

MAINstreet

MAGAZINE



It's Time to Enjoy our Easy Access to Comfort...



The newly renovated Sharon Country Inn is located in beautiful Litchfield County, CT. Traveling to us from any direction will take your breath away, as will the attractions surrounding us. Enjoy an array of seasonal activities from race car driving to ski jumping, Broadway to Baroque and much more! Comfortable new rooms with modern amenities are waiting for you... Come stay with us, relax and really enjoy!

All of our rooms include:

- Complimentary continental breakfast
- Free WiFi
- LED flat screen TV with Cable
- Keurig Coffee maker
- Stainless mini fridge and freezer
- iHome clock radio with iPad/iPhone/iPod dock
- Local photography by Anne Day

CALL US ABOUT OUR
Super Summer Specials!

860-364-0036

1 Calkinstown Road, Sharon, CT 06069

Fax: 860-397-5220 • www.sharoncountryinn.com



SHARON
COUNTRY
INN

Dutchess County, Columbia County and beyond, we're here to insure your world.

The Brad Peck Agency in Copake has long-standing ties to its community. It is one of the oldest hands-on agencies and in all of its years of operation it has provided a personalized approach to writing property, casualty, commercial, home, auto and above all, life insurance. The agency provides superior service regardless of where their customers lay their hats, the agency is registered in New York, Connecticut, Massachusetts, New Jersey, New Mexico and Florida. They are ready today, as they have always been, to insure your world.



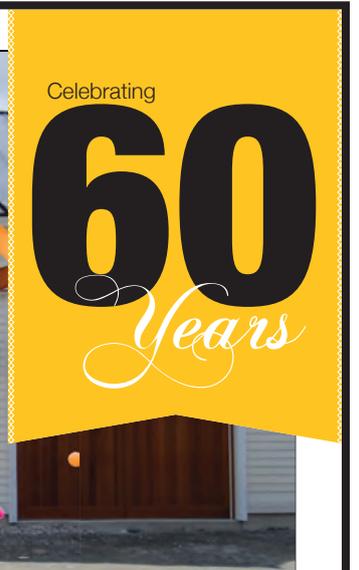
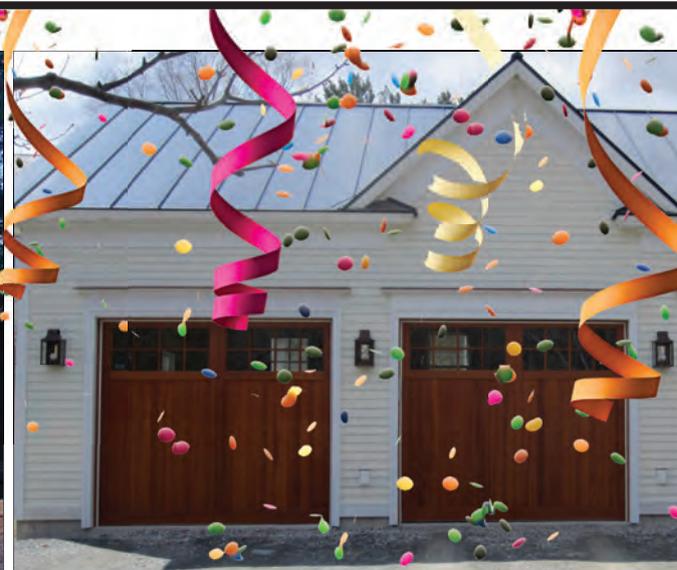
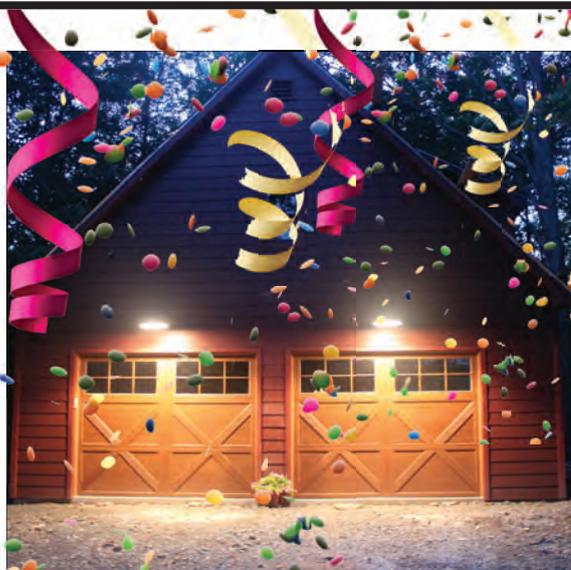
Brad Peck, Inc.

Brad Peck Inc.
1676 Route 7A
Copake, N.Y. 12516
P. 518.329.3131

The Lofgren Agency
6 Church Street
Chatham, N.Y. 12037
P. 518.392.9311

Hermon T. Huntley Agency Inc.
Tilden Place
New Lebanon, N.Y. 12125
P. 518.794.8982

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



== MADSEN == OVERHEAD DOORS

Fast, friendly service since 1954

60th ANNIVERSARY SPECIAL: \$60 off one new door purchase & install

One per customer/job. Mention this ad. Offer runs from April 1–July 31.

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



OUR EVENTS LISTINGS AND OUR UPCOMING 2ND ANNUAL THEMED JULY ISSUE

We've made it – it's June! Which means that we're already halfway through 2014... that just blows my mind! I cannot believe that this year is already halfway over, and it's just the beginning of summer!

Summers around here are always so busy, with events happening just about everywhere that you turn. In our efforts to help our readers and friends stay up-to-date with what is going on, I wanted to take the opportunity to remind you all that we post events on our website (for free) on our "events" page, so please feel free to email us about all of your upcoming events that are open to the public. To check it out, please visit our website at www.mainstreetmag.com to see all of the upcoming events as well as to email us your event!

Our upcoming July issue

Even though it's just June, we're already hard at work on our July issue! As some of you might remember, last year's July issue was our very first "themed" issue and it focused on things that were food and drink related. We had so much fun doing that issue, and our readers really enjoyed it, too, so we've decided that our July issue will be our "Food & Drink" issue every year!

In this issue we feature stories about local businesses, people, and stories about things that pertain to – you guessed it! Things that relate to what we eat and drink. We also love this special issue because it allows us to highlight all of the amazing *local* places that are involved in this industry. For example, do you know how many farms there are around here who grow beautiful and healthy products? Or how many fantastic restaurants we have? And how about all of the great wineries, breweries, distilleries, coffee and tea houses? You would be amazed at how many local people are in one way or another involved with the food that we eat and the beverages that we drink! So here's to all of you, whether you help to create it, or if you just consume it: an issue dedicated solely to delicious food and drinks.

And for those of you in food and drink-related businesses who might be interested in advertising with us in this special issue, we welcome your calls and emails!

- *Thorunn Kristjansdottir*



JUNE 2014

Red Mills in Claverack, New York.

Cover photo by Steven Steele Cawman

CONTENTS

- | | | | |
|----|--|----|---|
| 6 | THE TRANSFORMATIONS MAN
tim ebneith, painter | 27 | JUNE TUNES
a roundup of the best local music |
| 9 | FRIENDLY FACES | 29 | THE BUZZ ABOUT BEES
and their environmental significance |
| 11 | VITAMINS=VITALITY?
maintaining a healthy lifestyle | 33 | LINGUA LATINA VIVA:
a peek inside local high schools' latin programs |
| 13 | AN UP AND DOWN BUSINESS -
MADSEN OVERHEAD DOORS
business profile | 37 | BUSINESS SNAPSHOT
millerton veterinary practice
rich donegan home craftsman
jim's garage, llc.
millerton golf |
| 17 | TARO'S RESTAURANT
great gastronomy | 38 | MONTHLY ADVICE COLUMNS |
| 19 | HAWK DANCE FARM
tales of a farm groupie | 39 | HOROSCOPES LISTINGS |
| 21 | GUT RENOVATION
TAKES VISION
whether it's to rent, sell, or to live | | |

PUBLISHER, EDITOR, ADVERTISING, WRITING, PHOTOGRAPHY & OTHER DUTIES

Thorunn Kristjansdottir Publisher, Editor-in-Chief, Designer
Ashley Kristjansson Director of Advertising
Steven Steele Cawman Contributing Photographer & Writer | **Christine Bates** Contributing Writer
Mary B. O'Neill Contributing Writer | **Memoree Joelle** Contributing Writer
Melissa Batchelor Warnke Contributing Writer | **Sarah Ellen Rindsberg** Contributing Writer

ADVERTISING

Ashley Kristjansson Call 518 592 1135 or email info@mainstreetmag.com

CONTACT

Office 24 Main Street, Millerton, NY 12546 • **Mailing address** PO Box 165, Ancramdale, NY 12503
Phone 518 592 1135 • **Email** info@mainstreetmag.com • **Website** www.mainstreetmag.com

PRINT, LEGAL, ACCOUNTING & INSURANCE

Printed by **Snyder Printer, Inc.** • Legally represented by **Davis & Trotta Law Offices**
 Accounting services by **Pattison, Koskey, Howe & Bucci CPAS** • Insured by **Brad Peck, Inc.**

Main Street Magazine is a monthly publication, coming out on or around the 1st of the month. It is published by Main Street Magazine, LLC. Main Street Magazine is not responsible for advertising errors whereas all ads receive final approval by the advertiser. Advertisers are legally responsible for the content and claims that are made in their ads. Main Street Magazine reserves the right to refuse advertising for any reason. The entire contents of Main Street Magazine are copyrighted and may not be reproduced without permission. All rights reserved.

PAULA REDMOND

REAL ESTATE INCORPORATED

• • •

RHINEBECK

\$679,900



This gorgeous 4 BR, 4 BA Contemporary offers stunning views and is right at the water's edge of Long Pond across the lake from the Omega Institute. A deck cascades to the water's edge and there is a totally separate area with a swimming pool, changing room, wet bar and outside shower

LAGRANGE

\$485,000



Charming 3 BR, 1.5 BA country farmhouse located in a storybook setting with perennial gardens, babbling brook with waterfalls, bridge and fishpond. The outbuildings include a tea house with a fireplace, sauna, garage/barn with studio.

TIVOLI

\$245,000



This light filled, airy turn of the century 3 bedroom 1.5 bath home is located on a one-way lane in the heart of the Village of Tivoli. The house has been nicely renovated. A sweet rocking chair porch is in the front of the house and there is a private back yard.

Millbrook 845.677.0505 · Rhinebeck 845.876.6676

paularedmond.com

HAMMERTOWN

PINE PLAINS • RHINEBECK • GREAT BARRINGTON | LIFESTYLE MARKETPLACE



IN-STOCK
FURNITURE SELECTION

•
DESIGN SERVICES

•
LIFESTYLE BLOG

hammertown.com

PHOTOGRAPHY: JOHN GRUEN

the transformations

M A N

TIM EBNETH, PAINTER



By Steven Steele Cawman
arts@mainstreetmag.com

Tim Ebneeth is an artist, illustrator, and designer who lives and works in Kinderhook, New York. Prior to relocating to the area, Tim grew up in New York and New Jersey and always had a love for life in the city. As a result, he and his work are greatly influenced by the time he spent working in the fashion, music, and entertainment industry. Tim is a master of transformations, however. He has transitioned smoothly from the fast-paced life in the city, working for demanding and high profile clients like the famous Studio 54, to creating art in a serene studio of his own overlooking the Hudson Valley and horses frolicking in the fields. He has thrived and succeeded in both environments, and both help to make him the unique and talented artist we know today.

The New York City days

While living in New York City, Tim began his art studies at the Arts Students League and went on to study at the Pratt Institute. He later transferred to the School of Visual Arts. He graduated from the SVA in 1984, majoring in Fine Art and Illustration. While at the SVA, Tim began doing illustrations and designing windows for clients like Bergdorf Goodman, Gucci, and Barneys. Tim also worked at two of the quintessential hot spots of the disco era; the famous nightclub Studio 54 and the legendary Fiorucci fashion boutique that was located on 59th Street next to Bloomingdales in New York

City. Fiorucci was the place to shop in New York City in the late 1970's and early 1980's. In the store you could find Jackie Onassis, Lauren Bacall, Andy Warhol, Truman Capote, and Cher shopping alongside club kids, socialites, and drag queens. As you could imagine, it was quite a sight to see. In addition to his daytime activities at the boutique, Tim also worked at the exclusive Studio 54 nightclub designing party interiors, props, and lighting.

While in his thirties, Tim became the Creative Director for Alfred Dunhill, the British luxury goods company. Tim found the strict corporate structure of the company to be oppressive and felt it stifled his creativity. In the course of six years, the company changed CEOs six times. Eventually, each CEO wanted to implement their new and revised vision for the company across the eleven stores that Tim oversaw. This meant he had to repeatedly redesign and change all of the fixtures and windows as well as the look for the company's advertising. Happily, his creativity was up to the task.

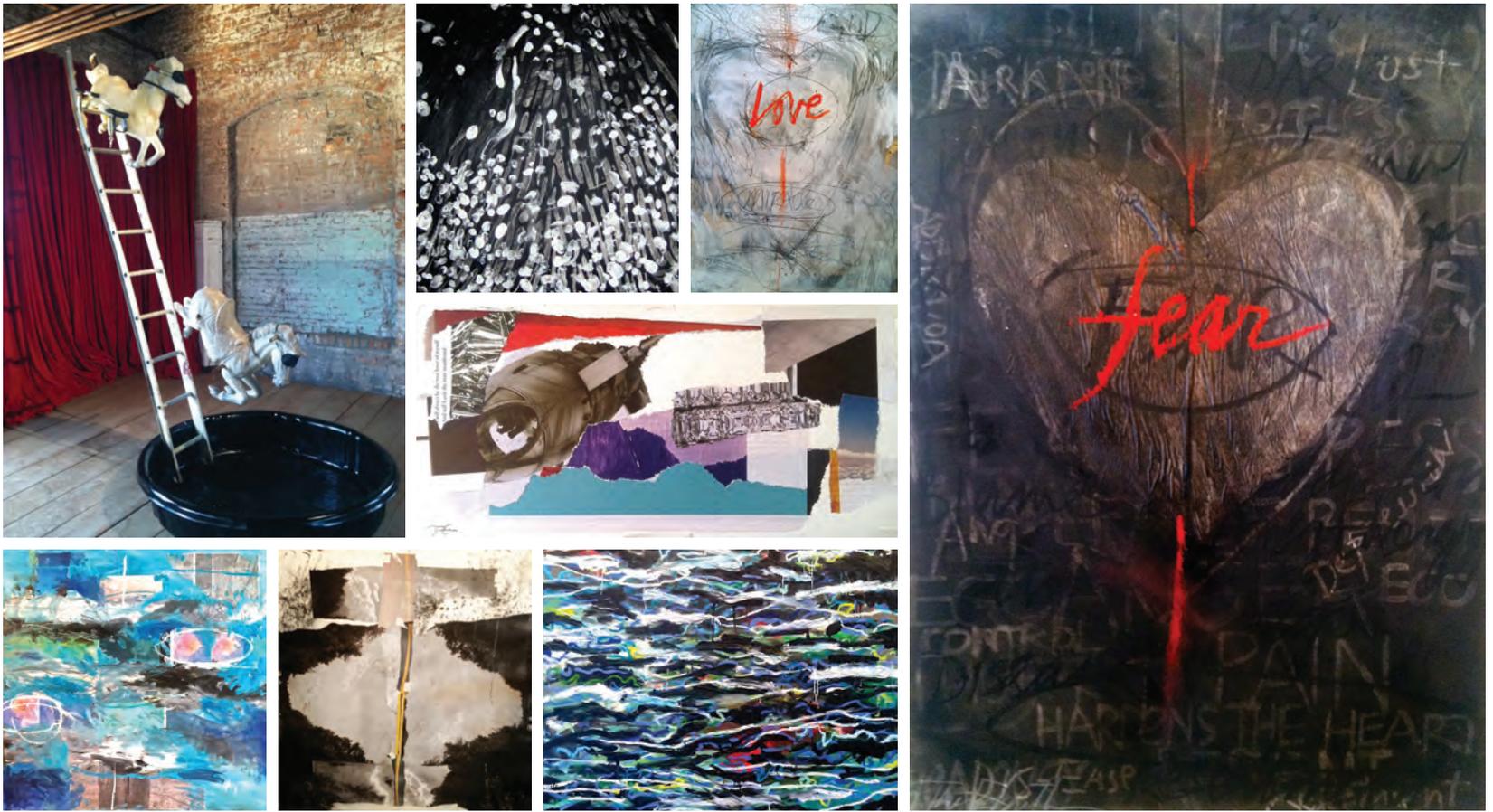
Shifting gears and rescuing a barn

Unfortunately, this hectic and constantly changing environment limited Tim's time to create his own work. The time had come for a change. After leaving Alfred Dunhill, Tim continued his design work as a highly sought-after set designer for photo shoots, music videos, and commercials. His work has been seen in *Vanity Fair*, *O Magazine*, and *The New York Times* for clients like Hanes, Avon, Clairol, Canon, and others. It was during this time that he began coming to the Hudson Valley on weekends to escape from the city and recharge. Tim immediately felt welcomed into the arts community when he moved to the area thirteen years



This page, above top: Storm (cropped). Above: Tim Ebneeth, the painter.

