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WE'VE EXPANDED AND HAVE OUR FIRST THEMED ISSUE COMING UP!

Thanks to all of our readers for their amazing feedback! And now thanks in large part to our advertiser support, we've had to grow the magazine! This issue is now 36 pages, and has grown by four pages from the May issue, which we are very excited about. We've also added one more story and a few more advertisers on these additional four pages, and we hope that you like it all! We've also increased the number of magazines that we're printing – due to demand. And as always remember support our advertisers by shopping in their stores and or using their services! This magazine wouldn't be possible if it weren't for their advertising support.

In this issue we've got a lot of exciting features from Canaan, Connecticut's own Ken Musselman, a painter with his own unique style; to our business feature on the Irish stone whisperer Robbie Haldane; to Amenia's own Meili Farm; the real estate market as it is in Millbrook; a glimpse at architect Dennis Wedlick's inspirations in Dutchess and Columbia Counties; and much more. I won't give it all away here, so you'll have to browse through the following pages and see what else we've got.

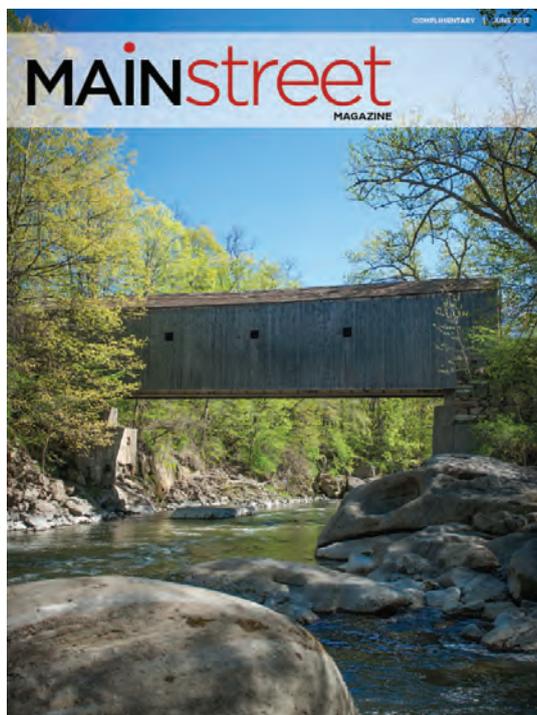
Changes in the July issue

I also wanted to let you know that our July issue will be our first "themed" issue. The focus of the entire magazine will be everything locally food related. But we won't do just the traditional food stuff, but we're going to examine local businesses that either produce or facilitate the region with food, look at retailers that supply us with dish and glassware, and a local artist who focuses on...sorry, I can't give it all away now. You'll have to stay tuned and pick up the July issue to see our food features.

And to food-related businesses, and all businesses interested in advertising in this very exciting issue, we welcome your ad support! Please note that our ad deadline will be June 15th and the July issue will hit newsstands in late June, and be out before the fourth of July.

Happy summer everyone!

- Thorunn Kristjansdottir



JUNE 2013

Bull's Bridge in Kent, Connecticut. Originally built in 1842 to cross the Housatonic River. The bridge was added to the *National Register of Historic Places* in 1979.

Cover photo by
Steven Steele Cawman

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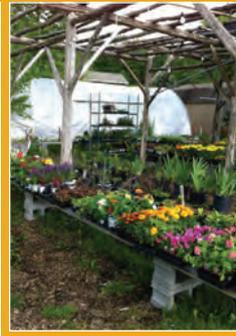
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a man for all seasons

KEN MUSSELMAN, PAINTER

By Steven Steele Cawman
 arts@mainstreetmag.com

Ken Musselman has a style that works year round. Whether portraying the flowers of springtime, a vintage car on a summer's day, the colored leaves of fall or a snowy winter barn, his unique style is hugely popular with viewers and galleries alike. Musselman has mastered an approach that has a broad appeal. To create his barns and car paintings, Musselman works from photographs that he has taken and then idealizes and romanticizes the quotidian scenes that he paints. He often adds an abundance of flowers, in all their glory, and removes imperfections from the barns and their surroundings. The result is an idyllic, soothing escape into Americana.

Musselman was born and raised outside of Cleveland, Ohio. From a very early age, he had an interest in the arts. From the time he was in the seventh grade until he graduated from high school, he spent his Saturdays studying at the Cooper School of Art. He expressed an interest in studying art further in college, however his father insisted that he focus on a trade and encouraged him to join the Navy. At age 18 and while in the Navy, Musselman got his first paid art commission. He has been a professional artist ever since then.

Painting and the Navy

In the Navy, he studied technical drawing and worked towards training as a mechanic. As luck would have it, he was assigned to kitchen patrol (KP) duty at just the right time. It became a golden opportunity, despite his spending hours washing dishes, scrubbing pots, sweeping and mopping

floors, wiping tables, and serving food on the meal line. While on KP duty he was asked, one day, to paint a mural in the mess hall. Musselman rummaged through dumpsters and Naval stockpiles to pull together the brushes and paints he would need to create the mural. Even with the somewhat crude supplies he was able to scrape together, he created an amazing wall mural for the Navy. The scene he created was inspired by the works of Norman Rockwell and showed a sailor on a hill looking down onto a harbor.

This initial work was a great success. Musselman was now in business as an artist. By day, he studied mechanical drawing and worked to create the technical drawing for government publications. As he is quick to point out, these were the late 1970's, or "the B.C. (before computers) era of drafting." Everything was done by hand. He created meticulously detailed drawings of tactical devices, aircraft, missiles, and more. When the workday was over, Musselman had the chance to follow his passion, and paint. Soon, the Navy and local businesses near the base in Kings Bay, Georgia, hired him to paint murals. His nautically themed, large-scale works were highly sought after and he painted over 100 murals for nightclubs, grocery stores, pharmacies and other area establishments during his time in the Navy.

Mechanical drawings to women's clothing illustrations

Musselman first came to the Canaan, Connecticut area in the early 1980's. He worked as an Art



Director for Dotty Smith, a popular brand of preppy women's clothing. Ken created hand drawn illustrations of original designs for catalogues that would be presented to wholesalers. From there, he launched his own graphic arts company and also spent several years in Orlando working for the Walt Disney Corporation in the Resort Design Division and Disney Travel. While he hoped to get his big break and become a part of the animation department, this never happened. His timing was off. He arrived in the Sunshine State just as Disney was closing down their large-scale animation department in Orlando. Their loss was our area's gain however, as he returned to the Canaan area.

