asia, alpacas are sustainable. They don't eat roots and have padded feet instead



Above top: Alicia Adams amongst her colorful alpacas. Above: Alpacas cavort in the fields of Stanfordville on the Adams' farm. Photos courtesy of Alicia Adams Alpaca.

of hoofs, which don't disturb the topsoil. 90% of all alpacas live in the Andes of Peru, but they are very adaptable and seem quite happy here.

Where are your products sold?

All kinds of high-end stores sell our products – from Alabama to Wyoming in the United States and internationally in 15 countries in North America, Europe, Asia, and Australia. The Neue Galerie in New York, a museum of early twentieth century German and Austrian art and design, sells our baby clothes in their gift shop. And Barney's on Madison Avenue was one of the earliest sellers of our throws. Home design boutiques carry our signature throws, and specialty-clothing shops select accessories and shawls. Our products are also featured in catalogues like Frontgate, The Field Outfitting, Mark and Graham, and Neiman Marcus.

Who buys your products?

At first we thought that all of our customers would be in colder places, but we have huge demand from places like Texas, southern California, and Florida because of air conditioning and also for use as decorative accents. We just sent 12 throws to the Bahamas for use in a private screening room. All of our customers appreciate the luxurious quality and feel of our products.

What are the economics of the alpaca business?

Our alpacas are bred to have dense fiber and on

average produce one eight-pound fleece annually. After sorting there are about four pounds of fiber. Each shawl requires one pound so we can get three to four throws per alpaca per year. Right now prices for the highest quality alpaca are about \$40 per pound.

What is your marketing strategy? How did your baby blanket get to Prince George?

We are building a luxury brand and have developed consistent packaging and presentation. We rely almost entirely on trade shows to reach our retailers, and PR placement to build awareness. Elizabeth is a partner in the business and manages all of our public relations and digital presence. It's much more effective than advertising. When we were mentioned on *The Today Show* by Elizabeth Mayhew, our sales went through the roof. President Obama gave an embroidered blue baby alpaca blanket to Prince George because of a previous relationship that we had built with Hillary Clinton. It was great PR.

What prepared you for building a luxury alpaca business?

Really not much. I didn't know what I was getting into. I was a stay-at-home mom in a new country who wanted to do something with this alpaca

Continued on next page ...

fleece. We were able to find all the resources we needed to start locally. I went to the Sheep & Wool festival in Rhinebeck. To get the whole picture I did a lot of research, including traveling with Daniel to Peru to see artisans working with alpaca fleece using techniques passed down over generations.

How do you juggle a young family with a growing business?

Family has always been our priority. My husband and I are at every soccer game, every meeting at school. One of us is always there when our kids come home from school. Sometimes they have to come over here to our office to work on their homework. We also have a wonderful network of friends who are there to help us out.

How many employees do you have?

We just have two full time employees in addition to Daniel, Elizabeth, and myself. But when shipping starts, local people are ready to pitch in and help.

Have you had any setbacks in your business?

The fire! We created an office, show room, and inventory storage in a barn on our farm. An electrical short set the building on fire at year-end when we are the busiest. We saved our papers and some of the inventory, but everything else was gone. We had our important gift show a week later so we called up customers we knew personally to borrow samples to display at the show. People kept asking us in the booth, “What’s that smoky smell?” We said we didn’t smell anything.

Why did you choose our area for your business?

My husband was the CFO of a successful company in Germany, and after he sold his interest in the



Above: Colorful lightweight alpaca throws are also used as over-sized shawls. Below left: Alicia Adams’ alpaca business began with baby boots and hats. Photos courtesy of Alicia Adams Alpaca.

business we decided we wanted to have some sort of agricultural business and raise our children in the countryside. He was looking at vineyards in Australia when he discovered alpacas. Because of friends we looked at the Millbrook area, and after renting for a while, we found a farmhouse and land for sale and purchased the properties in 2007. The area has schools for our children, and it was close to New York and international markets. I’m a huge fan of the Hudson Valley and all of the local talent that helps our business. We could have chosen to live anywhere. We are so grateful that we found this place, which attracts all sorts of creative people – designers, writers, and artists.

Do you have a business plan?

That’s on my to do list.

What’s next?

We’d like to have a local store. And our dream is to find a factory in the U.S. that can produce our product.

What have you discovered about yourself? What are the qualities you most admire in other people?

I’m surprised at the number of things I can juggle and that it comes so naturally. I like people who don’t complain and have a sense of humor.

Is there a business leader that has inspired you? What is your advice to anyone starting a business?

Yes, my husband Daniel. I’ve learned so much from him. He is a serial entrepreneur and provides a long-term vision to the business. He helps take us to the next step. Also Elizabeth and I talk a lot about women designers we admire who have built businesses, like Diane von Furstenberg.

For anyone starting, I would say to think about it twice. You have to work really hard – it doesn’t just fall into your lap. And be grateful for your success.

How important is the Internet to your business? Social media?

The award winning design and branding agency de.MO in Millbrook designed our website and we went online in late 2010. It’s a way to show our products and support our retailers – we never compete with them price-wise. There are products you can buy from us online, but it’s not meant to be an e-commerce site. Between us we split up the social media responsibilities and do postings on Facebook, Pinterest, Twitter, and Instagram.

What is the most important quality in an entrepreneur?

Having a vision of your business and a beautiful product that you are passionate about.

What are the toughest business issues you face right now?

Managing growth and meeting the demand for our product is really a challenge. And finding more hours in every day!

What’s the worst and best part of your business?

Doing paper work and opening boxes isn’t great. The best part is talking to our customers.

How has the alpaca business changed since you began your business?

Alpaca and vicuna were very fashionable in the 1960s and 1970s and then declined in popularity. Recently cashmere has been the rage, but with the decrease in price and quality, it is no longer a luxury. We entered the market just as interest in alpaca was coming back. This year fashion brands like Max Mara and Giorgio Armani are featuring alpaca and demand is increasing.

What do you do when you’re not working?

I love to do fun things with my kids, spend time with friends, and go out and dance. •

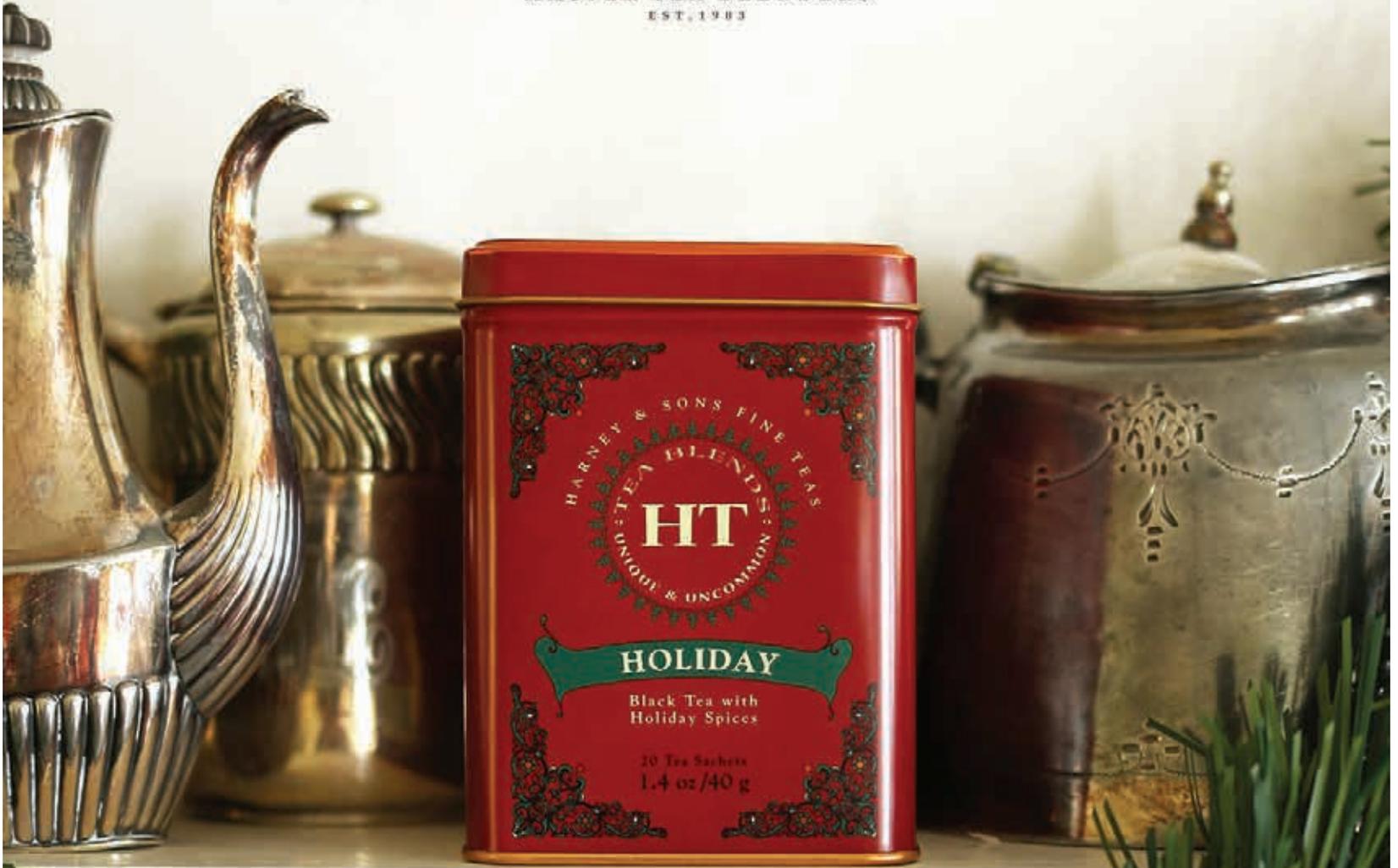
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mountainside café

GREAT GASTRONOMY



By Marq Reynolds
info@mainstreetmag.com

Driving North from Lime Rock in Connecticut on Rt. 7 in Falls Village sits the newly renovated Mountainside Café. After having been closed for five years, the restaurant reopened on Memorial Day of this year. The building itself has been a restaurant of some incarnation since the 60's and my wife, who accompanied me on this gastronomy lunch adventure recalled the days when she and her "Housy" classmates would escape the cafeteria food and walk the tracks up to this building to eat and hang out for a while. But that's another story, Principal Kirby.

It's about more than food

Under the supervision of Chef Charles Dietrich, the transformation has been truly amazing. Mountainside Café is affiliated with Mountainside, the well known treatment center down the road in Canaan. As part of their program, the café provides their extended care clients with a supportive work environment to learn and practice healthy, independent living as well as offering a place for the community to enjoy wholesome and tastefully outstanding meals. And due to this partnership with Mountainside, no alcohol is served on the premises.

The beautifully done, white and black exterior appeals to the eye. And the interior is pristine and cleanly designed with stainless steel and wood overtones, wooden tables with cushioned benches and chairs and a painted letter chalkboard menu that sits high over the lunch counter and pastry display. Very nice touch. The atmosphere is laid back and relaxed and soulful jazz was playing at a comfortable volume in the background. The servers are friendly, conversational, and excel at their jobs. Come to think of it, the service was at a level of some of the best I've experienced.

Some delicious choices

Having done a thorough job of checking the place out it was time to move on to the menu. The lunch menu provides a really nice and varied selection. Salads included a House Arugula, Caesar, Kale, Roasted Beet and a Wheatberry and Quinoa which initially and immediately appealed to my wife. Sandwich offerings were Grilled Chicken with avocado, sprouts, tomato, red onions, and basil aioli on multi-grain bread; Tuna Salad with red onions and lettuce served open on multi-grain toast; Cuban with roast pork, sliced ham, pickled red onions, chipotle aioli, and pickles on ciabatta; BBQ Grilled Shrimp Po-Boy which I will describe below; Fresh Mozzarella with basil, tomato, red onions, and mayonnaise on baguette; avocado with cheddar, sprouts, red onions, tomatoes, and chipotle aioli on multi-grain toast; and finally Grilled Cheese with Brie, sliced apples, and mustard on sourdough. Also on the menu were wraps, burgers, and platters.

Because everything sounded so good and we were hungry, we took far too long in making our difficult selections, but the servers were patient and I finally decided on the BBQ Grilled Shrimp Po-Boy which was made on a baguette, with lettuce, fried onions, and mayo, and fries on the side with a seltzer water. The shrimp were cooked perfectly with a subtle barbecue flavor which brought out the shrimp. Onions added to that flavor and the fries were a perfect addition. My wife went with the Grilled Chicken as I described above. And a side of sweet potato fries and a Coke to boot. The tender chicken was delicious and all of the fresh vegetables and seasonings brought even more zest to the chicken. Again the sweet potato fries proved a welcome addition.

Chef Charles prides himself in using nothing but the freshest of ingredients, meat and vegetables, and extensively uses local farms for supplying him those necessities for his delicacies.

Breakfast, lunch, and dinner!

The restaurant offers an extensive and savory breakfast menu which includes eggs any style, Huevos Rancheros, Steak and Eggs, Three Egg Omelets, and various Breakfast Skillets including a Bacon Egg and Cheese Sandwich, and a Mountainside Breakfast Burrito. I have sampled a few of these selections on previous visits and all were cooked to perfection and to each individuals liking.

