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## TO HAVE AND TO HOLD...

The traditional wedding vow goes a little something like this: "I, (name), take you (name), to be my (wife/husband), to have and to hold from this day forward, for better or for worse, for richer, for poorer, in sickness and in health, to love and to cherish; from this day forward until death do us part."

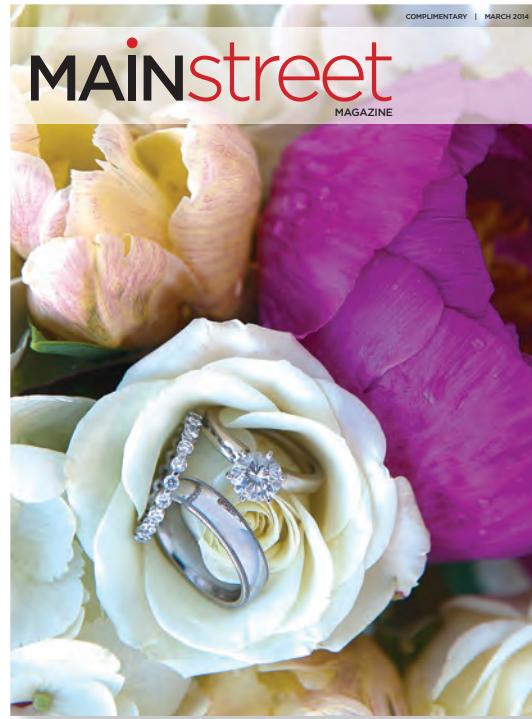
This vow is so much more than the simple words that are put together to form this sentence. These words are an oath that the bride/groom make to one another (witnessed by all of their family and friends) that they will stick by- and support each other through, quite literally, everything! Resultantly, it is an oath that should not be taken lightly, whereas these can be some of the most meaningful words you'll ever let pass your lips. And boy! You can throw one heck of a party to mark the beautiful and joyous occasion!

### This wedding themed issue

This is our second themed issue and focuses largely on all things wedding related. One's wedding day is a joyous occasion in all respects (minus perhaps the bridezilla and some of the wedding drama that can happen on occasion), not just for the bride and groom, but also for their family and friends who have gathered to share this special day with them. It is one of the major milestones in a person's life, one of the commanding moments, and it is pure beauty and joy. We thought it poignant to devote one issue (per year) to this important moment in people's lives and feature relevant stories, tips, advice, and more.

In this issue we feature wedding photographer Alicia King; we talked with Bill Burke of North East Fitness & Wellness about getting in shape for the big day and what that could entail; our real estate story has a village alternative for the newlyweds and perspective homebuyers alike for when they're considering a home to invest in; for our restaurant review we feature The Farmer's Wife who's a local caterer; we've got a few song pointers that can help to get your wedding guests onto the dance floor; we've also got a few wedding planning tips whether you require a little bit of help or a lot; we share with you three local couples' stories from their big day; and we also bring you a travel story that could give you an idea of a different honeymoon location if the traditional locations don't cut it. We hope that you'll enjoy, and for the future Mr. and Mrs. out there, we hope that you find this helpful!

- Thorunn Kristjansdottir



## MARCH 2014

Love is in the air: Wedding bells they are a ringing.

Engagement ring and wedding rings courtesy of Elizabeth's Jewelry & Fine Gifts. Flowers courtesy of Country Gardener Florist. Both are located in Millerton, NY.

Cover photo by Steven Steele Cawman

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### 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.**

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## focusing on hudson valley WEDDINGS

ALICIA KING – PHOTOGRAPHER

By Steven Steele Cawman  
[arts@mainstreetmag.com](mailto:arts@mainstreetmag.com)

"Even in the familiar there can be surprise and wonder," Tierney Gearon.

Photographer Alicia King's perceptive and intimate knowledge of the Hudson Valley brings wonder and the unexpected to her extraordinary work. Born in Poughkeepsie and raised in near-by Lagrange, Alicia grew up surrounded by the spectacular local geography that frequently serves as the backdrop for her work. Her life here has connected her with the best that the Hudson Valley has to offer. King knows the best locations for shooting photographs and can tell you exactly at what time the sunlight will be most flattering for her subjects. She knows the many spots on and off of the beaten path that help tell her subject's stories. Her knowledge of the area and skills as a photographer come together to create memorable images.

### **Life's calling and following its path**

Up until the age of sixteen, King thought that she would pursue a career in the culinary arts. She joined the culinary club at Arlington High School and quickly discovered that cooking was more of a challenge than she expected. The following year, she took her first photography class. Within the first week, she was hooked. She enrolled in every class her school had to offer. Her junior and senior years of high school were filled with endless rolls of film, and countless hours in the darkroom. It got to the point where her teacher joked that she should consider buying a bed so she could just sleep in the darkroom. The summer between junior and senior year she enrolled in a summer camp run by the Mill Street Loft in Poughkeepsie, where she

was able to learn more about the proper way to use her camera and print images in the darkroom. She enjoyed it so much that she enrolled in classes held during the school year as well. One of her images from the class was selected for an art show at Vassar College and an image she took of Grand Central Station in New York City won Photo of the Year during her senior year.

When it came time to select a college, Alicia's mother encouraged her to enroll in Dutchess Community College to make sure photography was what she wanted to pursue. She received the James S. Barton Emerging Artist Fund Scholarship and the Peter Klose Memorial Scholarship. During her time there she once again enrolled in every photography class offered. She also worked as a lab monitor in the photography department, helping her fellow students. While working in the lab, she used her free time to experiment with the studio lighting, shoot and learn digital editing software like Photoshop, and printing her own images.

### **The Fashion Institute**

In her second year at Dutchess Community College, she applied to study at the photography department at the Fashion Institute of Technology in New York City. On Valentine's Day 2009, she received her acceptance letter and was ready to start the next chapter of her life. She graduated from Dutchess later that year with an Associate Degree in Applied Science and Commercial Arts and Advertising. She relocated to New York City for F.I.T. and began taking classes there in lighting, the history of photography, and began experimenting with various cameras and film formats. In addition to the practical and classroom learning, Alicia had the

chance to meet and work with other artists. F.I.T. is first and foremost a fashion school. As a result, she met and worked closely with fashion designers, photographing them and their work. It gave her a greater appreciation for the artistic side of fashion that she'd never been exposed to before. King credits her experiences in shooting fashion photography with giving her an advantage as a wedding photographer. "I'm very familiar with posing models and making clothing look good, and fashion is a super important element in wedding photography," she says.

At F.I.T., Alicia interned with the renowned commercial photography team of Markus Klinko and Indrani. The team has been responsible for many advertising campaigns and numerous album covers for people like Mary J. Blige and Beyoncé. During her time there, she helped the studio prepare for a premier party to debut a short film they had made starring style icon Daphne Guinness, who is well known for helping to launch the career of the late designer Alexander McQueen. While in school she also took an internship at Christian Oth Studio, well known for their wedding photography. There, she experienced what it was like to work in a fast paced studio and worked alongside several talented photographers, seeing and becoming familiar with their different styles. After the internship, she was asked to stay on as a part of their team and was put in charge of retouching, editing and ordering prints for clients. Her work there gave her a refined eye for color correction and the hectic pace taught her important time management skills.

By this time she reached her junior year, Alicia

Below: Alicia King



was frequently freelancing back upstate while also going to school. She decided to make the move back to the Hudson Valley and commute to her classes at F.I.T. During her senior year she took a job working with the Franklin Mint, the maker of collectible items, and started shooting jewelry and coins for them. Most of her senior year was dedicated to her thesis project, photographing historic houses in Dutchess County. King was excited to showcase the beauty of the area she grew up in and loves so much in her final project at F.I.T. She graduated summa cum laude with a Bachelor's Degree in Photography.

#### No rest for the weary

Since graduation, King says she hasn't really taken a day off but isn't complaining. She explains that she is busily building her business and making a name for herself as one of the areas top wedding photographers. "Being a hard worker is very important when it comes to shooting weddings because as someone's wedding photographer, you're responsible for capturing every important moment of their special day." She explains, "Every moment is important on a wedding day so you have to stay on your feet and stay focused from the second you start shooting until the event is over. You never know when something great will happen spontaneously and unexpectedly that makes for some amazing and memorable pictures." She feels it is important to connect with her clients on a personal level rather than just be a vendor. "I pride myself on being more than just a photographer, but also a friend who is there to help. I make sure to blend into the crowd but also help the day run smoothly and stay calm no matter what happens."

King's background in art and her extensive knowledge of film-based photography contribute to making her a uniquely talented wedding photographer. She has a background in drawing, painting, and graphic design that give her a unique point of view. She is constantly looking for ways to make a scene interesting and well composed just by her vantage point. "If I have to lie on the ground or climb up a tree to get 'the shot' you can bet I will. I will not settle for 'good enough,' I make sure things are perfect, and that's something you don't see a lot of these days," she says.

While she was at F.I.T., her instructor Christina Tisi-Kramer taught her to be ruthless when it comes to editing her images and picking only the strongest. Alicia explains her process is a mix of vintage and modern methods. She tries to emulate the gritty results of shooting on film, while also giving her images a clean and polished look. Her images are rich in texture and she beautifully captures the minute details of her subjects.

#### No Man Walks Alone and Lambs Hill

In addition to shooting for herself, Alicia is also the photographer for No Man Walks Alone, a high-end online menswear company. Working with owner Greg Lellouche, she is responsible for shooting their entire line of merchandise and giving their online presence a distinctive look that supports the brand's mission of encouraging men to "be unique and true to themselves." King credits her work on the line with giving her a better eye for details when capturing the grooms and groomsmen in her wedding photography. King also serves as the in-house

photographer for Lambs Hill in Beacon, New York, a wedding and photo shoot venue overlooking the Hudson Valley. Alicia has done numerous portrait, engagement, and fashion shoots there.

King credits her parents with contributing to her success as a wedding photographer. When she was younger, her mother owned a successful wedding planning business. Alicia says that her mother taught her the right way to treat those around you and how to deal with people in stressful and emotionally charged situations, like weddings. When Alicia was younger, her father was an avid photographer and shared his love of photography with her. The two continue to share their love of photography with each other today.

Looking to the future, King would like to set up a studio and hire some assistants to help with the increasing workload. She is eager to share her knowledge and experience with the next generation of photographers. When she is not behind the camera taking pictures or at the computer editing them, King keeps busy working on branding her business and coming up with ideas about how she can stand apart from her competition. King and another female photographer are also in the early stages of starting a magazine that will focus on the businesswomen and female artists of the Hudson Valley. •

*If you would like to find out more about Alicia King, check out her website [www.aliciakingphotography.com](http://www.aliciakingphotography.com). You can also "like" Alicia Photography on Facebook where she frequently shares her work.*

*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](mailto:arts@mainstreetmag.com).*

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# friendly faces: meet our neighbors, visitors and friends



**Gail Fournier** is a licensed broker and customer service agent at the Brad Peck Insurance Agency in Copake, NY. This is her 10th year with the agency, but has been in the industry for 31 years. There's something new to learn every day, like one of their newer services is wedding insurance, which can cover everything from the venue, to the photographer, flowers, etc. She encourages couples planning a wedding to call to inquire about further details. Speaking of weddings, Gail and her husband Donald, will be celebrating their 27th anniversary in June. One of Gail's fondest memories from their wedding day was her father asking if she wanted to skip down the aisle. Gail created a new wedding memory last July walking her daughter down the aisle, and she's looking forward to her son's upcoming wedding day (he got engaged on Valentine's Day).



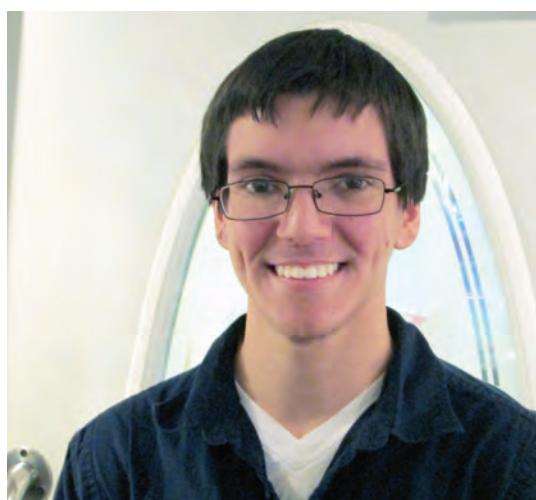
**James C.** is a hotel leader for the Sharon Country Inn in Sharon, CT. He's been in this occupation for the better half of a decade. James enjoys interacting with people and meeting people from out of town. Family means so much to him, and he's hoping to treat his wife out to a quiet night as they celebrate their fourth wedding anniversary in this month of March. James recalls many memories of their wedding day, especially seeing the ring bearer with Cracker Jack rings. James says that the biggest piece of advice that he'd give to a future groom is to provide his bride with a lot of support. James and his wife are proud parents to a very active three-year-old son. James loves spending time with him, and during this time of the year that means sledding. Bundle up!



**Tony Markham** is new to First Niagara's Millerton branch and is honored to be working as a customer care representative. Financial needs are always changing depending on what stage of life you're in, and Tony wants to ensure that you meet all of your financial objectives and that you have an exceptional banking experience. Tony wasn't too familiar with the area before working here, but said that everyone has been so kind, gracious, and welcoming. Tony is excited to continue getting to know his customers and building relationships with them. Outside of work you'll find Tony following tennis and music, both of which are important to him. He says he tinkers around with the guitar at home, but doubts you'll find him playing in public. Tony has friends that are in the wedding industry and he thinks that the trend will continue towards smaller, personalized weddings.



**Judy Westfall** has worked for Dutchess Oil and Propane (which is now officially Crown Energy Corp.) for almost two years as a bookkeeper. The atmosphere at work is always fun, and she enjoys being with her co-workers. Judy likes working in Millerton, too, as she's lived in the area her entire life and comments on how everyone is so nice. Outside of work you'll most likely find Judy playing guitar, singing, helping out in church and other organizations, working outside, or playing golf. Although Judy keeps busy with work and life outside of work, she's looking forward to celebrating 24 years of marriage with her husband, Doug, this coming May. To celebrate, the couple usually likes to go out to dinner and a movie, but this year they have more to celebrate with their daughter graduating collage, too. Put your party hats on!