Opposite page, first row left to right: Leap of Faith. Secrets of Heaven (cropped). Love Heart Map. Fear Hear Map. Second row: True Lover. Third row, left to right: Sky Opens. Taconic. Current (cropped).



ago. “The Columbia County Council on the Arts could not have made me feel any more welcome than they did. They helped to connect me with galleries and other artists as soon as I arrived. They are a wonderful resource,” Tim said. He credits the CCCA with helping him to get his work shown in a timely manner when he first came to the area.

Ten years ago, Tim found a local 150-year old barn that was going to be torn down. With his skills as a set designer and his vision, Tim saw that the barn would make an ideal studio in which to create his work. He purchased the barn, had it disassembled and then rebuilt on his property in Kinderhook. He updated the structure with a poured foundation, frost wall, and replaced pieces of rotted wood where needed. Like his art and perspective, the barn is always evolving. He is constantly improving the studio space. He has improved the windows and doors, installed new lighting, and added an energy efficient pellet stove so that he can use the space throughout the entire year.

In 2012, Tim was the winner of the prestigious Linda Arnaud Memorial Award, an annual award presented to an artist who works in oil, watercolor, acrylic, mixed media, or photography through the Columbia County Council on the Arts. His exhibit “Where the Sky Opens” was held at the Museum Room at the Pocketbook Factory in Hudson, NY. For the show, he created two enormous instillation pieces and presented a collection of collage and mixed media works that explored and investigated the towns and villages of Columbia County. The project took a year to create and Tim used found objects and photographs that he took while traveling around the county to make the works for the show.

The artistic process

Today, Tim describes his work as “an emotional response to the world around him.” In addition to daily meditation, he uses his art to express and work through what he is feeling. He enjoys working on paper and will sometimes work on multiple pieces simultaneously. Tim’s work is constantly changing and evolving. He explained that he approaches the blank paper or canvas with a subject in mind. That initial inspiration may be a word, an image, an emotion, or a concept that he wishes to express. He may do ten to twelve different pieces based on that mood or concept and then moves on to something else. “The art is an act of connection and exploration constantly shifting focus on various aspects of my life. The past, present the possibility of the future, all have a presence and an intention when I am making art,” he explains.

Even though his work is mostly abstract, Tim says that since moving to the Hudson Valley he has been greatly influenced by nature. When working with paint, he works quickly and with frenetic energy. In addition to his collage work, he enjoys working in graphite, charcoal, acrylic, and oil paints. He explains that he is not afraid to get his hands dirty and, that along with his brushes, uses his fingers to manipulate the applied paint. He also likes to inscribe, mark, and scratch into the paint using a collection of awls and other tools that once belonged to his grandfather and great-grandfather.

Tim has always been fond of collecting and even as child stored away the trinkets and treasures he would find throughout his daily life. Tim recalled when, as a young man, he first saw the work of Joseph Cornell (1903-1972). Cornell transformed everyday objects like buttons, plastic ice cubes,

seashells, and other seemingly mundane objects into works of arts by creating small boxes, poetically decorated with these items to express concepts like ideas, memories, fantasies, and dreams. Cornell was a pioneer and exponent of the Assemblage movement, in which an artist makes two- or three-dimensional compositions by putting together found objects. Tim frequently incorporates and includes objects that he has found into his work. His extensive collection of magazine clippings, photographs that he has taken, and other objects are neatly arranged and stored in a series of large archive drawers in the studio.

Tim says that he was drawn to the Hudson Valley area and everything seems to have happened and worked out as it did for a reason. “Growing up, we always spent our summers going to the beach in Cape Cod. I sort of expected I would end up in a house on the beach listening to the waves. But you know, as I look out onto the Catskill Mountains they look like waves off in the distance.” Tim shares his love of the area with his husband Nick Calderazzo. Nick runs Twin Travel Concepts, a travel agency that creates and provides custom group travel itineraries based on clients’ interests and passions. Many of the company’s offerings focus on the amazing offerings of New York State and the Hudson Valley area. ●

If you are interested in learning more about Tim and his work, visit his website at www.timebneeth.com. Or, if you would like to contact him directly and visit his studio, he can be reached at timothyebneeth@yahoo.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.

QUATTRO'S POULTRY FARM & MARKET

FRESH FROM OUR FARM
 Chickens, Pheasants, Ducks, Geese, Turkeys & Venison
A UNIQUE SHOP FOR CUSTOM-CUT PRIME MEATS
 Steaks • Chops • Ribs • Fresh Ground Beef • Bacon Burgers • Fresh Sausages
 • Fire Up The Grill! • Quattro's Ice Cream Bar is OPEN!

Our own Smokehouse Specialty Meats & Sausages
 Wide Variety of CRAFT BEERS!
 ITALIAN SPECIALTIES: Cheeses, Pastas, Olive Oil, Vinegars
 Also LOCAL Breads, Vegetables, Honey, Jams, Grains & More!

VISIT OUR FARM STORE
 RT. 44, PLEASANT VALLEY NY 12569; (845) 635-2018



POULTRY FARM & GOURMET MARKET



NOW BOOKING FOR SUMMER 2014!



RICH DONEGAN HOME CRAFTSMAN

Cedar & Copper Roofing • Custom Decks • Custom Millwork •
 Kitchens & Baths • Window & Doors • Home Additions •
 Granite & Masonry • Bluestone & Pavers

Chances are we've done work for your neighbors.
 35 Years Experience • Lic# 0638100 • Local References

OFFICE: 860-567-2163 • RICHDONEGANHOMECRAFTSMAN.COM

W.B. CASE

PLUMBING HEATING & AIR CONDITIONING

LLC.

15 years in business • Oil, Propane, Solar Thermal, Geothermal and Biomass heating systems • HVAC system design and installation • HS Farm and Froling wood boiler dealer and installer • New construction, renovations and service of all Heating, Air Conditioning, Plumbing systems and well services

Williston B. Case III, Owner

SHARON, CT 860 364-2169



Small Animal Integrative Medicine & Surgery • Acupuncture
 Chiropractic Services • Therapeutic Laser



Millerton
 Veterinary
 Practice PLLC

Phone 518-789-3440
 199 Route 44 East, Millerton, NY
www.millertonvet.com
 Or you can visit us on Facebook at
facebook.com/millertonvet

Jim's CANAAN

ESTABLISHED 1950



New Car Sales & Service

Preventive Maintenance - Repairs - Parts - Accessories



Your Old-Fashioned Hometown Dealer with the **LOWEST** Prices ANYWHERE!



www.CanaanChryslerJeepDodgeRam.com



32 Railroad St (RT 7)
 North Canaan CT
 (860) 824-5174

Cars Cost Less in the Country!



friendly faces: meet our neighbors, visitors and friends



Jane and Harrison Naylor have a lot to look forward to in the next couple of months. Jane's birthday is in June, Harrison's is in July and Harrison is hoping to have a truck party! Jane stays connected with her community and works at the Taconic Wayside Inn in Copake Falls, NY – you should stop by and say hi to Jane! "It is a great historic building. Everyone knows about it. Even Harrison likes Joe's famous mac and cheese." Jane helps coordinate events and music there, and occasionally gets to bartend, too. Harrison stays very active as well; he helps his grandma plant sunflowers, his grandpa landscape, and enjoys watching birds. This fall Harrison is looking forward to starting pre-school and making lots of new friends. But first, he would like some strawberry ice cream with sprinkles, please.



Peter Greenough has traveled all over the world, totaling about 65 countries. He has lived and worked abroad for many years in various countries as well, but Peter said that this [the area that we live in, surrounding Millerton] is one of the most beautiful locations. He and his wife, Christine Bates, could have picked to live anywhere in the world, but they decided to plant their roots here full time. Peter loves to travel because there is such great variety and diversity of people in this world. During his years of travels Peter learned Spanish and Portuguese. When asked if he has a favorite country, he said that he doesn't favor one over the next, "they all have their natural beauties." In fact, Peter is looking forward to traveling to Africa in July. Safe travels Peter, and until we meet again, adios amigo!



We were lucky enough to catch up with **Bill Wallace, Mike Metzger, and Charlie Kelley** at The Talk of the Town Deli in Millerton, of which the lads are huge fans of. They stop in everyday to have a great cup of coffee and really good food, "except for Sundays, but only because they are closed." Bill and Mike are classic car guys and have been waiting since last November to get the cars back out on the road. Bill has a '70 Nova and Mike has a '70 Superbird – that's hot! Charlie is not as much of a car guy as his buddies are, but recognizes a good car when he sees one. You are more likely to find Charlie behind the lens of a camera capturing a photograph of a car, as this was his profession for 45 years. Gentlemen, start your engines!



Jill Choma is the owner of Gilded Moon Framing which is located in the old bank building next to Saperstein's in Millerton, and she is excited to be celebrating their tenth year anniversary in business! Jill loves the creativity of framing and strives to make her customers happy, even if it means working late, or picking up or delivering a project to a client in New York City. Once the doors are locked at work, there's a good chance that you will find Jill and her husband enjoying the summer evenings boating, but also hanging out with their kids. Both of her kids are ski racers and she spends much of her free time cheering them on. Jill also likes to try and stay healthy by exercising and she's even been learning some cross-fit moves from her daughter! You go, girl!



Jose Quito is a hard-working individual who has been in the plumbing and heating trade for six years, but has had the pleasure working for W.B. Case for the last three years. Jose handles everything from plumbing and heating service and installations, annual servicing, emergency repairs, new installations, boilers, and well pumps. Jose likes the fact that every day is different, and he is able to help customers with their plumbing and heating needs. Even though Jose is from Torrington, CT, he is still learning his way around our beautiful tri-state area. Outside of work you might find Jose cooking and working out a few days a week at the Y, but most importantly, hanging out with his wife and kids. Perhaps if Jose is lucky, his Friendly Face will get hung on the fridge next to his kid's artwork!



Stephanie Pellegrino owns and operates Petpourri in Lakeville, CT and has done so for 21 years, selling all kinds of great products primarily for cats and dogs. Stephanie loves her job and meeting the people and their furry four-legged friends. Outside of work Stephanie does a lot of consigning on eBay, and she is a vintage clothing enthusiast. She also likes gardening, hanging out with her friends, and enjoying the beautiful countryside that we live in. No big summer plans at the moment, besides waiting for it to get really warm and wonderful out. But she hopes that it will be a nice and prosperous summer. To help your furry friends enjoy the summer months too, Stephanie recommends sticking with flea and tick protection all year round.

Wethersfield™ ... a Destination

Ten acres of formal classic style
and outer gardens

Watch our website for special events
www.WethersfieldGarden.org

845.373.8037



214 Pugsley Hill Road, Amenia, NY 12501

SERVING NEW YORK, CONNECTICUT & MASSACHUSETTS
TRADITIONAL FUNERALS & CREMATION SERVICES

Scott D. Conklin
FUNERAL HOME, INC.



518-789-4888 OR 518-592-1500

37 PARK AVENUE, MILLERTON, NY

WWW.CONKLINFUNERALHOME.COM

SCOTT D. CONKLIN
OWNER / MANAGER



**FACTORY LANE
AUTO REPAIR, INC.**

FOREIGN & DOMESTIC AUTO REPAIR

Dominick Calabro - owner

(518) 398-5360 | 3 Factory Lane, Pine Plains, NY 12567

Serving lunch and dinner every day
including wood fired pizza for dinner
Closed Tuesdays

Hillsdale House

RESTAURANT • TAVERN

(518) 325-7111 • Rt. 23, Hillsdale, NY



**LIVE ENTERTAINMENT
EVERY WEEKEND!**

6/7 DJ JOHNNY BO
6/13 THE STONERS
6/21 DONNY SAWYER
6/27 THE KYLES
6/28 BOHEMIAN SLACKERS

BILLIARDS
25¢ WING WEDNESDAYS
KITCHEN OPEN LATE
OPEN EVERY DAY AT 4PM
CLOSED SUNDAYS

(518) 325-4631 - ROUTE 23, HILLSDALE, NY
FRIEND US ON FACEBOOK!

Millerton Co-op has four stores to serve you.
Agway is a locally owned business that has served
the area for over 40 years. Offering hometown
service AND value prices, specializing in customer
service, open 7 days a week.

Products:

Garden, pet, feed, tools, hardware, clothing, wild
bird food, power equipment, fencing, farm equip-
ment, outdoor living supplies, and outdoor furniture.

Services:

Propane fill-ups, small engine repairs, sharpening,
rentals, carry-out service, hardware tools, and
delivery.



VISIT YOUR LOCAL AGWAY:

Route 22 in Millerton, NY • Route 23 in
Great Barrington, MA • Route 9H in
Claverack, NY • Route 66 in Chatham, NY

HOURS:

Monday-Saturday: 8:00 AM-5:00 PM
Sunday: 9:00 AM-3:00 PM

For more savings & information:

(518) 789-4471 or www.agwayny.com

vitamins = vitality?

MAINTAINING A HEALTHY LIFESTYLE

By Thorunn Kristjansdottir
info@mainstreetmag.com

As I sit and write this, my handy copy of *Foods That Harm, Foods That Heal*, which is published by Reader's Digest, sits on my desk next to four bottles of various vitamins and minerals (that I sometimes take), and a melting vanilla ice cream from Barlow Farms. The common thread – because there is one, of course – are the supplements. You see, this past weekend I suddenly came down with a mixture of flu-like symptoms and allergies, so I decided it might be wise to help my body fight off whatever it's battling by taking some vitamins today. But truth be told, I've never been big on them. For one, my body doesn't really like them, because some can actually make me sick. This is something that I struggle with, because we're taught that vitamins and minerals are good for us (even necessary), and my loved ones keep insisting that I chew a handful every day.

This got me thinking (in particular today), about whether or not supplements are really necessary or if they're even good for you. What I found further backed up my assumption. The answer was yes and no.

What do we really know about vitamins and minerals?

When it comes down to it, how many of us actually – truly – know anything substantial about vitamins and minerals (which I'll call supplements from now on)? That's to say, besides the fact that we need them to survive, they're found in (some of) the foods that we eat, that most vitamins are a letter of the alphabet, vitamin C is found in citrus, and we can get vitamin D from sunlight. Because that, in a nutshell, is the gist of – and somewhat general understanding about supplements.

Here's what I learned: you're likely to find arguments for both sides; tons of claims for what supplements can do (either good or bad); and if you Google vitamins and minerals, the plethora of information (and disinformation?) is extremely vast! As with so much, we need to take it in with a grain of salt. So by turning away from the internet and its pages and pages of opinions (professional or otherwise), I turned to my trusted book, *Foods That Harm, Foods That Heal*. They have a small section on vitamins and minerals with three charts, and that's all it took – they make it very clear.

To quote one sentence from the book that explains a lot: "Vitamins got their name from their link to 'vitality,' and indeed they are vital for your

health. But it's important to get them from the right place and in the right amounts. Similarly, while minerals such as calcium, iron, and zinc are essential to keep your body and brain functioning properly, many are highly toxic if consumed in large quantities."

This explains a lot: vitamins and minerals are essential to our lives, but they can also be dangerous if consumed improperly. OK great, so the next question is then: what functions do these supplements perform?

A break-down on supplements

Looking through the information and supplements chart in *Foods That Harm, Foods That Heal*, I learned that there are 13 vitamins that are truly essential to our health, and vitamins are broken down into fat or water soluble: vitamins A, D, E, and K are fat soluble and require fat to break down, whereas vitamins B and C are water soluble and are therefore more easily broken down.

Since I specifically mention a selection of vitamins above, let's take a closer look at five of them in particular, as to what role they play in our everyday lives and health, and from what food sources we can get them from.