I have to say that the standard two eggs over easy, with bacon, home fries, and wheat toast topped off with a huge glass of orange juice has been my favorite. My wife usually has the three egg California Avocado Omelet which seems to keep her more than happy and satisfied. We always end any meal with one of their outstanding pastries. Enormous chocolate chip cookies, fudge brownies, scones, muffins, and more. All delicious.

And all this plus a fantastic dinner and brunch menu with brunch featuring a little bit from each of the breakfast and lunch menus! Dinner consists of 'Small Plates' – burgers, tacos, fish and chips, and 'Large Plates' – fish of the day, meatloaf, grilled skirt steak, Thai roast pork lettuce wraps, grilled brined pork chop, roasted half chicken, house-made gnocchi and spaghetti. Special soups and salads are offered as well.

So if you find yourself craving fresh, delicious, creative, and reasonably priced food and a great atmosphere – head for Mountainside Café in Falls Village, Connecticut. ●

Breakfast and lunch is served seven days a week, brunch morning and afternoon Saturday and Sunday, and dinner on Fridays and Saturdays from April 1 until November 1. (860) 824-7476.

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chaseholm farm:

FOR THE LOVE OF COWS

By Memoree Joelle
info@mainstreetmag.com

Sarah Chase loves cows. She loves interacting with them, observing them, and continually learning more about breeding them and studying genetics. But most of all, she just loves her animals, and it shows. She puts their livelihood and the greater good of the farm itself far above a simple input/output ratio a large agricultural business might employ.

Let's talk breeding

Two years ago, she inherited her father's pedigree breed of Holsteins, whose lineage has been in the family since her grandfather purchased the farm in 1931. Sarah added Jerseys and a few Brown Swiss to the herd, though the decision to move away from Holstein-only breeding has been complicated. The Holstein cow offers a larger production, and keeping them is also in part an homage to the legacy of her father and that lineage of cows. Still, Jerseys fare better on a grass-only diet, and make a rich butterfat type of milk that is perfect for selling raw and making into cheese. As the years go by, it will be interesting to see how she refines her herd.

She writes on her website, where she discusses genetics in more detail, "I would like to walk into my barn and see on one side a full string of Jersey's bred for grass performance and on the other a fleet of Holstein-Friesians or Holsteins home bred from 1960's semen. A nod to my past with an infusion of what I believe is sustainable and practical – I'd really like to become an accomplished breeder of the Holstein-Friesian and the Jersey cow, both for grass but also for type. I want good looking cows – I can't help it! I'd also LOVE to have crosses and Swiss and Guernsey's, too. I'm hoping to make the best tasting milk so I'd like a little bit of everything."

The life of a farmer

At age twenty-six, Sarah has fully embraced farm life. She and her girlfriend, Jordan Schmidt, a nutritional therapist, live on the 110-acre family farm



in one of the most picturesque settings Columbia County has to offer. Jordan grows vegetables on four of those acres for her combined vegetable farm and nutritional therapy practice, Remedy Farm. She makes the lacto-fermented sauerkraut that is offered in the Chaseholm Farm store, which is celebrated locally for the raw milk as much as the beef, veal, and cheeses made by Sarah's brother, Rory Chase. Most of the milk production from Sarah's herd goes into the cheese, and what remains is sold raw at the farm on weekends. Because the herd is a combination of Jerseys, Holsteins, and Brown Swiss, the butterfat content that varies between breeds is well suited for the variety of cheeses Rory makes (his cheese making facility is just down the road).

Sarah sends to slaughter a limited amount of beef cows and also veal, but it must be mentioned that her veal is certainly not the confined veal sold on most restaurant menus. Referred to as "rose veal," the animal is killed at an older age than "traditional" veal, and thus has a rose-hued flesh closer in taste and texture to beef.

Staying sustainable

Sarah uses intensive rotational grazing, both for the health of the cows and the resulting milk quality, as well as for the health of the land and the pursuit of increasingly nutritionally dense soil.

"The way cows graze and move around, and their manure as well, make them great animals for building upon rich soil, and I am always learning," Sarah told me as we sat in front of her home and watched the herd grazing.

There are a total of about eighty animals now, and half of those are being milked. She doesn't plan to expand much beyond her current herd and production, because her intention is to keep things sustainable for the amount of land she has. This means she is limited in output, especially as she moves toward a 100% grass-only diet. It also means, more importantly, that she is farming in a way true to her values and beliefs. "I'm doing things a bit differently than my father did, and we don't always agree on everything," she laughs. "Still, he is very supportive and a great mentor." He is still present on the farm to offer advice, and what Sarah didn't learn from him and from brief internships, she learned by a leap of faith and the age-old educational value of getting your hands dirty.

"I always wanted to have cows, but growing up I assumed I'd probably just keep a few, while doing something else as a job. It kind of surprised me that this would become a whole way of life for me."



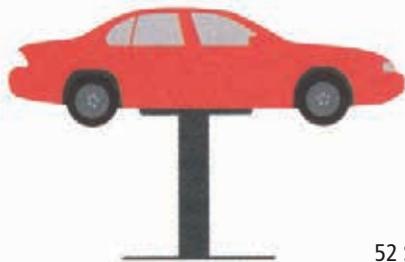
Above top: Sarah Chase with one of her calves. Above and below left: A few of the Chaseholm cows. All pictures courtesy of Sarah Chase.

Sarah says these words with the kind of air that tells you she is happy with her life. She radiates a kind of peaceful contentment, as people do who know that they are in exactly the right place at the right time, fulfilling their purpose. Choosing this quiet way of life was an easy decision for her, but not one most people make at such a young age. I couldn't help wondering if she felt she might be missing out on some sort of excitement that cities always seem to promise, especially early in life. But before I could fully ask that questions, Sarah answered it with a single gesture. Turning her gaze toward her herd, now closer to the fence as they discovered new tufts of grass, she smiled. Farming is in her blood, after all. ●

Starting November 1st, you can join the Chaseholm Farm Winter CSA, which is available for pick-up at the farm store every Saturday. Every week enjoy a share of raw milk, butter, cheese, eggs, sauerkraut, and beef. For more information and to contact the farm, e-mail chaseholmfarm@gmail.com. They're located at 115 Chase Road, Pine Plains, NY.

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BUYING A BURIAL PLOT

your final real estate investment

By Christine Bates

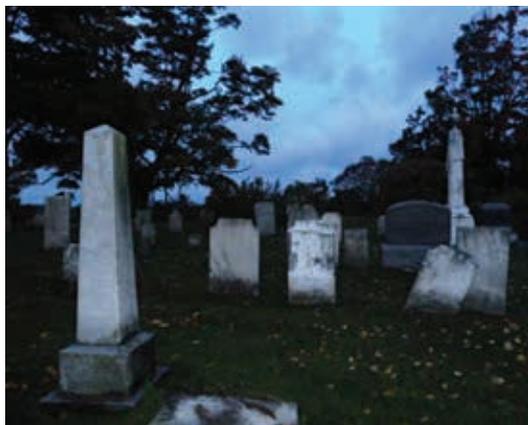
christine@mainstreetmag.com

Main Street's November monthly real estate column, available just before Halloween and the Day of the Dead, researched how to buy a final resting spot. What we learned is that it's not so different from any other real estate transaction – the devil is in the details, comparables are very important.

Quaint graveyards with toppled tombstones, rusty gates, and poetic melancholy can be found in every rural hamlet. Sometimes these forgotten burial places mark the place of a country church, like the burial ground on Merwin Road near Millerton's Spencer's Corners where a Baptist church stood in the 18th century. Most of these cemeteries no longer sell new gravesites because they are full, or, even more frequently, records have been lost and no one knows exactly where people were buried. But there are plenty of gravesites available in newer cemeteries in every town in our area. Sometimes it's funeral directors like Brian Kenny in Sharon (see profile in this issue) who can sell plots. It could be the Sexton of a Cemetery Association, like Cindy Heck who is in charge of the Irondale Cemetery in Millerton, or your local priest. Craig's List, eBay, and the Internet are not useful. Ask around.

There are always rules

Each cemetery has its own rules, just like a residential co-op building in New York City. Some will not allow tall monuments. Others insist that grave markers be flush with the ground to make maintenance easier, or forbid bushes and shrubs for the same reason. Some will let one person be buried on top of another, but most won't. A few cemeteries, like Trinity Episcopal in Lime Rock, require church membership, but even there anyone can purchase a spot for ashes in the columbarium. Great Barrington's five public cemeteries have different prices for residents and non-residents.



Above: The cemetery on Merwin Road near Millerton's Spencer's Corners, although now standing by itself, was once flanked by a Baptist church that stood there in the 18th century. The oldest recorded stone is from 1702.

The benefit of purchasing a plot in advance is having the opportunity to select the location you like – like all real estate, location, location, location. Buyers should think of the neighborhood, the views, privacy, and traffic. One race car driver wanted his body buried near the noise of Lime Rock racetrack. Veterans can request a spot with other soldiers. Great Barrington has created a separate section for Jewish burials. In Bronx's historic landmarked Woodlawn Cemetery, you are in the company of jazz greats, department store founders, and leaders of the women's rights movement. Liam Neeson might choose to be buried in St. Peter's churchyard in Lithgow next to his late wife Natasha Richardson.

Prices start at around \$10 a square foot, or \$435,600 an acre

Like building a house, you need to consider how large a plot and how many graves you might need. For most people this will be the ultimate in downsizing. Single graves are typically three to four feet wide and eight to ten feet long. If you are planning way ahead for a family compound, you need to purchase a group of contiguous graves. Realtor Elyse Harney just purchased eight graves in St. Mary's in Salisbury, and then an additional four to create a family plot.

Do you need extra room for a large monument



Above: A monument stands in the Salisbury cemetery with a flag commemorating service to our country. Left: The Winchell Mountain cemetery under a full moon has views of the Catskill Mountains.

Continued on next page ...

or less room for ashes? Increasingly popular are smaller, less expensive resting spots for cremated remains known as “cremains.”

Cemetery plots in our area are a bargain compared to the greater New York metropolitan area. An entry level grave in Woodlawn Cemetery in the Bronx now costs \$6,000, while a private mausoleum designed by the architect of the Jefferson Memorial in Washington D.C. is currently on the market for \$4.5 million. Sleepy Hollow Cemetery in Tarrytown charges \$3,200 to be near the Rockefeller's. In our area, the least expensive graves go for around \$400 with Salisbury and Millbrook being the most expensive (see chart). Permanent maintenance fees can add to the initial cost, like condo maintenance charges, but many cemeteries rely on volunteers and bank interest on a maintenance fund to keep the grounds in shape.

Buy now or buy later

There is a more than ample supply of burial plots, and prices have not gone up much in the last twenty years. Bob Palmer of New Kirk and Palmer in Salisbury estimated that gravesite prices have risen about a \$100 in the last ten years. In most smaller cemeteries only five to ten new plots are sold every year. Fred Schneeberger, the President and Treasurer of the Copake Cemetery Association, said he hasn't sold a lot in the last two years, “Cremation is killing us.” Pine Plains estimated that their cemetery has room for the next hundred years.

Lay-away plans are available

Many graves purchased in advance of death can be paid off over time, often without interest or any specific payment plan. For some it takes years to get a title to the plot. The general rule is that you can't move in until it's completely paid for. Remember that most cemeteries are run by volunteers as a public service, or by a church as a charity. As Steve Gubler of Our Lady of Hope in Copake said, “Our mission is to offer simple, dignified, affordable burial in the spirit of Christian compassion.”

How much does it cost to move in?

When you are ready to go, there are additional charges by the cemetery to dig the grave with a surcharge for winter burial. In most cases this charge is more than the actual plot itself. “If you've ever had to dig up a septic tank, you know what's involved,” observed one priest.

A SAMPLING OF CEMETERIES WITH PLOTS AVAILABLE FOR PURCHASE*

STATE & NAME	LOCATION	PLOT SIZE	COST
NEW YORK			
Smithfield Cemetery	614 Smithfield Valley Road, Amenia, NY	4' x 10'	\$400
Irondale Cemetery	Route 22, Millerton, NY	4' x 10'	\$550
Copake Cemetery	Church Street Copake NY	4' x 10'	\$400
St. Bridget's South Amenia Cemetery	Copake Falls, NY Clark Hill Road Amenia, NY	4' x 8' 1 Grave 3 Graves 6 Graves	\$600 \$650 \$1,959 \$3,900
Evergreen Cemetery	Pine Plains, NY	5' x 10' 7' x 10' 10' x 10'	\$900 \$1,200 \$1,800
Nine Partners' Cemetery	Millbrook, NY	10' x 10'	\$2,500 ¹
Sleepy Hollow Cemetery	Tarrytown, NY	3' x 10'	\$3,200
Woodlawn Cemetery	Bronx, NY	4' x 10'	\$6,000
CONNECTICUT			
Mountain View	Sand Road, North Canaan, CT	4' x 10'	\$575
St. Bernard's Hillside Cemetery	Sharon Valley, CT Sharon, CT	3' x 10' 3' x 10'	\$1,000 \$550/\$600
Trinity Episcopal	Limerock Road Limerock, CT	4' x 12'	\$800
Salisbury Cemetery	29-99 Under Mountain Road Salisbury, CT	3'8" x 10'	\$2,000 ²
Flanders Cemetery	Route 7 Kent, CT	4' x 10'	\$400
MASSACHUSETTS			
Sheffield Center Cemetery	Sheffield, MA	3' x 10'	\$675
Mahaiwe	Great Barrington, MA	4' x 10'	\$400 ³ /\$1,250

* Dimensions and prices obtained from a variety of sources from funeral directors to cemetery associations to priests.