**Jordan Mato** has worked for Dad's Dinner in Copake for about a year and a half. He works in the kitchen there, helping with prep-work and he hopes to learn more about preparing meals and cooking before he goes off to college this coming summer. Working at Dad's is very convenient for him whereas it's a five minute walk up the street from his home, and he's able to save on gas. Jordan is into video games and plans on majoring in game design or computer science in college, which makes him even more excited to start college. Don't you just love when your hobby can play an integral part in your vocation? He's keeping his fingers crossed in hopes of being accepted to R.I.T. Jordan recalls attending a wedding when he was younger where he felt like a young James Bond, being all dressed up.



**Linda Warner** is the proud owner of The Pond Restaurant in Ancramdale. Linda not only creates delicious dinner dishes, but also helps plan and cater weddings and events in her banquet hall. "I like pleasing people and making things right, like helping prepare for a wedding." When a bride meets with Linda, she wants to do everything that she can to help make the bride's dreams come true. Linda offers her venue for an extremely reasonable price, and your guest will not leave hungry. Everything from the appetizers to the main course is phenomenal! Linda likes to find new products and spices, and is creative in the kitchen in order to keep you coming back for more – before and after your big day! When Linda isn't at the restaurant cooking up a storm, there's a good chance that you'll find her along with husband Larry working on renovations or antiquing.



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MAINTAINING  
A HEALTHY  
LIFESTYLE:

# wedding fitness

By Thorunn Kristjansdottir  
info@mainstreetmag.com

*The time between popping the question and "I do" typically takes about 9-18 months. In that time, the bride and groom spend countless hours picking a venue, the food, the music, color scheme, dresses, flowers, and finalizing the details. But for most bride and grooms to be, this time is also spent trying to shed a few of those unwanted pounds, and tightening certain areas of the body in an effort to make sure that they look their best for the big day. But what is the best way to do that, in a safe and healthy way? To answer that question, I turned to Bill Burke, a personal trainer, physical therapist, and the owner of North East Fitness & Wellness in Millerton, NY.*

**Take your typical engaged couple, circa 30 years old, that's getting married in 12 months, they want to shed a few pounds and tone, what should they do?**

It's not just a quick fix. They spent 30 years getting into the shape that they're in, so they won't change that overnight. It's about a healthy lifestyle: nutrition and exercise, which go hand-in-hand. But with that being said, I always look at each and every person on an individual basis: our differences, inherently, genetically, and between a man and woman, and from there we can better come up with a routine that suits that specific person.

When coming up with a program for the person and/or couple, you have to look at their likes and dislikes, as well as their previous experience with working out. It's important to look at this, because if they didn't stick with a program in the past there's a reason for it (for example maybe they didn't like their trainer or they didn't see results or they didn't work on the nutrition part), and knowing those reasons will help create their program today, and will help them to stick with it, and to see the desired results.

When I train a person, I always tell them that it's like a three-legged stool: nutrition, cardio, and the third is weight training. For a lot of women, they don't like the third part, because there's a myth or thought process that they want to slim down and look good for the wedding and that any type of weight training is going to increase their bulk and make them look thicker. But that is contrary to the truth, weight training helps to strengthen and to tone. Even if they were to go on a very strict weight training program for a twelve month period, they most likely would put on no more than one or two pounds of muscle. And besides, most women who are getting married are between the ages of 24 and 30, and they simply don't have the hormone level to put on the bulk.

I also break nutrition, weight training and

cardio down into percentages. It's my philosophy that nutrition is somewhere from 50-60% of the whole program. For example, if someone comes in and does 40 minutes of cardio, leaves and gets a six pack of beer and goes through the drive-thru of a fast food establishment, yes, they are getting the benefit of the cardio and fitness part, but they're ingesting a significant amount of calories, more than they've burned during that 40 minute session. And remember, one hour of exercise is only 4% of your day, and so for the other 96% of the day it's all about what you eat. One of the problems that I see, especially for women, is that they have the mind set of the less they eat, the more they'll lose – which is natural – but once you begin a fitness program to reach specific goals whether that be a set weight or a certain look, you're burning calories but you need the calories to repair the muscle. That's why nutrition is such an integral part of the whole process, not just to lose those 10-15 pounds for the wedding day, but as a whole.

**And what about the other 50%?**

If we say 50% is nutrition, the remaining 50% or so can be broken down to 25/25% between cardio and weight training. I try to implore with my female members weight training, not weight lifting. Any woman, senior, or male above 40 years of age (with exceptions because there are always exceptions) need to tone, but you don't need to do the heavy weights. My philosophy is high repetition, low weight, but bring the muscle to fatigue. It's imperative that you also do the exercises correctly. And the key is developing a mind set from the very beginning that this is going to be a lifelong commitment. You may not be as dedicated to that lifelong commitment as you are in that 12 month period (prior to the wedding), where you have a set goal to be a certain weight or look a certain way, but it should carry through to your lifestyle.

Your lifestyle is really about your habits, and it takes about three months to break your habits. With 12 months before your wedding, the first three will be the hardest, and the remaining nine will be so much easier to stick with and make that way of life your new habit and lifestyle. So hopefully the stimulus and driving force of the Big Day will also help you to create a new and healthier lifestyle in your new life as Mr. and Mrs.

**How much working out is "enough" to reach the goal and to stay healthy?**

I implore all of my members, whether their goal is to get in shape for that big day, whether it's a health reason, a post-surgical reason, or whatever

the reason is ... a lot of people get gung-ho in the very beginning and want to work out seven days a week. I try to tell them that three to four days a week, or 3.5 days a week, is good. And then as you get past the three month threshold, you may have the desire to do it four to five times a week. There's plenty of empirical evidence out there that says the most beneficial is five days a week; four is better than three, five is better than four, but six is not better than five – you need the time to rest and for recovery from both the physical and psychological impact.

**What plan of action do you recommend?**

I look at each person as an individual. I would do a complete assessment looking at prior medical history, examining body fat percentage with calipers to get a ballpark (a healthy body fat for men in their early to mid 30s is 12-15%, for women it is about 21-25%) and compare that with muscle mass, I would talk with them about their likes and dislikes, what they've done in the past, and then discuss their goals. From that information we can come up with a regimen that is best suited for them, and to be most likely to help them attain their goals.

With that regimen, if the person has experience and knowledge about exercises, the machines and weights, but more importantly, knows how to use them correctly, then they can begin. However, if someone isn't quite sure, I highly recommend speaking with- or working with a personal trainer to understand how to execute their regimen, and to do it correctly. It's imperative, especially for those that haven't worked out in a while, to bring them on very slowly so that they simply won't hurt themselves or get discouraged because they don't see results in a week's time.

Another misconception is that if you're burning fat, you're gaining muscle. But in fact, there is no correlation between the two, and how you burn/gain is also dependent on what type of exercises you're doing. If you're on a more aerobics/cardio program, for example, you're more likely to burn more body fat and not build as much muscle. Whereas with weight training, you're still going to burn fat due to exercise, but you're going to increase the number of muscle fibers and tone the muscle.

But remember, you can not spot-target an area and *just* see results there. The first place that you gain, is the last place that you'll lose. But in a year's time, both bride and groom (and anyone else for that matter) can certainly lose anywhere from 10 to 20 pounds by sticking to a set routine. •

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# building a dream

## ELIZABETH'S JEWELRY & FINE GIFTS IN MILLERTON, NY

By Christine Bates

[christine@mainstreetmag.com](mailto:christine@mainstreetmag.com)

Quite by accident this month's featured entrepreneur, Betsy Trotta, the owner of Elizabeth's Jewelry & Fine Gifts in Millerton, turns out to be another former teacher turned retailer like Joan Osofsky of Hammertown Barn whom we featured last year.

### The store is Elizabeth's Jewelry, but do you prefer to be called Betsy?

Elizabeth just sounded better for a jewelry store and it is my legal name, but everybody calls me Betsy.

### How long have you been in business? Did the great recession affect you?

I began my business in 2004 on Dutchess Avenue, in the village of Millerton, in the blue building that used to be Trotta's Market, my grandfather's grocery store, and then Davis & Trotta, my father's law office. The land where we eventually built our new store (between CVS and Grand Union) was available, but I decided to start small when the Dutchess Avenue space became vacant.

In 2007 we moved into our custom-built home on Route 44. Ray Nelson was our architect and we spent ten months designing it together. His first idea was a modern structure, but I wanted a colonial look with a cupola. It actually took only seven months to build. We were fortunate that our newness in 2008 protected us from the recession's impact.

### How would you describe your business?

We are a service-oriented jewelry and gift store that offers everything from platinum jewelry with diamonds to Vera Bradley bags and stationery. You could say that we sell everyday jewelry. Our motto is classic elegance, everyday charm.

We also do repairs, appraisals, and engraving, and buy estate jewelry, gold and silver. We maintain gift lists to make purchasing easier – especially for husbands. We suggest selecting five items so the buyer feels like they are making a choice. The one thing we don't do is pierce ears.

### What did you do before opening your business?

I grew up in Millerton and my first retail experience was selling fresh picked corn for Julie Schroeder at Silamar Farm. From there I moved onto my grandfather's grocery store in the village and worked in every department, except for meat. I ended up at the fish counter and remember selling lobsters to Meryl Streep. At the end of every day I smelled like fish.



Above: Betsy Trotta behind the counter at her jewelry store on Route 44 in Millerton, NY.

I went away to college and have a Master's in English. Before coming back home I was the chairman of the English Department at a private school in Boston. On weekends I worked for a jewelry store in Newport, Rhode Island. When I moved back home to teach at Kildonan School, I wanted to do something different. While teaching I took classes at The Gemological Institute of America and worked at Zale's in Poughkeepsie part-time for two years to learn how a large, corporate jewelry retailer operates. Although I had considered opening a bed and breakfast, the jewelry business seemed like more fun than changing beds every morning. It's where my heart is.

### Do you consider yourself an entrepreneur?

Definitely. In fact I'm dyslexic and dyslexics are often risk takers.

### When Main Street interviewed Joan Osofsky of Hammertown, we discovered that she had also been a teacher early in her working career. Is there something about teaching and retail?

Oh, I think so. Teachers are used to multi-tasking and they listen to people. You never stop teaching.

### Did you do a business plan for your start up?

If you get loans from a bank you must have a plan. We were lucky to get sales information from Ames

in Amenia and from jewelers Mark Lebowitz and Peter Allen who both had jewelry stores in Millerton.

### Do you watch the numbers?

Yes, it's really important. We can see which lines pay for the space they use, but you always have to make a judgment call and decide if less profitable products are bringing people into the store. Analyzing sales patterns told us that we should be open on Mondays and closed on Tuesdays.

### Who is your customer? What is your price point?

It's critical that our store work for both weekenders and locals. Everyone is a contributor to our success. About 60% of our business is full-time residents. We have a price point for everyone from \$30 for a delicate sterling silver necklace for a high school girlfriend to a one-of-a-kind diamond ring to celebrate a 20th wedding anniversary. We are not just high end. The store has a broad range of products and prices.

### What do you think is the most important factor in a jewelry store's success?

We work hard to keep people happy. We treat

Continued on next page ...

customers the way we would like to be treated. I am very careful about building trust. We have quality products and we stand behind them. When we repair fine jewelry we use the most advanced technology – like underwater laser repair, and diamond testing every piece when we receive it. When people come in with coins we research whether it would be better to sell to us for the metal value or take them to a coin dealer. It's all about the long term.

#### **How is running a jewelry store different than a clothing store?**

Our insurance company demands security measures like having two people in the store at all times, and other safety requirements I won't go into. We have to remove much of the inventory from the floor and into the vault every night. A regular retailer doesn't buy gold, which we started doing in 2007 when metals went crazy. Anyone who sells us gold must show a driver's license, and be fingerprinted. There are certain criteria and educational courses, like gemology, required to be a member of IJO, Independent Jewelers Organization. I am a member of IJO and it helps Elizabeth's attain buying power and access to resources and advice from over 800 jewelers across the USA.

#### **Who are your biggest competitors?**

Definitely the Internet, although that has slowed down a bit. We're fortunate in that there's not another jewelry store in a twenty-mile radius, but we still have to compete with New York City. Many of our products are national brands, and they are fairly priced. I don't expect people to shop here just because we are local.

#### **How seasonal is your business?**

Weather affects all retailers and this January was a tough month for everybody. Actually we are fortunate that Christmas is only about 25% of our business as compared to a much higher figure for most jewelry retailers. Valentine's and Mother's Day are other big events for us.

#### **What is your marketing strategy?**

Actually this big, blue building is part of our strategy and we feature it in all of our ads. It's very visible and draws people in. When we first opened here, people had heard rumors about a Dunkin' Donuts and came in looking for them. We had some donuts on hand to give to customers.



Above: Elizabeth's Jewelry distinctive presence on Route 44 in Millerton. Below: Chan Lu's wrap bracelets are displayed on paint rollers.

Every day we try to do one free thing like an adjustment on a necklace, diamond testing, or cleaning a ring. When the customer asks what do I owe you, we say "Nothing ... But please tell someone you had a positive experience here."

Word of mouth is the most powerful form of advertising when it comes to major jewelry purchases. People need to trust their jeweler and hearing it from someone they know is key.

Elizabeth's donates items to hundreds of local auctions for nonprofit organizations, which gives us positive exposure and supports our community. I feel it's a much better investment than just giving money. For traditional print advertising we prefer very local publications such as Main Street Magazine and The Millerton News.

#### **What is the best thing about running a jewelry store?**

This is a very happy place. Clients come in and tell us how beautiful our store is. They tell us stories about their lives – a friend may want a Pandora bead to celebrate her friend's survival of breast cancer, a nervous gentleman may need to understand how to pick out the perfect diamond to set in an engagement ring, or a family, that has lost a loved one, may need advice or an appraisal for their family member's jewelry. It's the human story that makes this business interesting. We keep tissues by the cash register because we all end up crying.