Vitamin A is in charge of making sure that we have healthy gums, glands, teeth, bones, skin, hair and nails, in addition to being essential for growth and cellular development. You can find Vitamin A in various dairy products, egg yolks, liver and salmon, and don't forget about your fruits and vegetables! You'll get Vitamin A in leafy green vegetables, and yellow and orange fruits and veggies like squash and carrots.

Vitamin D also plays a role in strong bones and teeth whereas it helps to build and maintain them. Like Vitamin A, D can be found in egg yolks and fatty fish like salmon and in fish liver oils, as well as in butter. And as I mentioned earlier, when our bodies are exposed to sunlight, the body is able to create Vitamin D.

Vitamin E's focus is on helping to maintain our muscles and red blood cells, it works as an antioxidant as well as it protects our fatty acids. This vitamin, like the previous two, can be found in eggs, but it is also found in nuts and seeds, as well as in vegetable oils such as are in margarine and mayo.

Vitamin K is a vitamin I was probably least familiar with, but it plays a huge role in blood clotting. You can find it in leafy greens such as broccoli,

much like Vitamin A.

Vitamin C seems to be one of the most famous vitamins, and the general population's understanding is that we can get it from eating citrus and or drinking citrus drinks such as orange juice, and that it helps when we're sick. The reason for that is that Vitamin C helps to support our immune system as well as helps us heal when we have a cut or wound, it strengthens our blood vessel walls, and it helps our bodies to absorb iron. Vitamin C is primarily found in fruits and a few vegetables. It's obviously found in citrus fruits and juices, but you can also get it from broccoli, potatoes, and peppers, to name a few.

Too much can be harmful

As previously stated, certain vitamins and minerals can be toxic to us if we consume them in too large a quantity. So yes, you *can* overdose on vitamins and minerals!

The damage that supplements can do to our bodies varies in severity from the less severe cases of cracked skin, diarrhea, blurred vision and fatigue, to the more serious cases that include birth defects for the unborn fetus – and these are just a few of the symptoms of excessive intake of Vitamin A. Too much Vitamin D also leads to headaches and diarrhea, but the more severe effects of Vitamin D include a chance of calcium being built up in your kidneys, heart, and blood vessels.

On the flip side of excessive supplemental intake is supplemental deficiency, which can also be very dangerous and can have serious side effects. If we look at Vitamin A again, deficiency side effects include a higher chance of infection, dry skin and eyes, and children can have their growth stunted.

The best way to know exactly where your body stands is to get a full blood work-up done at your next doctor's appointment as well as a physical. Your doctor will look you over and test all of your vitamin and mineral levels (as well as numerous other things). After getting your results, you can discuss your specific levels, needs, and or questions with your doctor, who is one of the most qualified people to advise you on your body and its needs. Being conscious and aware of your body as well as being knowledgeable is important, but being advised by a professional in the field who has all of your specific and pertinent information is always your best option. •



MARKET HOURS
TH-SUN 8A-4P
MON 8A-3P

RESTAURANT HOURS
TH-SAT 6P-9:30P
SUN 5P-8:30P



RED DEVON

MARKET RESTAURANT BAR CATERING

BANGALL, NY REDDEVONRESTAURANT.COM 845.868.3175

917-710-2125
sfree1928@gmail.com

Samantha Free
INTERIORS, LLC

www.samanthafreeinteriors.com

From the bottom of the well to the top of the glass...



EASTERN STATES WELL DRILLERS

*Drilled & Hydroflushed Wells
Installation & Servicing of Pumps
& Water Conditioning Systems*

JOE FLOOD, OWNER
(518) 325-4679 • ESWD@FAIRPOINT.NET • HILLSDALE, NY
MASS. LIC. #101, 704 & 949 • NY. LIC. #10061 • CONN. LIC. #85 & 364

www.RaceMtTree.com



RACE MT TREE SERVICES, INC.
SHEFFIELD, MASSACHUSETTS



*Providing professional tree care to the landscapes of
The Berkshires in Massachusetts, Connecticut, and New York.*

(413) 229.2728

FOUR BROTHERS DRIVE IN THEATRE

Americas Newest Drive In

7 NIGHTS FIRST RUN FILMS DELIVERY TO CARS

Now Open

KIDS 10 & UNDER ARE FREE

RT 22 & 44

AMENIA, NY

Visit www.ameniadrivein.com

an up and down business

MADSEN OVERHEAD DOORS CELEBRATES 60 YEARS

By Christine Bates

christine@mainstreetmag.com

Every month Main Street interviews a local business to understand its history, challenges, and special qualities. This month Main Street drove north to Spencertown, NY, to talk with Brian and Mike Madsen, the third generation to run Madsen Overhead Doors – which is celebrating its 60th anniversary this year!

Do you only sell overhead doors?

Brian: Yes, that's it. We have doors in coated aluminum, wood, composite, and steel. But we also sell the "operators" that make the doors go up and down, and service garage doors. Service and parts are a big piece of our business.

Your family has been doing this for 60 years?

Brian: Our grandfather, Walt, started the business at this location in Spencertown in 1954. He and our grandmother lived across the street. Our parents, Guy and Patty, bought the business in 1972. My brother Mike and I run the business now, but our mom still runs the financials and our father is out on the road selling everyday. My brother and I started working here as soon as we got out of high school.

How many garage doors do you sell? How much do they cost? How long do they last? What was the most expensive installation you have ever done?

Mike: We are just starting to track how many doors we sell every year, but it's a lot. You can pay almost any amount for a door, and the operators all cost around \$400. There are still people who buy doors that you have to open yourself. Our average door costs \$600 to \$700, and a custom wood door can be over \$8,000.

Mother Nature plays the biggest role in the life of a garage door, but I do know that we replace doors that were put in about 30 to 35 years ago. Around 50% of our business is replacing garage doors. The saying is that you only buy one or two garage doors in your lifetime.

I think the costliest installation we ever did was around \$125,000 for a jail.

How large is your business?

Brian: Well we have 20 full time employees that include our installers (who are easily spotted in our green service and install vehicles), salesmen who are on the road in company vehicles every day, and office staff. We sell thousands of doors every year.



Who are your customers? Where are they?

Brian: Our customers are both residential and commercial. Our service radius is about an hour and a half driving from here. We sell a lot in the Berkshires in Mass., Litchfield County in Connecticut, Dutchess and Columbia County in New York, and even in Vermont. Utica, NY is a little far to go, but we do installs as far north as the Adirondacks. If a builder is a customer, we will do the job for him no matter how far it is.

Mike: In Ancram we put the doors on the new firehouse. We even sold a door that went to Greenland for a weather station.

Our business is about 55% residential and 45% commercial. Commercial is more complicated because it usually involves bids, shop drawings, and change orders, and you have to deal with lots of paperwork.

Why do your customers decide to do business with you? How do you find them?

Mike: People know that we have been in business for a long time and that if there is a problem we will fix it. We always answer our phones. We service everything we sell. Most of our business is through referrals. Someone has had a good experience and they tell their friends.

Brian: No one looks in the yellow pages anymore, but lots of people go to our website and



Above top: A Madsen Overhead Doors vehicle parked on the jobsite, where Madsen Overheads Doors employees were installing these beautiful residential overhead doors. Above: brothers, Brian (left) and Mike (right) run the business, which was founded in 1954 by their grandfather Walt, but belongs to their parents, Guy and Patty Madsen.

Continued on next page ...

request information. We also advertise in local magazines. We are very old school. When I visit a potential client I ask them whom they would feel most comfortable with. About 80% of our calls become sales.

So big box stores like Home Depot and Lowe's aren't important competitors? Who are your competitors? Are there any garage door franchises?

Brian: We don't lose customers to Home Depot, because of our service quality. And our prices aren't really any different. This is really a business with no local franchises.

Did the great recession affect your business?

Brian: Not really. Our business mix changed. There was less residential and more service business. We didn't have to lay anybody off.

Mike: I would say we are coming out of the recession and our business growth is consistent with construction growth.

What's your biggest business challenge?

Brian: The biggest problem is demand. I have to tell people that they will need to wait for their new garage door. September through March is our busiest season and people always think that should be our slow time. And our service department is always busy. Some days we do 20 calls in a day.

Mike: Many of our employees have been here for 25 years, but finding new qualified help is always a problem. Students are not learning the skills in schools today that we need in our business.



Above: The business has grown quite a bit since its inception in 1954. The Madsen Overhead Doors vehicles are easily spotted and well recognized thanks to their iconic forest green color with the yellow and gold logo lettering. Compare the large image above taken recently, with the smaller image at top, which was taken in the 1970s - some things change, while others stay the same. Below: Madsen Overhead Doors installs and maintains both residential and commercial overhead doors, such as the depicted commercial doors at the Ancram Firehouse. The Madsen family is also very involved in dirt-modified racing.

Is financing inventory a problem?

Mike: Madsen Overhead Doors has never financed our inventory. Everything is paid for COD. Our father just always did business that way.

How often do people back through their garage door?

Brian: That happens at least once a week. Often we can just replace a few panels rather than the whole door.

What has changed in your business since your grandfather started it?

Brian: We have had to become more computer literate. We have to quote online, order, and handle inventory.

Also the product has changed over the years. Originally all of our doors were wood, and now we have maintenance free steel, aluminum, and composite doors. People are more concerned with saving energy so we sell thicker, insulated doors that are also stronger. And the operators, which control the doors, have become very sophisticated. Now you can open and close your garage doors with your smart phone.

Is there a trade association for garage door businesses?

Brian: We belong to the International Door Association that publishes a magazine on the industry and holds a convention every year in Las Vegas. Mike goes to that to talk to our suppliers and see what's new.

You both have families. Do you want your children to go into this business some day?

Mike: When your name is on the side of a building its hard to get away from it. The opportunity will be there for them if they are interested, but I

wouldn't push them.

How hard is it to run a family business with two brothers and two parents all active in the business?

Mike: Everybody thinks their opinions are correct and you work through it. Everyone knows each other's personality - it never changes. I think you butt heads more because its family.

What do you see in the future for Madsen Overhead Doors?

Brian: We take the future one day at a time. We don't have plans to sell and no one has ever contacted us about wanting to buy the business. Since Mike and I began running the business, our volume has more than doubled.

What are all these racing car models and trophies in your office?

Brian: Our family has been involved in racing dirt-modified cars for over 30 years. Madsen Motor Sports is a separate company, which sponsors driver Brett Hearn. He has won 840 races in the last 35 years. Our six cars race from Florida to New England. You don't make any money, but it does generate business. ●

Madsen Overhead Doors is located at 673 Route 203 in Spencertown, NY, you can reach them at (518) 392-3883 or on their website www.madsenoverheaddoors.com, where you can also learn about their birthday special!

Thank you to all of our loyal customers for your support as we head into our 5th year of business!



Open 7 days a week, 7am-9pm • Call: 518-592-1313



*Milk & Cookies
at your wedding*



*Celebrate your marriage with the
greatest pairing of all time. Farm
fresh Ronnybrook milk and cookies.*

FRESH • ALL NATURAL • MADE ON OUR FARM

518.398.6455
www.ronnybrook.com

alicia king
photography



845-797-8654 • aliciakingphoto@gmail.com
www.aliciakingphotography.com • facebook.com/aliciakingphotography



LOCALLY GROWN TREES

TREES AVAILABLE INCLUDE:
LILAC • WHITE SPRUCE • NORWAY SPRUCE
WHITE PINE • HEMLOCK • BIRCH • RIVER BIRCH
FRUIT TREES • AND MUCH MORE...

CALL (845) 518 0632 FOR DETAILS

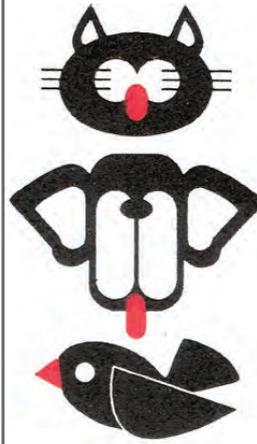
David & Kelly Reinckens
518 851 9460
www.columbiatent.com
columbia_tent@yahoo.com



PHILMONT FAMILY DENTISTRY

TAREQ KHALIFEH, DDS

TEL: 518-672-4077 • FAX: 518-672-4079
 1078 ROUTE 217 • PHILMONT, NY 12565
 www.philmontfamilydentistry.com



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

Petpourri
We love your pets.

SUPER PREMIUM PET FOODS • RAW DIETS • QUALITY TOYS, TREATS & ACCESSORIES FOR YOUR DOG & CAT – MANY MADE IN USA
 Hours: Monday-Friday 9-5:30, Saturday 9-5:00
 333 Main Street, Lakeville, CT • Phone: 860-435-8833

Taconic Wayside Inn

108 State Route 344 Copake Falls, New York 12517 518.329.4401



40 years Family owned and operated

Dining: Sunday–Thursday 5:00–9:00
 Friday–Saturday 5:00–10:00
Tavern: Monday–Friday 3:00–close
 Saturday–Sunday 1:00–close
 Weekend entertainment

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



High Quality Commercial Printing
 Digital & Offset

Newsletters, brochures, catalogs, stationary packages, pocket folders, calendars, invitations, & direct mail

Family Owned & Operated since 1895

www.snyderprinter.com

DO GRAPHICS MATTER?

SERVICES:
 Graphic Design
 Branding
 Identity Systems
 Print
 Websites
 Environmental Graphics
 Apparel
 Marketing
 Hosting & SEO
 Social Media
 Photography

If you are a business owner, or if you are an individual who is creating your save-the-dates or party invitations – you both directly deal with graphics, in addition to being exposed to countless numbers of graphic items each day. Are these “graphics” important? The answer is yes. For one, they trigger our attention, and for businesses, your graphics are the symbol of your business. Your graphics are your visual identity. Graphics set the tone, the mode, and they very often dictate how your message is received and interpreted. These things all matter.

Thorunn Designs, LLC. is here to help you with all of your graphics needs.

Graphics examples:



518.592.1135 | thorunn@thorunn designs.com
 www.thorunn designs.com | 24 Main Street, Millerton, NY



Jennifer Manzi
 PHOTOGRAPHY

www.jennifermanzi.com

taro's restaurant

GREAT GASTRONOMY

By Thorunn Kristjansdottir
info@mainstreetmag.com

Taro's Restaurant is a family pizzeria and restaurant with good old fashioned Italian food – which is stated right on their menu. The restaurant was established in 1989, and it is somewhat linked to a few of my early childhood memories. I remember dinners there with my parents and brother while growing up, and it is there that I discovered Sicilian pizza, which quickly became our family favorite for some years.

Today, not much has changed at Taro's from my memories: the ambience is still welcoming, the menu choices are (if memory serves correctly) predominantly the same, and the location is definitely the same! But then again, why change something that doesn't need changing?

A plethora of choices

After examining the menu a time or two, it boils down to asking yourself what you're craving, because they have a little bit of everything. For starters they have about a dozen choices ranging from garlic bread to buffalo chicken wings, and from crab bakes and fried Jalapeno poppers to a shrimp cocktail.

If salad is more your thing, they have all of the traditional salads (like Caesar and Greek), to quite a few of their own specialty salads like the Taro's House Salad which comes with Gorgonzola, provolone, and Parmesan. Too much cheese? The Chef's Salad come with turkey, ham, roast beef, and cheese. They also have a Portabella and Red Pepper salad and a Signature Salad (which I'll get to later).

For lunch and or dinner you have quite a few choices ranging from hot and cold grinders/subs with any and every type of meat and cheese you can think of. They also have eggplant parm, rollatine, Siciliana, and Florentine. And if we turn over to the pizza side of the menu, they have not one or two, or 10 or 12 different specialty pizza choices. They have 23 of them. These choices range from a Four Cheese to a Herb Primavera which comes with mixed veggies, herbs, and no cheese. Or what about one of my favorites, the Hawaiian which is topped

with ham, pineapple, and mozzarella? There's also your classic Margharita, veggie pie, chicken BBQ, and a meat favorite which is topped with ham, bacon, pepperoni, and mozzarella.

Is pasta more your thing? There's no shortage of choices there either, because they range from ravioli to baked ziti, lasagna, Fettuccine Alfredo, a Heart Healthy Pasta (which comes with chick peas, spinach, and artichokes), to Penne Ala Vodka, Chicken Marsala, and many more.