The inspirations from the Tri-corner

Today, Ken can be found working out of his studio

in East Canaan, Connecticut. His studio has only a few pieces of his most recent works in it. Despite being a prolific painter, he is fortunate that he does not maintain a large inventory of work, because his work sells quickly. It is not unusual for him to have a piece of work hung in a gallery on a Friday and have it sold by the end of the weekend. His works are not only attractive to look at; they are also attractively priced ranging from \$25 to \$2,500. As he puts it, "My work is priced to sell. At one craft show I sold thirty-six small barn paintings in one weekend."

Ken's style of painting is as varied as the color palette that he works in. He describes himself as a contemporary representational painter. Yet in his studio, you will find some abstract and experimental works as well. In one corner of the room you will find a work done in the style of the Dutch painter Johannes Vermeer in the late 1600's. Across the room is a piece done in the style of Patrick Nagel, best known for his illustrations for Playboy magazine and the pop group Duran Duran, for whom Nagel designed the cover of the best selling album *Rio* in 1982. So, to say that Musselman has a wide range is a considerable understatement.

Local barn scenes

Ken's barn paintings are frequently painted in a panoramic layout and his color palette depends on the season he is capturing. For winter, he relies on neutral and grey tones to create a crisp, cool atmospheric quality. For his summer-themed works he selects vibrant greens to create lush vegetation and often places brightly colored automobiles in the scene. Sometimes the cars are new and in pristine condition, and at other times they are the neglected relics of days-gone-by that quicken the pulse of collectors and automobile restorers.

Musselman takes some inspiration from the work of painter Eric Sloane, a former Litchfield County resident, who painted in the tradition of the Hudson Valley School. Sloane painted barns and scenes of Americana. He passed away in 1985.

In addition to his scenes of rural and pastoral life, Musselman also has a fun and whimsical Pop Art and folksy style that is widely popular. These works show farm animals doing everyday things, instead of people. In one of these pieces, he takes French Impressionist Pierre-Auguste Renoir's 1881 masterpiece *Luncheon of the Boating Party* and transforms it. He replaces the people with a dozen different anthropomorphized animals sitting around a table that now looks more at home in the Hudson Valley than in France. These works have great regional appeal and he often portrays towns in our area as the background of his pieces. He has captured Main Street in Millerton, NY and also the iconic Canaan, CT train station in some of his recent works.

Ken Musselman is truly a well-seasoned artist. If you are looking for a cool escape from the heat of



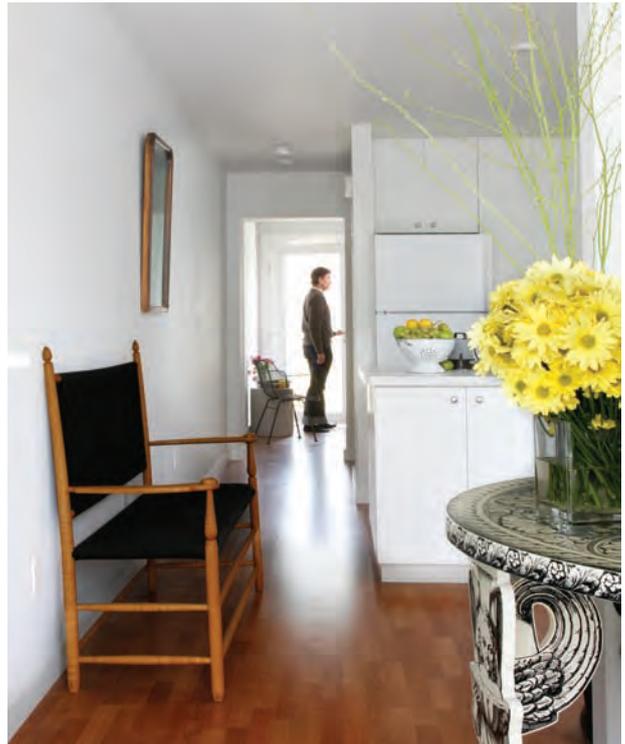
the summer, consider getting one of Ken Musselman's winter barn scenes for your walls. These will surely take your mind off summer's rising temperatures. Or, if you prefer the colors of fall or flowers of spring, he can provide them to perfection as well. ●

If you would like to see more of Ken Musselman's work, you can visit his website www.kenmusselman.com. His work is also shown at the P.S. Gallery in Litchfield, Connecticut and the Gilded Moon Gallery in Millerton, New York. If you are interested in contact Ken directly about commissioning a piece, he can be reached at 860.824.2410 or by emailing ken@kenmusselman.com.

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



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friendly faces: meet our neighbors, visitors and friends



Phil Terni is a true friendly face and a staple in the community! He has owned and operated Terni's Store since May 12, 1971. Phil has many fond memories of growing up in the store (a family business founded on July 19, 1919) and said that he was literally raised there. He said it has been fun to watch Millerton transform over the years, too. He recalls that it used to be a more economically agricultural driven town, but now it has more shops. We asked Phil what he enjoys doing outside of work and he said it's not very often that he gets away from the store, but with a smile on his face he said, "It doesn't make much difference to me." He said some may think it is a confined space, but he has so many great people that come in throughout the day to talk to him. He has also found that people who come from out of town say that Millerton reminds them of their own home towns.



Tisha Rothvoss is a busy mother of three who enjoys gardening. Her favorite flowers are tulips and lilacs; this is one of the many reason why she enjoys her job at Agway in Millerton so much. She likes helping out in the nursery and helping customers find exactly what they are looking for. Coming up on her one year anniversary at the store, Tisha compliments the fact that there's always something to do and you are never staring at the clock. She grew up in Dutchess County, but has been a resident of Columbia County for the last 20 years. While we were interviewing Tisha, she was greeting customers with a smile, calling them by their first names, and helping them find what they were looking for. She said that she is now getting into the feed side of the store and hopes to make good sales in this department, too. Best of luck, Tisha and keep up the good work.



Costanzo DeBernardo, or as most know him as Cozzy, is a hard working guy who's had success in the pizza biz. Father, **Antonio**, opened a pizzeria in 1972 in Poughkeepsie, and Cozzy literally grew up in the business, loving every minute of it. In 2002, Cozzy went out on his own opening pizzerias in surrounding locations, but has always felt that Millerton was a great place to have a business and wanted to be a part of the community. The key to his success is preparing everything fresh. Cozzy's father supports him and even makes a trip three days a week to help out. He says it is great quality time to be together, sharing the same passion. Cozzy's wife, Cynthia, is also an integral part of the business, and Coz couldn't do this without her. In their off time, they like to enjoy their Falls Village home and relax at local attractions such as Bash Bish and Lime Rock Park.