- 1 In Millbrook, large 10' x 10' plots can hold up to three graves
- 2 In addition to \$1,000 for a grave, Salisbury requires \$1,000 for permanent maintenance
- 3 Great Barrington grave prices are \$400 for town resident or property owners and \$1,250 for non-residents

On top of that, a grave liner is required, a cement box that encases the casket. These are required by almost all cemeteries to prevent graves from collapsing, and usually cost another \$1,000 plus. Green burials, a boomer biodegradable approach with the body in a simple coffin or shroud placed directly in the grave, is different. Sleepy Hollow Cemetery in Tarrytown, a historic 1849 cemetery, offers this type of grave just down the hill from the Rockefeller's mausoleum. Once you move in, disinterment is expensive and complicated.

No flipping

Unlike most real estate purchases, no one can make money reselling unused graves. In New York State it's illegal. You must sell it back to the cemetery at the price you paid for it. You won't get a return on your investment in a grave if you change your mind, but at least you won't be paying property taxes on raking leaves. ●



Above: The highest priced property on the market is this \$4.5 million mausoleum in Woodlawn Cemetery in the Bronx. Photo courtesy of Woodlawn.

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And if you're Ibis, a certified interior firefighter, sometimes that can mean real fires. Ibis grew up in Pine Plains, and although he left for a while, he returned because he missed living in a community where people care about each other. He likes that this is the type of place where you can work with the local elementary school, in this case Seymour Smith, set up a student savings program, teach the kids good habits, and then find them pointing you out to their parents on the street, proud they know you.

Helping people makes Ibis happy. Having Ibis run our Pine Plains branch makes us, and our customers, happy too. After all, the occasional fire does have to be put out, whether it's the building down the street, or the money burning a hole in your kid's pocket.



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THE paper trail

LIGHTS, CAMERA,
ACTION IN MILLERTON

Above: Jonathan Bee and Kelly Carty on the Rail Trail.
Photo by Kent Hunter.

*By Sarah Ellen Rindsberg
info@mainstreetmag.com
Photos provided by
Jonathan Bee*

Millerton is a hotbed of culture. Art abounds in many different forms in a great variety of locations – galleries, fairs, streets, bookshop, and cinema. Many works are created locally while others come from afar.

The Millerton Moviehouse features the latest cinematographic masterpieces from all over the world. And now, a documentary brought to fruition in a tiny editing room in Millerton, will be shown on the silver screen. *The Paper Trail* premieres on November 1st, in the very town where it was conceived.

A conversation and an idea

The idea for the film surfaced during a discussion between Jonathan Bee – artist and the Bee of the antiques store Hunter Bee – and a writer friend. The conversation turned to the abundance of authors in the immediate area. Musing about getting to know the bevy of authors and learning more about their creative process ignited a spark of curiosity.

Bee called his friend Kelly Carty to see whether she was on board for the journey. Carty, a freelance producer and public relations consultant, is also recognized locally as the identical twin sister of Kate Carty whose eponymous store, a few doors down from Hunter Bee, closed last year after a nearly eight-year run. The two began formulating a concept for a documentary.

For expert advice in the cinematic domain, Bee presented his idea to Carol Sadlon, co-proprietor of The Moviehouse. “I encouraged him to go for it,” Sadlon recalls. “We have so many writers in this

area, it’s really extraordinary. Bringing together the strong literary community is ideal.”

From idea to fruition

The film developed organically. “It wasn’t a scripted piece,” Carty observes. “We were completely wide open to where it took us.” The lens focused on the role of technology in the lives and work of the literati in and around Millerton. As clips were posted on *The Paper Trail*’s Facebook page, feedback revealed substantial interest in the creative process as well. The feedback was swiftly incorporated.

Sadlon’s support remained steadfast. She viewed clips from the film and checked in periodically with the team. During the initial editing phase, the team was given the invaluable opportunity to bring their disc up the hill to see how the documentary played on the big screen.

Practicality took center stage as the team calculated costs. A trailer was posted on Kickstarter and pledges started coming in. The project was stamped with the appellation “funded” soon thereafter.

The trail from author to author was enabled by several facilitators, some of whom became players in the film. Sasha Emerson was a conduit to several authors and a literary agent. Bee is well-acquainted with the world of literati and has hosted two book signings at the store. The first for Frank Langella’s memoir *Dropped Names: Famous Men and Women as I Knew Them*, held after a screening of his film *Robot and Frank*, at The Moviehouse and the

Continued on next page ...

second for Mary Randolph Carter's *Never Stop to Think...Do I Have a Place for This?* – a particularly apt title to be featured amidst the eclectic mix that exemplifies Hunter Bee.

The editing process

Names of potential subjects proliferated presenting a veritable “embarrassment of riches.” After selecting the desired length for the documentary – 70 minutes – the producers were faced with the task of limiting the number of featured personalities to insure the integrity of its entertainment value.

A meeting in the editing room (a secluded section of Hunter Bee) revealed another key aspect of the film: the fact that studio space never figured on the wish list. This was deliberate, insuring the “sense of intimacy” highlighted by Bee. All interviewees were met on their own turf, enhancing authenticity and providing a glimpse into their milieu.

One of the most astounding stories was that of securing the participation of author and *New Yorker* staff writer, Susan Orlean. In reading Orlean's blog, Carty discovered that the author was in search of a source for fresh eggs near her country home. Carty supplied the information that said produce may be found at Irving Farm Coffee House in Mil-lerton and seized the opportunity to describe the documentary. Orlean's interest was piqued and she signed on.

When the producers caught up with playwright John Patrick Shanley, he was at Vassar, his usual summer haunt, workshoping his latest creation, *The Danish Widow*, starring Kyra Sedgewick. Shanley highlighted the difference in sound between his former and current tools of composition. IBM Selectrics (he always kept a few of these typewriters on hand to insure that at least one was in working order) were eventually replaced by a computer.

Acknowledging that he transitioned to a computer later than most of his contemporaries, Shanley spoke wistfully of a bygone era: “It was very satisfying because of the incredible violence that the key hits the page. You kind of miss that percussive part of the experience when you write on the computer.”

Paper and The Paper Trail

The title of the film is derived from the “journey from handwriting to computer and how it affected the writing process,” Carty relates.

Orlean's process embodies the theme. She described her reporting methodology: “Taking the notes, typing the notes, transferring the notes onto index cards, highlighting the notes ... to get closer to the real feelings that were evoked by doing the story.” Approximately 500 index cards decorated her floor during the creation of her latest tome,



Top to bottom, L-R: Susan Orlean at home in southern Columbia County where she writes, tweets, and teaches an on-line writing course. Simon Winchester has written more than 20 books and contributes to *The Sandsfield Times* when he isn't researching, writing, or traveling. John Patrick Shanley taking a selfie at Vassar, where he directed *The Danish Widow* this summer at The Powerhouse Theatre. Shanley is a Tony, Pulitzer and Oscar winner for his scripts including *Doubt* and *Moonstruck*. Steve Heller, author of 100+ books on design and culture, co-founder and co-chair MFA Design / Designer as Author + Entrepreneur program at the School of Visual Arts, New York, where he lectures on the history of graphic design. Below right: Darren Winston sells rare books and prints at his store in Sharon, CT. All of the folks depicted were either interviewed or involved in the project.

Rin Tin Tin.

Oblong Books co-owner Dick Hermans remains sanguine on the future of printed books: “The technology of paper has been around for three, four, five thousand years. It's not going to be displaced in 20 years. There's just a tangibility about it that can't be duplicated on a screen.”

Further supporting evidence lies in Carty's observation garnered from interviews: “All said tucking into bed with a book is a preferable experience.” The only exception cited was Rachel Urquhart who chooses e-books to lighten the load during her extensive travel schedule.

In asking the right questions

Bee hones in on a vital contribution to the film – Carty's skill in conducting interviews. She prepared meticulously for each session by reading the recent work of each subject. Bee notes that the protagonists “liked knowing her questions were precise and specific, on point.” He recalls hearing several authors voice the identical sentiment: “This is one of our favorite interviews.”

The local theme pervaded the resources employed in the film as well as the subjects. The editor is Liam O'Brien, son of Mary O'Brien, owner of Chiawalla Tea Room in Salisbury. Drone technology, a tool utilized in the closing credits, was maneuvered by Shawn Takatsu of Northwest Connecticut Aerial Photography.

“We leave the story talking about the future,”



Carty says. The drone zeros in on a group of teens, relaxing under a tent next to the Rail Trail. These members of an after-school program at the North East Community Center are shown looking at the screens on their phones, riveted by technology. Members of this program produced their own short films last year which were screened at The Movie-house.

Next stop, Manhattan. The producers envision a premiere in the Big Apple in early December. •

For more information about *The Paper Trail*, you can reach them through their Facebook at www.facebook.com/ThePaperTraildoc

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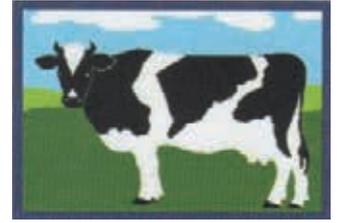
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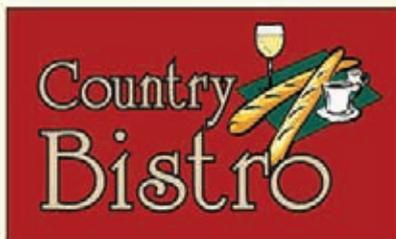
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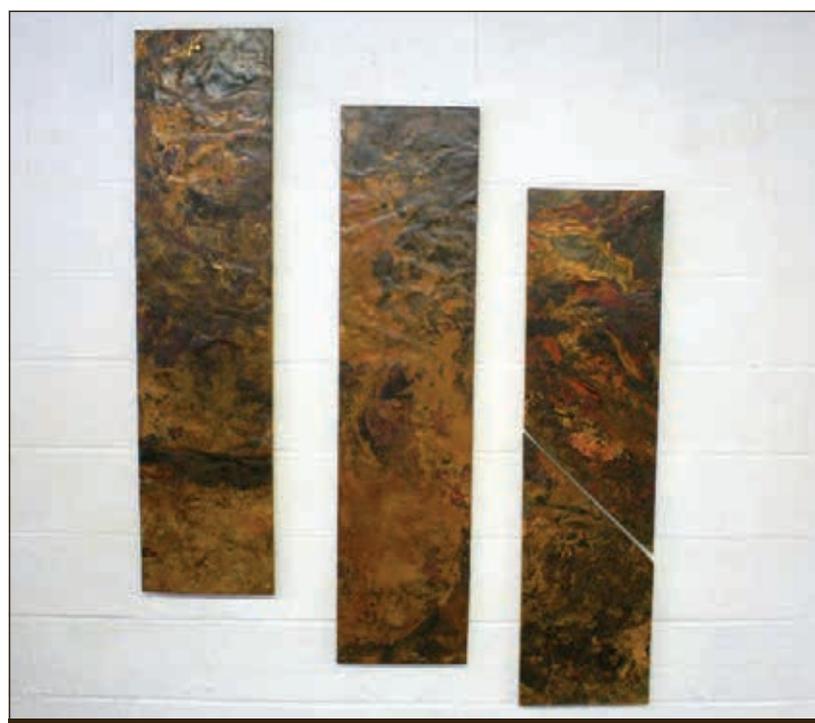
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holiday health tips

YOU CAN INDULGE IN THE THANKSGIVING FEAST - AND STILL STAY HEALTHY!

By Tiffany Becker
info@mainstreetmag.com

I am a healthy and, what I consider, fairly fit mother and wife in my mid 30's. I have a six year old daughter and two year old son, and healthy eating habits are a key role in my everyday meal planning. It is my job as a mom to instill healthy options and eating habits for my children and family, and expose them to a vast variety of vegetables, lean meats, healthy carbohydrates, and even dessert alternatives. For the last few years we have been focusing on all organic, we have even been raising our own chickens for eggs and meat. We buy an organic pig from friends and an organic grass fed cow. No one else is looking out for what extra hormones are going into my body or the body of my loved ones; it is my job to help protect them!

To have a healthy holiday season

It's hard to believe that Thanksgiving is just around the corner. Thanksgiving is one of my favorite days of the year. To me it means family, friends, and giving thanks for all we have and are blessed with, however it also means amazing food. Food is what this day means for many, and for some of us this brings on panic when thinking of the extra appetizers, main courses, desserts, over indulgence, and extra calories in every way imaginable. Don't stress, there are many healthy alternatives to fill your home with the amazing smells of Thanksgiving while keeping health and nutrition in mind.

Try starting your Thanksgiving day by doing something healthy in the morning, such as taking a brisk walk or bike ride and admiring the beautiful scenery that graces the Northeast. There are many local turkey trots or other activities held early on this morning as well. I have participated in two outdoor obstacle courses held in Red Hook and it truly makes you feel energetic and motivated for a positive day, a bonus is your dessert may even go down with ease. If the crisp morning does not work for you or your family, or you just have too much food to prepare if you're hosting, turn on the radio and have a family or solo dance session in between chopping, searing, and roasting.

Make it a family affair!