It's time to order

I began by grabbing a Snapple out of the cooler when I walked in, that way I had a drink to quench my thirst while reading the menu. Taro's Signature Salad is one of my favorites there (depicted above) so I had to order that. But it's not a small salad, it will easily feed up to four people, or two very hungry people. The salad is topped with almonds, pears, apples, cranberries, Gorgonzola, and chicken. Yum! It's so good with the creamy house balsamic dressing, and it looks awfully pretty, too.

I discovered Taro's New York Style pizza sometime last year, but it's simple perfection (image top). It's a fresh, thin, and crispy pizza baked on stone. It's quite a bit of a departure from the thick Sicilian pizza that I came to love there some years ago, but when in New York, why not go with the thin crust?

On this particular outing, I couldn't decide whether to try the chicken Parmesan or the chicken Marsala, or the fettuccine with Italian ham and peas. I've had the Marsala here before, and the portions are huge! So I thought I'd change it up and take a break from Marsala and tomato sauces. After weighing my options I went with the fettuccine with Italian ham and peas, which is a dish that I was introduced to many years ago at a swanky New York City Italian restaurant. It's a very nicely balanced dish, but the important parts of it are the ham and sauce. The ham that Taro's uses stole the show for this dish, just look at the picture of it above. It was fantastic!

Quite coincidentally, we dined at Taro's earlier



in the same week that I went there for this review, and I can therefore tell you about my experience with a few of their other dishes, too. On that occasion we started with an order of wings, which to my delight, are served the way that I like them: crispy and without any dripping sauce. And you better come hungry to Taro's because in true Italian fashion, they really feed you!

With every entree comes a starter, your choice of soup or salad. I had had their tortellini soup before and I must say, I quite enjoyed it. But on this particular evening (on my first evening there, that is) I went with the house salad and the creamy house dressing, which was fantastic. For my main I ordered the chicken Marsala and I could not believe the size of the plate when it came out, how in the world was I suppose to eat all of this? (For that reason, on the second outing there, I decided to try something new and hopefully it would come in a smaller portion – but no such luck). My fiancé had the Veal Cutlet Parmesan, and he wasn't able to finish it because there was so much food! So needless to say, we left there very happy, our stomachs satisfied (and then some), and we still had enough left over for dinner the next night! What a deal!

The one thing to remember about Taro's, besides the great food and huge portions, is that they don't take credit cards, so bring your cash. And they are open seven days a week, so no matter what day it is, you can get your Taro's fix! ●

Taro's is located at 18 Main Street in Millerton and can be reached via telephone at (518) 789-6630.



5916 North Elm Avenue, Millerton, NY

518-592-1700

518-592-1701



BASEBALL SPECIALS:

- Single \$17** – Large pie & order of wings
- Double \$20/18** – 2 large pies or 2 medium pies • **Triple \$23** – Large pie, order of wings, & a large salad • **Double play \$14** – 2 hot subs of your choice • **Homerun \$34** – 2 large pies & 2 order of wings
- Sacrifice \$9.99** – Large cheese pie (Tues.-Thurs. pick up only)

Tax not included in price. Toppings extra. Cannot be combined with other offers. Pick-up or delivery. Free delivery within 7 miles. Good only through football season. Closed Mondays.

Local 111

VOTED ONE OF AMERICA'S
"25 BEST FARM-TO-TABLE
RESTAURANTS"

BEST LIFE MAGAZINE 2009



111 MAIN STREET PHILMONT NEW YORK
518-672-7801 www.local111.com

Residential & Commercial Electrical
Renovations • New Construction • Repairs
Certified **KOHLER** Dealer Generator Sales, Service & Installation



Office (518) 398-0810 • berlinghoffelectrical.com • 40 Myrtle Ave, Pine Plains, NY



Rhinebeck Equine, L.L.P.

A Lifetime of Caring

(845) 876-7085

26 LOSEE LANE
RHINEBECK, NY 12572
RHINEBECKEQUINE.COM

At your farm or at our hospital, we provide a full spectrum of care for your horse's needs. From our field veterinarians to our equine surgeons to our internal medicine specialist, we've got you covered!

See Video



GREAT CORNWALL COLONIAL

Spacious Colonial just minutes from skiing, fly fishing, hiking or swimming in Cream Hill Pond. High ceilings and a potential first floor master. Original wide board floors, two gracious fireplaces, a wonderful covered front porch and a back screened porch overlooking perennial beds. Large level lawn and a small brook runs east of the house. Set on just over 8 acres, 5 bedrooms, 3 bathrooms. \$625,000.



860-927-4646 • 860-364-4646 • 860-672-2626 • www.bainrealstate.com



Domenick Lopane Jr. Landscaping & Excavating

EXCAVATION SERVICES:

- Backhoe & bulldozer
- Tree spade truck available
- Driveway installation & repair
- Land clearing & grading
- Drainage installed
- Oil & stone driveways

- Lawn renovation & installation
- Large tree & shrub installation
- Fencing • Fertilization
- Tree & shrub planting
- Edging & mulching
- Bed maintenance
- Landscape construction

GROUNDS MAINTENANCE:

- Spring & fall clean-up
- Spring driveway repairs
- Monthly maintenance programs
- Commercial • Residential
- Shrubbery trimming

TREE INSTALLATION:

- We supply & install all material
- Large evergreens & deciduous trees installed
- Large fruit trees

LANDSCAPING:

- Water gardens
- Stone wall & patio construction

SPECIALIZED STONE WORK:

- Patios • Walls
- Walkways • Boulders

Call for free onsite estimates • Licensed & insured • 30 years experience

P: (518) 789-6170 • C: (845) 518-0632
DLopaneJr@gmail.com • 700 McGhee Hill Road, Millerton, NY

hawk dance farm

TALES OF A FARM GROUPIE

By Memoree Joelle
info@mainstreetmag.com

“Can you hear that?” I strained my ears at Damon Clift’s request, but all I could hear was the chirping of birds and the low hum of a tractor somewhere in the distance. That was exactly the point Clift was making as we stood near his fields at Hawk Dance Farm. “It’s quiet here, and it is peaceful.”

Clift and his wife Diane Creed didn’t always have the tranquil life they now cherish so much on their small farm in Hillsdale. Seven years ago, the clatter of the subway, constant traffic, and general noise of the city was all a part of life in Queens. For years, they dreamed of a place where they could live more peacefully, and more in line with their core values of sustainable living. Drawn to Columbia County because of its natural beauty and proximity to Diane’s parents in Dutchess County, the couple finally found three acres and their current house on Rodman Road and knew right away that they had found their new home.

“The hawk has always been a spirit animal for us, and the day we looked at this property, I saw a pair of red tail hawks in their ritual mating dance. It was a sign that we had found home,” Diane reflects. They aptly named their farm Hawk Dance, and began living their long-planned dream of organic, sustainable vegetable farming.

Living sustainably to a tee

There isn’t much in the way of farming equipment at Hawk Dance, save a rake or two, and a few other simple garden tools. No fossil fuels are used in the growing of their vegetables, and Diane and Damon live as sustainably as possible. Inspired by the back to the land movement that was pioneered in the 1940’s by Helen and Scott Nearing, their goal is to care for the land, live simply off of what they produce, while creating as little waste as possible. This year is their sixth growing season, and of course everything they grow is organic, and GMO-free.

Without a background in farming, the couple relied on books before Damon worked on several area farms to gain experience. Heavily influenced by Eliot Coleman, farmer and author of *The New Organic Grower*, Damon and Diane consider themselves market farmers, which means their small-scale production of vegetables and flowers are sold directly to local consumers. And while they do also offer CSA shares, those are of limited quantity. Unlike a large-scale farm, Hawk Dance grows only as much as they can sell at market, and eat themselves.

Being a two-person operation where everything is done by hand, even the single acre they grow on seems like a lot of work. But it is work they both clearly love, beginning with the soil they have strived to nurture over the years. Employing only



Above top, left: Heirloom tomatoes. Right: Damon and Diane. Above: Hawk Dance vegetable and flower beds, complete with a rainbow overhead. (The tractor and hay field belong to Damon and Diane’s neighbor).

no-till and very low-till gardening methods, the soil is left undisturbed, allowing the earth’s beneficial microorganisms to be kept intact. There is a lot to be said for simply leaving things alone sometimes. It is a skill few humans have been able to acquire, but when done right, offers some very rich agricultural rewards. Knowing when to act and when not to is something Damon and Diane seem to have mastered. This approach prevents erosion, and improves soil quality and function. It also means there is no agricultural dust, and no greenhouse gases.

True to their belief that the earth is meant to be shared, they further their sustainability by making sure other creatures get to benefit from the fruits of their labor. By planting companion plants, creating small habitats for frogs and other animals that eat pests, they are able to keep natural losses to a minimum. I asked them what they do when pests do eat up their crops, and Damon had an easy answer. “We ignore them.” Sometimes, again, it is best to leave well enough alone. It seems to be working, because the farm has consistently brought flavorful, attractive vegetables and flowers to both the Millerton market and the Copake-Hillsdale farmer’s market every weekend during growing months. I am most excited by this year’s heirloom tomatoes, and Damon let me see a few seedlings of the fifty varieties he planted this year. These delicious beauties won’t be ready until late July, but June will bring arugula, lettuces, radishes, peas, sorrel, spinach, and

swiss chard. Hawk Dance also offers seedlings in case you want to grow your own organic garden, and they are a New York State certified nursery.

Golden beeswax candles

You may have seen the lovely golden beeswax candles at the Hawk Dance farm table during winter markets. Diane makes these from local beeswax, and even though they make their appearance after vegetable season has come and gone, they are in fact available by request year-round.

Just as with their farming practices, the candles are free from petroleum products, crafted by hand, and lovely to have in your home. I keep a few burning on the table when snow is on the ground and Spring greens seem a world away, as a symbol of hope that I will soon get to slice into one of those beautiful, fleshy heirloom tomatoes. Three-hundred of those plants are rooted into Hawk Dance ground as you read this, acquiring all the sun and the love and the microbes that somehow, in a sort of quiet magic, turn into succulent spheres of deliciousness. They don’t come with fanfare or city crowds, or any noise at all actually, just like the farm they grow on. But I can’t think of anything more exciting. ●

Hawk Dance Farm vegetables, flowers, and plants are available at the Millerton Farmer’s Market, and the Copake-Hillsdale Farmer’s Market. For more information, contact the farm at hawkdancefarm@yahoo.com.



A Benefit for The Food Pantry, helping hungry families in the Pine Plains Area in conjunction with Wines of South Africa, US and the Tourist Board of South Africa

A TASTE OF SOUTH AFRICA

An Authentic South African BRAAI (BARBECUE)

An encore of last year's sell-out event

Celebrity Chef: Hugo Uys (Johannesburg Restaurateur)

An exotic, unusual and delicious five course tasting of grilled meats and special side dishes.

Exceptional collection of outstanding South African wines to taste, savor and enjoy

SATURDAY, JULY 12TH, 2:00 TO 5:00



Tickets \$25 SOLD IN ADVANCE ONLY
Pre-paid credit card reservations can be made at 518 398-7633

**POWER
FOR TODAY.
AND EVERY DAY AFTER.**

**KOHLER
GENERATOR
CERTIFIED DEALER**

**ELECTRICAL
BERLINGHOFF
CONTRACTING, INC**

Quality Electrical Services

Residential & Commercial Electric
New Construction
Renovations
Generator Installation
Electrical Repairs

40 Myrtle Avenue Pine Plains, NY
Berlinghoffelectrical.com
(518) 398-0810

Professional Quality Service

gut renovation takes vision

WHETHER IT'S TO RENT, SELL, OR TO LIVE

By Christine Bates
christine@mainstreetmag.com

This month's Main Street real estate column explores the secrets of gut renovation with a serial renovating couple in Millerton who gut and rent, a Salisbury new comer who created a home for her young family, and two business partners who save and restore old homes for fun and then sell them.

Realtors maintain that most buyers want perfect, ready to move into homes. But there are still courageous real estate investors out there that know what they want and will undertake a complete gut renovation at the right purchase price – installing all new mechanicals, new roof, new layout, new windows, extra bathrooms, altered landscape, and reformulated kitchens. The dumpster outside filled with flooring, shingles, vinyl siding, and plaster lath is a sign that something exciting is taking place inside. The brave buyers that are willing to take on a gut renovation all have a vision of the completed project before they buy and begin the work. Main Street interviewed three, each with very different approaches, goals and resources.

Renovating for long term investment

Amiee and Frank Duncan are serial renovators with another full-time business, Northwest Lawn & Landscaping Maintenance LLC. They have completed eight investment property renovations in less than fifteen years. Their operating philosophy is to create rental properties that they would want to live in themselves. When looking at a potential property to buy and renovate, their first criteria is always location. And they believe that Millerton is a great place to invest. Their second consideration is what goal they have for the property. Will it be a luxury furnished rental like the house they transformed on Gay Road, or an affordable rental for a local family? Then they figure out what purchase price makes sense. They do a thorough inspection of the house



Above: The finished house on 65 Gay Road that the Duncans purchased for \$45,000 last year and then renovated. Below left: The 65 Gay Road house before the renovation.

itself to make sure it's structurally sound, relying on their own expertise, not that of a building inspector. Typically their purchases do not involve bank financing, which lets them respond quickly to opportunities. Even before the closing they have a good idea of what the finished product will look like. They never work with architects and rely on Amiee's creative design sense, and Frank's practical experience as a contractor to work out their plan.

The Duncan's first renovation was in 2000, a foreclosure on Winchell Mountain after the dot-com bust, which they were able to buy for \$41,500 and fix up for around \$30,000. The home has been rented for 13 years and is now assessed at \$218,000. The couple's goal has always been long-term investment. "We have never flipped a property. We just hold them."

Their most recent completed project, 65 Gay Road in the Town of North East which they purchased for \$45,000 in early 2013, was an ambitious, transformative, high-end renovation. "Arleen Shepley with Elyse Harney Real Estate insisted that we look at it. When we bought it the front porch was falling off. A pit bull got stuck under there and there were rats," remembered Frank. "And you could see the outside through the bathroom wall."

Amiee immediately saw the potential to restore the house's original character as a 1920's colonial style cottage (see the before and after photos on this page). All that was saved was the framing and

structural walls sitting on a shored up foundation.

"Where you are going dictates the materials you use," according to Frank. "We knew that this house was going to be high-end so we used character grade hickory flooring and cedar shingles. We always use quality materials to avoid hassles later on. Regardless of how recent the existing mechanicals are, we always put in all new electrical and plumbing. We never want to jeopardize the safety of our tenants. We take pride in what we do." It is now a luxury, furnished, turnkey rental, nicknamed "the Nest." Amiee confessed that all of their properties have nicknames.

Their current gut on the Millerton/Sharon Road is a joint project with their son, who is learning the renovation business on his soon-to-be first home. The Duncans purchased the two and a half acre property, which was on the market for some time at a price over \$150,000, for \$90,000 in April 2014. The dumpsters arrived immediately, and a row of diseased pine trees was cut down. Marvel at their progress as you drive by.

The Duncans, who have been a couple since high school, admit they sometimes have "communication" problems during renovation projects. "We battle with each other about what enhancements to

Continued on next page ...

make, although we both want the same thing in the end,” said Amiee. The ideal floor plan that Amiee designs sometimes has to give way to the structural issues that Frank understands.

Could an individual without their skills or in-house team do these kinds of renovations? Amiee believes that if you do your homework, ask friends, find reliable contractors and subs, and always ask for a fixed price, it’s possible. “But most people don’t have the ability to see the end result or have the guts it takes. You must have patience and take the time. People will ask you, ‘Are you crazy?’ Always be on the lookout for properties with potential at the right price. Ask for a reduced assessment. Shop around for insurance and always make smart choices. Remember renovators are good shoppers.”

A new old home for a young family

The house at 91 Main Street, a short walk to the center of Salisbury, CT, had been on the market for over four years, a grand 1830 colonial with a 3.5 acre yard, fireplaces, and a large barn/studio at the back. No one wanted it – too close to the road, too chopped up. Then Pom and David Shillingford came to town to look at schools for their children and real estate. “We wanted to get out of New York. We weren’t having fun and the suburbs just didn’t work for us.”

Elyse Harney Morris, of Elyse Harney Real Estate, first sold them on the town, taking them to meet the principal at Salisbury Elementary School, to see The Grove in Lakeville, the Scoville Library, and the Ski Jump. Finally she showed them houses. Some had bad kitchens or cabinets or were too expensive or just too decorated. Then Pom spotted the two-family house for sale on Route 44/Main Street, a Sotheby’s listing, and Elyse said, “You don’t want to look at it. It’s a wreck,” but she showed it to them anyway.