Thinking of saving for the future; for retirement, putting your children through school, or earning additional interest? **Maurice Bowerman** is the man to help you. He has worked for First Niagara for nine years, covering the three local branches. He is very knowledgeable and will find the perfect solution that best fits your risk tolerance and goals for the future. Educating himself on the ever-changing products of the banking and financial world doesn't stop when the clock strikes five, the research continues at home. Maurice is dedicated to his job and truly enjoys helping the customers find the solutions that best suit them. Maurice likes working at the Millerton branch, he said the town reminds him of his small hometown in Pennsylvania. The people here are very similar; friendly, and hard working. Maurice lives in East Chatham with his wife, two kids, and French bulldog. He is into sports, especially martial arts and playing hockey.



Lew Saperstein is a longtime resident of the Millerton and Dutchess County community. Lew's dad started Saperstein's in 1946. And Lew commented that as a kid he never envisioned himself helping out in the store, let alone running the store, but was happy to join his dad in July of 1977. He says that you never know who will walk through the door, but he and his kind staff are always there to help and serve their customers. When Lew isn't at work he spends a great deal of time studying the stock market. He also looks forward to a weekly poker game. Lew has two children, his son is a writer and his daughter is in the design business. He smiles and says they are both talented and have the "artist gene." We are happy to have you as part of Millerton, Lew, and would you happen to know where I could find a pair of oversized Levi's jeans? Say size 70 or so?



As one of the owners for Hylton Hundt Salon, **Bonnie Hundt** is a very busy and hard working woman. Originally from 'the city' and doing hair there for many years, Bonnie really wanted to create a nice relaxing sanctuary for her customers. Bonnie says that she has a wonderful staff that is like family to her. She loves to work with people and the creativity that's behind doing hair and the relationships that develop over the years. She says you get to make people feel good, which is very rewarding. She has watched Millerton evolve over the years in the right way, not too fast or too slow, and she loves being a part of the business community. Everyone is very supportive of each other. Bonnie loves Millerton too because there are so many things to do when the work day is over. You can enjoy a good movie and there are so many wonderful restaurants to eat at.



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a healthy lifestyle

By Thorunn Kristjansdottir
info@mainstreetmag.com

In last month's issue we had a lengthy discussion with Bill Burke of North East Fitness & Wellness in Millerton about an overall healthy lifestyle. We were meant to continue the conversation with him this month by examining the effects of sugar on the body. Bill and I were unfortunately not able to get together for this month, so instead we've compiled a number of healthy tips for the start of summer.

Two of summer's main concerns have to do with protecting your skin from the sun and preventing a sun burn, and secondly drinking enough water and keeping hydrated. The sun, heat and humidity can lead to sun stroke and exhaustion. With summer and all of its glory come many other changes for our bodies and lives. So we thought we'd look into a number of these so that we're all prepared for the summer – and summer fun!

The best sun protection: wear sunscreen!

We know that too much sun isn't good for us, and a sunburn is extremely bad! Although our bodies synthesize vitamin D from the sun's rays, it is important to always protect our skin from the sun's harmful rays, and prevent sunburns.

According to Wikipedia, "A sunburn is a form of radiation burn that affects living tissue, such as skin, that results from an overexposure to ultraviolet (UV) radiation, commonly from the sun. Usually, normal symptoms in humans and other animals consist of red or reddish skin that is hot to the touch, general fatigue, and mild dizziness. An excess of UV radiation can be life-threatening in extreme cases. Exposure of the skin to lesser amounts of UV radiation will often produce a sun-tan. Excessive UV radiation is the leading cause of primarily non-malignant skin tumors. Sunscreen is widely agreed to prevent sunburn, and some types of skin cancer. Clothing, including hats, is considered the preferred skin protection method. Moderate sun tanning without burning can also prevent subsequent sunburn, as it increases the amount of melanin, a skin photoprotectant pigment that is the skin's natural defense against overexposure. Importantly, both sunburn and the increase in melanin production are triggered by direct DNA damage. When the skin cells' DNA is damaged by UV radiation, type I cell-death is triggered and the skin is replaced. Malignant melanoma may occur as a result of indirect DNA damage if the damage is not properly repaired. The treatment of sunburn is conservative, although some skin creams can help with the symptoms."

In addition to it being important to wear sunscreen to protect your skin, your sunscreen choice



Image source: Google Images

is also important. You should find a sunscreen that you like, that has sufficient SPF, a higher one is obviously necessary for fairer skinned folks. And always check the expiration date of your sunscreen. Just as you wouldn't drink milk that has expired, you shouldn't use expired sunscreen. After its expiration date, there's no guarantee that you're receiving the full SPF that is printed on the bottle. A good tip is to remember that sunscreen is usually good for a year, so every spring buy a new bottle for the summer season. Then you should be covered.

Which aloe should you use?

If you do get a sunburn, is it better to use a bottled aloe gel or the plant itself? According to *Men's Health*, although the bottled stuff is more convenient, it's less potent than the actual plant because some of the helpful compounds can deteriorate while the bottle sits on the shelf. The article also explains that the "fragrances, preservatives, and fillers in the bottled products dilute the aloe's natural potency." It is therefore more effective to use the plant itself, whereas the juice in the leaves contains more than 75 active components, which include vitamins, minerals, and enzymes. The article in *Men's Health* advises to "cut leaves from the aloe plant, split it open, and apply the gel to your burn twice a day." Of course, the best thing would be not to get burned at all, but if you do, get aloe right away.

The importance of drinking water

Our bodies are made up of between 50-75% of water, depending on our age, gender and fitness level. And according to *Women's Health*, "Water is essen-

tial for moving nutrients into your cells, flushing out waste, and maintaining mental performance. Even mild dehydration can dampen your mood, affect your concentration, increase fatigue, and trigger headaches..." In the heat and humidity of summer we have to be mindful that we drink enough water to replace what we lose. And we especially have to closely monitor the young and elderly. Fruit can also be another source of water, but regardless of whether you quench your thirst with a tall glass of ice water or a slice of cold watermelon, just keep rehydrating.