Getting your family involved in the day is positive for all. My family loves working together in the kitchen. My daughter is often seen with her apron on and chopping veggies, prepping food, setting the table, folding napkins, and creating special beverages for our family and friends. Even my toddler helps with small, age-appropriate tasks like gathering veggies from the fridge, placing light weight condiments on the table, and helping me



carry dishes to and from the kitchen and dining room. The more everyone is moving around, the better everyone feels.

Our goal when preparing a large family feast like Thanksgiving is to have a wide variety of organic fruits and vegetables that taste sinful, but are packed with a high nutritional value. Harvest soup is a great appetizer versus an over loaded high calorie cheese dip or spread in a bread bowl that you are bound to eat more than a portion size. Harvest soup is made from butternut squash, carrots, celery, apples, and chicken broth, all cooked and pureed together with minimal seasoning. This soup tastes like a cream soup, but does not have a drop – it is a true bowl of Thanksgiving joy!

A beautiful salad with a variety of greens, raisins, apples, pears, walnuts or almonds, goat cheese and a warm vinaigrette dressing is another delicious way to start off the meal. A minor twist on a classic staple, this salad is filled with wonderful flavors and textures while keeping it healthy. Another favorite among my family and friends is crostini. Crostini is made by slicing a baguette into thin slices and broiling with garlic and olive oil. Once the slices are cooled, spread a thin layer of garlic and herb goat cheese, top with a few pieces of mesclun that have been marinated in your favorite balsamic vinaigrette dressing, then sprinkle with raisins and enjoy! Organic fresh fruit is also on hand and easily at the reach of everyone in our family.

For the main course we cook the standard turkey and ham, just organic and all natural without the added preservatives. We seem to pair the meats with a greater variety of vegetable dishes rather than starch. We often make steamed carrots with a brown sugar glaze. Another favorite is sautéed fresh green beans with olive oil, shallots, raisins,

and topped with fresh Parmesan cheese. Asparagus roasted with olive oil, salt and pepper is another huge family hit that is easy, delicious, and totally healthy. Roasted butternut squash with a maple crunch oat topping, mashed sweet potatoes that are sweet enough on their own – no extra butter or milk is required to eat. And of course you cannot have a Thanksgiving feast without stuffing, and we do, we just make it homemade and not from a box. When you make your own food, everything from appetizers, vegetable, starches, meats, and desserts, you have control over how much fat and sugar is added. Making your own food from scratch also allows you to know exactly what is going in the food; this gives you the ability to make everything and anything healthy.

A healthy dessert: is there such a thing?

Thanksgiving cannot be complete without dessert and make no mistake; dessert is one of my favorites, even a passion. Making your dessert from scratch with all organic products is one step closer to making it healthy. An apple pie with only a crust on the bottom and a crumb topping with reduced butter on top is a start. Fresh fruit parfaits with vanilla frozen yogurt are a favorite for our kids. They're delicious and low calorie, and the kids can make them themselves. Pumpkin pie is a classic; I just suggest cooking your own pumpkin to bake with versus using a can.

Overall you want to enjoy this wonderful holiday, fill your home with the laughter and love of all of your family and friends, and know that the meal you are sharing together is a healthy one that will lead to another wonderful year to come! ●



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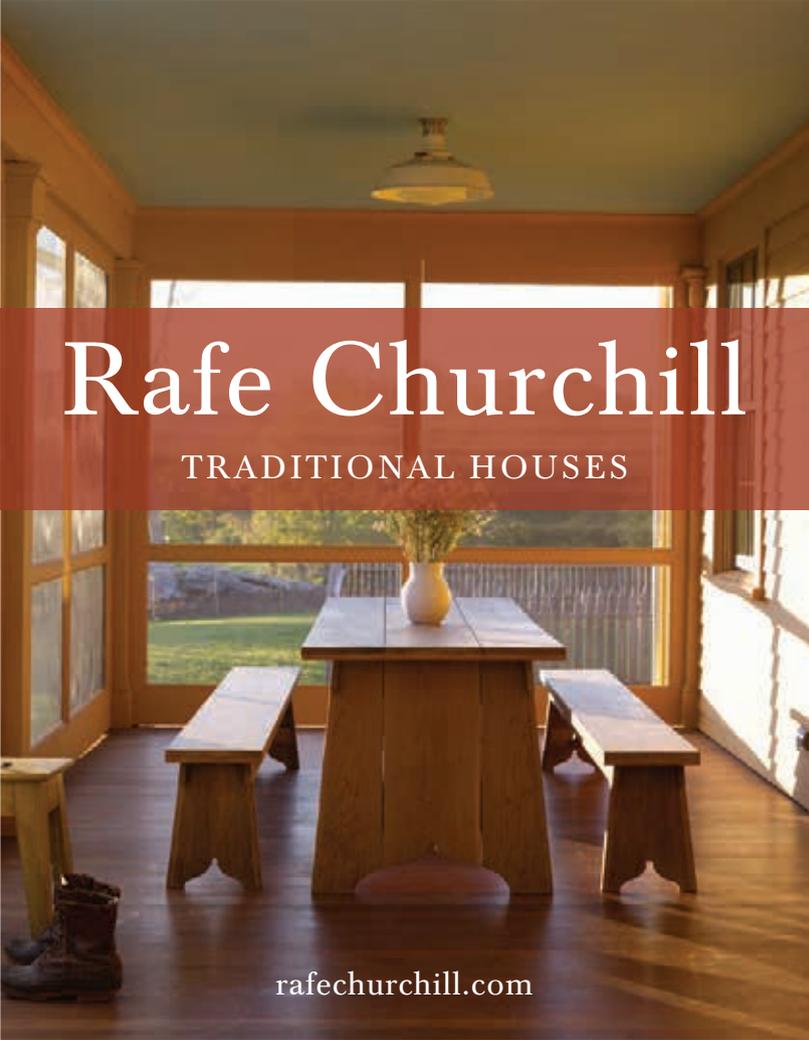




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THE ELUSIVE ki shusui

By *Brandon Kralik*
arts@mainstreetmag.com

Placed articulately among the trees, along the row of roses that run just south of the path less traveled, there rests an English garden by the name of Broccoli Hall. There is a magical mystery unfolding here. This is not your average English garden in upstate New York. People come from all over the world to see something remarkable, a fish so rare that people have spent decades trying to do what Maxine Paetro did right out of the gate. This particularly charming garden is home to some of the world's best examples of this most elusive breed of Koi fish known by the name of Ki Shusui.

The magic of Koi fish breeding

When I think of Koi fish I think of pools at restaurants along Ka'anapali Beach or of huge vases in the hotel lobby. Koi in my mind is a luxury like an English garden, a Jaguar, or a painting. After spending some time talking and walking with Maxine in the garden, I have a fresh appreciation for Koi, especially the Ki Shusui, and I have learned that there is a strong element of magic and gut feeling involved in breeding them successfully. This is why they are a luxury, why they are valuable, and once you understand what makes this particular genetic combination possible, their exclusivity becomes apparent.

Maxine revealed to me a world of Koi beneath the surface. She explained how she became involved in breeding these special fish, which all have names and which she clearly has a personal connection with. Maxine is like the cat lady of Ki Shusui Koi, but cat is too common. She is more the Jaguar lady of Ki Shusui.

Shusui is a scaleless Koi. It has a white or pale blue body with red lateral markings on its side and a double row of bold blue scales along the dorsal ridge. Ki Shusui has yellow markings instead of red. Ki Shusui are exclusive precisely because they are so elusive in that the chances of putting a group of fish together and getting that one in a million with white skin, pure yellow and with blue zippers, no, more like one in five million, it is unfathomable. One breeder in Japan who published a book about this subject in 1965 spent many years trying to get this fish and never achieved it. As you read through you will come to understand the unlikelihood of the particularly spectacular traits of the Ki Shusui to ever come together in one fish at all. These fish are miracles.

A history lesson in Koi

Maxine met with a small house and a bare acre and a half, fell in love, bought it and named it Broccoli Hall in 1985. She has been sculpting it, with years of specialized attention, into garden rooms, with handmade benches, flowerbeds, pathways, and Koi ponds, set in a landscape of the tranquil rolling fields. The first pond was built as a garden element, but after some years Maxine decided there should be fish in it. Now there are three ponds and many fish, but only a select few make it to the spawning pond.

She began having Koi fish as pets in 2006. At first she had many varieties of Koi, but soon became quite besotted with the Shusui, which means autumn sunset or autumn sky, because the stomach is red and it comes up into the soft blue

Above: Group shot of the Ki Shusui selected for next year's spawn. Photo by Maxine Paetro. Below: An autumn sunset from Broccoli Hall.



field of skin. There is a double line of blue scales from the neck down the spine to the tail and those dorsal scales are virtually the only scales on this fish. Koi are a decorative carp. When they have scales, as most do, they are called Wagoi. Scaleless fish are known as Doitsu, and their skin is smooth, like the best leather. Doitsu Koi were originally bred to not have scales because the Germans wanted to be able to clean these fish more easily, to eat them. (Scaleless Doitsu is a carp. Asagi is the scaled version of this fish).

Over the last three hundred years, the Japanese breeders have created Koi carp in many colors and patterns. There are seemingly infinite combinations, subtleties and nuances of color that give these fish as many variations as there are of orchids. Maxine now raises specifically this rare breed of Doitsu Koi with white skin and bright yellow markings called the Ki Shusui. The gold ochre, more brilliant Indian yellow, which radiates pure and bright against the translucent white skin is surprisingly

Continued on next page ...

beautiful.

Ki is a recessive trait in the Shusui gene pool. Finding the right combination of genes can be challenging because their traits cannot always be seen, or, in some cases, can only be seen for a time, and then disappear as the fish gets older so spotting them, keeping track, and knowing your fish is part of the art.

Fish conformation

“I had fish in the spring with the most beautiful markings,” Maxine explained, “but, when I looked at them in the fall, their lateral yellow markings had just disappeared. I was really disappointed at first that they would change so much, lose their beautiful markings between April and October. I have since learned that it doesn’t matter. It has showed me its trait for lateral yellow markings and when crossed with its siblings, this trait will consolidate in future generations. These Ki Shusui are only first generation. By the third generation, I should have many very good quality babies of this variety.”

“Real Koi breeders will come in at this point and tell you that pattern is the third thing you look for. The first criteria you look for is conformation and then skin quality. Skin quality, whether it is clean or smudged, we can all see. Conformation is more difficult. I had a big jump in my learning curve when people were out here this week who are very experienced and who have been to lots of Koi shows, and who have been to Japan. To see them look at my fish was extremely instructive. I learned that many of my fish had very good conformation.”

I had to ask her for some clarification, “What do you mean by conformation?”

“It is about the proportion,” she says. “It is about the shape of the head, the width of the tail and the relationship between these features. It was exciting to have experts look at my fish and say ‘That is a male you will want to keep.’” Not having much breeding experience in the beginning may have helped. She relayed to me that she was quite naive in the beginning and that still, her passion and focus, led her to achieve Ki Shusui in a first generation.

Getting started in Koi breeding

“After five years of breeding Koi but not reaching my goal, I bought a new set of parents and put them in a quarantine tank in the basement until I could get the new pond ready. They weren’t expected to spawn in quarantine, but they did. And just then, the power went out. The amount of water necessary to rinse the eggs of the potentially deadly ammonia from the spawn was not available. I was in a panic. After two days when I had water, I gathered up the eggs up in a scarf and we took the eggs down to the fresh new mud pond and released them there. A female can have 200,000–500,000 eggs and the worst that can happen to you is that all of them hatch. Imagine. Only 350 eggs hatched and survived. So, in that way I was very fortunate



Clockwise from top left: The middle pond, a Doitsu Yellow Ogon, a young Ki Shusui male with big prospects, across the bottom is a picture of the original fish that led to the third generation photo in the lower right. Middle left is a photo of Mark Bruno, John Clark in white shirt and waders from Northeastern Aquatics, Debra Horowitz, David Farren, Russell Peters, Maxine Paetro in the water, Marilyn Burns in turquoise, and Fred Zimmer, deciding which fish will be selected for the next spawn. Photo by Maxine Paetro.

that circumstances culled these eggs for me. I would have still been down there going through little fish.”

“And then, out of all of these fish, I was so excited to see a fish that looks like this! It has the yellow markings that I was looking for! To get that in the first generation for a breeder is unheard of!”

It is interesting to consider how the genetics of the fish play a role, but also how she herself plays a substantial role in the selection process and by interacting in these animal’s affairs, she is compounding the already unfathomable odds with a slew of additional variables.

“I carefully chose the new parents using my gut and what fish were available. I chose the three female parent fish, the Shusui, for their white skin because Ki looks better on white skin and strong blue dorsal scales, and crossed the Shusui with two Doitsu Yamabuki Ogon males who have yellow metallic skin. Shusui crossed with Ogon often creates Midori, a green fish, and Midori crossed with Midori, does produce more Midori, but sometimes it produces Ki Shusui. I added in one Midori male parent on a hunch. Through subsequent trial spawns eliminating the Midori, I have learned that the Midori was actually the male fish that contributed to my first generation Ki Shusui.”

Just recently, along with experts in the Koi fish

world, a film crew and dedicated fish enthusiasts, Maxine collected the fish in her ponds and made the selection of her now, breeding age Ki Shusui. She picked the seven fish that will be involved in next year’s spawn.