A forest of hemlocks surrounding the house made it dark inside. The original house had been split into a two family and was a labyrinth of spaces. Some rooms were painted in shocking, bright colors. There were recently inserted skylights and bay windows that had nothing to do with the character of the house. Then Elyse introduced them to architect Rafe Churchill who walked through the house with them. It seemed like a possibility and negotiations with the owner began and continued until the couple sold their apartment in New York. Six months after first seeing “the wreck,” they closed on the house for \$736,000. The plan worked out with Rafe Churchill was already in place, the renovation work began immediately and was completed within the established budget and one month early.

“We had a fixed budget and knew exactly what



Above top: The finished sitting room at 91 Main Street in Salisbury after Rafe Churchill’s renovation and Pom Shillingford’s interior design. Bottom left is the before of the same sitting room! Bottom right: There was a forest of hemlocks that surrounded the house and made it dark, now Pom and David have planted a beautiful garden.

we were going to do,” says Pom. “There were things we couldn’t afford to do, like remove the support pole from the middle of the children’s play room. That would have cost an extra \$25,000. Or put down a stone floor in the mudroom. We didn’t build a swimming pool, but I insisted on a generator.” A downstairs bedroom became a mudroom, a bathroom was reconfigured as an upstairs laundry, and a screened in porch was rebuilt to become a large eat-in kitchen with an Aga stove. Walls were moved around upstairs, and bathrooms enlarged. The radiators were pulled and a central heating and air conditioning system installed. But the gut was selective. Not everything was removed. The ten-year-old windows were in good shape. Most of the flooring, the fireplaces, some bookcases and the claw foot bathtub remained. A patio at the back was created from bluestones found around the property. The original clapboards were just fine and not repainted. “I didn’t want the house to stand out,” explains Pom.

There were very few changes from the original specifications – just the molding color in the spacious dining room, which went from white to deep brown. At the end the renovation budget was in the vicinity of the purchase price. “I have no illusions

that if we listed the house, we would get our money back. But we have a home that is ours. We moved four times in seven months while the renovation was going on. You have to love the process to do this kind of renovation. It also helps to be very detail oriented. I would do it over again. Working with Rafe was a delight. It was fantastic to see the house changing. Even a year after we moved in, Rafe would make whatever repairs were needed – fixing cracks in the paint, a plumbing problem. He had to redo one ceiling. I feel like I’ve used up ten lifetimes of renovation karma.”

Gut renovating partners who save and sell “Never say flip,” said Anthony O’Neil. “We don’t flip houses, we save them and sell them. We don’t always make money, but we always do it right. We renovate the houses that no one else wants.”

O’Neil owns O’Neil & Associates, Inc., a commercial construction company, and his 82 year old business partner Russell “Pete” Riva Jr., owns C.A. Lindell’s in Canaan, CT. The partners jokingly

Continued on next page ...

ELYSE HARNEY REAL ESTATE

a tradition of trust

www.HarneyRE.com

Discover the Tri-State Charm

Connecticut • New York • Massachusetts

Anne Day

Millerton Office: 518-789-8800

Salisbury CT • 860-435-2200 | Falls Village CT • 860-824-0027 | Norfolk CT • 860-542-5500 | Riverton CT • 860-738-1200

BRINGING YOU THE BEST LOCAL FOOD



TO BUY THE BEST LOCAL FOOD IN THE HUDSON VALLEY – FROM THE HUDSON VALLEY – VISIT THESE LOCATIONS:

Millerton Agway in Millerton, NY • Bywater Bistro in Rosendale, NY • Boitson's Restaurant in Kingston, NY • Hudson Hill's in Coldspring, NY • Phoenicia Diner in Phoenicia, NY • Red Devon in Bangall, NY • Roundout Music Lounge in Kingston, NY • The Local in Rhinebeck, NY • Jack's Meats in New Paltz, NY • Adams Fairacre Farms in Poughkeepsie, NY • Adams Fairacre Farms in Wappinger, NY • Adams Fairacre Farms in Newburgh, NY • Associated in Rosendale, NY • Bistro-To-Go in Kingston, NY • Gigi's Market in Red Hook, NY • High Falls Food Co-Op in High Falls NY • Honest Weight Food Co-Op in Albany, NY • Nature's Pantry in Fishkill NY • Nature's Pantry in Newburgh, NY • Otto's Market in Germantown, NY • Sunflower Natural Foods in Woodstock, NY • The Cheese Plate in New Paltz, NY

If you'd like to carry our products and see a full list of our retail locations, please visit our website.

www.hv-harvest.com





CELEBRATING
30
YEARS

Taste. Eat. Shop

We're on Facebook:
Harney & Sons Fine Teas

WWW.HARNEY.COM // 1-800-TEA-TIME

Harney Millerton
13 Main St.
Millerton, NY
518.789.2121

Harney Soho
433 Broome St.
New York, NY
212.933.4853

Lindell Fuels, Inc.

Fuel Oil • Propane • Heating
Air Conditioning

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



It's Hard to Stop A Trane.®

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

SHARON AUTO BODY

Jim Young
OWNER

jim@sharonautobody.com

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

sharonautobody.com

*Find peace in your own backyard sanctuary
that is custom designed & made for you.*



518.325.2000
rfhaldane@taconic.net
www.robbehaldane.com

Robbie Haldane
Landscape design & installation

MICHAEL & SETH FALLON'S COPAKE AUCTION Inc.

Full Service Auction Gallery in
Columbia County Since 1952

Thinking of selling your Collection,
Estate or a Single Item?

THESE ITEMS SOLD AT COPAKE
AUCTION FROM ESTATES IN
THE TRI-STATE AREA

Specializing in...

★ AMERICANA ★ TEXTILES
★ FOLK ART ★ BICYCLES

266 Rt. 7A Copake, NY 12516

Ph: 518.329.1142



View Current & Past Catalogs at WWW.COPAKEAUCTION.COM



Above: The house on Mt. Greenery Road in Lakeville that O'Neil and Riva purchased for \$215,000, gut renovated, and is now on the market for \$1,245,000. At right: All renovations aren't home runs. Renovation gone wrong on Rudd Pond Road. Top image taken in 2007 before purchase. Bottom image is the halted renovation today, the house is for sale at \$229,000. (This property is not associated with Riva or O'Neil).

describe themselves as Batman and Robin and do much of the work themselves.

For the last five years they have been working side by side completely gutting and redoing old houses that have good bones and good locations. They have completed four renovations in the last three years. "Location and price are key because the cost of the renovation will be the same anywhere," according to Riva. "A house in Salisbury will sell for a lot more than a house in North Canaan. Millerton wouldn't be too bad. It's really been upgraded, it's a busy place and near Salisbury. Millbrook is just too far away for us."

The pair have just finished a large house on 4.68 acres on Mt. Greenery Road in Lakeville, which they purchased for \$215,000 in mid-2012 when it had a leaking roof and was covered with black mold. "They were originally asking \$470,000, but they let the roof go. Even before we went to contract we asked the owner's permission to patch the roof at our own expense to prevent it from getting worse."

The pair cut down over 80 trees, landscaped and put in a new drive way. Dumpsters were filled, the building was gutted down to the studs, and was rebuilt with new everything. It's now on the market for \$1,245,000.

"It's hard to appreciate the quality behind these walls," observed O'Neil when asked about the price. "The new mechanicals, water-proofed

basement, new windows, the foam insulation, the 20KW generator, a 1,500 gallon septic system, new joists and rafters. People don't understand how much everything costs."

"It's difficult to find the right ones – a good location, and the right house in terrible shape," said Riva standing in the new Mt. Greenery kitchen with soapstone counters and Viking appliances.

"Low ceilings are a no no. They have to be at least eight feet high. And you must have a garage. Here we tore down the old one and put in a three car garage with a private bedroom suite overhead for a mother-in-law. Town water here is a definite plus."

In every renovation, after the interior is removed and the walls opened, the two spend time at the house and do a lot of layouts. Once they have a rough draft they hand it over to an architect to complete stamped drawings. Most of their renovations take about nine months to complete. The Mt. Greenery house is aimed at the high-end market in Salisbury – all bathrooms are tiled, siding is cedar clapboards not vinyl, there's a remote controlled gas fireplace in the master bedroom, and a butler's pantry. Every bedroom has a bathroom. But there is no swimming pool. "Swimming pools don't add value to a property. We fill in old swimming pools. Are there even 40 days when you can use them?"

"No, we don't have a budget at the beginning of the project. We have a sense of what it will cost, but you got to do what you need to do. Sometimes we don't make money. We do this for fun," said O'Neil who guessed that it would cost an individual hir-



Above: The two renovating partners, Russell "Pete" Riva Jr. (L) and Anthony O'Neil (R) who are making Salisbury, CT better – one renovation at a time.

ing an architect and a general contractor twice as much as Riva and O'Neil invest. "Services never get cheaper. People have no clue about costs," said Riva. "And then they try to beat up their contractor and subs, and corners get cut."

All of the three renovation teams share a passion for transforming old buildings, whether they rebuild to rent, live in, or sell. They find personal satisfaction in redoing old houses and making smart decisions. There is no such thing as a "cosmetic" renovation in their world of going down to the studs. ●

RILEY'S

furniture & flooring

Summer Sale!

Save up to 40% on everything you need for outdoor living.



Living Room • Dining Room • Bedroom & Bedding • Home Office • Patio & Pool • Flooring
122 Rte 44, Millerton, NY 12546 • (518) 789-4641 • www.rileysfurnitureflooring.com



Temps are on the rise, get your HEIL A/C unit from Taylor Oil Inc.
Already have Central A/C, call to schedule your maintenance today!

1-800-553-2234 • www.GMTaylorOil.com



Outdoor units >

Control units >

Experience a breakthrough in **Pure Comfort Air Conditioning**. Have Taylor Oil Inc. install a space-saving, whisper-quiet, **Mitsubishi Electric** ductless Energy Star System today! Featuring Eco-comfort technology, dual and triple allergen filtration. Certified "Diamond Contractor"

Call for a FREE quote today: 1.800.553.2234 www.GMTaylorOil.com
The only Home Services Company your House will ever need.



1-800-553-2234 • www.GMTaylorOil.com • "Like" us on Facebook: www.facebook.com/TaylorOilinc

Taylor Oil Inc., is a family owned and operated local business, serving the local communities for the past 86 years.
Offices in Dover Plains, Pawling, Millerton, Pine Plains, Millbrook. "We're here to serve you!"



By Melissa Batchelor Warnke
info@mainstreetmag.com

I don't know about you, but it's taking me a little while to get back into the swing of things. First of all, the sun. Damn thing wakes me up at six in the morning. It lasts until after dinner. Just won't quit. What happened to the gray, full clouds that hovered over this part of the country for a good six months? What of the multicolored snow piles that cloaked our streets, generously shielding our eyes from the pathetic, sickly grass? Just when my investment in those fancy iPhone compatible mittens was starting to pay off, here – without warning – comes the grilling and the birds and the tulips and the music. I'm sure you're frustrated too. But put down the pizza pocket, lose the Snuggie, and dust off your picnic basket. Spring is here and, against all odds, you're still alive. There's little choice but to boogie. Here's where:

The Mount Washington House. Hillsdale, New York.

There's always something going on at The Mount. We've profiled the place and its owner Kelly Fox in *Main Street Magazine* before – and for good food and good vibes, we keep going back.

Friday, 13 June: The Stoners. Classic rock family band with a funny name.

Saturday, 21 June: Donny Sawyer. Deep country singer-songwriter. Songs are about Jesus, breakups, and America. Since it's June, check out "Welcome to Partyville" – the perfect song for hanging out at one of the area's million lakes. Goes well with beer and Frisbee. Despite the Southern touch on his music, Sawyer's a hometown man: he comes from Canaan, CT and now lives in Ashley Falls, MA. He started his first band at age 17 and has been shuttling between Nashville and the area ever since.

Friday, 27 June: The Kyles. Soft, layered sound and compelling female vocalist.

Saturday, 28 June: Bohemian Slackers. Copake-based vocalists, drummer, and bassist. Energetic and anti-authoritarian, with a little tinge of early Sublime.

Music Mountain. Falls Village, Connecticut.

Music Mountain is home to the oldest continuing summer chamber music festival in the United

States; yours annually since 1930, still rocking today.

Saturday, 7 June: 85th Anniversary Opening Concert. Among others, the Emerson String Quartet – a major chamber music world power player – will be kicking off the season. "The Times of London" wrote that musicians like this provide "some hope for humanity." That's a good review.

Sunday, 15 June: Enso String Quartet, with Soyeon Kate Lee on piano. Ensemble gets its name from the Japanese Zen painting of the circle, which represents "perfection and imperfection, the moment of chaos that is creation, the emptiness of the void, the endless circle of life, and the fullness of the spirit."

Sunday, 22 June: Julliard String Quartet. Affiliated with Julliard so probably pretty legit.

Thursday, 29 June: Arianna String Quartet with Daniel Panter on viola. Violinist Julia Sakharova made her solo orchestral debut with the Moldova Philharmonic Orchestra at the age of EIGHT! What were you doing when you were eight? Me too.

Spring for Sound. Millerton, New York.

Saturday, 7 June: Blowout event with 27 bands, five DJs, and four stages. Bands to look out for include: *lespecial.* Kent-based band calls themselves a "death-funk dance trio" which makes "aggressive dance music to turn heads before the apocalypse." That sounds half fun, half horrible – but in reality, its intoxicant, jubilant beats will get you up and shaking your grove thang.

Bash Bish Bluegrass Band. Twangy fiddle and beautiful lyrics.

Take One Car. Post-hardcore, post-rock, rock band (what?) from Poughkeepsie. Music can switch really quickly from hard strumming to instrumentalism with a light background lyric.

Light bright. Seven piece full-flavored funk band.

Infinity Hall. Norfolk, Connecticut.

Thursday, 5 June: Red Baraat. Totally unique; Brooklyn-based "merging of hard driving North In-



dian bhangra rhythms with elements of jazz, go-go, brass funk, and hip hop." It's fun and uplifting, but the compositions are complex. I checked them out online and immediately bought a ticket.

Thursday, 12 June: Paula Cole. Dear, dear Paula Cole; she's so much more than "Where Have All the Cowboys Gone?" That whole album – *This Fire* – was amazing, including the Dawson's Creek soundtrack song, and you are lying if you disagree.

Saturday, 14 June: Roger McGuinn. Formerly of The Byrds. Comfort music.

Mass MoCA. North Adams, Massachusetts.

Sunday, 22 June: Iron and Wine. They're just so sad and earnest, aren't they? Iron and Wine is good music to listen to if your lover just shipped off to the Peace Corps in Turkmenistan for two years. It's especially good if you're 19. If you meet both of these criteria, do not miss this concert.

Tuesday, 24 June: Beck. The only New England stop on his summer tour and anyone's guess why it's on a Tuesday.

If you can't find something in here to love, it's officially you! Crawl back under the covers and phone a friend. Don't worry, winter will be here again soon enough. ●

Photo credits, top: courtesy of Red Baraat from Bonnaroo, photo by Kevin Yatarola. Bottom left: courtesy of Roger McGuinn, photo by John Chiasson. Bottom right: courtesy of Bohemian Slackers/Seth Fallon.

LG Innovative Comfort Solutions



PROPANE • HEATING OIL • DIESEL FUEL • GASOLINE • KEROSENE
HEATING SYSTEMS • INSTALLATIONS & 24 HOUR SERVICE



DUTCHESS OIL & PROPANE

1 John Street, Millerton, NY 12546
518-789-3014 • 518-789-3033 fax
www.dutchessoil.com • Crown Energy Corp.

LG INNOVATIVE COMFORT SOLUTIONS

It's the perfect time to upgrade your cooling system with an LG Mini Split System! We are a certified installer and we are running a special, call Mike for a quote. But here are a few points about why this is such a great unit:

- **SUPER ENERGY EFFICIENT** • Multiple modes of operation including dehumidifying to keep you comfortable • Random air flow to prevent hot and cold spots • Quickly cools a room to 65 degrees by using Jet Cool • Has an auto sleep mode that increases the temperature setting by 2 degrees after 30 minutes and again in one hour. Indoor unit shuts off when timer setting is reached • Timer: Turns unit on or off at preset times assuring you of a perfect temperature room • Auto restart to programmed settings after a power outage • Ultra quiet operation • Remote control with LED readout • Defrost control: Shuts down indoor fan to prevent cold air from circulating in the house and removes frost from outdoor coil when the outdoor temperature is low. • **ART COOL**: The inside unit looks like art on the wall! You can change the picture or even have a mirror finish. It's a completely innovative product that we are very excited about.