How you can avoid brain freezes

Now here's a fun fact on the lighter note for those of us who enjoy a nice cold ice cream on a hot summer's day. Who hasn't suffered from a brain freeze? The main reason that a brain freeze happens is because you're either eating or drinking too fast. As *Men's Health* explains it, "a brain freeze is the result of a sudden temperature drop in the back roof of your mouth, where your soft and hard palates meet. This irritates a cluster of nerves called the sphenopalatine ganglion, provoking a painful rush of blood to your brain. Should a brain freeze attack... warm the ganglion by sipping tepid water." The best way to deal with a brain freeze, besides just avoiding one outright, is to slow down because your mouth simply can't keep up and doesn't get enough time to warm up. So sip that ice cold beverage or lick that ice cream a little slower and enjoy it longer, avoiding the big freeze.

Stay safe, healthy, sunscreensed and hydrated this summer! ●



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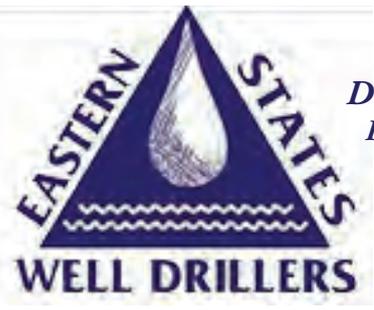
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robert haldane:

LANDSCAPE DESIGN & INSTALLATION

By Thorunn Kristjansdottir
info@mainstreetmag.com

As Robert Haldane says with a charming Irish grin, “I can’t help but be who I am.” And to understand who he is – the Irishman, the stone whisperer, the musician, the family man – one first has to learn about his days growing up in Ireland to understand how it is that he brings Irish culture, heritage, and the Gilded Age to landscaping in the Northeast.

Tell us about growing up in Ireland, and how landscaping is a part of your heritage.

I was born in 1957 and I grew up in Belfast, in the north of Ireland, during very troubled times that broke out in 1969. So I grew up with a lot of excitement, and we grew up aware that there was something going on that was so big and you had no control over it. A terrible situation had finally come to eruption – and in a land of beauty. Bombings and shootings were the norm, and at first you were outraged, but as it went on, it became just another shooting, just another bombing.

I had always been drawn to gardening long before the violence began. My grandfather was a Scottish gardener who had come over in 1880 to work for a fellow named Robert McCrum to landscape his gardens in Milford, Co Armagh. McCrum was one of the linen barons of the time. Into that world of industry arrived my grandfather at the young age of 22, brought over to lay out the gardens of one of the most prestigious men in the country.

The family history is a little complex, but my grandmother was Emma Reilly and her grand-



Above: Robert sits in his own backyard sanctuary with his two sons who flank him, Ciaran to his left and Ronan to his right.

father, John Reilly, had given McCrum business advice and money, so the two families became merged. My family of the Reillys lived in the big house that McCrum had built, as his wife had died and left two young children that were the same age as my grandmother, who had been orphaned and was raised by her grandparents and aunt. So they said “everybody into the one big house,” and my great aunt Sal then raised all of the children.

Within six months of my grandfather’s arrival, he married my grandmother. She had been betrothed to someone else, but the story goes that as soon as she saw the young Scottish gardener she burned her wedding dress and married her love.

When my grandfather finished his work at McCrum’s, he was invited to go to Curraghmore House in Waterford, which was the home of one of my grandmother’s great aunts who was married to John Beresford, the Marquis of Waterford. He worked there for the family and had an impact on the landscape and gardens, which are famous to this day. From there he went for more family business to Phoenix Park in Dublin, where the president of Ireland now resides, which was then the Viceroy’s Lodge, who was the Queen’s representative in Ireland. This was my grandfather’s work.

My father was born in 1900 and was 57 when I was born. He shared with me till he died in ‘74, who his father had been. This world that once existed, my father shared with me an era before the Great War that he experienced from the big house.

So my father literally shared with me the Gilded Age, and he was able to bring that time to life for me. I wasn’t brought up around the gardens, but I was brought up with an awareness of the privilege of the Gilded Age. So how this ties into gardens is that I have not been educated in gardening techniques or approaches like landscape architecture, but what I did absorb was the importance of the feeling of being in a garden.

My grandfather had practiced a more natural awareness of how to live, and the gardening awareness was not about privilege or decorating (a focus in his era), but it was about getting to a sense of place. And the people who understood a sense of place better, hired people who understood it as well. Which is what my sons and I have inherited.

Going back to the troubles when I was growing up; I had always been more interested in the landscape, the outdoors, and the awareness. One of my first jobs was with the Ulster Parks Department, and we maintained a number of big houses and estates. Again I was around the big places, so I again began to learn about the bigger picture being in that environment. I then took a job with the Ulster Museum, and went to University where I studied Irish language and folklore, music, the landscape and the meaning of place names. Everywhere in



Continued on next page ...



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MILLBROOK \$299,000



Charming country cottage perched on the river. Truly a nature lovers paradise and unusual to have this setting in the village! This sweet three bedroom, two bath home has views to the river from every room and a deck on water's edge.

MILLBROOK \$245,000

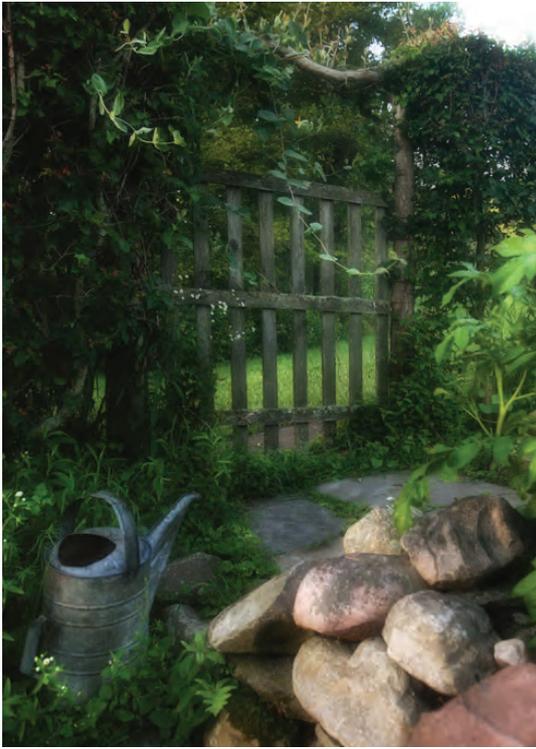


Charming vintage home features three bedrooms, one and one half baths, living room with Rumford fireplace, formal dining room, newly remodeled kitchen, wide board floors and exposed beams sited on .28 acres with a stream.