“In this the first generation, we do not yet have seven perfect fish. But we take the ones with the best traits, conformation, good skin, and a lateral Ki pattern, and put these Koi (qualities) together in the spawn and hope that enough of the superior traits will be evident in the next generation. After the Koi spawn, we will have thousands of little babies to choose from. And four years from now, we will have a third generation, with the best traits in large numbers. As a friend said to me, ‘You will have Ki Shusui coming out of your ears!’ What a picture!”

Thanks to loads of preparation, a little magic and trusting the gut, the elusive and luxurious Ki Shusui can now be found at Broccoli Hall, an enchanted English garden in the hills of upstate New York, stocked with rare Japanese Koi fish. They are as pleasant as seeing a streak of yellow light across an autumn sunset, but much, much more elusive. ●

To see links to Maxine’s photos of her Koi fish project from egg one, go to www.kishusui.com. To see the garden at Broccoli Hall visit www.broccolihall.com. But note, Maxine does not sell Koi, or anything else.

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Beth Murphy is the newest member of the Crown Energy Corp. and Dutchess Oil & Propane family. She grew up in Smithfield, but moved to Poughkeepsie after graduation and then life brought her to Florida after that. Beth says that she recently turned in the Florida beaches to move back to Millerton and married her high school sweetheart. She looks forward to living her life here and making

a career with Crown Energy Corp.

Outside of work, Beth likes to make jewelry, do some woodworking, and lots of baking – especially now that it's getting colder!
 Welcome to the family, Beth!

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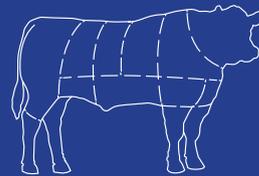
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seed greed

IS IT BETTER TO LET PLANTS GO TO SEED?

By Claire Copley
info@mainstreetmag.com

Every fall I have the same dilemma: Should I spend these gorgeous days “cleaning up” the garden? I could spend my time cutting and discarding all of this year’s growth and pulling out all of this year’s annuals. I could. Or I could let the whole thing “go to seed.” Leaving plants intact has so many advantages for so many kinds of wildlife, not to mention the huge amount of work it saves. On the other hand leaving the whole mess hangs over me like a cloud as I look forward to spring, and the mess can appear unsightly which kind of defeats the whole purpose of the garden. Cleaning things up now makes spring so much happier.

But there is a middle road. Experts recommend cleaning out old annuals before they reseed themselves willy-nilly. Yet they encourage us to leave dried flowers, ornamental grasses, and seed heads for visual interest in winter and as food for birds. It’s a dilemma. Unless you look at all that detritus as planning next year’s garden.

The human touch and propagation

I am a kind of laissez-faire gardener. I used to only grow perennials because perennials don’t move around. I am definitely the world’s worst record keeper! If I grow annuals I particularly like one year, I can rarely find the piece of paper on which I might (or might not) have recorded the variety and where I purchased it. Annuals self-seed profusely and often end up creating chaos in my garden plan, cramping much-loved perennials and getting pulled out. What I need is for them to self-sow where I want them to grow. Unfortunately it is clear that some intervention is required.

This year I am trying to control the chaos by gathering seed for future plants before they self sow so that I can plant them where I want them. Being an addicted gardener I spend way too much money on plants every year. But here, in the fall garden, is a treasure trove of potential plants just waiting to be harvested. So I looked into the art of propagation and found it to be an intimidating word for what we all long for in our gardening dreams – more plants! Propagation covers the gamut of making new plants from old and there are many methods for many different types of plants, but this year I am concentrating on gathering and sowing seed. I like the easy ones.

There are so many plants in my garden that produce harvestable seed. Annuals are known to be prolific seeders as they have to produce seed in order to ensure a future for their kind, but perennials also set seed though they can be harder to harvest and take longer to flower. The very Buddleia plants (Butterfly Bush) I could buy from the nursery in the spring for a tidy sum can be started at home in the fall by stripping the dried-up flower panicle and harvesting the seed. I can have more “Miss Molly’s” or “Black Knights” – and

free! My Baptisia (Wild Indigo) were screaming at me to harvest the seed with their black seedpods rattling like snakes every time I brushed against the plants. But, in truth, it was annuals like Cleome and Nicotiana that made me realize that all that seed was going to waste.

Seed harvesting

Saving flower seeds is an intuitive process, and very easy. The basic steps are gathering, drying, cleaning, and storing, but I skip the cleaning and storing part as I plan to sow all the seeds I gather either directly into the garden in specific locations, or in pots which I will over-winter outside. The trick is to harvest and sow them as they dry on the plant. November is a great time to gather waiting seed.

Seeds are produced either in pods or seed heads. Flowers like Zinnias and Echinacea produce seed heads that blacken and dry in the fall. Birds will make short work of dried seed heads, but if you cut them off and rub them between your palms the seed falls away from the head effortlessly.

It’s easy to tell when a seedpod is ready to be harvested as the pod dries, turns dark brown or black, and splits open. The plant’s natural way of self-sowing is to expose the seeds to the elements and the birds. Ripe pods will split open when you squeeze them, if they are not already split. Once the seeds are dried and exposed the seed will scatter, so get them fast or there will be no seeds to harvest.

Never gather wet seeds. Wait for a dry day to do your collecting. Gather them in paper envelopes or small bags. They will dry naturally in paper if you keep them cool and out of the sun.

Seeds do not do well in plastic, as the humidity stays in and can cause mold or worse. Sometimes it’s easier to cut off the entire branch that contains the pods and shake or squeeze the seeds loose inside on a piece of newspaper or paper bag. Obviously do one kind of seed at a time so you can place them into envelopes (I use leftovers from the mail), and label them.

Most seeds require 2-6 weeks to dry, but many of the seeds I collected were drying on the plant for weeks before I harvested them. If you plan to store them for spring sowing, or to give away, you should clean them so the pod pieces and chaff that might cause rotting can be separated and discarded. Seeds come in all shapes and sizes. Baptisia seed is pretty big and seed-like, while Nicotiana seed is a fine dust.

What to do once harvested?

Once you have collected all these seeds, what then? I initially assumed I should save them to sow in spring. Wrong. Since many seeds need a period of cold wet stratification in order to germinate, the best plan is to winter sow. Gather all your old nursery pots, you know, the ones you have been saving for ... well ...

something. Clean them thoroughly and fill them about halfway with light potting soil or even compost and sow the seeds evenly on the surface. You can press the seeds into place, but don’t cover them. Place the planted pots outside in a sheltered spot and let the winter do its job. In the spring the seeds will germinate and you will have dozens of seedlings in each pot. Don’t forget to label the pots so you know what your seedlings are. Then, when they are strong enough, transplant them to wherever you wish, paying attention to their cultural needs as you would any plant.

Some common garden plants that can easily be raised from seed are mallows, Marigolds, Petunias, Cleome (spider flowers), Nicotiana, Baptisias, Zinnias, grasses, Aquilegia, Coreopsis, Cosmos, Sweet Pea, Calendula, Eryngium, Lupine, Liatris, Buddleia, Campanula, Poppies, Lilies, Belamcanda, Hollyhocks, Rudbekia, and so many others. I am going to try Astilbe, Ligularia, and Actea seed as well for my too-sparse shade garden. They all have slight variances in the process, but I say give anything a try. Now that I have more bees in my garden it is so much more likely that they will all germinate.

When dealing with bulbs and exotics

It never occurred to me that bulbs could be reproduced from seed, but they can! Of course, some bulbs have been so over-bred that they might not set seed, or might not ‘come true’ from seed, and some won’t flower the first year, but its worth a try. You can usually find the seeds in the fading flowers. If you try harvesting and sowing seed, some seedlings will not come true to the parent plant. If you keep selecting for the flowers you prefer, eventually you will have your very own variety. I think this is exciting (but I realize not everyone is so inclined).

And exotics? I have a thriving Agapanthus plant in a pot on my terrace. I always assumed that I could only propagate it by dividing it and then I give up a year of flowering. Until one day in a café I was talking to a lovely fellow gardener who specializes in container gardens. When I told him my dilemma regarding my Agapanthus, he smiled and said “No, the plants won’t survive winter, but their seeds will.” The flowers turn to fleshy pods after flowering and as the pods dry they turn papery and split open to reveal seeds. So this year I am gathering and planting the seeds. I may even plant a few whole pods as I have a hunch the pod might nurture the seed through winter and help insulate them.

It’s possible that our winter will be too cold for this zone 9-11 plant, so I will try germinating some indoors in my basement as well. As I said, it’s worth a try. Above all, it distracts me from the raking, cutting, weeding, and mulching that is still waiting for me to get to. ●



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THE HUDSON VALLEY IS the new brooklyn

By Paige Darrah
info@mainstreetmag.com

I come from a cookie-cutter suburb in Texas; yes I do. Bulk toilet paper shopping at Costco, late night Thanksgiving runs to Wal-Mart. We ate at Chili's; we never walked anywhere (unless we were inside the mall). Lots of TV and high fructose corn syrup – farm-to-factory-to-table.

My husband and I have been planning a move to New York City. But lately when I hear people discussing this notion of 'making it in the city,' I get a sudden, irresistible urge to take a nap. I don't want to 'make it.' I want some cushy square footage around me, I want my toddler to go to one of those 'pick-your-own' farms. Plus I'm worried the city would cause those subtle yet present premature wrinkles around my eyes to really dig in and set up shop.

It's this staunch dichotomy between suburban Texas and the Hudson Valley that makes the latter so alluring to me. It's the best of both worlds and doesn't sacrifice an ounce of authenticity (Pottery Barn you just keep on walkin'). The rich cultural communities in the Hudson Valley are now a more inviting alternative to suburbia than New York City.

Brooklyn no more

As you trace the Taconic's bright yellow paint north, you begin to notice these pockets of urban, Brooklyn-style Hudson Valley nudging up against the rural, bucolic Hudson Valley. Artists, hipsters, and writers migrated from Manhattan to Brooklyn years ago, but as Brooklyn continues to come into its own, they're getting priced right out of there. So they're on the move again – north, to the Hudson Valley.

Main Street Magazine caught up with Peg Patterson – a petit, well-maintained graphic designer in her 50s who spent 35 years in the city and Brooklyn and thought she'd never be able to leave ... ever. Peg, her husband the painter David Konigsberg, and a gaggle of contractors spent all of



Above: Peg Patterson in the doorway of her store Dish on Warren Street in Hudson, NY. Peg's store is a housewares store that sells dishes and things that go under, next to, and above dishes – and other such houseware related items. Photos courtesy of Peg Patterson.

2013 and some of 2014 renovating their 18th century townhouse on lower Warren Street in the city of Hudson. In July, Peg opened a housewares store called Dish on the first floor of the townhouse. Dish sells dishes and the stuff that goes under and around dishes (wooden spoons, tablecloths, tea towels, etc.) – it's like the kitchen section at Anthropologie, but less girly.

Trying new things

The Columbia County Economic Development Corporation put a flyer under Peg's door a few weeks ago advertising their class on how to run a small business.

"It's a series of eight panels, two hours on Tuesdays evenings, and the panelists are people who are actually running businesses in the Hudson Valley right now. It was only \$150 and includes a membership to the Chamber of Commerce (which I've been meaning to join anyway). I had my own graphic design firm in the city from 1986 to 1999, and never knew half the stuff I'm learning in this class."

Peg spoke with us about her next steps with Dish. "I want to get into the production of printing imagery on china pieces starting with sets of botanically themed mugs and dessert plates using imagery of moths from a series David started working on this summer. And then I want to take the same

designs and have them printed on natural linen to make sets of napkins and tea towels. It's something I plan on exploring during the dead of winter when Dish will close for a few weeks."

Splashes of New York City

Another example of someone who embodies what's happening in the Hudson Valley is Doug Larson – an architect/painter who recently set up an office in Dutchess County. They wouldn't let Doug draw on the buildings in New York City, so he painted his 50 x 25 foot historical mural on a café in Pine Plains (it's on the side of Pine Plains Platter on the town's Main Street). Doug, his wife Victoria, and their 11-year-old son Augie have had a house in Pine Plains since 2005, but the family still considers the Upper West Side home base (summers and weekends are spent up-state). Doug has some architectural projects up-state now, so he's works from his Pine Plains office one day during the week.

Main Street Magazine: "I was impressed by the historical detail in your mural – the Moravian missionaries, the German nobleman, the Davis house that was bulldozed back in the 60s. What motivated you to enter the Pine Plains mural contest last year?"

Continued on next page ...

Doug: “I’d been interested in local history for a long time – anytime I found something interesting I’d just do a little research, read about it. The Little Nine Partners Historical Society publishes these little pamphlets about the history of the area. There’s one about the railroads, there’s one about Stissing Mountain (which is actually in the natural history museum in New York City). So when I picked up the flyer for the mural competition at Pine Plains Platter (next to Peck’s market), I thought – since my background is in design – ‘I could do that.’ I had enough background knowledge to know where to look for the information [to create a historical mural].”

MSM: “What is it about the Hudson Valley, and about Dutchess County in particular, that appeals to artists and creative types? What’s the appeal?”

Doug: “If you draw a circle around New York City ... most of the real estate to the East in Connecticut and New Jersey is heavily suburban, heavily developed. So that really leaves Northern New York – Ulster, Columbia, and Dutchess counties are least developed.”