I also like dealing with the artists that make the handcrafted jewelry we sell, like Ananda Khalsa, Dana Kellin, and Chan Luu. And what's really fun is when we go to the Gift Show in New York to buy for the store. My sister and the staff come along and we have a great time.

The store has also given me flexibility in my personal life. I took time off when my son, Tony, was born and I'm not busy at night grading papers.

#### **What is your biggest challenge?**

Gosh, I have worked in such much more difficult situations. The biggest challenge here is inventory

control, especially all of the charms that go with the popular Pandora line.

#### **Any changes on the horizon?**

We intend to offer more bridal lines.

#### **Do you read any business publications?**

Instore Magazine is the retail jewelry trade source for trends and best practices. The magazine tells which brands are doing well and what the best stores are doing to increase business. I read it carefully every month.

#### **Do you have any advice for other entrepreneurs?**

Keep it fun and do what you like. Expect to work long hours. When I first opened here the police would see my lights on at midnight and come in to check on me.

Stay within your budget and negotiate for everything. We purchased display cases from Ames when they went out of business. We used old sinks and counters from the Sunoco station. The safe in my office is my grandfather's.

Reach out to your family. My husband transported all of these cases. My father helped build the building, assisted with legal advice, and he is a wonderful business advisor. My mother simply has great taste.

#### **And what do you do for fun?**

When I'm not here, most of my time is devoted to my family, skiing, hiking, yoga, and, of course, reading. •

*To reach Betsy Trotta, to learn more about Elizabeth's Jewelry & Fine Gifts in Millerton and their many products, you can call (518) 789-4649 or visit them online at [www.elizabethsjewelry.com](http://www.elizabethsjewelry.com).*

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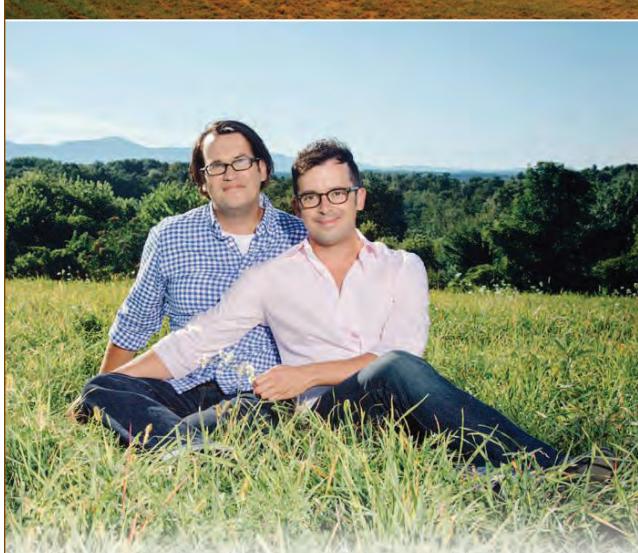
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# the farmer's wife

GREAT GASTRONOMY

By Thorunn Kristjansdottir  
*info@mainstreetmag.com*

The Farmer's Wife in Ancramdale, NY has most certainly helped to put the little "town" on the map (although I'm not sure if it is large enough to be called/considered a town, but it is often grouped with the Town of Ancram so we'll let it slide). Ancramdale consists of The Farmer's Wife, a post office, a church, and a few homes, and as noted in our real estate article this month, it scores a zero in walkability. Regardless, it is a cute little town and what it has going for it is this gourmet eatery!

As far as I understand it, The Farmer's Wife had its start when the farmer's wife, Dorcas Sommerhoff, started a catering business out of her kitchen in the early 1990s. I specifically remember this time because as a nine or ten year old, I once accompanied my mother to help Dorcas prepare for an event that she was catering. But by 2002 her business had grown so much that she needed a larger kitchen and facility. She moved the business to downtown Ancramdale, to the building that used to house the old General Store. There, in addition to the catering business, she opened the front part of the store as a little eatery where one could come in for coffee and a newspaper, breakfast and lunch, and to grab ready-made dishes to go.

It wasn't before long that word got out, and The Farmer's Wife grew, and with good reason! The food has always been top-shelf, the atmosphere is always friendly and welcoming, and you run into locals and weekenders alike.

## Emilie and Job

It's been a few years now since Dorcas and her husband Chris, "retired" from the catering and restaur-



rant business and handed the reins over to Chris' daughter, Emilie, and her husband Job. Emilie and Job have continued Dorcas' tradition of fresh and delicious food, and they've done a terrific job.

I've enjoyed the food from The Farmer's Wife for well over a decade, and by now I have numerous favorite dishes: for breakfast I always get the French toast, because it is in a league of its own. When Chris would help Dorcas in the kitchen, he told me the secret ingredient (which I won't reveal), but the way that they make the French toast – it just makes it impossible to replicate. It's simply delicious. For lunch, I would most often get the curry chicken salad. It is thanks to The Farmer's Wife after all that I was introduced to this now-favorite dish of mine, and all other curry chickens have a hard time because they're all compared to this one.

About two years ago or so, I discovered a new favorite treat: the peanut noodles, or that is how I refer to them (pictured above in top circle image). They are great as a little snack, as a side dish, or even as a main dish (that's how good they are). But don't expect to take just one bite, because they're addicting! And they've got a little kick to them.

If I had to pick a favorite dish from The Farmer's Wife, it would prove extremely difficult, but I have to give it up for the chicken pot pie (pictured above in the bottom circle image). The buttery crust is always just the right combination of flaky and soft. The filling is a combination of savory chicken, celery, carrots, peas, and some of the tastiest mushrooms that I've ever had. The creamy sauce is like candy. Yum! If you haven't tried the chicken pot pie, you simply must.

## Wedding and party catering

I've also been fortunate enough to have attended a few parties and a wedding that were catered by the original and new owners. About two or three years ago I attended Chris and Dorcas' son's wedding that Emilie and Job catered. The food was beautiful, as fresh as could be, and everything was delicious. I specifically remember how fitting the food choices were for the type of wedding that it was: a beautiful, rustic country wedding. Everything was so perfect on the beautiful day.

Job catered a Christmas party that I attended this past December, and he really went above and beyond. There seemed to be appetizer after appetizer that came out of the kitchen, one more delicious than the next. To make up for my lack of memory of that evening's menu, here are a few of the items on The Farmer's Wife spring menu: chilled poached rock shrimp on artichoke leaves with shaved fennel, artichoke hearts and lemon aioli; Bruschetta of fava beans with pecorino vinaigrette; Prosciutto, arugula, fig and chevre rolls; warm spring pea pudding with wild ramps, asparagus and lemon-truffle vinaigrette; grilled veal loin, wild mushroom risotto, Swiss chard, Madeira wine sauce; and it is topped off with strawberry rhubarb tartlets with Ronnybrook vanilla ice cream. Hungry yet?

The Farmer's Wife has become a destination because of their amazing food, and they've made Ancramdale a destination. I look forward to their re-opening in March after their winter break, and enjoying some of my favorite dishes. It'll be fun to see what they come up with next! •



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## Your first steps may feel awkward but planning gets you there



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TALES OF A FARM GROUPIE

*By Memoree Joelle  
info@mainstreetmag.com*

It's that time of year again, when the worst of the cold is behind us, and Spring is almost in the windy air. March is the month that always makes me feel like change is just around the corner, and I usually put away my Winter sweaters (prematurely) then take them back out again a few weeks later. Restless, I also like to toss out the old and bring in the new where necessary, starting with what's inside my kitchen and bathroom cabinets. Last year, I discovered Perry Hill Farm, a 58.9 acre New York State certified nursery grower in Amenia, NY, and I was inspired to change my ways along with the weather.

#### A safe haven for the wild and domestic

Vicki and John Harkness purchased their land in 1991, originally to have space for their horse and other animals that they rescued over the years. The farm became a safe haven for both wild and domestic animals, and the Harkness family has always made it their priority to practice sustainable environmental stewardship, and to protect the habitats of species that call their farm home. The numerous plants, medicinal herbs and flowers at Perry Hill are grown organically, and hand-harvested. There have never been any kind of pesticides or chemical fertilizers used anywhere on the property, and the soil in which the plants grow is aerated naturally by worms and microbes. The family uses part of the land to grow their own food, and their home is powered by a solar electric system. All of the farm vehicles are run on bio-fuel, and "organic, low impact, and sustainable practices" is the golden rule they live by. They have signed the NOFANY

Farmer's Pledge, and are members of the United Plant Savers Botanical Sanctuary Network.

#### Herbal-infused soaps, creams and lotions

In 2010, after battling a severe case of Lyme disease, Vicki became inspired to make her own herbal soaps. Weak from her illness and unable to tend to her vegetables, she honed in on studying the therapeutic effects of plants, and learned how to make her own glycerin-based herbal-infused soaps, creams, lotions, and healing salves. Her passion blossomed, quite literally, and today Perry Hill Farm is a magical, wild kingdom of flowering plants and trees, where Mother Nature rules in full glory.

Vicki strives to create personal care products that are not only therapeutic, but also aesthetically pleasing. Her face and body bars, along with shampoo bars, are beautifully hand-made from molds that charmed me from the moment I laid eyes on them at the Millerton Farmer's Market last Summer. The first bar of soap that caught my attention was a clove and cinnamon-scented bar with the impression of an owl, almost too pretty to wash my hands with. I then quickly fell in love with her clear bars with the shapes of glistening green bugs inside, especially the dragonfly. Who can resist an emerald-green dragonfly? That green color, by the way, comes purely from organic comfrey, a plant that is calming to the skin, and promotes the healing of scars and bruises. Any color you see in Vicki's

Continued on next page ...

soaps is of pure organic plant origin, and nothing more. The “pinkish pig” soap derives its delightfully rosy color and scent from rose petals, while the calendula bar bursts with an orange glow that has made it my new favorite. Perfect for dry skin after a long, harsh winter, the calendula soap and salve soothe, and moisturize. A lip balm is also available, and like all of her soaps, Vicki can customize to your specifications. She provides custom orders, offers gift baskets, and is often sought out to make a bride’s special day even more special with elegant bath products made just for her. The soaps have also been known to grace the gift bags of bridesmaids, and if requested in the warmer months, flower arrangements are available. There is nothing lovelier or more thoughtful than having rose petals both on the table, and pressed into your soap for later.

### Skincare from the ground up

I have no shame in admitting that I am one of those girls who gets really excited about new skincare products, but with these, there is an added layer of meaning. I have always been highly selective about what I put on my skin, but haven’t always considered that what I choose to wash my face with really starts from the ground up. The flowers and herbs that are infused into Perry Hill Farm products were grown in healthy soil, harvested by hand, and blended with organic coconut and palm oil, glycerin, and in some cases, organic olive oil. Since the skin is the largest organ of the human body, and also the most vulnerable, choosing what touches



Top left: Clove and cinnamon scented owl soap. Top right: Calendula Salve, calendula soap, lip balm, and shaving soap. Above left: An assortment of soaps, including the dragon fly soap. Above right: Edible flowers.

it should be a well thought-out decision. Unfortunately, in this country the cosmetics industry is not regulated, so all of those big names in skincare can add anything they want to their products, and they don’t have to disclose their sources. Many of those companies add “natural” ingredients that can still be harsh enough to penetrate the outer and even middle layers of the skin, making it susceptible to multiple signs of aging. Vicki’s ingredients, by contrast, are clearly listed in the label, and she never outsources. All of the herbs and flowers used in her products were grown on her farm, and completely in her care. Further, because she is passionate about what she makes, she continues to study on a daily basis so that she can create treatments that offer the highest value of therapeutic skincare possible.

Because flowers and herbs are seasonal, some of the salves and creams are only available during certain times of the year, though most of the soaps are available year-round. The jewelweed salve, which is wildly popular in Spring and Summer because of its calming and healing properties, is a highly effective treatment for poison ivy, insect bites, itchy skin and even eczema. It sells out quickly, as does the jewelweed soap. I like to keep a stick of the lavender lotion – yes, a stick – in my bag, which is made only with olive oil, Shea butter, beeswax and vitamin E. Easy to travel with, it melts from the warmth of your body temperature upon application. Vicki makes everything she sells by herself – I repeat, completely by herself – the soaps, the lotions, the lip balm, everything – so these are truly artisanal products.



Above: Calendula officinalis, also known as pot marigold or garden marigold, has been used for centuries to heal wounds and skin irritations.

### Edible flowers and thyme in a bottle

In addition to beautiful soaps, body lotions and healing salves, Perry Hill Farm also offers herbal tinctures, and in certain months, fresh and dried herbs are available at their farm stands. You may also see, from time to time, small containers of edible flowers. These are aromatic and delicious in light salads, and are spectacular in cocktails. No outdoor gathering is really complete without edible azure flowers floating delicately in Champagne saucers, or frozen in ice.