DEAR CUSTOMER,

This was a very tough heating season for all of you and I want to personally thank you for your continued loyalty. The Energy Department reported that the Northeast was 13% colder this season, which was no surprise to all of us. I understand the struggle this season has created with the long duration of frigid temperatures and high prices of fuel and propane. Both of these factors have created a very unusual heating season. We saw pricing that we have not experienced before. The most serious price hike was to propane. Even though production of propane was up, inventories in early February were nearly 50% lower than last winter's according to The New York Times article March 13, 2014.

My family has been in the energy business since 1976 and I am one of three generations. We grew over the years largely due to our commitment to quality and service. I share the same values that you have come to expect from Dutchess Oil & Propane. Stop by and say hi to the friendly staff you have worked with for years and I look forward to meeting you.

– Erik Huthinson

the buzz about bees

AND THEIR
ENVIRONMENTAL
SIGNIFICANCE



By Claire Copley
info@mainstreetmag.com

Every year around the end of March I begin to seriously doubt the nature of Nature. It always seems counter-intuitive that Spring is actually going to come when I look around at the garden and see only winter devastation. The idea of emerging life is a stretch. After such a beating how can this garden survive? But it does, minus a few weaklings, and the deer casualties.

The pollinator's enemies and struggle

Winter is always a time to reflect and plan for the next garden season. Rather than plan another bed that I don't have time to weed, this winter I thought about the garden pollinators that are apparently under serious threat. As gardeners we focus on many aspects of the environment: our visual concerns, siting plants for sunlight and moisture needs, soil preparation and maintenance, predatory insects and animals, weed control, pruning and nurturing. These are things we can control – to some extent. Then there are the things we cannot control. The changes in climate and the health of pollinators are in this category. We have never questioned that pollinators will do their very important part; they just do. But recently, and increasingly, one of the major types of pollinators on the planet, bees, are dying in record numbers, and trees and plants are simply not able to set fruit. Bees, it turns out, are responsible for pollinating 75% of the world's food crops.

No one knows for sure what is causing this alarming die off, but there are many contributing factors. Scientists are looking at the role of pesticides and fungicides and environmentalists are calling for tough restrictions on a class of pesticides called neonicotinoids. Neonicotinoids are what's

known as “systemic,” meaning they are taken up by the roots and suffuse the entire plant, including nectar and pollen. That's precisely what makes them so effective at attacking pests – and, unfortunately, “non-target” species like honeybees and other beneficial insects, too.

Environmentalists believe that use of this class of chemical treatments weakens the bee population and makes them much more vulnerable to environmental changes like drought, long cold winters, and unpredictable storms which seem to be a part of our new climate. The practice of growing agricultural monocultures may also contribute as do commercial beekeeping practices. Neonicotinoids are no longer used just in commercial agriculture but now appear in home gardening products under a variety of names, so checking labels will help assure we don't use them (see list).

Colony Collapse Disorder and the beehive

A beehive is a finely tuned super-organism that depends on hundreds of bee inputs to function optimally. Bee behavior is precise, predictable, and extremely complex. Increasingly, the honeybees are growing weak, susceptible to disease and cold, and unable to support their queens or provide sustenance to the hive. Weak bees cannot perform the hundreds of tasks required to maintain the health of the hive, and without a healthy hive, the bees cannot thrive. This has been dubbed, in the beekeepers world, “Colony Collapse Disorder.”

All worker bees are female, but they are not able to reproduce. The queen is the only bee in the hive who mates and lays eggs. Worker bees live for four to nine months during the winter season, but only six weeks during the busy summer months (they

literally work themselves to death). Nearly all of the bees in a hive are worker bees. A hive consists of 20,000-30,000 bees in the winter, and over 60,000-80,000 bees in the summer. The worker bees sequentially take on a series of specific chores during their lifetime: housekeeper, nursemaid, construction worker, grocer, undertaker, guard, and finally, after 21 days of life they become a forager collecting pollen and nectar. Drones (male bees) have only one function: to mate with the queen and produce more bees. There are only 300-3,000 drones in a hive and they are expelled each autumn so the hive does not have to support their “dead weight” over the winter.

Honeybees are amazing, gentle creatures. They live in colonies that function as a single organism, each bee working for the survival not of itself, but of the hive. Beehives are essentially self sustaining, if the “raw materials” (diverse flowers and plants) are abundant and the environment is clean and free of toxins.

Fighting the plight

After a winter's worth of reading, I am convinced that the demise of bees has risen to the level of an environmental crisis. So what can I, as a lone gardener, do to help? Probably the first thing would be to eliminate the use of chemical pesticides and fungicides in my own garden. I don't use these treatments, but I expect that many of my neighbors do. Large commercial growers treat many plants, bulbs and seeds with these chemicals before we buy them so it's wise to check before purchasing plants.

Continued on next page ...

I always try to buy plants from reputable local nurseries as it eases their adaptation to my garden and minimizes the likelihood of such treatments.

All pollinators benefit from an abundance of flowers. Native flowers are best as insects and plants that have evolved side by side have the best synergy when it comes to pollination. The natives have adapted in color, flower shape, and bloom time, and the insects have adapted with their body parts, diet, and reproductive cycles. The end goal of this adaptive process is mutual benefit.

A bee is a bee of course

There are many kinds of bees. In our Dutchess County gardens and surrounding area we usually see honeybees, bumble bees, mason bees, carpenter bees, and burrowing (ground) bees. Each type of bee has its own particular habitat and needs. It's important to make the distinction between bees and even more important to make the distinction between bees and other types of stinging insects like wasps. Bees tend to be more docile than their scarier cousins, and rarely sting unless provoked by invasion or danger. Habitat can be provided in the garden for all types of bees in woodpiles, old trees, and former residences of small garden pests. Many websites now sell constructed habitats for mason bees and other types.

So I asked myself, "do I need to become a full fledged beekeeper to support pollinators?" Many other pollinators (not just honeybees) are in serious decline, too. They can be supported in much the same way. Ensuring that I have blooming flowers and scented plants throughout the three seasons in the garden will support all types of pollinators. Planting more native species will help, too. Some bee species may emerge early, and will be looking for much needed pollen and nectar sources provided by spring bulbs such as daffodils and crocuses. Pussy willow, dandelions, and herbs such as rosemary are also useful. Some bees will continue foraging late into the season, too, so including late flowering plants in the garden, such as winter heathers, will get them through the fall.

Becoming a Pollinator Steward

I realized that I have totally taken pollinators for granted in my garden, and due to the crisis we face, I just can't do that anymore. I need to educate myself about bees and their needs, and I need to include the nurturing of all bees in my garden plan. Adding habitats and bee-friendly plants to the gardens is a contribution and will add productivity (especially berries, fruits, and vegetables).

To this purpose I decided to become a "Pollinator Steward" and add honeybee hives to my garden this year. Where better to do it than in an established garden where chemical pesticides are

not used and flowers are abundant? Bees also need a water source and the pond on our property will happily serve them. It seems to me that nurturing healthy bees that in turn go on to produce more healthy bees is a small, but effective way of fighting the scary vision of a future without bees. I also have a huge appetite for good raw honey and this, I am hoping, will be an additional reward.

I began my education at a weekend workshop given by Honey Bee Lives (honeybeelives.org) in New Paltz. While I can't say I emerged a fully formed beekeeper, I did get a solid foundation. I am operating under the principle that there is no substitute for experience. Chris Harp and Grai St. Clair Rice of Honey Bee Lives jointly taught this weekend immersion in beekeeping. They are highly experienced in their art and have an enormous amount of information. From Colony Collapse Disorder to the construction of a new hive, I came away excited to be joining the ranks of the bee devotees. One curious thing I have noticed through my superficial forays into the world of beekeeping is the unmistakable passion that beekeepers have for honeybees.

Beehive construction and ordering your bees

I ordered my un-constructed hives from Brushy Mountain Bee Farm, and because I was a workshop attendee they waved the considerable shipping charges. You can order hives assembled or unassembled and I did the latter, though knowing what I know now, I might have preferred the assembled hives. It is no small task to assemble, treat, and paint two beehives, not to mention assembling the eighty or so frames on which the bees build their cell structured community. There is an initial investment to be made here, but I figured this would keep up the level of my commitment and make me a better beekeeper.

I will receive my bees this June. I ordered them locally and will pick them up in New Paltz when told to do so. What I will be receiving is two "Nucs" or nucleus colonies, each containing a queen and some 20,000 bees. I will have to transfer the bees into the waiting hives. For this daunting task I will take another "hands on" workshop to ensure my readiness. I am excited, a little apprehensive, and very committed to my new role as caretaker of the hives. While it is true that I am starting this journey in a time of instability and danger for bees everywhere, I am committed to staying the course even if I lose a hive. (I promise not to take it personally). And I am really looking forward to my own very local honey.

In addition to adding the hives, I plan to add more native plants this year and to evaluate my garden for bloom in all seasons. While bees do not



Above: Claire's two beehives are constructed and ready for her bees to arrive in June.

feast solely on flowers, they make up a large part of the honeybee diet. And the better their diet, the better my honey. I will be reading about bees for the next few months as more information is essential. I have included a list of first reads for the novice beekeeper, which I definitely am. I have also included a list of helpful websites and suppliers. If any of you want to join me on my bee journey please feel free to contact me through *Main Street* and share your thoughts. The Ulster County Beekeepers is a group on the other side of the Hudson River that meets regularly to discuss issues and share information. It would be great to have such a resource a little closer to home so any and all beekeepers in this neck of the woods are welcomed to contact me as well and I will see about organizing a group. Truth to tell, I need all the help I can get. •

Bee websites:

HoneyBeeLives.org, *BackyardBeekeepers.com*, *Pwrbeekeepers.com*, *Beefriendly.ca*, *Beesource.com*, *Pollinator.org*

Bee supplies, classes, and bees:

Brushymountainbeefarm.com, *Honeybeelives.org*, *Hudson-Valleybeesupply.com*, *Betterbee.com*, *Dadant.com*

Bee reading:

First Lessons in Beekeeping, by C.P. Dadant
The Queen Must Die, by William Longwood
A Spring Without Bees, by Michael Schacker
Honeybee Democracy, by Thomas Sealy
The biology of the Honeybee, by Mark Winston
Natural Beekeeping: Organic Approaches to Modern Apiculture, by R Conrad
The Beekeepers Handbook, by Samataro, Avitabile, Caron (4th ed.)
Handbook for Natural beekeeping, naturallygrown.org

Alternate names for neonicotinoids:

Acetamiprid, *Clothianidin*, *Dinoteturan*, *Imidacloprid*, *Nitenpyram*, *Thiocloprid*, *Thiamethoxam*.



THE WOODHULL ESTATE Ancram, NY. Offered for sale at \$3,450,000.

A 295 acre farm conveniently located near Pine Plains and Millerton. The 4000 sq. ft. house sits overlooking splendid views of the surrounding land. This is a four season sporting paradise with a mix of farmland, currently supporting sheep and arable crops as well as some spectacular woods and wet land. There is extensive frontage on the frontage on the Roeliff Jansen Kill.

MILLBROOK REAL ESTATE
3284 Franklin Avenue, Millbrook NY 12545
845.677.3525
www.MillbrookRealEstate.com

LET'S TALK SIDING:

Choose from rough cut, board and batten, beveled, novelty, channel rustic, ship lap, log cabin, or Adirondack / wavy edge. All in Eastern white pine, locally harvested and produced.



Ghent
WOOD PRODUCTS

(518) 828-5684 • 1262 RTE 66, GHENT, NY • WWW.GHENTWOODPRODUCTS.COM



NAILED IT

Building & Construction



Complete site construction • Homes, pole barns & sheds • Specialty work: tiling, flooring, stairs & railings, kitchens & baths • Refinishing • Woodworking • Carpentry • Ice & snow damage • Fully insured

518.929.7482 • WWW.NAILEDITBUILDING.COM



Ruge's has 2 locations in Rhinebeck & also in Copake • New & Used Subarus, Chrysler, Dodge, Jeep, RAM, GMC & other fine vehicles • Personal & Commercial • Sales, Service, Parts • Family operated since 1935 • www.rugesauto.com

Services Include: Lawn Mowing • Garden Maintenance & Rototilling • Mulching & Topsoil • Gutter Cleaning • Power Washing • Planting & Pruning • Spring & Fall Cleanups • Organic Vegetable Gardens • Deer Protection



Mountain Valley Gardening

Above the rest • Fine detail work guaranteed
20 years experience serving Columbia County & beyond

FREE ESTIMATES. CALL (518) 965-9982



ASSOCIATED LIGHTNING Rod Company, Inc

Lightning Protection!

www.alrci.com

518-789-4603
845-373-8309

The ideal venue & location for your perfect day

CATSKILL VIEW

WEDDINGS & EVENTS



CALL 518 592 1135 • INFO@CATSKILLVIEWWEDDINGS.COM • CATSKILLVIEWWEDDINGS.COM

lingua latina viva:

A PEEK INSIDE LOCAL HIGH SCHOOLS' LATIN PROGRAMS

By Melissa Batchelor Warnke
info@mainstreetmag.com

Three months ago, I got in the jump seat of a thirty-year-old truck with a man I'd never met for a seven-hour car drive to West Virginia. I was chasing down a convention of "Active Latinists" – I thought it would be fun to see people speak only Latin for two straight days – and this was the way to get there. It was fun. But it was also, rather than a temporary suspension of reality, an invitation to re-engage with the bigger questions. As we drove back up the East Coast, listening to Pharell's "Happy" on the radio on repeat, I started to realize how much more Latin was than Latin. The arguments for keeping Latin alive in school – against the push towards directly bankable education, against relentless school budget cuts – were arguments about what mattered in the education system. Do we want to teach high school students to work with Chinese manufacturers, or to compose like Elliott, or to program computers, or to think analytically – or beyond that, do we want to teach them that learning itself is joy?

The answer to this depends on who you are and who you talk to. But the fact remains that Latin programs are on the decline across the country. Though 60% of all English words derive from Latin and its practical benefits – from helping with the SATs to cultivating persistence – are legion, most students in the United States either don't have access to Latin or aren't interested in learning it. In 2007, upper-level high school Latinists comprised 1% of the same population studying Latin in the 1930s. *Main Street* took a peek inside four local high schools – Housatonic Valley Regional High, The Hotchkiss School, Salisbury School in Connecticut, and The Millbrook School in New York – to see how their Latin programs have evolved over the years.

Housatonic Valley Regional High

Prior to 1998, there was no Latin language offered at Housatonic Regional Valley High – a public high school pulling from six towns, situated in Falls Village, CT. In the late 60s, one teacher offered an afternoon class as a club, but that was it; students learned either French, German, or Spanish during the school day. In 1998, the Eunice Abbot Yoakum Memorial Fund was established to expose "Housy" students to the classics. The Fund resourced individualized Artes Latinae CD rom instruction in the Classics, professional development opportunities for teachers, guest speakers, and field trips.



Above: The Hotchkiss School is one of the most classics-friendly places around the area, according to this writer. Todd Davis is one of five Latin teachers in the Classics Department at Hotchkiss.

Marjorie Becker, the Chair of Housy's Language department, has overseen the program's administration since its inception. At the beginning, 10 kids were enrolled; now the numbers are down to two to three per year, a more manageable number. In order to study Latin, students must be juniors or seniors, they must take it in addition to another offered language, and give up a study hall. They work independently and taking tests at the end of each CD unit. The kids who decide to do this, Becker says, "are amazing – they have to be. There are few *students* anymore and, someone who does this, that's a *student*." She says that despite its popularity with a few students each year, getting a dedicated Latin teacher at Housy is "never going to happen." With current educational trends and budget restrictions, they'd be much more likely to add Chinese to the curriculum. Gabe Plunkett, 17, one of this year's Latin students is currently taking French, Latin, and German; he'll attend George Washington University next year, where he hopes to learn Russian and Arabic as well. He says he expected Latin to be much harder to get into, but that it's come easily. And after mastering six languages? He dreams of working for the State Department, naturally.