“A piece of land or a house that has a lot of unrealized potential ... that’s a lot of fun for a creative person; to find the diamond in the rough and to make it their own. That’s not something that can really happen in more developed, suburban areas. The best up-state towns are the ones that still have a sense of place, the ones that aren’t taken over or too crowded. You need a full range of people to make a town seem like a natural place.”

“A lot of my peers are renting in the city and want to own something. The crafts people who are doing things in the artisanal movement – from farmers, to furniture makers to painters ... they find a haven up there. They see opportunity, like-minded people, inexpensive space, the striking scenery (Catskills in the background, horses in their winter coats). Plus there’s less of a need to conform up there; more freedom.”



Above top: The finished piece by Doug Larson on the side of the Pine Plains Platter building, visible from the Peck’s Market parking lot. Above left: The building before it was painted. Above right: The painting project. Below left: Doug Larson at work on his project. Photos courtesy of Jock Pottle.

The freedom to make noise

Peg – whose daughter Lily is a musician and a junior at Bard (of course) – spoke with me about the ways in which the Hudson Valley appeals to the next generation of creatives.

“Almost all of my daughter’s friends [also musicians] who graduated this year ended up staying in the Hudson Valley instead of doing what they’d always planned and moving back to Brooklyn (which is where their parents live). Brooklyn is too expensive; there’s a music scene here now,” Peg said.

When asked why that might be, Peg said “I think it’s a combination of two things: it’s gotten really congested [in Brooklyn and in the city], and also they have freedom up here. They can play music whenever they want and not disturb anyone. In Brooklyn it’s a real hassle to find a rehearsal space that you can make noise in. There are all kinds of restrictions, they’re hard to find, and they’re expensive. It used to be that anytime a school break came around Lily’s friends would make a bee line back to the city. Now it’s gotten to where they just don’t want to go anymore. If creatives (i.e. musicians) really want to give the band thing a shot, a lot of people are drifting up here so they can put it together.”

“Even car insurance in Brooklyn is double what you’d pay here. We have three cars and we were

paying \$6,000 per year. Now our mortgage covers my studio, David’s studio, and our living space – and, unlike how it was in Brooklyn, our living space is separate from our studio space.”

But it’s not just the lower cost of living that’s drawing an artistic crowd. People who’ve had a project in mind for a while – say, to open a chic artisanal housewares store – have been finding the presence of mind necessary to recognize opportunities when they’re at your door (or, in Peg’s case, under your door). Projects and goals seem more accomplishable in Hudson River towns than they do in the city ... perhaps it’s that perception alone that makes it easier to overcome inertia and paint the mural, start the band, or open the store.

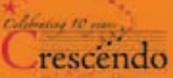
I stocked up on fancy vegan soaps from Kalliste during my last visit to up-state (the lemongrass and coffee flavors are quite refreshing). Costco never carried organic or otherwise eco-friendly domestic products – it’s comforting to know they’d be met with armed resistance if they ever tried to invade Dutchess County. •

List of the businesses referenced in the article and their information: Dish, dishhudson.com • Doug Larson, larsonandpaul.com • Pine Plains Platter, (518) 398-0500.

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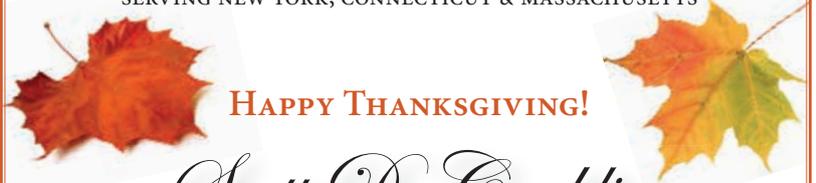
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CHEF TIM COCHEO RAISES THE BAR AT NO.9 RESTAURANT AND INN



By Memoree Joelle
info@mainstreetmag.com
Photos provided by
Tim Cocheo

It is 8:30 on a Friday night in Millerton, and there isn't an empty seat at No.9 Restaurant and Inn. Perfect plates of foie gras and Diver Sea Scallops arrive at tables that are populated by both locals and weekenders alike, and murmurs of praise can be heard amidst the sound of clinking glass and a constantly swinging kitchen door.

Behind that door, Chef Tim Cocheo is putting the finishing touches on a piping hot chocolate soufflé while simultaneously keeping an eye on a pan of caramelizing onions. The small kitchen is intense, especially considering the crowds Cocheo draws, but he isn't the type of chef to lose his cool. Calm and focused, Cocheo is every bit in his element when standing over a flame. If a mistake is made, he starts fixing it without missing a beat.

There is no yelling at the staff *Hell's Kitchen* type of drama here. There doesn't need to be, because it is exactly that matter-of-fact style of making consistently excellent food that has made him the success he is today. For good reason, No.9 is the restaurant people tell you to go to when you want an amazing meal that doesn't risk any hit-or-miss occasions. I can testify that I have eaten everything on the menu, and never once had a bite I didn't like. That's pretty impressive, since most chefs get burnt out at least once every few months. If Cocheo ever fumbles, he is excellent at hiding it. Or perhaps there's nothing to hide?

Local ingredients

"I source most everything on the menu locally,"

he told me as we chatted before he began making preparations for a Thursday night dinner service.

"All of the meat and the vegetables are from nearby, but of course there are a few ingredients, like lemons, for example, that I have to buy elsewhere."

He buys meat from Herondale Farm, Black Sheep Hill, and Moon in the Pond, and a lot of the vegetables come from Millerton's Sol Flower Farm, among others. Starting with the best ingredients certainly plays a large role in his cooking, but he brings a finesse that is hard to match.

A family tradition

Cooking, he says, has always been a part of his life. As a child, Cocheo savored his grandmother's Hungarian-style goulash and strudels. "My grandparents came here from Croatia in the 1950's, and they always grew their own vegetables and made their own wine. My earliest memories of food, and learning to appreciate good food and wine came from them," he reflects. He still keeps some of those old world flavors on the menu at No.9, and always offers a strudel, and of course, his famous Wienerschnitzel, the preparation of which he explains is based solely on the technique of properly pan frying it to form a golden, puckered, crunchy crust of perfection. Pass the lingonberry sauce!

Continued on next page ...

The calling

While Cocheo's love of cooking began early, he didn't consider it as a potential profession until after college. After graduating from Manhattanville College with a history degree, he thankfully found the kitchen again, and realized that was truly where he was meant to be.

"I decided on the French Culinary Institute over the CIA (Culinary Institute of America) because I could graduate in six months. I didn't want to spend years in school again; I wanted to start cooking professionally."

After graduating from the FCI in 2001, he got some serious chef training at multiple locations in New York City, including the Mark Hotel, where he worked as a line cook for two years. Under the mentorship of an Austrian sous chef, Cocheo fine-tuned his skills, and went on to cook at La Caravelle (now closed) an old school French restaurant that the *New York Times* hailed "a Midtown temple to French gastronomy."

After the closing of La Caravelle, Cocheo returned to his Austrian roots once more at Wallsé in the West Village. This was also around the time he and his wife Taryn had their first child, and wanted a change of pace from the stress of city life. The couple had the Berkshires in mind when they began their planned escape from New York, and Cocheo found a position as Sous Chef at the esteemed Wheatleigh Hotel in Lenox, Massachusetts. His time there ended up being no less intense than city life, with up to a ninety-hour work week, and a daily commute from Ancram, where he and Taryn were living to be near Taryn's family.

The Simmons Way and No.9

After a year, it was again time for a change, but the farm-to-table philosophy at The Wheatleigh made a deep impression on Cocheo, which he carried



Previous page: The Simmons Way exterior as well as two interior images of the newly redecorated front dining room; Chef Cocheo preparing one of his dishes; as well as two images of the dishes prepared by Cocheo, including his famous Wienerschnitzel with Lingonberry sauce. This page: Five of the specialized dishes that one can feast on at No.9 in Millerton, N.Y.

over to his next job at the now closed Bottle Tree restaurant in Ancram, where he was Chef for two years. Finally, in October of 2009, the Cocheos found the Simmons Way Village Inn, where they rented the space downstairs.

Restaurant No.9 was officially born in November of that year. Since then, the celebrated farm-to-table restaurant has grown, and so has the Cocheo family. They rent the entire building, now called No.9 Restaurant and Inn, and the couple live on the top floor with their four young children. The second floor houses the Inn, which is comprised of six tastefully decorated and very comfortable guest rooms. The main floor, and the main attraction, is where Chef Cocheo turns local meats and vegetables into edible masterpieces. Much of the food is inspired by Austrian and French tradition, and the menu is constantly changing according to the season, and even weekly. Every Saturday, Cocheo visits the farmer's market in Millerton to get inspiration.

"I don't have a pre-conceived idea of what I'm going to make, I really like to see what looks good and go from there," he explains. In fall and winter, wild game appears on his menu, and no one can resist the pumpkin soufflé, which is matched only

by the rhubarb version he offers in spring.

Dinner on the weekends gets busy, and reservations are highly recommended, and usually necessary. On weeknights, a prix-fixe option is offered, and it's always hard to choose between that and the No.9 burger, which is unparalleled in flavor and juiciness. This month, there will be a Thanksgiving feast with turkey from a local farm, and a spectacular array of other impressive morsels you would never be able to recreate at home. Wine pairings are optional, and speaking of wine, the list at No.9 was selected largely by Cocheo himself, with a focus on French and Italian wines, a few local wines, (most notably from Millbrook Winery), and a smattering of everything else. There are even a few Austrian wines to choose from – perfect to go with that Wienerschnitzel. Or should it be the lamb meatballs? Maybe the pork duo? But really, whatever you order, you can't go wrong. The only mistake you can make at No.9 is skipping dessert. •

No.9 Restaurant is open Tuesday through Saturday from 5 pm to 10 pm. For reservations at the restaurant, to save your spot at the Thanksgiving table, or to book a room at the inn: <http://number9millerton.com/>



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AN INSIDER'S LOOK AT UNIQUE AREA PROPERTIES



*By John Torsiello
info@mainstreetmag.com
Photos by Alec Marshall,
courtesy of Houlihan
Lawrence Inc.*

Maggie Friedland told a story about how she and her husband, Gary, would sit outside near the hilltop home in a secluded section of Stanfordville, N.Y. on late afternoons.

“We wondered if it was ever going to get done,” she says with a smile. “It was a long process.”

Indeed, when the couple purchased their most unique-looking home 10 years ago it was in an unfinished state. The former owner had moved the house, built sometime in the late 1800’s, from a property in Columbia County with the intention of fully rebuilding it on its present site. The former owner had a change in career, and decided to put the house and five-and-a-half acres of property on the market. The couple, who were living in New York City with a second home in the Adirondacks, caught wind of the sale and took a look.

“It really captured our imagination,” says Maggie. “We wanted something that was unusual. I think we made our decision the same day.”

Making the castle their home

Maggie is a renowned conservator of fine arts and her husband a noted antiques dealer who specializes in antique European arms and armor. They have dressed the interior of their 4,000-square-foot, two-story home with wonderful examples of both their careers. The main home has 10 rooms, four bedrooms, two and a half baths, and a fireplace in the living room, which offers tasty views of the nearby woods and hills beyond. There is a separate building that Maggie uses for her work, and a yoga studio and garage with a lift that can hold up to six vehicles. The couple’s home (neighbors tease that it is Maggie’s little castle) was brought to its present

state through the hard work and diligence to detail of the present owners.

The couple designed the interior and made changes to the exterior. The interior was a shell and much of the woodwork that is in the house now was then in the basement in a very unfinished state. The pair fit it all together and it took about two years to complete. The couple employed local tradesmen to help them in their daunting task and used an architect to design the workshop/yoga studio/garage. The end result is a visually interesting and impeccably appointed abode.

A Dutchess County château

As one drives up from winding Hicks Hill Road, the sight of the house evokes thoughts of a modest French château. The roofline sweeps upward in dramatic fashion with gables over a large window at the entrance and two smaller windows on the second floor to either side. There are two “towers” included in the home that rise above the main roofline. The home’s exterior is white stucco with stone corners and trim around the windows, and first floor windows are paned and long from top to bottom. The home is accessed by a stone stairway that begins between a stone wall that separates the driveway from an elevated yard. There is a stone patio at the rear of the home.

Upon entering the house, one passes into a foyer (replete with white and black marble flooring, walls with artwork, and a large, dazzling chandelier

Continued on next page ...

that can be raised and lowered for the purpose of cleaning and bulb changing), off which several impressive rooms radiate, including a paneled cozy library with fireplace immediately to the right, and a slightly sunken living room that has a coffered ceiling and a rosewood floor.

A fireplace stands to the left of the family room, with an antique carved surround. The couple, as noted previously, adorned the living room, its walls painted a soft, pleasant green, with some lovely pieces of art and armor, such as a pair of large palace-sized Japanese Imari urns, two wooden sculptures of “wild-men,” once owned by the famed financier and tycoon J.P. Morgan, antique furniture, and art work. While diverse in nature, the furnishings and art mesh to form a cohesive, if somewhat eclectic, collaboration that dazzles the senses and excites the mind.

Passing through a brightly lit hallway that overlooks the patio at the rear of the home (the hallway again adorned with dark oak wood trim that was rescued from the basement of the home), you enter a subtly attractive kitchen, custom-made in burl-walnut, that also has an ample-sized eating area. The kitchen, which leads into a formal dining room, is equipped with state-of-the-art appliances that were placed so as to blend rather than clash with the cabinets and hard wood floors of the kitchen/dining area, as well as the period furnishings and artwork.