New to the lineup is an all-purpose cleaning spray, which is a vinegar-based solution infused with thyme and lavender. The thyme acts as an antimicrobial, adding to the powerful cleaning properties of the vinegar, and the lavender gives it a soft fragrance. Completely non-toxic, its light, pleasantly floral scent made me want to taste it. In fact, it is so pure, it actually can be used as an herbal salad dressing. Whether you choose to spray your arugula or your kitchen counter tops, you really can’t go wrong. The cleaner is conveniently sold in a 22-ounce spray bottle, or in half or full size gallon containers. And like I said, it’s that time of year to think about change. Fresh, clean hopeful change; the kind that makes you feel good about where you spend your dollars, what you spray into the air, and what you put on your skin. •

*Perry Hill Farm products can be purchased at the Millerton Farmer’s Market, the Amenia Farmer’s Market, and the Rhinebeck Farmer’s Market. The soaps can be ordered online at [www.perryhillfarm.com](http://www.perryhillfarm.com) or by calling or emailing Vicki Harness: (845) 877-7021, [vharness@perryhillfarm.com](mailto:vharness@perryhillfarm.com).*



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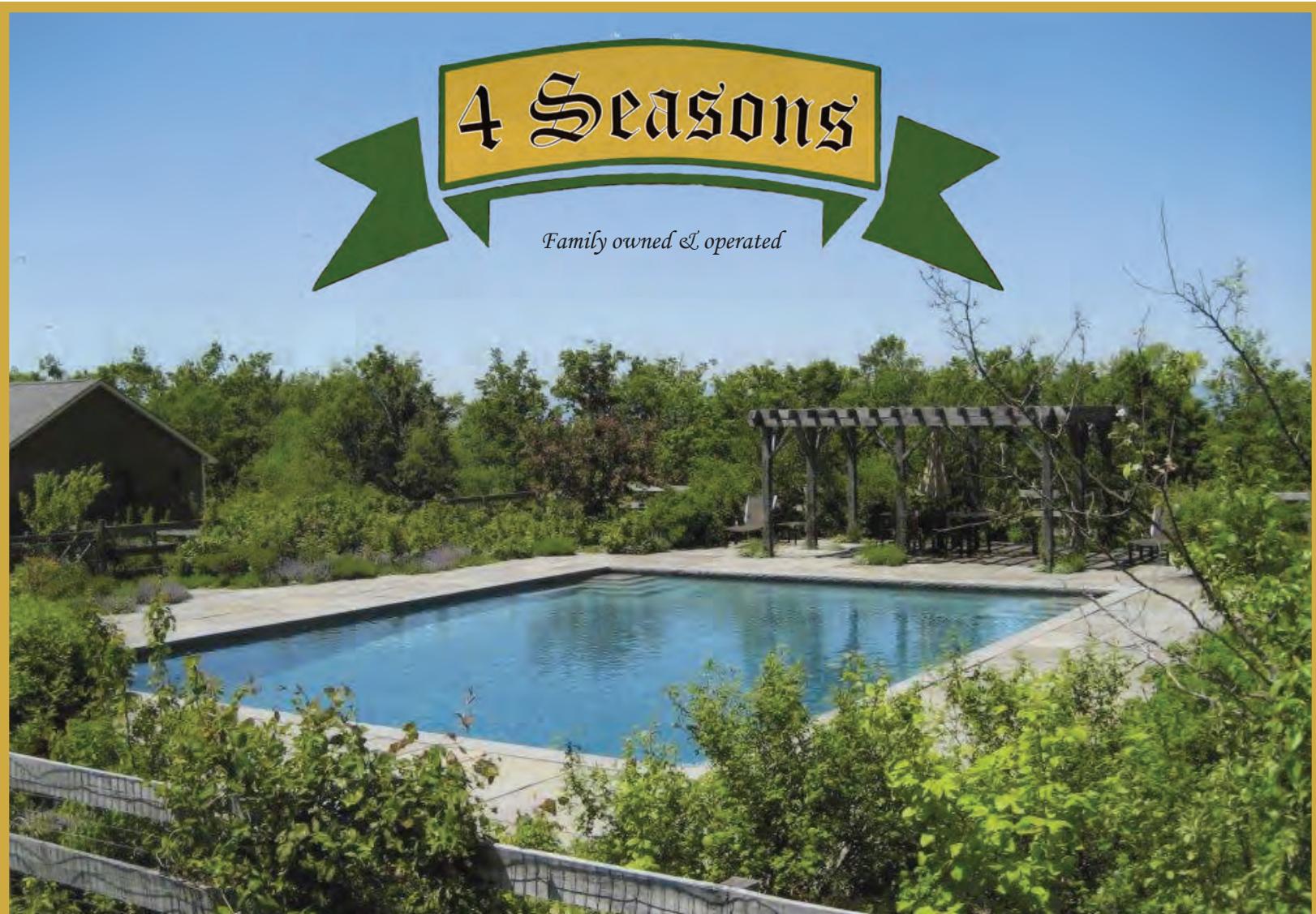


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# We'll take a village

## REAL ESTATE IN THE AREA'S VILLAGES

By Christine Bates

[christine@mainstreetmag.com](mailto:christine@mainstreetmag.com)

*In a change of pace this month Main Street asked people who have moved to our region, as renters or buyers, full-timers or part-timers, why they decided to live in a village rather than in the countryside. The list of reasons is surprisingly long.*

### Not in the middle of nowhere

"Do you mean why don't I want to live in the middle of nowhere?" answered S.B. a weekender in Millerton, who rents a spacious loft apartment less than a block from the Moviehouse. "I can walk to the rail trail, go to the movies and dinner, and get sushi take-out. Before this I lived in Shekomeko which wasn't close to anything."

Walking is the very first thing most residents mention for preferring village life. Barbara Bigos, Salisbury's Assessor, observed that there must be a "reason" to live in a village. "There has to be something to walk to." In Salisbury there is the grocery store, bakery, Scoville Library, churches, shops, and restaurants. Lakeville has the Grove with swimming and boating, Herrington's Hardware store, and galleries.

For M.M. who started out renting in Lakeville more than 20 years ago, being close enough for her son to walk to the lake was the deciding factor for buying a home. (See the walkability chart based on the ability to walk to restaurants, banks, grocery stores, etc.). In contrast to the high walkability scores of Millerton and Millbrook in Dutchess County, which tie with New York City and San Francisco for walkability, the rural hamlet of Ancramdale in Columbia County comes in at



Above: Luxury village rentals are available like this 2,200 square foot full floor apartment close to Lakeville Lake. Photo courtesy of Elyse Harney Real Estate. Below left: This village Victorian in Millerton with views and a spacious yard sold for less than \$200,000 in 2012. Photo by Christine Bates.

zero. Sharon, CT with its historic green and limited retail falls somewhere in between.

Another weekender K.S. and her husband recently purchased a house on Barton Street in Millerton after searching the area for two years. "After spending as much as three hours in the car to get here, we don't have to get in the car again until we leave. We can walk to the rail trail, the hardware store, the diner, and the movies. We keep it easy."

For E.S. the village is a great way to keep weekend house guests busy without driving them around. "I just tell them to walk to Irving Farm for breakfast."

For K and B, "I love that B can take off for a golf weekend and I'm perfectly fine without a car in the village."

### Community and neighbors

Even for renters, feeling part of a community is part of the village versus country decision. "You just get to know so many more people if you live in the village." For K.P. and her husband who moved to Millerton ten years ago from Boston, the village was a place to raise their children and provide them with something to do outside the home. The kids all found jobs working for village businesses through the North East Community Center's teen program and they could walk to work.

"When we moved in," said K and B "Our

neighbors were very friendly and happy to see the improvements we were making. They recommended good local plumbers, electricians, etc. and gave us gardening advice. We were first-time homeowners so this was all wonderfully helpful. And it's just fun to stop and chat with the neighbors as you go about your daily life."

In Salisbury C.P., a recent arrival from downtown New York, found it was an opportunity for her children to be exposed to greater diversity – especially older people. Long time village resident M.D. appreciates her neighbors who feed the cat while she's away and share extra deserts and garden produce.

### I didn't intend to buy in the village but...

Despite intentions to live in the countryside with acres of fields and no neighbors, sometimes a house appears on the market like a sudden change in weather and changes everything.

"Our intention was to have a house on 16 acres," according to C.P. in Salisbury. "Instead, with the help of Elyse Harney, we bought a two family house next to Route 44 which had been on the market for four years. Rafe Churchill did a brilliant job of rebuilding it in only six months and it was featured in Country Living Magazine."



Continued on next page ...

Now that the young family is in residence the children can walk to the ski jumps and the library. "With three kids I didn't want to drive all the time. I am a big gardener and, even though we are at the edge of the village, we have three acres of land. The road noise has never bothered us, and I never have to wait for the snowplow. There are no negatives from my point of view. We have wonderful neighbors and I can hear the town hall clock. Views would be nice, but you can't have everything."

K.M., a commodity trader during the week, was also an accidental villager. "We rented an old stone mill off Route 82 for six years, but the owners didn't want to sell. There was sulphur in the water and we burned a tank of oil every week plus cords of wood. After that country experience, we started looking in Bronxville, but a friend called us about this house. We weren't even looking in Millbrook. We immediately bought it, and the church next door sold us additional land behind the house for a garden. We fell in love with the house, but what we have learned to love about living in the village is that people stop by all the time. We always have wine and champagne and snacks on hand for guests. And after our stone mill experience we really appreciate village water and sewer."

"I didn't decide to live in a village," recounted E.S who recently bought a modern house in Millerton. "I had a list of criteria. The property had to be 20 to 25 minutes max from a New York train. It had to have enough house, but not too much, and enough property to feel private but not so much to worry about." After bidding on houses in rural settings in Sharon and Amenia which fell through, E.S. noticed a listing online which at first didn't appear to make sense. "I had a reservation about it because it was in the village, but it had 1.2 acres, privacy, a swimming pool and a house that wasn't too big. It met all of my criteria despite being in a village. Now the idea of a village is an asset."

#### **Less maintenance, less money**

Many villagers commented that a village property is just easier and less expensive to maintain. "It's too much work to care for acres of land and too much money for property taxes on land you don't really use."

Plowing long driveways can cost as much as \$100 every time it snows. Acres of fields must be mowed, planted or brush hogged. "We never mowed a lawn before and a village lot is big enough for swings, playing ball, and a garden," said K.S. "We're weekenders, not pioneers."

Another villager said, "If I lived in the country, I would need an alarm system or a caretaker to make sure everything was OK. Here I have neighbors."

And less expensive village houses can be a sensible first home purchase. "When we bought our house in 2001, we thought we were settling since we hadn't been able to find an affordable and quiet



Above top: A framing shop/art gallery and a clothing store are across Main Street from the Moviehouse and Irving Farm's coffee shop in the center of the village of Millerton. Photo by Christine Bates. Above left: Ashley Falls, MA is a very quiet hamlet. This Greek Revival 1,726 square foot house with an asking price of \$355,000 is under contract. Photo courtesy of William Pitt Sotheby's International. Above right: Village houses in Millbrook can have spacious, elegant, private gardens like this one.

weekend place in the country," said K. "As it turned out, buying in the village was a stroke of luck." The couple is now looking to buy a second larger home in the village of Millerton.

Assessor Bigos observed that the prices of village houses, especially in villages with sewers and water, may actually be higher than the equivalent in the country. BUT typically the final price is lower because of much smaller lot sizes, usually less than one acre. As an example, the highest priced single residence sold from 2006 through early 2013 in the Town of North East was \$850,000 on five acres, while the most expensive home in the Village of Millerton was only \$390,000 during the same period.

#### **What we miss**

It's not the privacy that village residents miss, it's the views – day and night. "The only thing I don't like about the village are the street lights which interfere with star gazing," said one village resident. "Our neighbor's house interferes with the sunset and I hate looking at the power poles."

Another irritant to many village dwellers can be neighbors, especially neighbor's dogs and even free range chickens. Junk piling up just on the other side of a fence, a foreclosure next door, yard signs and ugly bird feeders were also mentioned as negatives. Other than that many say village life offers the best of everything. •

#### **TOP 5 REASONS TO LIVE IN A VILLAGE**

- Walk to everything – shops, post office, bank, restaurants, grocery store, etc.
- Fell in love with a house
- Become part of a community
- Access to village services like water, streetlights, sidewalks, police
- Less expensive to buy and maintain

#### **VILLAGE WALKABILITY SCORE**

Village	Center	Score
Millerton, NY		88
Millbrook, NY		85
Pine Plains, NY		74
Amenia, NY		71
Salisbury, CT		66
Sharon, CT		46
Canaan, CT		45
Lakeville		37
Falls Village, CT		34
Sheffield		28
Copake		23
Ancramdale		0

\* Estimated from center of each village/hamlet. Score provided by [www.walkscore.com](http://www.walkscore.com)

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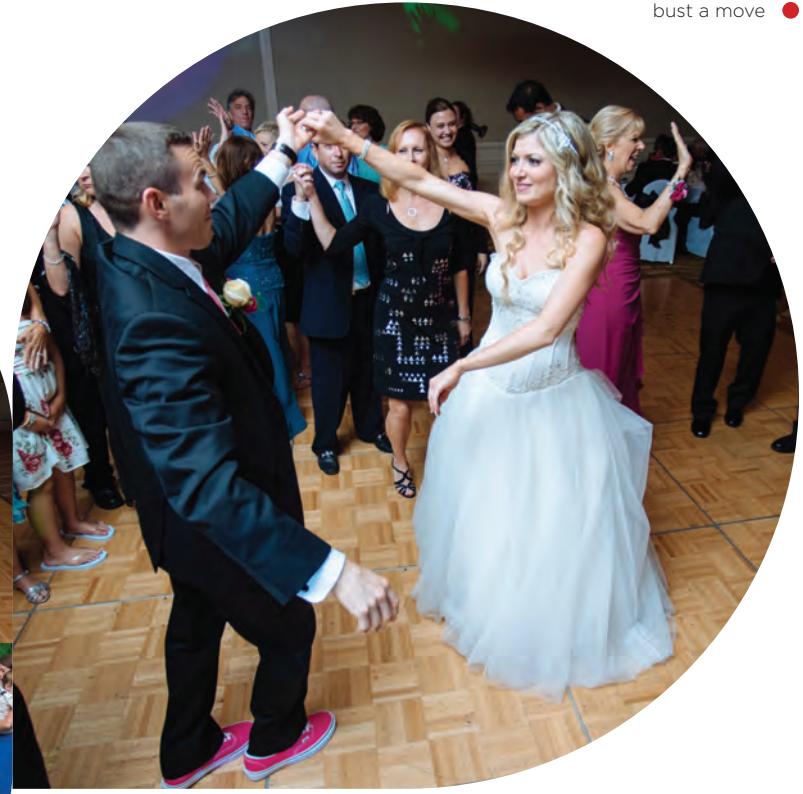
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# and they will dance

THE SONGS THAT  
GET YOUR WEDDING  
MOVIN' AND GROOVIN'



Photos by Alicia King Photography

By Melissa Batchelor Warnke  
[info@mainstreetmag.com](mailto:info@mainstreetmag.com)

Nobody cares about the placecards. We're all over the napkins. The bride's shoes may be satin or suede, but they won't be what we remember in twenty years. When it comes to the weddings – and oh, have we all been to the weddings – there are a million things that matter to the happy couple and only two that matter to the guests: get that food right, and get us dancing.