The Hotchkiss School

The Hotchkiss School – a private boarding school

in Lakeville, CT – is one of the most classics-friendly places I've visited; in almost all modern schools "the Classics department" consists of a single Latin teacher. At Hotchkiss, the Classics department has five. Todd Davis, an instructor, tells me that even though they're well resourced and supported by the school, "we still have to justify our existence." There are three-and-a-half dedicated Latin teaching spots; the rest the crew fills by teaching history and literature courses. For Davis, languages are a means to the end of learning about cultural history. Another teacher is an active Latinist and a linguist. Another focuses on poetry. The program's strength is that it's formalized through the school, which offers a "Classics Diploma" recognizing students for achievement in Latin and Greek. Its challenge is that Hotchkiss' recent emphasis on global thinking cultivates a desire among the student body to learn more modern languages. Seventeen percent of students are international; there are ample opportunities to study abroad. So Davis works to tie Latin into the modern world. When he teaches Caesar, for instance, he talks about ethnography. Who were the Druids and the

Continued on next page ...

Galls? He teaches about trade and colonization, not just battles. Hotchkiss' Ancient Greek program is unique; he estimates there are 1–2,000 kids in the entire country taking the language, largely concentrated in the East.

The Millbrook School

John Siegenthaler, Millbrook's sole Latin teacher, came to teach the language somewhat accidentally. He majored in History at Franklin and Marshall and knew he wanted to enter the world of boarding school teaching. But after graduation, at a faculty meeting at the Bement School, someone asked the question: "Who has had Latin most recently?" He had, and so he taught it. When the Siegenthalers moved to Lakeville, CT years later to work at Indian Mountain, he'd intended to teach history but Latin was the open position. Around 2000, he moved to Millbrook, a coed boarding school, finally teaching history – and later restarted its Latin program! Millbrook's Founding Headmaster in 1930 was reticent to teach Latin – then a standard subject – because he was a "progressive educator." But, he acquiesced and the program remained active until 1990, when interest waned. At that point, the school only had 215 students. But, as Millbrook started growing, so did student interest. They began to flock to Latin because it was fun. Siegenthaler likes it for that reason, but also praises Latin's "timeless quality": the fact that it helps students understand what someone else thought about philosophical issues. "The payoff for me is kids reading Ovid or Cicero and talking



Above, clockwise from top left: Millbrook's John Siegenthaler; student artwork at Salisbury School; Gabe Pinkett, one of Housatonic's two 2014-2015 Latin students; and Salisbury's Jonathan Gottsegen.

about our place on the planet, asking how we treat each other," he says. Millbrook's Latin is taught as a literature course rather than a language. He says that reading the Classical texts in English is "akin to reading history through secondary sources, never looking at the primary." Now, Millbrook has four Latin sections; it's his full course load. In order to keep students engaged, he changes the curriculum every semester. It makes him popular with those he teaches, and a headache to the school bookstore.

The Salisbury School

Like Siegenthaler, Jonathan Gottsegen is Salisbury School's entire Classics department. Salisbury, a boarding school of 300 boys, offers Latin 1 – AP Latin, although enrollment fluctuates more than other subjects. Gottsegen works to raise numbers by bringing technology into the classroom; while they work off of a wireless projector, other subjects incorporate Rosetta Stone as an ancillary teaching method. For Latin, however, that's out of the question; Rosetta has a Latin set, but the skits are all about putting dishes in the dishwashers (there was no electricity in Roman times) or sending "letteras electronicae" ("emails"). Gottsegen is constantly experimenting with alternate teaching techniques, whether it means focusing on battle tactics of "the ultimate warrior" or planning to experiment with a "flipped classroom," where students watch a video of the lecture before class, then come to class and

do their homework with the teacher. The knock on Latin, he says, is that it's inaccessible; in reality, "anyone who wants to learn Latin should be able to take it." Currently, however, enrollment dwindles as freshmen become seniors; his Latin 1 course has 12 students, while his AP Latin course has only two. "Nobody quits Latin because it gets easier," he says.

Indeed, Gottsegen got an F+ in his middle school Latin class; he quickly switched to Spanish, deeming the ancient language "irrelevant." Later, in College, he studied English Literature. He was struck by how much history, literature, and epic poetry was rooted in the Classics. Having taught at the coed Harvey School before coming to Salisbury, he says that boy students are "more likely to take risks when they're not embarrassed about looking dumb in front of their girlfriend." Salisbury's Latin program has been in steady existence since the school was founded in 1901, ebbing and flowing with interest. His dream is to have every class at 10–12 students per year. •

THE ENGLISH LANGUAGE contains a large number of actual Latin words which have not been changed since the time of the Romans

- | | |
|----------|------------|
| superior | hiatus |
| census | honor |
| interim | maximum |
| dictum | minus |
| inferior | minimum |
| actor | orator |
| animal | par |
| dictator | plus |
| error | senior |
| exterior | simulacrum |
| fungus | terminus |
| genus | victor |

Above: A poster hangs in one of the Latin classrooms explaining that the English language still has a number of Latin words in it that haven't been changed since Roman times.



tristate antique restoration

SPECIALIZING IN ANTIQUE FURNITURE RESTORATION



CONALL HALDANE | proprietor
191 wilsie bridge road | ancramdale, ny 12503
518 329 0411 | www.tristateantiquerestoration.com

D's Salon & Spa

NAILS • SALON • SPA • TANNING

Wedding package specials

Call to inquire about details.

Manis & pedis:

Pamper yourself for summer!

Visit, call or online:

15 Academy St., Salisbury, CT • (860) 435 8700
Hours: Tues thru Sat: 9.30am - 6pm • Sun: 10am - 4pm
Mon by appointment • www.dsalonandspa.com • Like us on Facebook!



**Computer repairs • Ink & toner refills • Laser printer repairs
Konica Minolta dealer • Sales & service**

Phone: 518 592 1177 • Email: nickbees@optimum.net • www.nickbees.com
Hours: 9-12.30 Mon-Fri, Sat 9-12.00, closed Sundays. Afternoons by appointment.
Drop box available for pick-up / drop-off

OVER MOUNTAIN BUILDERS, LLC.

30 years and still passionate! Quality craftsmanship delivered on time & within budget.

John Crawford
P: 518-789-6173 | C: 860-671-0054
john@overmountainbuilders.com
www.overmountainbuilders.com



Keep it simple, and make it easy too

Sue has a preference for keeping things simple. She likes spending time with her family, making crafts with her mom, working in the garden, and being with her dogs. But when it comes to her customers, keeping things simple isn't enough. She likes to make things easy.

For over two-and-a-half decades, Sue has worked in banks of all sizes. She's seen small banks get big, and big banks get distracted from what matters. That's why she prefers to work for a bank where the focus is simply on one thing: you.

Sue's customers know that whenever they knock on her door, she'll help them in any way she can. And that's the kind of easy banking should be.

 **BANK OF MILLBROOK**
STISSING
THE STRENGTH OF RELATIONSHIPS

2971 CHURCH STREET • PINE PLAINS
11 HUNNS LAKE ROAD • STANFORDVILLE
3263 FRANKLIN AVENUE • MILLBROOK
5094 ROUTE 22 • AMENIA

BANKOFMILLBROOK.COM

Member FDIC



Susan Race
Assistant Vice President
Stanfordville Branch Manager

CHURCHILL BUILDING COMPANY, LLC

332 MAIN STREET | PO BOX 1749
LAKEVILLE, CT 06039

t: 860.596.4063 | f: 860.596.4091

www.churchillbuildingcompany.com

GORDON R. KEELER
APPLIANCES

Appliance sales & service since 1930

SUB ZERO • MONOGRAM • WOLF
 SPEED QUEEN • GE CAFÉ • GE PROFILE



3 Century Blvd., Millerton, NY 12546
 518-789-4961 • 518-789-4813 • 518-789-4252 fax

Valentine Monument Works & Sandblast

SINCE 1875

Cemetery Monuments • Pet Markers
 On-Site Lettering • Cleaning • Repairs
 Sand Blasting Service

Bruce Valentine, *proprietor*

Tel: 518-789-9497

Park Avenue & Main Street, Millerton

VALENTINE
 MONUMENT WORKS



Millerton GOLF

Now open dawn to dusk • Lessons available by appointment
 Rt. 44 next to Talk of the Town Deli • (518) 789-8215

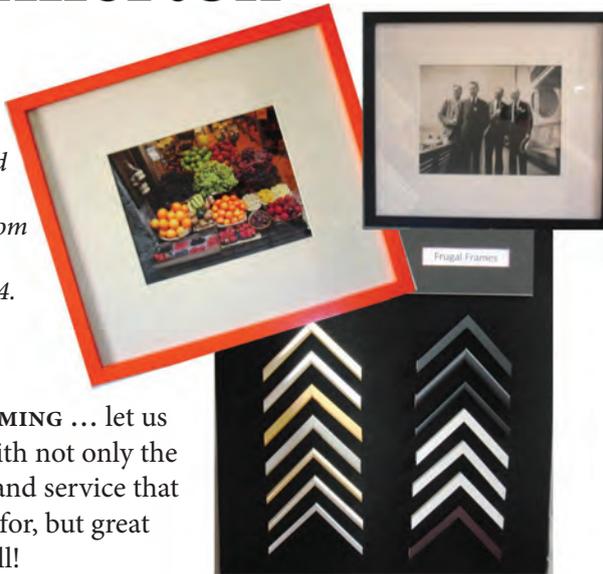
MILLERTON ANTIQUES CENTER

MAIN **25** STREET

More than 35 dealers.
 Open 7 Days a Week.
518-789-6004

Celebrating 10 Years in Millerton

Bring in this ad for a free gift with your custom framing order. Expires 6/30/14.



FRUGAL FRAMING ... let us amaze you with not only the great design and service that you know us for, but great pricing as well!



GILDED MOON FRAMING & GALLERY
 What can we frame for you?

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

Rafe Churchill
 TRADITIONAL HOUSES

rafechurchill.com



Millerton Veterinary Practice, PLLC

Integrative healthcare for your pets. 199 Route 44 East, Millerton, NY. (518) 789-3440. www.millertonvet.com

It is just as important to take care of your pets as it is to take care of yourself. Millerton Veterinary Practice is a great place for your pet's veterinary care. Dr. Cannon, practice owner, says they are a small practice but take great pride in being personable and going the extra mile to make pet owners and their furry friends happy. Millerton Veterinary Practice offers a wide array of services for cats and dogs such as traditional veterinary medicine and surgery, as well as alternative therapies such as acupuncture, chiropractic, and canine rehabilitation will soon be offered. Dr. Trotta, Associate Veterinarian, is currently working on her certification in canine rehabilitation. Don't have a cat or dog? No problem! Dr. Cannon and her staff have cared for birds, lambs, goats, and pocket pets, too. (A term used to refer to any small mammal commonly kept as a household pet, such as hamsters, gerbils, etc.). Dr. Cannon has four rules of thumb to help your pets lead a long, happy, and healthy life: make sure they have a good diet, and that they maintain a healthy weight, make sure they get lots of exercise, and keeping their teeth clean, too. This makes a big difference as far as longevity goes. Call today to make an appointment for your pet.



Jim's Canaan Garage

Dealership and automotive garage. 32-35 Railroad St., N. Canaan, CT. (860) 824-5174. www.canaanchryslerjeepdodgeram.com

Bill Hower is the owner of Jim's Garage LLC (est. 1950), a full service automobile dealer and repair shop specializing in pre-loved Subarus and new and pre-loved Jeep, Chrysler, Dodge, and Rams. They perform every aspect of automotive repair and maintenance to keep vehicles in the best mechanical shape possible and also offer detailing to keep your vehicle looking its finest. Thanks to the internet, Jim's proudly serves the entire nation and Canada! They are low-key and low-pressure and auto safety is their prime concern. Timely maintenance is encouraged to avoid costly repairs down the road and to let you know what your car may need well in advance to help minimize emergencies. Their shop is unique, fairly priced, and as a result have many four and five generation families as clients. Jim's is enjoying rapid growth since their acquisition of the Jeep, Chrysler, Dodge, and Ram franchise (est. 1911) last year. Their staff is knowledgeable, straight forward, trains weekly to keep up on the latest automotive technologies, and always has your safety as their number one priority. Jim's is trusted to give customers the best advice and service whether they are buying, selling, or repairing an automobile.



Rich Donegan Home Craftsman

Indoor and outdoor home improvements. (860) 567-2163. www.richdoneganhomecraftsman.com

Fresh out of high school Rich Donegan started working construction and is now celebrating his 38th year in the construction and building trade. Traveling in Connecticut to Hartford, Litchfield, and Fairfield counties, depending on the job you are looking to have done, Rich has a crew of one to four reputable guys to get the job done right. Over the years Rich has gained a great amount of knowledge and experience working on all phases of remodeling, new construction, fine wood working, and outdoor landscaping projects. Rich Donegan Home Craftsman is one of the companies that does absolutely everything that there is in construction: granite flag stone and brick walkways, vinyl house siding, roofing, custom kitchens, beautiful bathrooms, installs new beams and girders under your crawl spaces, and concrete footings. Rich is a meticulous person, both personally and professionally and wants to make sure you are left 110% happy, after all this is something you will go home to everyday. "There is nothing more rewarding than making my clients happy!" If requested, he is happy to share his impeccable references from repetitive and new customers. Don't wait any longer to get the ball rolling for your home improvement projects. Call Rich Donegan Home Craftsman today. You will be one happy homeowner!



Millerton Golf

Driving range. Route 44, next to Talk of the Town Deli in Millerton. (518) 789-8215.

Are you looking for summer-time fun, regardless of rain or shine? Look no further, Millerton has the perfect outdoor activity for you! Millerton Golf has been around for a number of years, but has taken into consideration the feedback they received from their customers. They are excited to make upgrades to the driving range such as replacing nets, adding flags, and targets, and just might add in some mini golf, too. A little rusty on your golf swing or want to try it for the first time and don't know where to start? No problem, Millerton Golf is a great place to brush up on your driving range skills and they even offer basic training lessons by appointment. Rain or shine you are covered from Mother Nature's elements as you are practicing from a covered platform. Open morning to night, seven days a week to adults and children of all ages. Millerton Golf has kids clubs available so bring your kids with you when you get out of work, on your day off, or on the weekend. They are conveniently located on route 44, next to Talk of the Town Deli. This is a great place to fuel up on great food, before or after you practice your golfing swing. Stay tuned for more updates and events!

INSURING YOUR WORLD

The topic of this month's column is motorcycle and ATV coverage. With the good weather upon us we are all inclined to take a ride on a recreational vehicle. Before you do make sure that you have the right coverage, motorcycles are quite unique in that they do not provide coverage for the driver for personal injury protection in the event of an accident. You will have to count on other insurances, health care, accident policies, etc. if you haven't endorsed your policy with the right coverages. The only available coverage on a motorcycle/ATV policy is to add/increase the medical payment or uninsured motorist limits in order to obtain the right protection, otherwise you may find yourself in the proverbial boat without a paddle. Along those same lines, if you have an ATV that is not registered and used on private property, there is no coverage for any of the operators under any policy if taken off the owner's premises. There is also no medical coverage for the operator unless the aforementioned endorsements are added to an actual policy. The bottom line: CHECK YOUR POLICY!!!

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



Brad Peck, Inc.

Starving dog or EPI?

Exocrine pancreatic insufficiency (EPI) is a disease of maldigestion and malabsorption that eventually leads to starvation. In a healthy pancreas, the endocrine cells produce and secrete insulin, hormones, and glucogens and the exocrine cells produce and secrete digestive enzymes. EPI is the inability of the pancreas to secrete digestive enzymes, which are lipase, for fat digestion; amylase, to digest starches; and proteases, for protein digestion. Symptoms of EPI may not appear until 80% of the pancreas has atrophied. The lack of these enzymes prevents the digestive tract from breaking down and absorbing nutrients and, if undiagnosed, starvation ensues.

Incompletely digested food ferments in the small intestine, which can lead to the overgrowth of bacteria. This, in turn, can lead to gas, diarrhea, and sometimes vomiting. Overgrowth of undesirable bacteria can also prevent the absorption of nutrients and vitamins, exacerbating the malnutrition.

The most common symptoms of EPI are the gradual wasting of body mass despite a voracious appetite, an increase in frequency of loose and sometimes discolored stool, increased gas, and rumbling abdominal sounds. Additionally, there may be episodes of watery diarrhea and/or vomiting. Sometimes dogs will exhibit coprophagia (the ingestion by the dog of her own stool) or pica (the apparently compulsory eating of other inappropriate materials). There is a blood test to aid in the diagnosis of EPI, called a TLI test, that measures a dog's ability to produce digestive enzymes.