Above top: The cozy library of the Friedland home. Above left: The living room. Above right: The foyer, with spiral staircase leading upstairs. Below: The kitchen area with an antique table serves as a gathering place; and an upstairs bedroom.

The upstairs domain

The couple leads a visitor upstairs, using a semi-circular, wide staircase that has a curved wall to the left graced by a large early-17th century Brussels tapestry. Upstairs, there are four bedrooms, again with rosewood floors and high ceilings, with

the well-lit and tastefully appointed master bath stunning for the use of golden onyx as the bath surround and for flooring that leads into a walk-in shower separate from the bathing area.

“I spent hours lining up the lines in the golden onyx tiles,” says Maggie with a chuckle. “It makes for such a beautiful glow to the master bath,” which also offers views of the woods and hills, and even Beacon Hill, out a large window over the tub.

Guest bedrooms are again appointed with period pieces and art work, the shapes of their ceilings angular, which only enhance the visual appreciation of the spaces. One bedroom is currently being used as a dressing room. “I even have one closet,” Gary says with a wry smile, as he points to a somewhat modest area in the dressing room. The guest bathroom is bedecked with dark brown marble around the tub area and on the floor.



Above: Maggie and Gary Friedland with their dogs, Henry and Zoey, sit comfortably in their Stanfordville castle.



The gardens and dog-romping playground

Outside near the patio, the couple built small stone pillars that are fitted with early English garden chain found in a local antique shop to serve as a border to the lower piece of the property. The original owner leveled off the land upon which now sits the home and out building, which resulted in somewhat of a tabletop yard that gives the homeowners a nice view of the lower woodlands, through which their two dogs, Henry and Zoey, were romping on this autumn day.

“It took a few years to finally get the lawn to grow in,” says Gary, “but the last two years it has filled in very nicely. The one thing about the property that is a plus is that it is quite easy to care for. I do it myself. It’s not overwhelming maintenance-wise.”

The home has radiant heating throughout, outside lighting and a full security system. The garage is also heated.

“This is such a peaceful place,” says Maggie. “You hardly hear a sound, save for the few cars that pass by on the road below.” ●

For further information about the Friedland home contact Susan R. Perry at Houliban Laurence, Inc. at (914) 805-0512.

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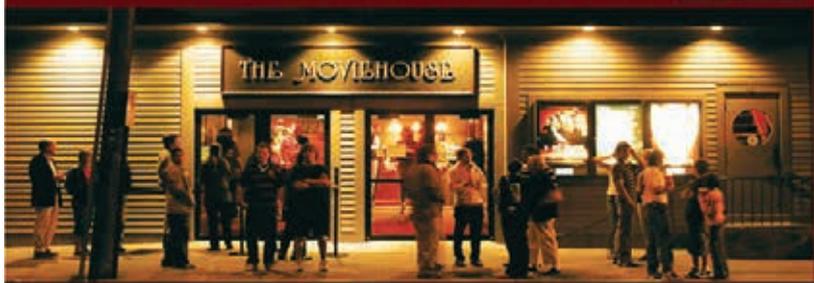
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KENNY FUNERAL HOMES AND MONUMENTAL SERVICES

By Sarah Ellen Rindsberg
info@mainstreetmag.com

Four funerals and a wedding. Yes, you read that correctly, but this time the words do not refer to the 1994 movie starring Hugh Grant. They represent, instead, the state of affairs at the Kenny Funeral Homes in Sharon and Norfolk, Connecticut at the end of this past September. Despite the pace of their business – all four of the above mentioned funerals were in the same week – compassionate care, their hallmark, remains steadfast.

A tradition of caring

This is a family-owned business, and proudly so. In fact, it is the oldest family owned and family run funeral home in the Northwest corner of Connecticut. Vestiges of yesteryear are integrated in the contemporary business. Funeral Director Brian F. Kenny speaks of the lights at the front door, fixtures from the original hearse owned by his grandfather William R. Kenny. He walks over to the coat rack and raises a distinguished bowler: “This one belonged to my grandfather and the one next to it to my father.” His grandmother’s brimmed hat is there, too.

When William was working at Walsh’s General Store in Sharon as a young man, he began helping the town’s funeral director, Mr. Reynolds. When a call came in, William would commandeer the horse and buggy to the deceased’s home to provide comfort and assistance. “He learned to love the business,” Brian relates, speaking for himself as well.

In May of 1914, William R. Kenny purchased the funeral home from Mr. Reynolds and it has remained in his family to this day. His son, William T. Kenny, Brian’s father, became the second generation to lead the firm until his retirement in 1984. Brian, the third generation, took over upon his father’s retirement and is joined by his wife Theresa. Fourth generation daughter Meghan, serves as the funeral home’s office manager.

When Brian was eight years old, he started assisting his father. One of six siblings, Brian is the one who chose to follow in his father’s footsteps. It was a logical progression for one growing up with caskets in the house. To him, and to his children, sharing the space comes naturally. Their home just happens to be the place where they live and others come in times of bereavement.

“If this room could talk,” Brian says as he gestures toward an alcove that serves as a resting place for the deceased and a stage for skits presented by his children – not simultaneously, of course. The



Above (L-R): The Kenny family, Theresa, Meghan, and Brian Kenny, upholding a family business and tradition. They represent the third and fourth generation in the business.

children are grown up and now, one of the three, Meghan, will continue the family tradition. In addition to her role as office manager, Meghan is a pre-school teacher at Indian Mountain School in Lakeville, CT, and she was the bride in the aforementioned wedding this past September.

The sensitive nature of- and evolution of the business

Sensitive and attuned are two apt adjectives for Brian. He’s doing what he loves, and it shows. When Brian first meets a family, his caring manner puts them at ease. He then proceeds to provide guidance in planning the next steps. After the funeral, Brian remains involved. After a few months, he reaches out to see how the bereaved are faring and offer further support. “I don’t have a degree in psychology, but I do have a degree in life,” he says.

The Kenny funeral home business has evolved tremendously over the past 100 years. Monument sales have been added to the list of offerings and green funerals are gaining ground. Technology allows family members to attend services from afar – a soldier in Afghanistan attended a service via Skype recently. The business has also expanded, acquiring a second location in Norfolk.

Attire has changed on two levels: formality and tone. Brian mentions the elegant black veil worn by Jackie Kennedy. His predecessors greeted guests,

dressed in tuxedos and tails until the 1970s, when the tenor of services began to change dramatically from dour to uplifting.

“Now, there’s more of a celebration of life,” Brian adds. The uniform black look has changed to include color.

Also caring for the living

When Brian returned to Sharon after serving as a medic in the army, he became an EMT on the ambulance squad, a role he clearly relishes. When he goes out with the squad he dons a different hat. Sometimes, the person in need regards him with a quizzical look as if to say, ‘What are you doing here?’ His vital sense of humor immediately kicks in and he assures them that the destination is their choice, the hospital or his place. In these situations, the hospital wins every time.

And whoever said, “You can’t take it with you”? Kenny smiles when he thinks of the various things which have accompanied the dearly departed. He elaborated and said that one man had a full jar of peanut butter in the crook of one arm and an urn containing his wife in the other. ●

For further information about the Kenny Funeral Home, please visit them online at www.kennyfuneralhomes.com.

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I will not talk over your head by throwing corporate jargon at you. Instead I work WITH you at a human level to better understand not only your business but your very specific needs. Every business is different. And I approach every business' needs with that in mind – there is no such thing as a cookie-cutter solution. My design, marketing, branding, and web solutions are as individualized as you are.

Design

To design is to create, execute or construct according to a plan. I design by creating according to your very specific

needs. There are many design solutions, but by getting to know you and your needs, the solutions become fewer and clearer. My design bias and passion is always to strive to create the "wow" factor. My design bias is fairly Euro in that I like clean lines, beautiful typography, and a clear hierarchy. With that being said, every client's needs are different and I design based on my client's needs.

Marketing

Marketing is done by a process or technique of promoting, selling, or distributing a product or a service. There is no one marketing solution that works across the board – that is my belief at least. Every client's marketing needs are different, and so the marketing plans that I develop for my clients are all custom-made for them, their business, and for their specific needs, to try to achieve their desired outcome.

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Branding is the promotion of a product or service by identifying it with a particular brand. (A brand is a class of goods or service or business that are identified by a name as a product of a single firm or manufacturer). In creating a brand for my clients, I establish what makes my clients different and what makes their brand unique, what makes them stand out from the rest and their competition. I help them promote those assets and often utilize those features when creating and designing a logo and their overarching brand and identity system.

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FORMER WEBUTUCK ATHLETE

briana bailey

FINDS A HOME ON CAZENOVIA
COLLEGE'S SOCCER FIELD

By John Torsiello
info@mainstreetmag.com

Amenia's Briana Bailey had an almost immediate impact on her college women's soccer team. As a freshman last year at Cazenovia College, the former Webutuck High School standout started three games for the Wildcats, tallying three goals. This year, she has blossomed into one of the team's premier players, recording the second most minutes (799) in her team's first eleven games of the campaign (6-5). Bailey had eight goals and two assists in those games.

Making a major impact!

Cazenovia is a Division III team playing in the North East Athletic Conference. Bailey's best game came this autumn against the College of Saint Elizabeth, when she tallied three goals in a 13-0 victory. She also had goals against Baptist Bible College, Maritime College, Penn College of Technology, Wilson College, and Keystone College.

"Briana has really stepped into a big role for us this season, earning a starting spot as a forward," said Cazenovia College women's soccer team head coach Lauren Pacelli. "In this role, she knows her job is to score goals and she takes that very seriously. As pressure filled, she accepts it and handles it with ease. She has very good overall skills, particularly her composure and ball control. Her efforts on the field have been keys to our team's success thus far. She is currently tied as the leading scorer for us. I'm excited to see how much more she can produce."

Bailey, a diminutive (5-foot) but strong player, is thrilled to be contributing so significantly to her team.

"My freshman year I didn't expect to play as much as I did. Coming into pre-season last year I was just happy to be on a team. Playing in games never came across my mind because usually freshman don't see the field. I couldn't have done it without playing with an amazing team. I can't wait to see what the rest of our season has to offer."

Bailey scored her first collegiate goal in the second half of a 5-0 win over Wilson College last season. She then added another tally in the second half of the very next contest, a 7-0 win over the College of Saint Elizabeth. Her third goal, a crucial one, came in a 2-1 win over Lancaster Bible College, once again in the second half. Cazenovia finished with an 8-10 record a year ago.

Pacelli says that Bailey is more than just a superb player. "In addition to her skills, she also brings an

infectious energy to practice. You can always see her smiling and encouraging her teammates, while playing and on the sidelines. The sky is the limit for Briana and I'm grateful that she is part of the Cazenovia College women's soccer program."

The Cazenovia choice

Cazenovia College is a small, highly-regarded liberal arts school located in central New York State that has an enrollment of around 1,000. It has produced some notable alumni, including industrialist, politician and founder of Stanford University, Leland Stanford; Emmy-winning composer Jimmy Van Heusen; and Civil War Union general and member of the U.S. House of Representatives, Henry Warner Slocum, among others.

Cazenovia, affectionately known by its student body and alumni as "Caz," interestingly was not Bailey's first choice of colleges. She initially was leaning toward attending the University of New Haven in Connecticut. "As I looked into the school, the sport management program seemed like a good fit for me, along with the fact that Cazenovia is a small school with a close family-oriented environment."

The Webutuck years

At Webutuck High School, Bailey played soccer, competed in track and field, and was a cheerleader. She played four years of soccer for Webutuck, was Most Valuable Player her senior year and won the Golden Boot award for most goals scored. She earned Mid-Hudson Athletic League All-Coaches honors both her junior and senior years, and was team captain. She was also honored with the Thomas J. Berlinghoff scholarship, and for cheerleading she received the Kim Kelly Award and scholarship.

"Bri played four seasons for me and was a fantastic and very dedicated player," said Webutuck girls soccer head coach Mark Moren. "She played travel soccer to improve her skills and has a lot of passion for the game. She worked extremely hard at practices and at games, and was a great role model for the other girls. She had great foot skills and great speed and was looked at very highly by other teams and coaches. I'm very proud of her for continuing to play at the college level and I knew she would do great."

Said Bailey, "My fondest memory of high school was Homecoming weekend because the school spirit

was high during a friendly competition during spirit week. Unfortunately, I do not keep in constant contact with my old teammates. It's not that I wouldn't like too, it's just when we are home we catch up and talk about how things are going, but when we are away at school there is little contact."

Finding her soccer legs and idols

Bailey, whose dream job would be as a sports broadcaster and whose favorite soccer player is U.S. star Landon Donovan, began playing soccer in the seventh grade. "I fell in love with it right away. I wasn't good at it right away, but like with everything else practice makes perfect."

Bailey, who likes to relax before games by listening to music, cites a team experience as her best moment playing in college thus far.

"Seeing how we are improving during every game and practice is what has been the best part of playing in college. I strongly believe we can make it into the playoffs and go further than we did last year. We work so hard, going to the playoffs will be worth it. I would give anything to see the Cazenovia women's soccer team win our conference just to show that with a small school comes strong athletic talent."

She said the transition from high school to college soccer was not overwhelming for her. "It's not tough, it's just a very different style of play. In high school it was more just playing a game. Now, it's faster and more competitive. I remember thinking to myself this will be the last time I will play the game that I love because after this when can I play competitively with a strong and talented team?"