In the course of "research" for this article, I spoke with about a dozen people of all different age ranges. The parent-of-the-bride age folks wanted to get lured out with oldies, which would convince them to stay for the more contemporary numbers. The young'uns wanted that upbeat running music, those dance floor beats. We all agreed that no matter how cutting edge your musical taste may be, the wedding dance floor is the wrong space to educate friends and family about your favorite indie band's most obscure tracks. Keep it familiar.

I've taste-tested this batter, delicately sifting the mixture. All of the songs below will work for a DJ or for a band. I can't guarantee fun; you have to invite the right people. But if you stir those with these, you're going to have a good night.

## **Can't Buy Me Love - The Beatles**

The first song should be super short; it's just a taste to get people up from their seats. It also needs to be a song every single person recognizes. Cue The Beatles.

## **Ain't Too Proud to Beg - The Temptations**

Show me a person who does not like this song and I will show you a person I do not like.

## **Love on Top - Beyoncé**

The altar of Beyoncé must be visited.

## **Timber - Pitbull feat. Ke\$ha**

"Timber" will not withstand the test of time. But hot damn, it's fun, isn't it?

## **Celebration - Kool and the Gang**

The ultimate for a reason. Really love to cue this after the wild card's toast. Every wedding has one. Phew. You made it.

## **Feeling Good - Nina Simone**

I also like the idea of playing "Feeling Good" while the bride walks down the aisle, as a twist on the traditional Wagner. On the dance floor, it's a breather between fast songs.

## **Give Me Everything - Pittbull feat. Ne-Yo, Afrojack, Nayer**

This is the song where a bridesmaid and a groomsman will share a lingering gaze and wonder to themselves, "YOLO?"

## **It's Real - Real Estate**

So romantic but grounded, not gushy. It's the song version of Wendell Berry's perfect poem "Over the Edge."

## **Groove is in the Heart - Dee Lite**

My only flashmob experience was performed to this song. Time required to perfect routine: several hours. Look on bride and groom's face: priceless.

## **Gold Digger - Kanye West feat. Jamie Foxx**

If there's any chance of either bride or groom being one, skip.

## **Respect - Aretha Franklin**

That's what women want.

## **Raise Your Glass - Pink**

All Pink songs are amazing, but most are about her

dysfunctional relationship with her husband. Avoid "Blow Me (One Last Kiss)," "Who Knew" like the plague. Wrong night.

## **Billy Jean - Michael Jackson**

R.I.P., the King of Pop.

## **Hips Don't Lie - Shakira feat. Wyclef Jean**

No explanation needed and none will be provided.

## **I Found You - Alabama Shakes**

The Alabama Shakes' lead singer, Brittany Howard, has more heart than any living vocalist I know of.

## **Blame It on the Alcohol - Jamie Foxx feat. T-Pain**

Play late in the evening and nudge Grandma into the middle of the dance circle.

## **Time After Time - Cyndi Lauper**

Because of "Strictly Ballroom" and because of CYNDI!

## **Jesus, Etc - Wilco**

Probably my most low key pick, but this song is sweet, sweet, sweet. Can also swap in Bob Dylan's "Lay Lady Lay."

## **Anything Could Happen - Ellie Goulding**

So I know the chorus is "But I don't think I need you," and that's not the kind of romantic idea we're really espousing at a wedding. But the optimism, the beat, the idea of bright, infinite future. That's what the thing's about.

## **Take Me Home Tonight - Eddie Money**

Perfect segway into the invariably dicey and open-minded afterparty. •



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# Aisle of Dreams

Plan the perfect wedding  
& keep your sanity

By Mary B. O'Neill  
[info@mainstreetmag.com](mailto:info@mainstreetmag.com)

Planning the perfect wedding day can dominate one's existence and builds to a climax that lasts for a blink of an eye. This leads some newlyweds to speak of an after-wedding letdown marked by a sense of purposelessness, an unexplained listlessness and a lack of meaning in life. These feelings have a source. It could be called PTWD (Post Traumatic Wedding Disorder) and it afflicts many couples who have invested the last 18 months immersed in planning the biggest day of their lives. When it's over they feel deflated by its absence. Yet planning a wedding does not have to take this toll. There is professional help to avert PTWD and the stress of pulling off that big day.

Creating a successful wedding is both a skill and an art. Knowing where to put your resources, both emotional and financial, can be aided by professional wedding planning. Even with a modest budget you can avail yourself to both virtual and personal expertise that will make your wedding a skip down the aisle.

## Choices, choices, and more choices

If nothing else, wedding planning is a decision tree of California Redwood-sized proportions. You thought you made the most important decision – whom to marry. Not so. With wedding planning the choice of a theme, the groom's boutonniere, or what will be embossed on the cocktail napkins have implications.

Despite our obsession with having choices, too many of them can be crippling and anxiety producing. Conversely, choosing amongst a few options makes us feel empowered and happy. In times of

yore, brides-to-be toted armfuls of bridal magazines filled with choices to stores, reception halls, and shopping malls. You would know these women by their round-shouldered posture as they stooped under the weight of these tomes. Clutching their bridal bibles riddled with Post-its and dog-eared pages they would make their way from store to store. Then they would spend valuable time trying to locate that torn-out image of the perfect dress to show to an impatient salesperson. This is not the case any longer.

Increasingly couples, bridal parties, and mothers of the bride are flocking to online resources such as lover.ly. Established in 2012, lover.ly was born of founder Keelee Khalil's experience planning her sister's wedding. She discovered that wedding planning resources were disjointed and inefficient. Khalil, a wedding industry insider, wondered that if she was having this much trouble what was it like for the rest of us? It was a good question and a better business idea.

Lover.ly is a bridal search engine that, according to Chief Brand Officer Meredith Howard finds ideas, vendors, products, and above all, inspiration and saves them into your personalized "bundle." Those bundles are the repository of your preferences electronically organized in one place. There is even a downloadable app for your smart phone. For Howard, lover.ly is "a digital solution for today's millennial bride."

Lover.ly helps you determine your style and priorities and leads you straight to the sources of those ideas. Howard calls it "inspiration made actionable." Want a sleek and sophisticated wedding

with floor length dove-grey bridesmaid gowns and tablescapes with a Great Gatsby-esque motif? Just type those choices into the search box and with the click of a mouse your inspiration is realized.

Not only does lover.ly link you with people to hire and products to buy, it takes you to the collective nuptial wisdom of over 40 vetted and respected wedding bloggers on a variety of topics from setting a wedding budget to how to plan a green wedding.

This month, lover.ly is launching a new area of its website called Real Weddings. Here any couple can create a public profile of their wedding and upload photos, venues, and vendors. This serves to create a digital keepsake for them and a valuable planning tool for others. Looking for an afternoon wedding in Boston with a reception location in walking distance from the church? Go to Real Weddings and chances are someone has been there, done that, and can save you effort.

Even if you are utilizing the services of a wedding planner, lover.ly can help by allowing you to use the time with your planner more efficiently. By creating your bundle of inspiration, resources, and vendors, you and your planner can get to work executing that vision.

## The devil is in the details

Wedding planning is awash in dotting i's and crossing t's. It's easy to get lost in the details, go over budget for the "must have" elements of your day,

Continued on next page ...

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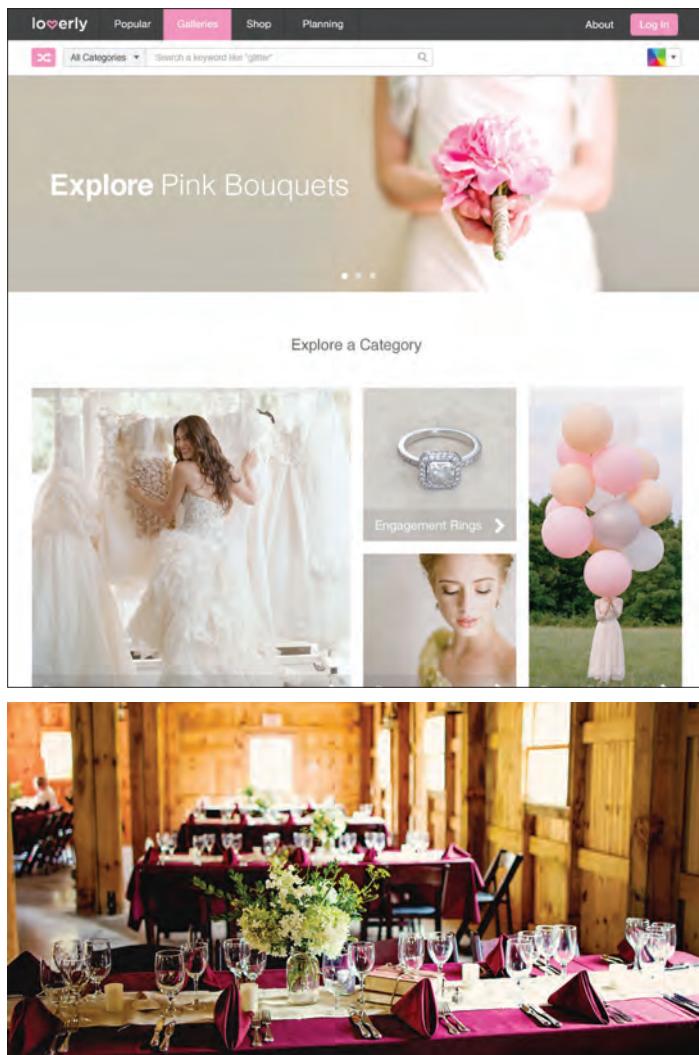
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and lose sight of how the ceremony, reception, and everything else hangs together. Enter the wedding planners. These individuals can help you stay on track, realize your vision for the wedding, and allow you to enjoy yourself on the day without worrying about details like Aunt Dot's shellfish allergy or your vegan friend who was just served that rare prime rib.

While their services come at a cost, they have work relationships with vendors and venues and brainstorm ideas that can actually save money. Their guidance provides the discipline to stay within your budget at a time when one emotional decision can have a deleterious effect on your finances. According to [theknot.com](http://theknot.com), planners most commonly charges a flat fee, but it is not unusual to have their fee based upon an hourly rate or a percentage of the wedding cost. While costs can vary widely, expect to spend about 10 to 20 percent of your total budget for their services.

Kelsey O'Connor is the President of Kelsey O Events in Staatsburg, NY which specializes in wedding planning for non-traditional venues such as barns, warehouses, and farms. Most of her popular locations are in Dutchess County and she works with couples from New York City, Westchester, and the local area on country and weekend wedding themes.

O'Connor offers three levels of service from month of wedding, partial, and full planning. This allows you to utilize her services in the way that makes sense to you and your budget. If you want her to swoop in during the final stages and just make sure loose ends are tied up and the day goes smoothly, then the month of wedding option is for you. If you need her to hold your engaged hand throughout the entire process, review the fine print



Top left: lover.ly's web page on pink bouquets. Top right and two images above: Weddings and set-ups by Kelsey O Events. Below left: lover.ly's mobile app.

in contracts, attend site visits, and help you decide on a vision for the wedding then go for the full service plan. She also offers bespoke options to add on services.

Her advice to couples in selecting a wedding planner is to really get to know the planner and decide on whether or not you can work with that person. If you have doubts, listen to them and keep looking. Most reputable wedding planners will not be insulted and would prefer you to find someone who meshes with your personality and vision. Otherwise, a relationship that is supposed to ease your mind and create your perfect day will become a fractious and stressful one.

When she began planning weddings O'Connor was surprised at the therapeutic role she plays in wedding planning, which makes that working relationship even more critical. She is completely available to her clients and often takes calls outside working hours to manage frayed nerves and provide support. Many times her clients are looking for information and solutions that she can provide because of her experience in the industry. She tries to keep her clients' eyes on the prize. O'Connor emphasizes, "The goal is to have the best day ever, have the couple celebrate each other, and keep them focused on priorities."

#### The ceremony and setting the tone

Matthew Andersen, Managing Director of Claudia

Hanlin's Wedding Library in New York City has 25 years of experience in wedding and event planning. His resume includes venues such as the Rainbow Room and The St. Regis. The Wedding Library is a multi-faceted wedding planning organization that is also the largest retailer of bridesmaid dresses in the country and a purveyor of stationery at all budget levels. They also plan destination and weekend wedding at venues in Millbrook (they are the recommended planner for Innisfree Garden), the Berkshires, and further afield.

Andersen stresses the importance of the ceremony as you make your plans. When he sees couples and their families getting too focused on the celebration instead of the ceremony he reins them back in. As he says, "I tell my clients, you are getting married, not wedding-ed." He advises a couple to really know the celebrant because that intimacy can set the tone for the ceremony and celebration and build a sense of connection between guests. He sees a decline in ceremonies in houses of worship and an increase in services in settings that are convenient to the reception location or a place where the bride and groom have an emotional or familial tie. Many couples are celebrating in a place that is special to them and conjures happy memories of childhood or their relationship.



Continued on next page ...

## Wedding Tips and Trends for 2014

In January Martha Stewart's Wedding Party came to New York City. Produced by Claudia Hanlin's Wedding Library this event brought together reputable vendors and service providers with couples seeking advice and ideas. At that event, wedding planner Claudia Hanlin had five recommendations:

- **Look out for the comfort of your guests.** Yes, yes the wedding is about you but making sure guests feel welcome and well-informed is part of making your day go off without a hitch (well except for you, that is). Providing them with directions from ceremony to celebration and an itinerary if it is a weekend wedding are basics. Gift bags for guests coming into town are now fairly standard. In them should be items such as snacks, tissues, wedding themed souvenir, and an all-important note that expresses your happiness to have them at the wedding.
- **Delight yourself and you will delight others.** Bring whimsy to your ceremony and celebration. What brings you pleasure? What defines your relationship? These can be large or small touches from centerpieces, cake design, or music selection.
- **Think of your audience.** Make your guests aware that they are an integral part of your day and that their presence is a meaningful part of the celebration. They are there to witness your love being made official.
- **Reflect your passions.** Tell your relationship story and use your passion to create a theme. If you met in a library or on a hike try to incorporate those details into the day. Make the ceremony and celebration unique to your relationship and avoid a cookie-cutter version of the occasion. Some elements of weddings are essential, but put your stamp on them.
- **Have fun.** It's a celebration of love and relationships and should be joyful. So let go and enjoy (and let the planner worry about the details).