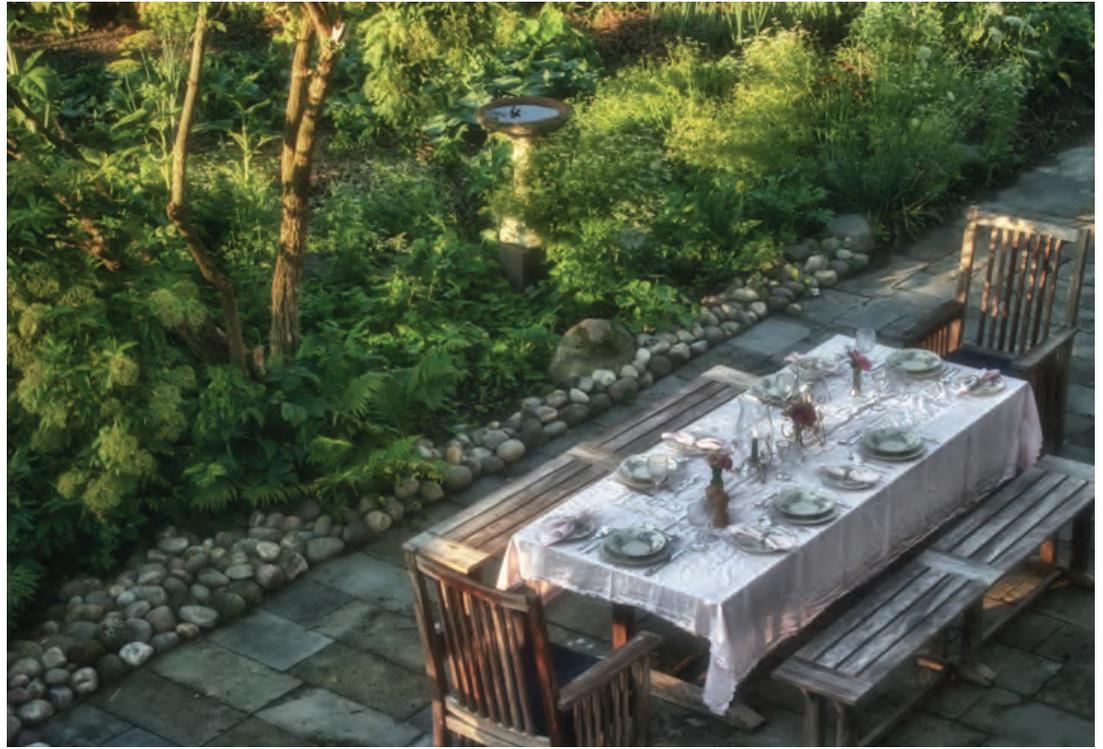
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Photos by Henry Smedley



Ireland has a place name, including Ireland, which is a woman's name, Eiru. We are the descendants of Eiru, and everything means something. The land is alive and full of meaning.

How did you come about moving stateside?

I came by way of Simon Pearce, a glassblower in Vermont, who sponsored me into the country as an Irish glassblower. We [Teresa, Robert's wife, and their three young children] got to Vermont, but Teresa and I decided that we couldn't bring a family to Vermont. We came in '87, one of the wintriest they had ever seen. I had never seen snowbanks so tall! We then settled in Red Rock, NY. A friend said that there was a garden opportunity in Chatham, and I worked there for two months. So that's how I got into the gardening aspect, bringing to it my heritage and methods.

Do you differ from other landscapers, and what specifically do you create?

People tend to hire me for my eye and appreciation to bring out what it is that they want. But we do it all: stone work, native and *suitable* plantings, and so on. What we do is not too different from anybody else, except that we do it. And we do it differently.

I'm not a landscape architect, because I'm not trained in that. But I know my background – the absorption of natural beauty organized in a landscape – and gardens really just reflect that. You're not trying to capture nature, but simply trying to create beauty. So make your own beauty with what you are happy with. If you like red flowers, I will bring you red flowers because you can't stand blue. I create a sanctuary that is custom designed and made for my clients, because everyone is unique in how they sit in their garden. We are part of nature, so what we do is nature.

You need to be in touch with the sun and the wind on your face and the elements, because they are part of the garden. Did you step out last night and take in the stars? Because the stars are a part

of the garden, too. I don't like to bring fashion to a garden. Flowers, for example, have a place in everybody's garden, but it's about finding their place. I have a good sense of place, something that I have inherited, and that is what my clients hire me for. I work with them to create their place in their garden, whether that be a stone wall, flower beds, patios, enclosures, and so on. I bring a natural absorption, and it is not about the touch of the hand that lays the stone, but it is the eye. It is what you do with the stone, opposed to just having stone.

How has your business evolved into a family run business with your sons?

Absorption has also been passed onto all five of my children, and particularly to my sons who have learned the trade. My two youngest sons, Ronan and Ciaran, now work with me. I was just going to work every day, trying to make a living and raising a young family. As my eldest son Conall got old enough to push a wheel barrow or shake a rake he'd come with me. The same happened when Sarah, Ronan, Emer and Ciaran came of age. We needed the help and they didn't know any better. They experienced by having to work, sometimes with tears in their eyes, but just working at what their dad does – working within my style. To them my style is a little looser than theirs, because I'm more attached to my folkloric approach to the stone. So we now have a nice mixture of the two – a multi-generational one.

Has your business or customers changed over the years?

In 2008, I became very aware when the collapse came that I had never benefitted from the changes in this area to begin with. I've worked for a select few people through the years, mostly who have older houses and older land, who understand and appreciate the aesthetic that I bring. Not to say that I wouldn't be delighted to be invited to the newer homes. I pick up a few new clients every year, and

then I continue working for my clients – some of whom I've been building a relationship with and working with, in some instances, for close to 30 years. Much like my grandfather, who only worked for a few select, it seems that I have followed in his footsteps there, too.

What do you think makes a successful entrepreneur?

I don't know. I've never been one. I'm not an entrepreneur, I'm just a family man raising my family – still am.

What do you like the most about running your business?