This year, Bailey and her teammates went through a rigorous pre-season, and when classes started they began working out once a day during the week, in addition to playing games, with one day off. "In the off-season, the team will get together in the spring and hold our own practices."

Bailey is majoring in Sport Management and is carrying a 2.7 GPA. "My goal is to graduate with a 3.5 GPA. I am not positive on what I would like to do after I graduate, but I do know that I would like to further my education in graduate school."

Bailey's immediate goal is to, well, score more goals and help drive her team to a conference title and deep into the NCAA tournament upon conclusion of the regular season. ●





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Old Man Winter is here again, but fortunately for all of you, Ruge's Subaru in Rhinebeck has a great selection of new and used cars to get you where you need to go safely, no matter what Mother Nature has in store for us. Ruge's Subaru was established in 1935, and 79 years later they are still proudly serving the Mid Hudson Valley, from the Hudson River to northwest CT and southwest MA. Ruge's is a family business and they treat their 100 employees and customers like family, too. They are just simple, straight-forward, honest folks who are happy to help you with a stress-free purchase or automotive repair. They are honored to be able to help folks out and to be a part of the community. Ruge's is proud to say that they even have customers who've been with them for 60 years, but the Ruge's family also looks forward to forming new relationships. If you don't see the exact car on the lot that you were hoping for, don't worry. They can always swap it from another dealer, or order it for you. For used vehicles, the sales staff can often get your dream car from auction. They recently just sent a Ford Mustang to Spain for one of their customers! And for all of the Ruge's customers who are near the state line, remember that you can get your Subaru or Jeep serviced at their Copake location if it's more convenient for you.



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Smile! It's the time of year again for family gatherings, picture-taking, and there's candy everywhere. Go ahead, have a piece or two, but don't forget to take care of your teeth to maintain a healthy and beautiful smile. Livingstone Dental Excellence, started in 1975, is located in the foothills of the beautiful Berkshire Mountains on the border between northwest CT and southwest MA. They provide treatments including cosmetic dentistry, tooth colored fillings, gum care, braces, veneers, metal free crowns, root canals, teeth whitening, invisible braces, implants dentures, treat TMJ, and offer digital x-rays. They welcome clients ages one to one hundred from our area, but also welcome clients from abroad. In fact, they have one client living in Japan that flies in to see Dr. Livingstone! Livingstone Dental Excellence is a holistic practice, and they are proud to say that they've won America's Top Dentist award the last four years in a row! Dr. Livingstone and his staff enjoy watching their clients embrace their smiles and encourage you to keep up your oral health care at home, in between visits. Just remember, you only need to floss the teeth you want to keep.



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Ian Ingersoll Cabinetmakers was started in 1975 working out of a one-room workshop and has evolved into a contemporary guild of craftsman. Ian Ingersoll has been a furniture maker working in Litchfield County for more than thirty years. Originally self-taught, he has followed a course of study first replicating the masters works from the previous centuries, primarily the study of Shaker Furniture, but has added to that body of work. The workshop/showroom is located next to the historic covered bridge in the small architecturally beautiful town of West Cornwall, on the banks of the Housatonic River. "We're here by choice of lifestyle, but ship our furniture as far as Europe to the east and Japan to the west as well as all over the United States to our customers. There are several hundred photos shown on our website and several thousand in our showroom books, all of which are intended to convey some of the work with which we are involved. When considering your need for a piece of furniture please be aware that we are only limited by our collective imaginations, but are happy to work in the style of any of the past masters as well as being competent in a number of contemporary designs including our own original designs. All of these which can be sized to customers requested dimensions and finished to desired color."



The Falls Village Inn

Accommodations and dining. (860) 824-0033.
www.thefallsvillageinn.com

The Falls Village Inn is the anchor that defines the character of this little slice of paradise. The Inn was built in 1834 and restored in 2010. Listed on the National Register of Historic Places in 1979, the Falls Village District is 70 acres, the result of a building boom in the middle of the 19th century that came thanks to the Housatonic Railroad; it made the village one of its station stops in the early 1840s. The Falls Village Inn itself was built more than 175 years ago, and as reported by the *Litchfield County Times*, the Inn has helped shape Falls Village's history in more ways than one. Not only are there tales of it once being home to a brothel, but a ghostly presence has been claimed over the years. Twice in its history the inn caught fire, and it was after the second one that the town decided to charter, in 1924, a volunteer fire department and then built it right next door. Oh, are you wondering where the Falls in Falls Village came from? Within walking distance of the Inn, just upstream from the steel bridge over the Housatonic River, is a stunning set of waterfalls. We hope you take some time to see the natural wonder that inspired the name of the town. And the Falls Village Inn.

INSURING YOUR WORLD

As the leaves begin to turn and all those summer projects around the house are turning into reality in the form of a new addition, new garage, or extensive landscaping, prior to winter setting in, let's make sure that you are covering all your insurance bases! If that new sun room is finally being added, be sure to have your contractor supply you with a certificate of insurance naming you as additional insured on their policy. Require that they carry at least \$500,000 limits of general liability and be certain that if there are other workers, that your contractor carries workers compensation insurances. These are "must items" or else you are going to be assuming all the liability for the project. Remember to require that such a certificate be in hand prior to any work being started, keep in mind that contractors that carry the appropriate insurances may be a tad bit more expensive yet in the long run, well worth the investment. Once complete, notify your homeowner carrier of the addition and request coverage be increased. If you are thinking of hiring fall clean-up crews or someone to plow snow throughout the winter, the above also applies. Make sure you have an insurance certificate in hand, or as my predecessor, Brad Peck, always would say: "Be sure, insure!"



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

Brad Peck, Inc.

Live Christmas trees & pets

It's obvious that pet owners would want to keep dogs and cats away from the delicate ornaments on Christmas trees, but there are other dangers involved when pets and Christmas trees interact. Many pets will chew on light cords and can suffer electric shocks, and pets that might eat needles can be exposed to toxic poisoning from the oil in those needles. Needles can also be sharp in a pet's stomach or intestines. Sap from a tree can be sticky in a pet's fur, and a pet that drinks water from a tree's stand can dry the tree out and increase the risk of fire.

Tips for separating pets and trees:

- Putting the tree up several days before it will be decorated so pets can get used to it and will be less likely to disturb it later.
- Position the tree well away from other furniture that could give a pet a way to jump into the tree.
- Avoid the most tempting decorations, such as dangling ornaments, tinsel, or food ornaments such as apple cinnamon cutouts, popcorn, or candy.
- As a matter of course, never put candles on a tree in a home with pets.
- Use spray deterrents such as citrus scents or apple bitter sprays on the lowest branches of the tree to discourage pets from getting too close.
- Place a plastic chair mat, prickly side up, around the tree's base. Pets have sensitive feet and will not walk over the chair mat to get closer.
- Cover the tree stand's water securely so pets are not tempted to take a drink.
- Always turn the tree lights off when they will not be supervised so pets will not be tempted by extra glow or glitter.
- Place a decorative fence around the tree to keep pets away.

The most effective way to keep pets away from Christmas trees is to use multiple techniques to discourage their attention. In time, they will learn the tree is not a toy, and they can enjoy the holidays in other ways without endangering the tree or themselves.

—Article courtesy of Melissa Mayntz

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Dollars & sense

With consumer sentiment the highest it's been since the recession, shoppers are expected to open their wallets a bit wider this year, but how can you avoid holiday spending that leaves you in the red?

"You don't have to end up with a holiday hangover when the bills arrive," said Stacey Langenthal, Bank of Millbrook EVP. "Simple planning will keep the season festive and help you control your budget."

Consider the following tips:

- Develop a budget. Don't forget costs beyond gifts, like postage, gift wrap, decorations, greeting cards, food, travel and charitable contributions.
- Spend carefully. Avoid shopping while rushed which can lead to overspending.
- Avoid traps. Finding a spectacular sale on something you've been wanting can throw you off course, and don't apply for store credit cards to get a one-time discount.
- Use credit wisely. Limit the use of credit for holiday spending. Pick a date when you can pay off your holiday credit card bills, and commit to paying off the balance by that time.
- Save your receipts. Not only will you need them for possible returns, you'll need them to keep track of what you've spent and to compare with your credit card statement.
- Be creative. Home-baked goods, simple crafts or hand-made gift certificates for your time or talents are less expensive and often more appreciated than purchased items.

Bank of Millbrook is committed to helping you handle credit responsibly and save for the future. If you don't have one already, make it a New Year's resolution to open a Christmas savings account for next year!

Stacey M. Langenthal
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Preparing for a winter storm power outage

The storm may blow through in a day, but the electricity may stay out for days! An extended power outage can mean shivering in the dark and, in some cases, can be a threat to your health and safety. The key to staying safe and comfortable during an extended power outage is preparation and knowing what to do when the lights go out. And stay out.

Here are some tips on how to be prepared ahead of time for an extended power outage:

- Every household should already have an emergency preparedness kit that will meet the needs of you and your family for three days. Much of what you need to make it through an extended power outage will be on hand with the gear on the checklist found at www.Ready.gov, the emergency preparedness Website of the Federal Emergency Management Agency.
- Put together a "Lights Out Kit" that includes a flashlight for each family member, extra batteries, battery-powered radio and clock, bottled water, canned food, manual can opener, first aid kit and Sterno or a similar alcohol-based cooking fuel.
- Because cordless phones won't work when the power is out, you should include an old-fashioned corded phone in the "Lights Out Kit."
- Should anyone in the house use electrically powered life-support equipment or medical equipment, be sure to ask your physician about emergency battery backup systems.
- Clearly label circuit breakers in your main electricity box. Make sure you know how to safely reset your circuit breaker.



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518 789 0022
themoviehouse.net

LODGING

142 Wells Hill B&B
860 435 8388
142wellshillbandb.com
Pop's Cabin
518 329 4889
popscabin.com
Sharon Country Inn
860 364 0036
sharoncountryinn.com
The Falls Village Inn
860 824 0033
thefallsvillageinn.com

REAL ESTATE

Bain Real Estate
860 927 4646
bainrealestate.com
Elyse Harney Real Estate
518 789 8800
860 435 2200
HarneyRE.com
Paula Redmond Real Estate, Inc.
845 677 0505
paularedmond.com

SPECIALTY SERVICES

Associated Computer Solutions
860 364 2233
ascomputerpro.com
Columbia Tent Rentals
518 851 9460
columbiatent.com
Ghent Wood Products
518 672 7021
ghentwoodproducts.com
Kenny Funeral Homes
860 364 5709
kennyfuneralhomes.com
Michael D. Lynch Law
860 364 5505
michaelylynchlaw.com
Nickbee's Eco Store
518 592 1177
nickbees.com
Roaring Oaks Florist
860 364 5380
roaringoaksflorist.com
Scott D. Conklin Funeral Home
518 789 4888
conklinfuneralhome.com
Stone & Tile Services
860 824 5192
stonepolishingct.com
Valentine Monument
Works & Sandblast
518 789 9497
VKLarson Communications
917 678 7689
vklarsoncommunications.com
Wild Outdoors Taxidermy
518 755 2185
wildoutdoorstaxidermy.com

STORES

Hammertown
hammertown.com
Horse Leap
845 789 1177
horseleap.com
Pieces
914 388 0105
Riley's Furniture & Flooring
518 789 4641
rileysfurnitureflooring.com
Somethins Gotta Give
860 824 8045
The Bodhi Tree & Gallery
860 364 5642
bodhitreegallery.com
The Wish House
860 672 2969
wishhouse.com

WHAT'S YOUR SIGN?

ARIES (March 21–April 19)

You're asking for help or protection, and you'll get it. Stop thinking about things in a superficial way. You're not the center of the universe.

TAURUS (April 20–May 20)

You're going to get to try some new things, which will have a permanent effect on your life. But give yourself enough time to adjust.

GEMINI (May 21–June 20)

Your positivity works in your favor and people like you. Don't underestimate the effect that you have on others, whether you're aware of your effects or not.

CANCER (June 21–July 22)

Focus on your duties and responsibilities. A person will show you which door to open to get to the core of matters.

LEO (July 23–Aug. 22)

Celebrate your social side, because it will work miracles in business and financial matters to help strengthen your connectivity.

VIRGO (Aug. 23–Sept. 22)

There's a lightness about you and something unexpected is coming. Let faith impact your thoughts.

LIBRA (Sept. 23–Oct. 22)

An amazing level of luck is on your side that helps you find the right circumstances, especially at home and at work. Cherish it.

SCORPIO (Oct. 23–Nov. 21)

Keep both feet planted on the ground and keep a clear head. It will help you to realize and avoid being impulsive.

SAGITTARIUS (Nov. 22–Dec. 21)

You can improve yourself in numerous ways. Try to view things in a positive light, even if it's hard, and avoid putting salt in wounds.

CAPRICORN (Dec. 22–Jan. 19)

You'll have few opportunities to learn from the mistakes of others. Now you need help so you have to examine who you can trust to help.

AQUARIUS (Jan. 20–Feb. 18)

When you get really smart ideas, which you frequently do, be careful not alienate those around you.

PISCES (Feb. 19–March 20)

Serious studying is required. Maybe you'll discover something totally new and exciting, and you'll acquire something you've wanted for a long time.

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A. Martin Clark MD, Orthopedic Surgeon

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