**Wedding planners Kelsey O'Connor and Matthew Andersen (see article) have the following tips for planning and identify trends for 2014:**

### Tips:

- Set a budget and stick to it like glue. Neither of them recommend going into debt for wedding planning. Do what you can afford now to minimize regrets later.
- Decide what aspects of your wedding you want to remember years from now and devote resources there. If the food, setting, photos or a particular experience are your priority then emphasize that and scale back in other areas.
- If your budget is tight then look for ways to save such as the time of year, a Friday or Sunday wedding, and limit open bar to wine, beer and a signature cocktail.
- Be creative by looking for expensive ideas and creatively fit them to your budget. For example, if you can't afford a photo booth go to the dollar store, create a bin of props and buy an inexpensive camera. People can take their own pictures that you can develop later and send out with thank you notes.
- Use a site such as [www.weddingjojo.com](http://www.weddingjojo.com) to help keep guests up to date with plans and organize your event.

### Trends:

- The biggest trend for 2014 is that there is no trend. Both Andersen and O'Connor agree that what is really in style is for couples to put their own mark on the occasion and make it unique to their tastes and interests. With more couples paying for their own wedding there is an emphasis in creating a day that reflects their personalities and life together.
- Weekend event weddings are more common. It is no longer a ceremony and celebration but a multi-day series of events.
- Regional consciousness in the form of farm-to-table meals and green weddings at rural locations such as barns and farms are increasingly popular.
- Same-sex weddings are on the rise and having a positive impact on the entire wedding industry.



Images this page courtesy of The Wedding Library. Photographers: Top left: Josh Zuckerman. Top right, above middle and right: Jen Huang. Above left: Mel Barlow.

### A planner plans

Putting his own advice to the test, Andersen is in the midst of planning his wedding to longtime partner Tom Burke. With all of Manhattan at their fingertips, they are having their service and reception at the Interlaken Inn in Lakeville, Connecticut. Andersen says, "Planning a wedding there has been so easy. Brandon (Scimeca) and Stephanie (Holst-Grubbe) have been incredibly responsive."

This area is special to them, having spent time here in their respective youths, and more recently having built up a core of close friends after purchasing a home in Sharon nearly a decade ago. As if to check off that internal wedding priority list honed after many years Andersen lays it out, "The Interlaken ticks so many boxes for us – enough rooms for out-of-town guests, beautiful tented reception area, private lakefront cottage, and a lakeside ceremony officiated by our close friend Rev. Susanna Macomb."

### Manners matter

According to Andersen, planners also advise on wedding etiquette. Over the course of his long career he has not seen a decline in the existence of etiquette but rather the awareness of it. Where has he seen the most decline? The same place you have when hosting an event – the RSVP. One would think that people would know enough to respond to a five-piece calligraphied invitation to a major life event. Not so, says Andersen. "I have brides getting on the phone to chase people down to see if they are coming to the wedding," he laments.

The rise of online invitations such as Paperless Post have not reached the wedding industry on any

grand scale. Although Andersen points out that electronic save-the-date notices and invitation to pre-wedding events such as showers and engagement parties are increasing. Today, with printed wedding invitations for every budget you can still send tasteful invitations and not break the bank.

### Great expectations

Andersen and O'Connor agree that managing expectations is a major function of the planner. Individuals associated with the wedding bring a set of expectations for the event. Parents and their marrying children have priorities. The bride and bridal party have demands. Even the groom, who in the past just had to show up, now has needs to be met. All of these must be addressed and peacefully resolved. An effective wedding planner can help smooth over these wrinkles. Due to the emotional intensity of the wedding process and soothing raw nerves, planners and their clients forge close relationships that can last long into the marriage. O'Connor and Andersen both enjoy these kinds of deep connections and can still recount long-ago details as if the wedding was yesterday.

### It's all about you

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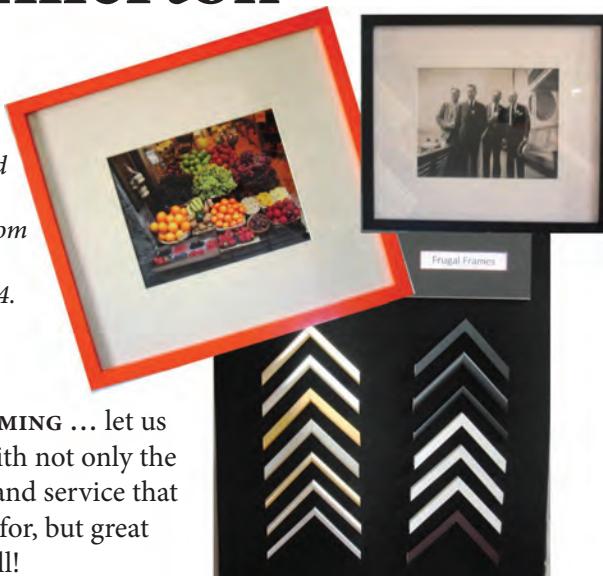
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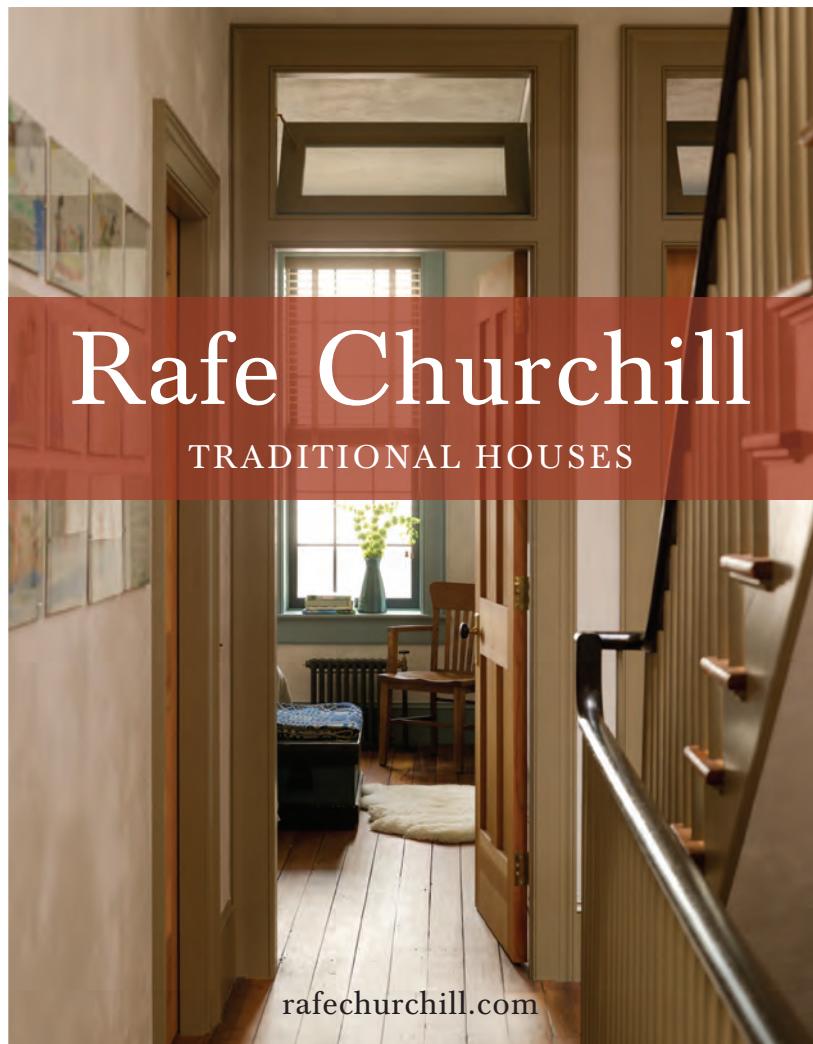


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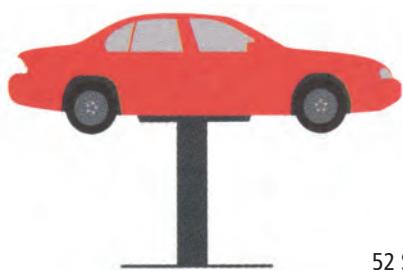
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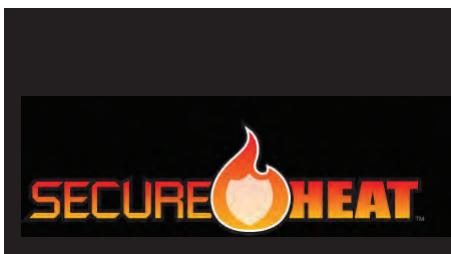
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# the big day

## THREE LOCAL STORIES OF "I DO!"

By Sarah Ellen Rindsberg  
info@mainstreetmag.com

A day dreamt about since childhood and suddenly it dawns. The wedding takes place and two hearts beat as one. Memories linger for years to come, of tossed bouquets and first dances. Here are the stories of three local couples and their stories of "I do."

### Carey and Brian

For Carey Osofsky Alberg, there was never any question about where her wedding would take place: "I knew that I'd get married somewhere on the farm," she recalls. Alberg is the daughter of Ronny Osofsky of Ronnybrook Farm in Ancramdale. Everything about her big day revolved around the location and the occupation exercised therein: "Lots of our friends and family have deep roots in agriculture," Alberg observes. Almost everyone in the wedding and many on her husband Brian J. Alberg's side grew up on farms and/or are farming today.

The wedding weekend began on September 14, 2007 with a rehearsal dinner at the farm. A pig was roasted and the festivities commenced. On the 15th, rain hovered on the horizon and the sun came out just in time. Guests followed a meandering path through corn stalks – Carey had planned ahead, having her brother plant a patch of corn which was just ripe enough to allow for thinning into a path. Outside the tent, farmland and silos formed a bucolic background.

The food, catered by Brian, Executive Chef and Director of Food and Beverage at the Red Lion Inn in Stockbridge, MA, was served family style on long tables covered with rustic runners from Hammer-town, Carey's aunt's business. Each table was adorned with vintage jars and Ronnybrook milk bottles filled with flowers. The dessert was another special customized touch: individual ice cream cakes filled with Ronnybrook ice cream.

### Kent and Jonathan

Kent Hunter and Jonathan Bee (of the eponymous store in Millerton) had been living together for 17 years when they decided to wed. Hunter was keen on incorporating the colors of fall leaves, Bee wanted a big party. Everything was ordered and guests began arriving on October 28, 2011 for the rehearsal dinner. By 3 o'clock on the 29th, about two feet of snow blanketed the area. Hunter recalled the discussion on whether to proceed at that time: "We were ready to call it off but the minister and family had already arrived."

The ceremony at the grove in Lakeville was lovely despite the fact that the hues of autumn



were completely muted by snow. Many guests arrived including those who drove four hours from nearby Hudson due to the blizzard. A convivial atmosphere reigned thanks to the "contributions of friends and family," Hunter notes. Vows were exchanged under a very special huppah, a ringed sculpture crafted by Henry Klimowicz.

The party then moved to Ragamont House in Salisbury. The D.J. called to advise the couple of his delay and a long-time friend and Hunter Bee customer, channeled his musical talent and produced a playlist. The food was cooked and savored. After the meal, the piece de resistance arrived: a cake in the form of dice, an homage to Hunter's collection of antique dice. Billy Idol's "A White Wedding" capped the evening.

### Niharika and Andres

For Niharika and Andres Vialpando the wedding began in the backyard in Millerton on October 25, 2011. A judge pronounced them husband and wife as family and friends from Andres's side gathered to celebrate their union. Niharika's family, in her native India, considered this akin to an engagement and eagerly awaited the traditional ceremony in her homeland. "For them a wedding is more sacred than just putting on a ring," Niharika relates. Their house priest (who has been with the family for generations) consulted the Hindu calendar and the dates of December 6 and 7, 2013 were chosen. Niharika had invitations printed with a depiction of Lord Ganesha (God of all auspicious things) at Moore and More and sent them around the world.

Niharika headed to India first and Andres followed soon after to meet her family. Next, friends and family from America arrived and were immediately measured for saris. After visiting a few

Above left: Carey and Brian, photo: These Days Photography. Above top: Kent and Jonathan, photo: Anne Day. Above: Niharika and Andres, photo: Ayan Guha.

sites including a tea estate, the focus turned to the wedding.

On the day before the main event, the haldi ceremony was held. All the women sported beautiful patterns of henna and even the groom was treated to this privilege – this is the only time in a man's life where he wears henna. Niharika's sisters danced and played music as the two families met for the first time.

On the night of the big celebration on the 7th, the couple sat upon thrones on a stage. They exchanged rose garlands and received blessings and gifts. Rajasthani delicacies were served: kadi; a traditional yogurt dish, naan, poori, biryani and paneer. The American ritual of the bride feeding the groom dessert translates perfectly on location near Darjeeling. Andres and all of the guests enjoyed Niharika's favorite dessert: gajar halwa (carrot pudding).