The freedom to work with the people that respect what it is that I bring. And then to deliver it for them. Working with the people who give me the freedom to get it right for them. And I've been with some of those people since I first got here. It's about the relationships.

Do you have book recommendations for people starting their own business, and do you have a business plan?

I still haven't got a business plan. I'm still just trying to be here.

What is your advice to anyone starting a business?

Honestly, why do you want to start your own business? I can't answer it, I just went to work. It's not that I can't work for other people, I'm just better at what I do when on my own. Most don't have the sensitivity that I have, I'm not saying it's better, but I don't have where they are coming from. I'm not skilled or schooled in the American way of approaching things because I didn't grow up here, so it's not American gardens or landscapes, it's ... You have a steward's responsibility to the land, it's not just yours for your moment. I reveal the hidden grace of the landscape. ●

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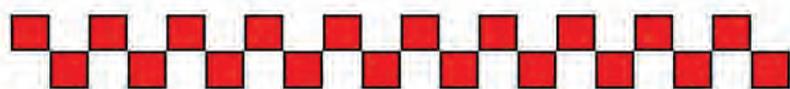
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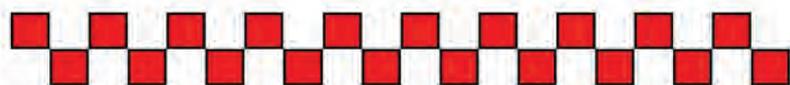
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GREAT GASTRONOMY: the greens at the club

By Thorunn Kristjansdottir
info@mainstreetmag.com

The Copake Country Club's restaurant, The Greens at the Club, is tucked away on Golf Course Road on Copake Lake – like a hidden gem. The drive to reach the country club is as beautiful and dynamic as the food is. If you're a golfer, you've reached one version of heaven, but if you're a 'foodie' you've also reached your own succulent slice of heaven.

The newly renovated dining room area is simply put: beautiful. Whether you decide to dine there in the summer months and sit out on their deck to take in the sunset over Copake Lake and watch the golfers, or if you dine there in the colder winter months and sit by their cozy glass fireplace in the center of the dining room, the atmosphere is warm, inviting, and both charming and cunning.

A freshly revived menu

It came as a pleasant surprise to see that the restaurant had just made some delicious changes to their menus. Their Club Menu had a few new additions including the Semolina Fried Shrimp Sandwich, which I was told is fantastic. But it was their Dinner Menu that had received the more obvious and very exciting changes. The new appetizer additions include the likes of the House Made Willow Brook Farm Beef Short Rib Ravioli, Shrimp and Scallion Tempura, and the House Cured Black Pepper Gravlax. The newest salad that I took note of was the Equinox Farm Baby Greens with Blue Cheese Phyllo Turnovers. The new entrees that I took note of were the Spring Vegetable Risotto with Grilled Portobello, the Asian Five Spice Pan Roasted Monkfish, and the House Made Fettuccine with Spicy Italian Sausage and Shrimp. How to choose?

Anthony, our waiter, was very patient while we had to pick and choose which delectable dish we were to feast on on this evening. My boyfriend was quick to ask him about the House Made Willow Brook Farm Beef Short Rib Ravioli, which Anthony said was one of the tastiest additions. My boyfriend was quick to say that yes, he'd have that please. The ravioli also consists of Zehr Farm Shiitake, fried parsley, Parmesan and white truffle oil. I, however, opted to go with the Equinox Farm Baby Greens and Pear Salad which has Maytag blue cheese, walnuts, bacon, and Champagne Vinaigrette. My friend, Conall, who had met us at The Greens for dinner on this evening refrained from an appetizer, saying it would then leave him room for dessert. Good strategy.

The beef short rib ravioli proved to be as delicious as it sounded. The aroma alone was enough to make your mouth water and make your taste



buds go crazy. I was able to snag a small taste, and holy moly! All of the ingredients were fresh, and the texture and flavor were superb. My salad was also extremely fresh and tasty. The blue cheese took blue cheese to another level! And the bacon was thick cut and seemed like it was a little smoky – the combination of the two was amazing.

A new dish and a classic dish

For our main course Conall was quick to say he'd like to try the House Made Fettuccine with Spicy Italian Sausage and Shrimp, which consisted of Herondale Farm sausage, sweet peas, radicchio, and scallion. When Anthony brought the plate out it was still steaming and filled the air with aroma. Conall said that it was out of this world.

I opted to stick to one of my favorite dishes at The Greens, which is the Grilled Chicken Sandwich off of the Club Menu, which consists of avocado, bacon, Chipotle mayo on a club roll, and it comes with their signature french fries (which are so good), coleslaw and a pickle. This sandwich never disappoints!

My boyfriend also chose a sandwich from the

Club Menu for his entree, going with the Grilled Hanger Steak Sandwich which is topped with mushrooms, caramelized onions, and sharp cheddar cheese on a club roll with the same sides as my sandwich. He was an immediate fan, and there wasn't a crumb left behind on either of our plates.

To satisfy the sweet tooth

Conall had proclaimed his strategy early on that he opted out of the appetizer so that he could get a sweet something afterwards. I have enjoyed many of the Greens' desserts, one better than the next, so I was quick to jump on the bandwagon. Conall ordered the Tres Leches Cake which is a Mexican style "three milks" cake with whipped cream and strawberries, which looked beautiful and he said was very good. I ordered the Chocolate Lava Cake which was covered in swirls of caramel with a scoop of SoCo vanilla ice cream. I think the Lava Cake may take the cake! It had all of my favorite elements: gooey chocolate with beautifully tasty caramel and really good ice cream. My hat off to the chefs – everything was fantastic yet again! •



meili farm in amenia, ny

TALES OF A FARM GROUPIE

By Memoree Joelle
info@mainstreetmag.com

All photos by Sophie Meili, except the picture depicted below, which is by Brooke Slezak.

“That is some pig,” I thought, as I stood in admiration of a five hundred pound sow at Meili Farm in Amenia. Craig Meili had agreed to show me around his 250 acre farm, and the pigs were the first animals that he wanted me to meet. I followed his lead down a dirt and gravel path, past bucolic fields of green and streams where his cows grazed peacefully. We stopped in front of several sows who contentedly wandered the grounds, digging their noses in the dirt from time to time, not minding too much when their piglets came to nurse. They seemed to acknowledge Craig with slight nods, then returned to their thoughts.