See your veterinarian if your dog has some or all of these symptoms. The good news is that EPI can be successfully managed with careful enzyme supplementation given with any food for the rest of the dog's life. Once enzyme supplements are begun, a starving dog can be transformed to a plump and happy companion, often in a matter of weeks.

Phone 518-789-3440
199 Route 44 East, Millerton, NY
www.millertonvet.com



What is a power surge?

A power surge, often called a transient surge is a very brief voltage spike that occurs on power lines and cable and telephone lines. The duration of a spike is typically in the thousandths or millionths of a second and they come and go very quickly. Most people identify surges as being created during thunder/lightning storms. However, there are many small surges that occur in a home or business each day. These small surges are caused by switching on and off of motors and appliances. To properly protect your home from transient surges, your sensitive electronics should be plugged into a quality surge protector that includes protection for data/cable and telephone lines.

Are "light blinks" surges? Momentary power interruptions or light blinks are not surges but rather, are caused by a fault or other electrical event on the power lines. Where the occurrence of a blink can interrupt and occasionally "lock up" sensitive electronics, customers who want to protect their sensitive electronics from light blinks should consider a quality battery back-up system in addition to surge suppressors.

My lights keep getting brighter and dimmer ... is this a problem? The simple and immediate answer - YES!! If your lights are getting noticeably brighter and dimmer, there is a critical problem with your internal wiring and you should immediately contact your electric utility to have them check the electric service wiring to your home. You may need to have an electrician check your electrical panel but often the utility can identify and resolve the problem. It should be noted that surge suppressors are not designed to protect against extended over-voltage conditions. Again, this is a critical issue and should be addressed immediately if you are experiencing bright lights. Please also note that it is normal for your lights to get slightly dimmer when the air conditioner or a large electrical load starts ... it is the "brighter" event that can cause major problems.



Office (518) 398-0810
berlinghoffelectrical.com
40 Myrtle Ave, Pine Plains, NY

does advertising really work?

The big question that businesses face when deciding whether or not to advertise is: does advertising really work? The truthful answer is that yes, sometimes it works, but sometimes it doesn't. It's like Vegas: there are no guarantees that you'll win! But to help your odds, you should remember that there is a science to advertising and marketing (but don't confuse the two terms). Some business owners/managers will stand firm in their belief that advertising simply doesn't work - but I disagree. No, ad campaigns and or ad placement may not always be effective, but there enlies the science of advertising.

First off, let's face facts: advertising can be costly, and therefore where you spend your advertising dollars is a big decision. And directly related to that, it is very important to quickly learn what advertising options bring you the most R.O.I. (return on investment), and exposure to your target audience and clients. You also have to become an educated advertiser and simultaneously be conscious of your advertising budget. The rule of thumb in business is that you should spend between 5-15% of your annual budget on advertising.

Secondly, you must know who your target audience is (which I wrote about last month). By knowing who you're targeting, ad content and placement becomes a much easier decision, because you know where your audience lives, what they like, what magazines they read, what radio stations they listen to, and so on and so forth.

Thirdly, your ads must be attention-grabbing! If you have a "blah" ad, no one will notice it! And guess what happens then - no one calls you or calls on you for your service, products, or business!



518.592.1135 | thorunn@thorunn designs.com
www.thorunn designs.com | 24 Main Street, Millerton, NY

LISTINGS:

ANIMAL CARE, ETC.

Agway
518 789 4471
agwayny.com
Millerton Veterinary
518 789 3440
millertonvet.com
Petpourri
860 435 8833
Rhinebeck Equine
845 876 7085
rhinebeckequine.com

ANTIQUES

Copake Auction, Inc.
518 329 1142
copakeauction.com
Millerton Antiques Center
518 789 6004
Tristate Antique Restoration
518 329 0411
tristateantiquerestoration.com

APPLIANCES

Gordon R. Keeler
Appliances
518 789 4961

ART & DESIGN

Gilded Moon Framing
& Gallery
518 789 3428
gmframing.com

Samantha Free Interiors
917 710 2125
samanthafreeinteriors.com
Snyder Printer
518 272 8881
snyderprinter.com
Thorunn Designs
518 592 1135
thorunnndesigns.com

AUTOMOTIVE

Factory Lane Auto Repair
518 398 5360
Jim's Canaan/Garage
860 824 5174
jimsgarage.net
Ruge's Subaru
rugesauto.com
Sharon Auto Body
860 364 0128

CAFES & FOOD & WINE

Cozy's Pizzeria
518 592 1700
Harney & Sons
518 789 2121
harney.com
Hillsdale House
518 325 7111
Local 111
518 672 7801
local111.com
Oakhurst Diner
518 592 1313

Pine Plains Fine Wines
518 398 7633
Red Devon
845 868 3175
reddevonrestaurant.com
Taconic Wayside Inn
518 325 4401
The Mount
518 325 4631
mtwashingtonhouse.com

CARPENTRY/BUILDER

Churchill Building Company
860 596 4063
churchillbuildingcompany.com
Nailed It Building &
Construction
518 929 7482
naileditbuilding.com
Over Mountain Builders
518 789 6173
overmountainbuilders.com
Rafe Churchill
rafechurchill.com
Rich Donegan
860 567 2163
richdoneganhome
craftsman.com

ENTERTAINMENT

Four Brothers Drive-in
ameniadrivein.com
Millerton Golf
518 789 8215

Wethersfield
845 373 8037
wethersfieldgarden.org

FARMS & FARMING

Hudson Valley Harvest
hv-harvest.com
Locally grown trees
845 518 0632
Quattro's Poultry Farm
& Market
845 635 2018
Ronnybrook
518 398 6455
ronnybrook.com

ELECTRICAL

Berlinghoff Electrical
Contracting
518 398 0810
berlinghoffelectrical.com

HEALTH & BEAUTY

Amore Nail Spa
518 592 1133
amorenailspamillerton.com
D's Salon & Spa
518 965 9003
Emma Dweck, Accupuncture
845 605 2707
emmadweck.com
Philmont Family Dentistry
518 672 4077
philmontfamilydentistry.com
Robert Dweck, MD
Counseling for the
Body & Mind
845 206 9466
robertdweckmd.com
robertdweckmd@gmail.com
Sharon Hospital
sharonhospital.com

HOME HEATING, ETC.

Dutchess Oil & Propane
518 789 3014
dutchessoil.com
Lindell Fuels
860 824 5444
Taylor Oil
800 553 2234
gmtayloroil.com

HOME SERVICES

Associated Lightning Rod
518 789 4603
alrci.com
Eastern States Well Drillers
518 325 4679
easternstateswelldrillers.com
Madsen Overhead Doors
518 392 3883
madsenoverheaddoors.com
W.B. Case, LLC
860 364 2169

INSURANCE & FINANCE

Bank of Millbrook
845 677 5321
bankofmillbrook.com
Brad Peck
518 329 3131
lofgrenagency.com

LAWN, GARDEN, POOL

Domenick Lopane Jr.
Landscaping & Escavation
518 789 6170
Mountain Valley Gardening
518 965 9982
Race Mt Tree Services, Inc.
413 229 2728
racemtree.com
Robbie Haldane
518 325 2000
robbiehaldane.com

LIFESTYLE & EVENTS

Alicia King Photography
845 797 8654
aliciakingphotography.com
Catskill View Wedding
& Events
518 592 1135
catskillviewweddings.com
Jennifer Manzi Photography
jennifermanzi.com

LODGING

142 Wells Hill B&B
860 435 8388
142wellshillbandb.com
Sharon Country Inn
860 364 0036
sharoncountryinn.com

REAL ESTATE

Bain Real Estate
860 927 4646
bainrealestate.com
Elyse Harney Real Estate
518 789 8800
860 435 2200
HarneyRE.com
Millbrook Real Estate
845 677 3525
millbrookrealestate.com
Paula Redmond
Real Estate, Inc.
845 677 0505
paularedmond.com

SPECIALTY SERVICES

Columbia Tent Rentals
518 851 9460
columbiatent.com
Ghent Wood Products
518 828 5684
ghentwoodproducts.com
Nickbee's Eco Store
518 592 1177
nickbees.com
Scott D. Conklin Funeral
518 789 4888
conklinfuneralhome.com
Valentine Monument
518 789 9497

STORES

Hammertown
hammertown.com
Riley's Furniture
518 789 4641
rileysfurnitureflooring.com

WHAT'S YOUR SIGN?

ARIES (March 21-April 19)

A thing or two seem tempting but there are many things in life that one has to say no to if things are to go well. Direct your friends to the better road, but be careful not to let their burdens become yours.

TAURUS (April 20-May 20)

Your relationship with a certain friend will undergo extreme changes. Be convincing.

GEMINI (May 21-June 20)

Others have you under a microscope so act accordingly. Enjoy this to the fullest.

CANCER (June 21-July 22)

You're enjoying a new purchase. You'll give others a lesson in humor as soon as you find your humor.

LEO (July 23-Aug. 22)

Good deeds are never for not. Let yourself enjoy the moment because it won't come back. Be careful not to become cocky.

VIRGO (Aug. 23-Sept. 22)

Don't let others size you up without your input, because some might be interested in buying themselves some popularity.

LIBRA (Sept. 23-Oct. 22)

People around you have their guard up around you. You haven't succeeded at getting your message across.

SCORPIO (Oct. 23-Nov. 21)

Show your partner and closest friends patience today. Clear goals and a plan will be the wind under your wings.

SAGITTARIUS (Nov. 22-Dec. 21)

A lot of people want to trade lives with you or to get your attention. Be cautious. There's no need holding tightly onto things you can't control anyway.

CAPRICORN (Dec. 22-Jan. 19)

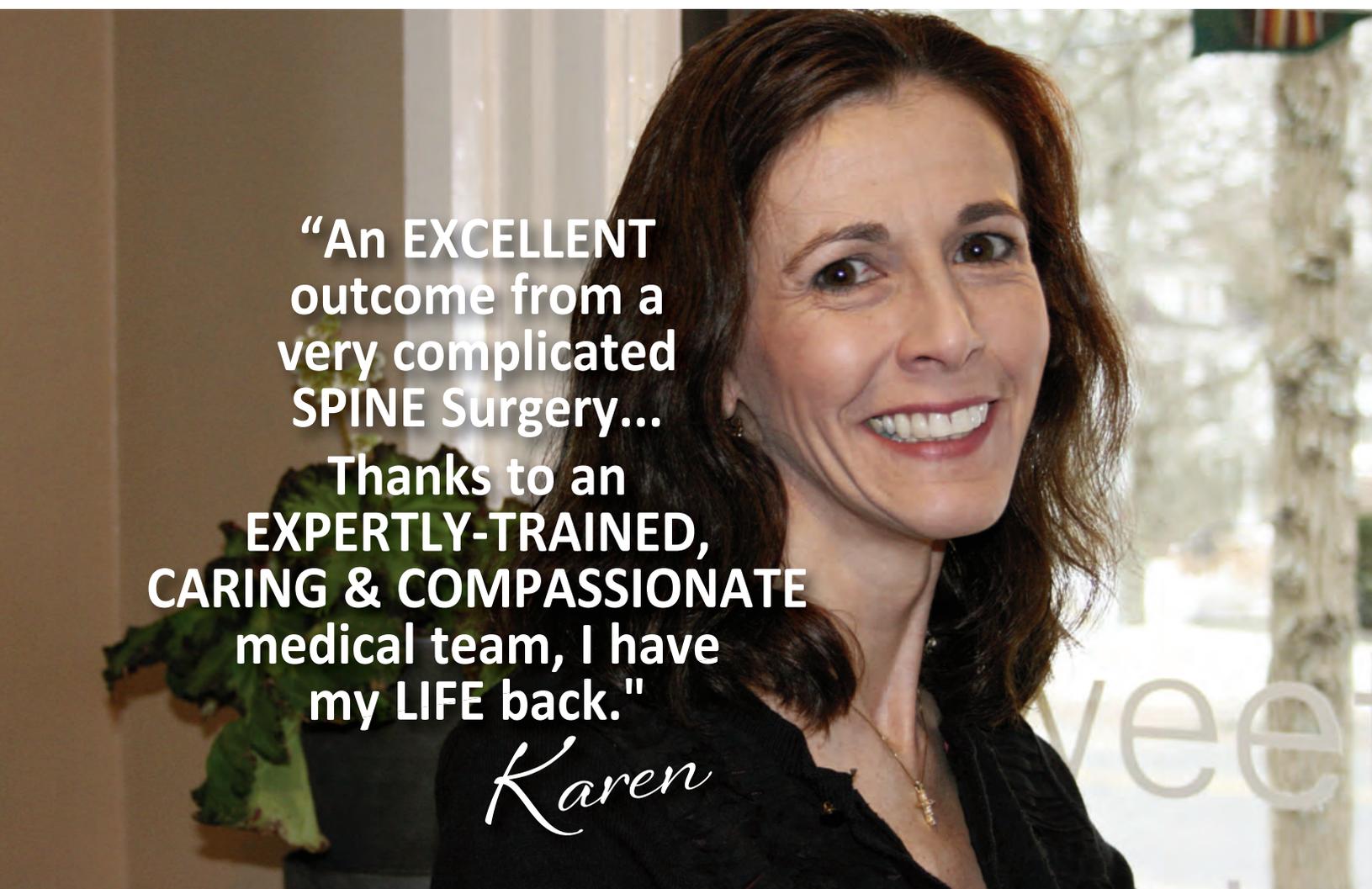
Don't let others make you the scapegoat for their mistakes. Show fairness. That will at least show how serious you are about getting things done.

AQUARIUS (Jan. 20-Feb. 18)

Cooperation between co-workers has a lot to say in the workplace. The same is true in other parts of your life. Always try to look your best and keep in mind that happiness is the best form of revenge.

PISCES (Feb. 19-March 20)

Those closest to you experience constant guilt, and it is in your favor. Make a plan and don't let the fear of the unknown get to you. Take on the world and finish your work.



**“An EXCELLENT
outcome from a
very complicated
SPINE Surgery...**

**Thanks to an
EXPERTLY-TRAINED,
CARING & COMPASSIONATE
medical team, I have
my LIFE back.”**

Karen

**The
Center
for
Orthopedics
at
Sharon Hospital**

Quality,
safe, patient care
with excellent
surgical outcomes.

Enhancing
quality of life,
one patient
at a time.

"Having been a nurse for the past 26 years, I was dedicated to caring for my patients. I tried to maintain proper back care when lifting and transferring patients at all times. However, when an Emergency occurs, often nurses must gather super-strength to assist a patient... Dr. Astrauskas, my PCP, and Christine Lowell, PA, worked with me to gain strength through physical therapy and the use of steroid injections. I did not want to mask my back pain with medication because I had witnessed what prolonged use could do to a person.

Over the past year, it became apparent that the non-surgical interventions were simply not going to be able to cure my back problems. I needed help getting out of bed and moving from room to room. I would wake up in severe pain in the middle of the night. My quality of life was terrible.

Together, Dr. Dan George, Orthopedic Spine Surgeon and Christine Lowell, Orthopedic Physician's Assistant, talked to me about surgical intervention and the next options for my care. We decided to proceed with surgery. It was a complicated case; a fusion with rods placed in my back. From the moment that I presented to the Surgical Department at Sharon Hospital, I was cared for like a member of the hospital family. Not just because I had worked there, but because Sharon Hospital's team of caregivers treats each and every patient as if they are their own family.

There is a misconception among some people that you receive better care at a larger hospital. That is simply not true. I have also worked in large city hospitals in Hartford and Nashville, so I know first hand that the care that I gave at Sharon and the care that I received as a surgical patient at Sharon Hospital is just amazing... The entire team of expertly trained surgeons, nurses, and anesthesiologists were dedicated to making me comfortable each and every step of the way. I was nervous when I went to the operating room holding area but the surgical team's compassion and dedication to my safe care made me feel at ease.

Today I am able to do the things that I enjoy most with my family. I am also able to travel for work to our eight RegionalCare Hospitals. Running through the airport and lifting my suitcase into the overhead bin is no longer difficult. I have my life back. Thank you to Dan George, MD, Christine Lowell, PA, and the team at Sharon Hospital for giving me the ability to move freely again.

My name is Karen. I am proud to say, Sharon is MY Hospital; where the hospital family cares for their community family every day."

Karen Arel, MSN, MHA, RN
Registered Nurse | Informatics Analyst
RegionalCare Hospital Partners



**Sharon
HOSPITAL**

A RegionalCare Hospital Partners Facility

Sharon Hospital | sharonhospital.com