After her father gave her away, another traditional act took place; "My brother tied the knot between Andres's sash and my wedding scarf," Niharika recounts. "This will never be untied. That's saved for eternity." •



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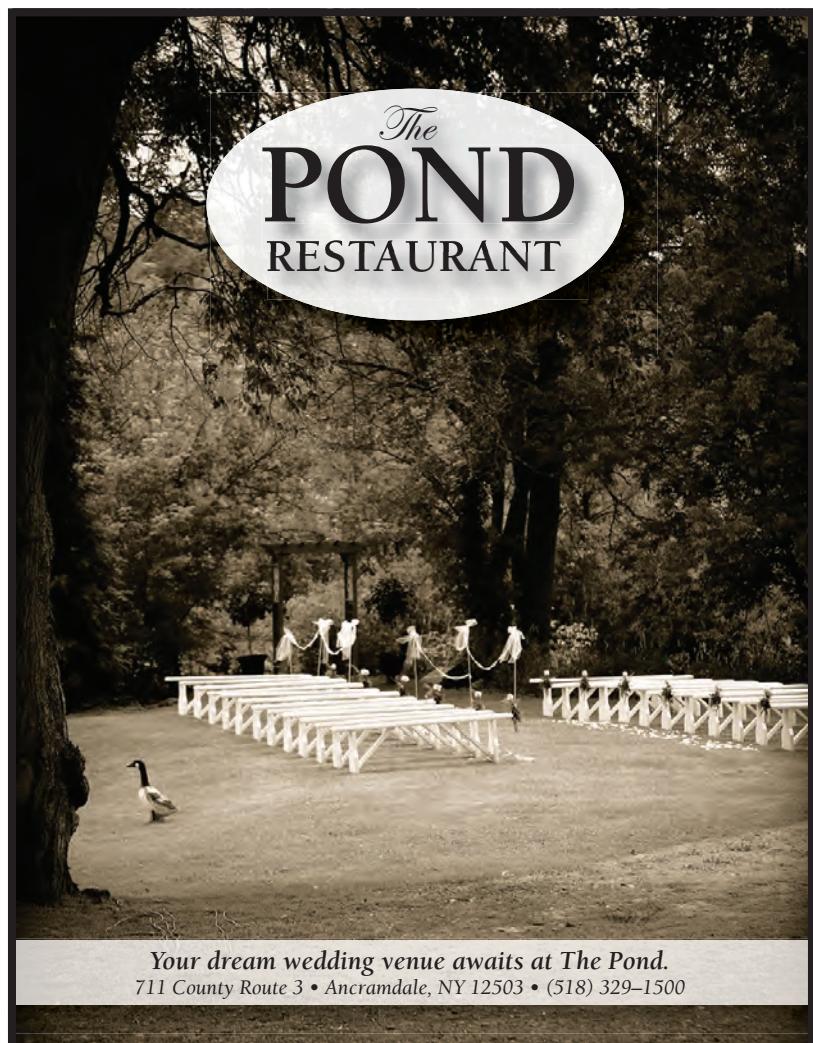
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nepal  
 { adventures & misadventures }

Above: Nepalese women pose during Dasain.

By Melissa Batchelor Warnke  
 info@mainstreetmag.com

*Our contributing writer, Melissa Batchelor Warnke, recently took a whirlwind trip across Asia, traveling to Bangkok, Bhutan, Nepal, Tibet, and Hong Kong. In this second of three pieces, she pulls a leech out of her bellybutton and climbs an elephant's trunk as awkwardly as possible.*

### Kathmandu

Those of you who read the last installation will remember that this trip started in Bangkok and then moved to Bhutan – the beautiful, underpopulated mountain country where not a whole lot ever happened. I regret to jolt you ever forward, but follow me now to Nepal's capital city, Kathmandu, where it felt like all 27 million people in the country showed up to greet us in the crowded airport parking lot. First we were jostled, then our bags were grabbed by unauthorized guides, and then we were charged for the transport of the bags by the unauthorized guides.

I spent two significant stints in India – once in Benares and once near Chennai – and lived in New York City for four years, so I can respect a hustler and don't usually blink when someone gets in my face. But the shock here was the contrast. It was akin to The Matrix; one second we were cloaked in Bhutan's birth pod full of warm jelly and the next I felt like I was using muscles I didn't know I had to dodge Nepal's metaphorical bullets.

After taking a stroll around the frenetic Boudha region, we availed ourselves of the hotel bar and assured each other that we were about to have an

experience that we would be grateful for at some undisclosed time. This ended up being true, though we didn't fully believe it then. The thing that was easy to get used to was the time difference. We were only 15 minutes behind Bhutan, a fraction of time that was never quite understood, no matter how much Googling we did.

The first morning in Kathmandu, we escaped to "The Garden of Dreams," an expat-heavy café inside a tree-lined compound, accentuated with white benches and swings. Unlike the rest of the city, it exuded affluence and calm; though prices were much fairer than in the United States, I felt both comfortable and awkward to be so comfortable in a place with such extraordinary poverty. In the afternoon, we steadied ourselves once again for a trip through the tangle – of electrical cords overhead, trash underfoot, people, cars, rickshaws and motorbikes. We were relieved by the beauty of world heritage site Durbar Square, where the crowded throngs gave way to open squares and children playing in its wide plazas.

Kathmandu is a city with many challenges. Its water quality is so low that even locals buy bottled drinking water and the non-potable water is rationed by the government. The unemployment rate is estimated at 46%, a number that is simply unfathomable in the United States, where the unemployment rate hit 10% during the height of the

Continued on next page ...

recession. In order to survive and pool resources, several family generations often live together in a single house. This might mean that you might have a mother-in-law living with her son and his wife and children, as well as their siblings, and their siblings' spouses and children, plus grandparents. The Nepalese that we spoke with desired to live independently but, as a compromise, had divided their homes vertically into separate sections. Many homes are vertically divided into sections, each of which were seven feet wide. Seven feet. Reach your hand overhead and you'll just about have it.

When we traveled to a small village outside of Kathmandu, I used the bathroom in a private home. A water pump was broken; the dirt floors were flooded. Despite it being daytime, the home was pitch black due to the thick, windowless walls and the electricity shortage. In the midst of this commotion, one of the women of the house turned the flashlight app on her iPhone on so I could find the toilet. It reminded me yet again of the mix between old and new, the ever-increasing distance between different kinds of technologies.

### Buddhist oasis

And then, in a whirl of temples and palaces, human goddesses, cremations, monasteries, monkeys, prayer wheels, prayer flags, singing bowls, motorcycle worship and goat sacrifices, something shifted. We visited Kopan Monastery, a Buddhist oasis up high on a hill, and caught fog settling over the city; from a distance it seemed quaint and small, almost manageable.

We drove back down to Dasain, Nepal's biggest festival which spans fifteen days. The storefronts were shuttered and the streets were cleared; most Nepalese were at home celebrating with their families. When we did find lingerers, they were wearing new clothes and wore red tikkas (a dot of



Above, clockwise: Cord tangle, a family photo of Melissa with her parents, the Himalayas, an example of Nepal's architecture, and Melissa finally making it up the elephant's trunk. Below left: Kathmandu street scene. All photos: Gordon Warnke.

red paste) on their foreheads. Candles were lit and we came across newly sacrificed goats, chickens and ducks, their blood running into the street. The lingerers drank huge beers and ate all kinds of fruit, which they thrust enthusiastically into our hands. We were taking pictures of them, they were taking pictures of us, we were taking pictures of them taking pictures of us – it was pretty silly and fun and heartwarming. We danced to the music blasting out of boom boxes, put flowers in our hair and rethought our impressions of Kathmandu. For the first time, we were seeing the joy inside of chaos, the ember of its energy.

### Royal Chitwan National Reserve

March is Main Street's wedding themed issue and so I want to make a note: while Kathmandu would only be an ideal honeymoon locale for the intrepid traveler, the Royal Chitwan National Reserve – Nepal's first national park – is a perfect spot to both relax and explore. Though we caught the tail end of a cyclone there, being able to walk around in the rain and mud, visit some of the rural villages and hitch a ride on a water buffalo cart more than made up for the fact that most of the wildlife was hiding from the storm. On the third day, the lodge we were staying at offered an "elephant education" class. As the youngest person, I was encouraged to climb up the elephant's trunk. I don't know if any of you have tried this, but I was no Aladdin. I almost split my pants. I certainly destroyed my

pride. I gently threw myself at the elephant about four times before successfully getting scooped up. And yet, an hour later, I was still shaking with excitement.

Another day, we took a boat ride down the river, hoping to see a crocodile or even a Bengal tiger. As the rain got ever heavier, the sky ever darker, we shivered, drew close and opened our umbrellas. Just twelve little dots holding metal sticks in a lightning storm. What could possibly go wrong?

Then, when we finally did reach shore, the bridge separating us from our van had washed out. Meanwhile, tiny Nepalese guides were throwing huge American and Croatian men on their backs like they were jellybeans. I forded the river without help – out of pure pride – and later found a leech snuggled up in my bellybutton. It was a hell of a day.

That's the funny thing about travel. So many of the easy days blend together. These crazy days – when every pair of pants I had was soaking wet and I wore my pajama set to the hotel restaurant, for instance – are the ones that stay with me months later. We finally learned to love our time in Nepal when we accepted it for what it is – an extraordinary diverse and dynamic country, with joys and challenges both innumerable. And then, we were off – to Tibet and Hong Kong. Tune in next month for our last installment, where I will share all of the different types of food that can be made out of yak. (Yak soufflé, anyone? I ate them all). •



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## Copake Country Club

Restaurant, golf course, and venue. 44 Golf Course Road, Craryville, NY 12521. (518) 325-0019. www.copakecountryclub.com

The Greens Restaurant at Copake Country Club is open to the public year round. They also host golf tournaments, fundraisers, baby and bridal showers, rehearsal dinners, engagement parties, holiday parties, corporate events, and have become recognized as a beautiful setting for destination weddings and local events alike. Couples have so many choices where to have their ceremony at Copake Country Club with 18 holes to choose from, a sunny three season room, dining room, patio, and even a barn which is a completely refurbished 1827 post and beam barn renovated in July 2012 featuring an Adirondack 'chic' style. Weddings and receptions can take place at either location, or both. Each event is built piece by piece, allowing the couple to customize the event to their needs and wants. They also have recommendations and are looking forward to hosting their first bridal show and barn open house April 6th from 2-5pm. This is a great way to get in touch with other local professionals and showcasing what our area has to offer. The Copake Country Club is honored to be a part of what is often the most memorable and anticipated day of someone's life. It is your job to relax and enjoy the process of planning, have fun with it, and let the staff handle the logistical details – you just show up for a great party and enjoy yourself!

Iannelli Photography



## Hunter Mountain

Ski resort and event venue. 7740 Main Street, Hunter, NY 12442. (518) 263-4223. www.huntermtn.com

Hunter Mountain is a year round destination, not just for winter sports – but the perfect venue for your wedding. Hunter Mountain has invested in upgrades to ceremony facilities on the summit and reception facilities at the base lodge, making a full time commitment to taking that special day of couples who elect to tie the knot here to new heights! The wedding staff is dedicated to making sure you have the day of your dreams with incredible food, a beautiful spacious venue with floor to ceiling windows overlooking the slopes with the majestic beauty of the mountains all around. Hunter Mountain is currently booking 2015 wedding dates but still have some availability for 2014 – their staff can put together an incredible wedding in only a few months with the help of the various professional vendors recommended from the region. With multiple ceremony locations both indoor and out in addition to various banquet locations to accommodate everything from a small intimate gathering, to a celebration of hundreds. The venue is loved by couples looking for not only a unique destination but also a truly spectacular wedding celebration that their guests will remember and talk about for years to come in addition to the look on your faces when you vow your love. It's all about the love.



## Mane Street Salon

Unisex hair salon offering full bridal services. 50 Main Street, Millerton, NY 12546. (518) 789-3484.

Ladies, are you still looking for the perfect salon that can help you and your bridal party with your wedding day hairstyle? After all, your hairstyle is just as important as finding the right dress, and the staff at Mane Street Salon are honored to help you with that. Whether you're dreaming about cascading curls or an elaborate updo, this talented staff can help create and complete your princess look. There are so many different options that you can incorporate into your hairstyle, too: the veil, tiara, fresh or artificial flowers, bead work, ribbons, and the list goes on. Some brides are more comfortable making a trial appointment: not a problem, anything the salon can do to help put your mind (and hair) at ease before the big day. They also recommend getting a hair cut four to six weeks out from the wedding, and touching up your roots about three weeks out. The Mane Street staff's favorite part about working on the bride's is seeing her reaction once her hair is done – let's face it ladies, this is the icing on the cake! Oh, and don't forget about your groom! Mane Street Salon is happy to help the groom and groomsmen clean up, just in time to look spiffy before you walk down the aisle.

## INSURING YOUR WORLD

Since the snows have left us all with more material to move than we probably want, I think it's high time to discuss the inherent liabilities that accompany our winter wonderland. Firstly, municipal sidewalks that run in front or around our properties are the property owners responsibility. The respective villages or towns in our area may help out from time to time yet the property owner is ultimately required by law to remove all snow or ice so it is safe and passable, and not requiring walkers to walk out in the street because a sidewalk is not cleared. Parking lot owners are also strictly responsible for keeping their lots clear and free from ice and snow and keeping visibility from snow piles being in the way of good sight distances looking at oncoming traffic. These liabilities can create large liability losses against homeowners' or business owners' policies. Secondly, if you are a contractor doing the clearing of these areas, make sure you are covered. Many general liability policies have snow plowing exclusions built into the policy language. Homeowners that clear snow with a four wheeler should also take caution, unless you have an individual policy on the machine, your homeowners will not provide coverage if you are off the residence premises helping a neighbor. Lastly and most importantly, watch out for the snow plows while they are in the act of plowing snow! Did you know that a plow truck is generally not liable if it hits your car? This is a little known fact in the DMV law so you could end up with a serious property damage loss without any coverage. The snow season is a wonderful time of the year, just be aware of its inherent liabilities and plan accordingly.



**Brad Peck, Inc.**

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

## Dollars & sense

The spring wedding season will soon be upon us. But taking the next step is not only about hearts – it's about your financial reality too.

"It's no secret that people can be blinded by love, but you need to review your finances with your eyes wide open," says Alicia Bailey, SVP/Controller of the Bank of Millbrook and bride-to-be of Ryan Hallam.

Making certain financial decisions together will help you find a system that works for you. For example, will you keep finances separate or combine them? One approach is to keep one joint account to pay expenses, and separate individual accounts for personal use.

**Love's Cost.** Couples that tackle money problems together, and take mutual responsibility for solving them, will find their relationships are better for it. Calculate your monthly costs and discuss how bills will be paid, as well as who will write the checks, monitor your investments, and take care of taxes. Consider setting a date every month to review.

**Sharing Credit.** It's important that spouses are aware of each other's credit. Marrying a person with bad credit will not hurt your score, but it will be a factor in when applying for joint financing.

**Cupid's Arrow.** Couples should develop a plan to shoot down existing debt, starting with the balances that carry the highest interest rates. Think twice before every purchase and ask yourself if it's not worth putting that money into your savings instead.