The day was warm, and one particularly large sow chose to relieve some of the heat by dousing herself with a tub of water, her hind quarters making a loud thud as she plopped into the mud. Her effort created a sensation of delighted squeals from the tiny piglets who ran back and forth, their curly tails wiggling perkily as they scampered and rooted in the dirt. Craig took a moment to eye them over, then turned back to the barn to find his wife, Sophie. Suddenly left alone with the sows, I felt a bit intimidated by their large size, and became uneasy when one of them approached the edge of the thin wire fence, making a noise that sounded like a warning. I stood still, trying to remain calm and not think about her weight, or the fact that she could crush me should she find me unappealing. My nerves relaxed when she simply let out a softer grunt, then stood to consider me for a few minutes before she grew bored and prodded off to her friends.

Over a hundred little piggies

When Craig returned with Sophie, they laughed at my apprehension, and assured me that the sows are gentle giants. There are currently a total of 15 of them, along with three boars and 126 growing pigs. They are mostly Berkshire-Tamworth crossbreeds, with a few pure breeds as well. All are descendants of the original sows and boar Sophie brought to the farm back in 2008. That was before she became pregnant with her first child, and now that she is a mother of two little ones, Craig has taken over the responsibility of the pigs.

He takes the task to heart, caring for his animals as family members. Watching him with his pigs, it is obvious that he takes pride in their health and genuinely enjoys their company. Each sow has a name, which he explains makes it easier for record keeping, but also harder to part with when the time comes for slaughter. Being a farmer, he accepts the inevitability of the butcher’s knife, but his eyes reveal the sense of loss that comes with saying goodbye to an animal you’ve raised with your own hands. Passing by one of the sows that will be going to slaughter in a few weeks, Sophie and Craig exchanged a look of mutual understanding.

“They all have their own unique personalities,” Sophie told me, as the three of us continued the tour. They are sensitive and intelligent creatures, and possess better problem solving abilities than dogs. I could see how easily it would be to bond with them, which made me seriously question my bacon eating habit.

But, on a farm, there can be no illusions of im-



mortality, and if I make the conscious decision to consume meat, I want to know how it was raised, and that the animal lived a happy and healthy life. The life of an animal translates directly into the quality of the meat, which is why a Meili Farm pork chop has a depth of flavor that is no match for factory pork. Their diet is a natural one of tubers and roots the pig dig up themselves, supplemented with feed milled right on the farm, hay, and whey from a local cheese maker. In a world where factory farming and cruel practices such as tail docking have become common, it is comforting to know



that family farms like this one exist, where animals are raised with compassion and respect.

Conscientious farming: a multi-generational business

Meili Farm is an Animal Welfare Approved Farm, a national third party certification program with the strictest standards for family farms. Craig and Sophie meet their standards with ease, since farming with the welfare of the animals and the environment in mind comes naturally to them. Craig was born here, and says farming is in his blood. He is thankful to have inherited the farm from his father, and honors the traditional and sustainable practices he observed growing up.

A dairy farmer from Switzerland, Craig's father saw the opportunity to purchase the land in the 1960's, before our area was quite so sought after. Today, several generations of heritage breed pigs are free to explore, root, and forage as nature intended. On the distant hills, 80 Belted Galloway-Hereford cattle graze on the lush grasses of the New York State and Connecticut border. Rarely handled, these cattle are mostly feral, supplemented with hay as needed. The cattle are not immunized, and illness is kept at bay because the Meilis maintain what is essentially a closed herd. Every cow was born on the farm, and a new bull is brought in every other

year.

Also on the farm are free-roaming heritage breed hens, which I can testify lay some of the best eggs I have ever tasted. Their deep orange yolks have glorified my breakfast plate on countless mornings, and I have no qualms about adding them raw to smoothies. Their superior nutritional value comes from the healthy diet of chickens who are free to dig up bugs, in addition to being fed Meili's house-made feed that includes kelp and minerals.

Sophie, the bee whisperer

While Craig is the pig whisperer in the family, Sophie's passion are her bees. She has been beekeeping since 2001, and plans to expand to 20 hives. (That means pork roast drizzled with local honey for you and me). A keeper of bees has a momentous job, since bees pollinate nearly every flowering plant we eat, and without them, our species would be lost. As Sophie spoke of her bees, I realized that Sophie not only cares for the pollinators of the food I eat, but that she has given birth to two potential future farmers who may one day grow my food. In awe of the sheer amount of life that thrives there, I felt that I was standing on sacred ground – because I was.

The Meili family represent what makes our region so special, and as a growing number of other

young farmers follow their lead, small farms are cropping up here and all over the country. Sophie has hopes that industrial farming will not be a part of her children's world, since at age four, their son Thatcher is already a burgeoning small farmer. When asked if he wants to become a farmer like his dad, he is indignant, exclaiming, "I'm already a farmer."

Sophie writes in her blog, *The Joy of Farming*, "The history of farming stretches back into the far reaches of the recorded – and unrecorded – human journey. The history of conventional, petroleum and petrochemical-based farming? Just a blip in the timeline of our existence on this planet. Given our innate human abilities and gifts, we can and will adapt as our reality changes around us. The real keys right now are to preserve the land needed for growing food, to work to preserve and restore the natural fertility of that land, and to preserve and share the skills needed to coax food out of the earth." ●

Craig and Sophie sell whole hogs to butchers in the city, and their pork and beef are on the menus of restaurants in both the Hudson Valley and NYC. To purchase Meili Farm's pasture pork, beef, eggs, and honey, visit their farmstand at the Millerton and Amenia farmer's markets, or by appointment at the farm. meilifarm@gmail.com. www.meilifarm.com.

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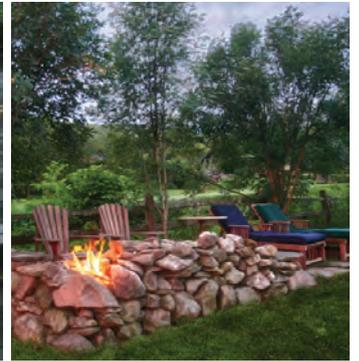
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the real estate market

IN THE VILLAGE OF MILLBROOK, NY

By Christine Bates

christine@mainstreetmag.com

In every issue of Main Street Magazine we examine the dynamics of a particular local real estate market in our coverage area. We talk to Assessors, bankers, building departments, and real estate professionals, and collect and analyze sales data to present an accurate, objective picture of each town.