**Sweet Savings.** Saving as a couple fosters teamwork and is essential in times of financial hardship. Decide how much you want to save and do it automatically from your paychecks.

*Stacey M. Langenthal  
Executive Vice President  
(845) 677-5321 x102*



**BANK OF MILLBROOK**  
*The Strength of Relationships*

## Why colic is more common in cold weather

Colic simply means abdominal pain, but some of the causes can be life threatening. Abdominal pain can be caused by impaction (an accumulation of fecal material in the colon); gas distention; displacement of the bowel; volvulus or torsion (conditions where the bowel twists); gastric or colonic ulcers; parasites; foreign bodies; indigestion; abdominal tumors; or infections. When horses experience colic, they typically stop eating, paw the ground, lie down excessively, or roll repeatedly.

Treatment of colic requires an emergency evaluation by a veterinarian, who will try to determine the cause of the abdominal pain. Simple medical colics are usually treated with anti-inflammatories, anti-spasmodics, electrolytes, and oral or intravenous fluids. Serious colics may require emergency surgery at an equine hospital. Fortunately, when treated promptly, most horses have a good outcome.

Horses are quite susceptible to colic, especially in the winter. Because in the wild, horses roam freely and graze continually, our domestication of them has created risk factors. Staying in a stall reduces exercise, and meals of grain contain high levels of carbohydrate that is broken down into sugar rapidly, causing gas accumulation or indigestion. Even horses that live outdoors 24/7 are at higher risk in the winter because cold temperatures reduce water consumption, slippery footing reduces movement, and often increased grain must be fed to maintain weight.

Ways to prevent colic include providing 24 hour access to tepid water, feeding increased amounts of hay instead of grain to maintain weight, encouraging regular exercise, and minimizing time in a stall. Providing regular dental care and screening for parasites is also important for optimal gastrointestinal health.



**Amy L. Grice VMD**  
845-876-7085  
[www.rhinebeckequine.com](http://www.rhinebeckequine.com)  
26 Losee Lane, Rhinebeck, NY 12572

Rhinebeck Equine, L.L.P.  
*A Lifetime of Caring*

## Natural care for the bride-to-be

When I think about my wedding, 20 years ago this May, I have some perspective. Knowing what I know now there are three words I would offer anyone planning for the Big Day: sleep, breathe, and hydrate. I know it sounds too simple. Trust me, amongst all the decisions, the fittings and seating charts – you need simple. Sleep is essential for supporting your nervous system. With a healthy nervous system you will remain calm in the chaos. You will think with greater clarity and be more able to handle anything that comes your way. And don't forget that sleep is a key ingredient in looking beautiful. Breath is where love and compassion sit. When you deliberately take a deep breath you automatically slow down. Go ahead and try it. In the space found within that stillness you can drop into your heart and find love. It is from a place of love and compassion that you will want to make all your final decisions. It is from that place that your natural beauty will radiate outward. Lastly, hydrate, water is another ingredient in looking and feeling beautiful. In the weeks before the wedding, water will help flush toxins from your body and contribute to glowing, radiant skin and hair. Dehydration is easy when you have so much to do, so take a water bottle with you everywhere! Not only will you look more beautiful, you will (again) be supporting your nervous system – avoiding the side-effects of dehydration like irritability, sleepiness, nausea, and feeling faint. I could offer you herbs, a doctor could offer prescriptions, but if you follow these three things – you won't need them.



Terri Lundquist, Herbalist and Owner  
The Village Herbalist  
28 Main Street, Millerton, NY 12546  
(518) 592-1600 [www.tvhmillerton.com](http://www.tvhmillerton.com)

# LISTINGS:

## ANIMAL CARE, ETC.

Agway  
518 789 4471  
[agwayny.com](http://agwayny.com)

## ANTIQUES

Millerton Antiques Center  
518 789 6004

Tristate Antique Restoration  
518 329 0411  
[tristateantiquerestoration.com](http://tristateantiquerestoration.com)

## APPLIANCES

Gordon R. Keeler  
Appliances  
518 789 4961

## ART & DESIGN

Gilded Moon Framing & Gallery  
518 789 3428  
[gmframing.com](http://gmframing.com)  
Snyder Printer  
518 272 8881  
[snyderprinter.com](http://snyderprinter.com)  
Thorunn Designs  
518 592 1135  
[thorunndesigns.com](http://thorunndesigns.com)

## AUTOMOTIVE

Factory Lane Auto Repair  
518 398 5360  
Millerton Service Center  
518 789 3462  
Sharon Auto Body  
860 364 0128

## CAFES & FOOD & WINE

Cozzy's Pizzeria  
518 592 1700  
Harney & Sons  
518 789 2121  
[harney.com](http://harney.com)  
Mount Washington House  
518 325 4631  
The Greens  
518 325 0019  
[copakecountryclub.com](http://copakecountryclub.com)  
The Pond Restaurant  
518 329 1500  
Trotta's Fine Wine & Liquor  
518 789 3535

## CARPENTRY/BUILDER

Churchill Building Company  
860 596 4063  
[churchillbuildingcompany.com](http://churchillbuildingcompany.com)  
Over Mountain Builders  
518 789 6173

[overmountainbuilders.com](http://overmountainbuilders.com)

Rafe Churchill  
[rafechurchill.com](http://rafechurchill.com)

Rich Donegan  
860 567 2163  
[richdoneganhomecraftsman.com](http://richdoneganhomecraftsman.com)

## CONSTRUCTION

Madsen & Madsen  
Concrete Construction  
518 392 4847

## FARMS & FARMING

Hudson Valley Harvest  
[hv-harvest.com](http://hv-harvest.com)  
Ronnybrook  
518 398 6455  
[ronnybrook.com](http://ronnybrook.com)

## ELECTRICAL

Berlinghoff Electrical  
Contracting  
518 398 0810  
[berlinghoffelectrical.com](http://berlinghoffelectrical.com)

## HEALTH & BEAUTY

Amore Nail Spa  
518 592 1133  
[amorenailspamillerton.com](http://amorenailspamillerton.com)  
D's Salon & Spa  
518 965 9003

Hylton Hundt Salon  
518 789 9390  
[hyltonhundtsalon.com](http://hyltonhundtsalon.com)

Kelly & Co. Hair Salon  
845 373 8490  
[kellycompanyhair.com](http://kellycompanyhair.com)

Mane Street Salon  
518 789 3484

Philmont Family Dentistry  
518 672 4077  
[philmontfamilydentistry.com](http://philmontfamilydentistry.com)

Robert Dweck, MD  
845 206 9466  
[robertdweckmd.com](http://robertdweckmd.com)

Salon K  
518 789 4754

Sharon Hospital  
[sharonhospital.com](http://sharonhospital.com)  
The Village Herbalist  
518 592 1600  
[tvhmillerton.com](http://tvhmillerton.com)

## HOME HEATING, ETC.

Dutchess Oil & Propane  
518 789 3014  
[dutchessoil.com](http://dutchessoil.com)  
Lindell Fuels  
860 824 5444  
Taylor Oil  
800 553 2234  
[gmtayloroil.com](http://gmtayloroil.com)

## HOME SERVICES

Associated Lightning Rod  
518 789 4603  
[alrci.com](http://alrci.com)

Madsen Overhead Doors  
518 392 3883  
[madsenoverheaddoors.com](http://madsenoverheaddoors.com)

## INSURANCE & FINANCE

Bank of Millbrook  
845 677 5321  
[bankofmillbrook.com](http://bankofmillbrook.com)  
Brad Peck  
518 329 3131  
[lofgrenagency.com](http://lofgrenagency.com)  
First Niagara Bank  
518 789 1000  
[fnfg.com](http://fnfg.com)

## LAWN, GARDEN, POOL

4 Seasons  
518 789 0591  
Robbie Haldane  
518 325 2000  
[robbiehaldane.com](http://robbiehaldane.com)

## LIFESTYLE & EVENTS

Alicia King Photography  
845 797 8654  
[aliciakingphotography.com](http://aliciakingphotography.com)  
Catamount  
518 325 3200  
[catamountski.com](http://catamountski.com)  
Catskill View Wedding & Events  
518 592 1135  
[catskillviewweddings.com](http://catskillviewweddings.com)

Hunter Mountain  
518 263 4223  
[huntermtn.com](http://huntermtn.com)

Jennifer Manzi Photography  
[jennifermanziphotography.com](http://jennifermanziphotography.com)

Vermont Icelandic Horses  
802 496 7141  
[icelandichorses.com](http://icelandichorses.com)

## LODGING

142 Wells Hill B&B  
860 435 8388  
[142wellshillbandb.com](http://142wellshillbandb.com)  
Mad River Inn  
802 496 7900  
[madriverinn.com](http://madriverinn.com)  
Pop's Cabin  
518 329 4889  
[popscabin.com](http://popscabin.com)  
Sharon Country Inn  
860 364 0036  
[sharoncountryinn.com](http://sharoncountryinn.com)

## REAL ESTATE

Bain Real Estate  
860 927 4646  
[bainrealestate.com](http://bainrealestate.com)  
Elyse Harney Real Estate  
518 789 8800  
860 435 2200  
[HarneyRE.com](http://HarneyRE.com)  
Paula Redmond  
Real Estate, Inc.  
845 677 0505  
[paularedmond.com](http://paularedmond.com)

## SPECIALTY SERVICES

Cantele Tent Rentals  
518 822 1347  
[canteletentrentals.com](http://canteletentrentals.com)  
Columbia Tent Rentals  
518 851 9460  
[columbiatent.com](http://columbiatent.com)  
Country Gardeners Florist  
518 789 6440  
[countrygardenersflorist.com](http://countrygardenersflorist.com)  
Elizabeth's Jewelry  
518 789 4649  
[elizabethsjewelry.com](http://elizabethsjewelry.com)  
Meltz Lumber Co.  
518 672 7021  
[meltzlumber.com](http://meltzlumber.com)  
Nickbee's Eco Store  
518 592 1177  
[nickbees.com](http://nickbees.com)  
Outback Storage  
845 373 9539  
[outbackstorage.net](http://outbackstorage.net)

## STORES

Hammertown  
[hammertown.com](http://hammertown.com)

Interested in putting in a listing ad? Check out our website for details!

## WHAT'S YOUR SIGN?

### ARIES (March 21-April 19)

Consider how you can improve upon the important relationships in your life. The moons are aligned to make you conscious of this and to ease your burden.

### TAURUS (April 20-May 20)

Trust your instincts. You won't come to any realizations unless you try, at least a little bit. Seek out reliable sources.

### GEMINI (May 21-June 20)

It is in your benefit that others reach an agreement in a sensitive family matter. Use your time for creative and artistic projects.

### CANCER (June 21-July 22)

You're trying to forget the uncomfortable circumstances, but each and every thought and experience is written into your cellular DNA. Listen to your inner cells before you make up your mind.

### LEO (July 23-Aug. 22)

You can anticipate something unexpected from your boss. It's not certain that it'll be clear just now, but later you'll realize that you made a difference.

### VIRGO (Aug. 23-Sept. 22)

To desire is a great feeling and to know what you want is even better. Now, on the other hand, is when things will actually start moving forward.

### LIBRA (Sept. 23-Oct. 22)

You are going to have a very serious but informative conversation with your parents. Let things take their course.

### SCORPIO (Oct. 23-Nov. 21)

The next few weeks will be filled with both glee, they'll be worry-free, adventure and romance-filled. Be careful when it comes to your finances, however.

### SAGITTARIUS (Nov. 22-Dec. 21)

You're likely to fight with your siblings or neighbors because everyone sticks to their opinions. But in order for others to accept them, it is often better to soften them a little.

### CAPRICORN (Dec. 22-Jan. 19)

Your advice will come in handy for a co-worker of yours. But don't let yourself get stuck contemplating the issue.

### AQUARIUS (Jan. 20-Feb. 18)

Your interactions with people, even with close friends, will hit a low note. The next step is to decide what the future will hold, which is a lot of responsibility.

### PISCES (Feb. 19-March 20)

The universe's clues are trying to tell you to be more aware. Try to be more tolerant and patient, and don't forget to show compassion.



# **"Empowering women to understand their health... from maternity to menopause & every stage in between..."**

**– Elizabeth Liscal, MD, FACOG**



A RegionalCare Hospital Partners Facility

Regional Healthcare Associates is pleased to welcome Dr. Elizabeth Liscal to our physician group practice. Dr. Liscal has been practicing Obstetrics and Gynecology for over 13 years. She is Board Certified in the specialty and also earned Fellow status in OB/GYN in 2007.

Dr. Liscal is a Connecticut native who, prior to starting with RHA, developed her skills in OB/GYN by serving as an active duty physician (in OB/GYN) at Fort Drum, NY. In 2008, she deployed to Iraq serving as the Battalion Surgeon for an Army Combat Unit. Upon honorable discharge from the Army, Dr. Liscal started an OB/GYN office for a large medical center in Northern New York. During this time frame she decided to transfer her love of the job to the Sharon Hospital community where she can be closer to her family.

Dr. Liscal enjoys all aspects of OB/GYN but does have special interests in high risk obstetrics, minimally invasive GYN surgery, menopause and infertility. She is a member of the American Congress of Obstetrics and Gynecology, the American Society for Colposcopy and Cervical Pathology as well as the Society for Laparoendoscopic Surgeons.

Dr. Liscal is now accepting new patients at Regional Obstetrics & Gynecology with offices located at:

Sharon Medical Arts Building,  
29 Hospital Hill Rd., Suite 1400, Sharon, CT,  
and 2 Old Park Lane, New Milford, CT.

For more information or to schedule an appointment, please call 860.364.5527.



**Elizabeth Liscal, MD,  
FACOG**

|  
Specializing in Obstetrics & Gynecology, High Risk Obstetrics, Minimally Invasive Gynecologic Surgery including LAVH Laparoscopic Assisted Vaginal Hysterectomy, Total Laparoscopic Hysterectomy, Infertility & Menopause.  
Empowering women to understand their health & make informed decisions.

For more information, to schedule an appointment with Dr. Liscal, or for a tour of The Birthing Suites, please call 860.364.5527