Millbrook is a Village, Washington is a Town

Actor Liam Neeson does not live in the Village of Millbrook. Movie stars and hedge fund managers live in the Town of Washington that surrounds this two square mile village of 1,473 people. Millbrook, like Millerton, is one of only eight villages in Dutchess County. Created in 1896 to accept the gift of a schoolhouse from the Thorne family, the boundaries of the Village of Millbrook were drawn by the gilded age owners of three large estates surrounding the village.

Stores and restaurants line Franklin Avenue, the main artery of the village, which ends at the Tribute Gardens, a park contributed by the Thorne family. Walk-ability, excellent schools, and Victorian houses are some of the village's charms.

What has happened in the village real estate market in the last eight years? Main Street calculations of all arms length real estate transactions clearly point to the boom in 2006 and 2007 and the dramatic drop in 2008 when activity was cut almost in half. Most dramatic is the new normal of 2011 and 2012 when annual real estate sales were halved again to one third of the level of 2007. W. James Tyger, Millbrook's long time assessor, estimates that Millbrook prices have fallen 25% to 30% since the peak and he doesn't expect significant improvement any time soon.



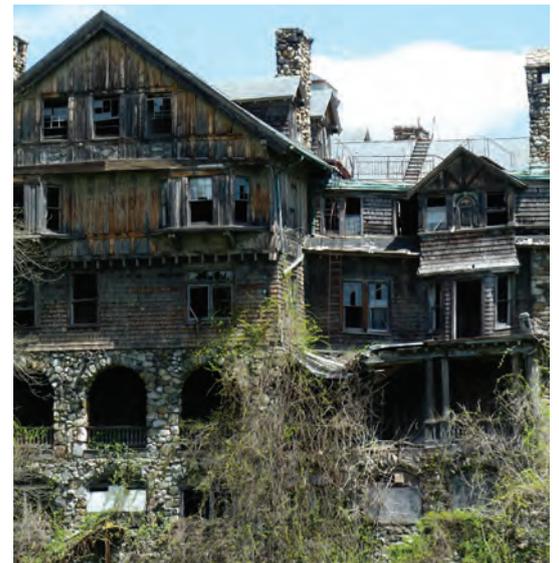
The gatehouse to Daheim, the estate built by industrialist C. F. Dieterich, stands at the edge of Millbrook. Most of the land beyond the pond and gatehouse is in the Town of Washington.

The new normal

Excluding commercial sales (everything from office buildings to restaurants) and looking at only residential sales (single and multi-family homes and condos) tells the same story. The peak of the market was 2007 with 23 home sales and an average price per unit of over \$470,000. In the last two years, activity seems to have hit and stayed at the bottom. Sales volume in 2012 was less than a third of 2007 and the price of an average home is half that of 2007. An example of two houses purchased near the peak and on the market now are an illustration at both the high and moderate ends of the market.

A stately home on Exmoore Lane (picture left) built in 1920 sits on 1.2 acres with a view of both demolition-destined Bennett College and the Millbrook Golf and Tennis Club. It was purchased in February of 2007 for \$1,050,000, and taken off the market in early 2013 when it hadn't sold at its listing price of \$695,000. A charming village home on Merritt Avenue (pictured on page 23) was purchased in April of 2006 for \$300,500 and has been on the market for almost two years at \$259,000 without finding a buyer.

On the bright side, Tyger feels that houses at the lower end of the market are now moving more quickly since they can be purchased for \$100 to



Above: The developers who own the former Bennett College have made no move to proceed with the court ordered demolition of the buildings.

Left: The Exmoore Lane house built in 1920, which overlooks Bennett College and the Millbrook Golf and Tennis Club.

Continued on next page ...

TOTAL SALES IN VILLAGE OF MILLBROOK BY REAL ESTATE CLASSIFICATION 2005-2012

Data provided by Dutchess County Real Property Tax Service Agency.

YEAR	SINGLE & MULTI-FAMILY HOMES \$'S	CONDOS \$'S	COMMERCIAL & VACANT LAND \$'S	TOTAL MARKET \$'S
2005	\$4,449,780	\$4,054,505	\$2,277,500	\$10,781,785
2006	\$5,602,500	\$3,052,600	\$4,050,000	\$12,705,100
2007	\$8,887,854	\$1,966,500	\$3,050,000	\$13,904,354
2008	\$3,648,825	\$2,561,083	\$1,594,000	\$ 7,803,908
2009	\$5,740,761	\$1,652,000	\$ 910,000	\$ 8,302,761
2010	\$4,189,000	\$2,696,500	\$1,947,000	\$ 8,832,500
2011	\$1,984,000	\$1,867,500	\$ 384,000	\$ 4,235,500
2012	\$2,709,000	\$ 812,500	\$1,225,000	\$ 4,746,500

TOTAL RESIDENTIAL SALES IN MILLBROOK INCLUDING CONDOS

Data provided by Dutchess County Real Estate Property Tax Service Agency.

YEAR	# SALES	TOTAL \$ SALES	AVERAGE COST
2005	24	\$ 8,504,285	\$354,345
2006	22	\$ 8,655,100	\$393,414
2007	23	\$10,854,354	\$471,928
2008	18*	\$ 6,209,908	\$344,995
2009	20	\$ 7,392,761	\$369,638
2010	21	\$ 6,885,500	\$327,881
2011	16	\$ 3,851,500	\$240,719
2012	15	\$ 3,521,500	\$234,767

* Includes bank purchase of 8 units at \$1,800,000

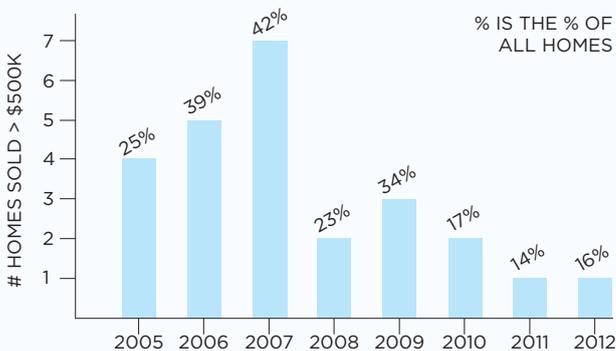
VILLAGE OF MILLBROOK HOUSE AND CONDO SALES 2005-2012

Data provided by Dutchess County Real Property Tax Service Agency.

YEAR	# HOUSES SOLD	AVERAGE HOUSE PRICE \$'S	YEAR	# CONDO UNITS SOLD	AVERAGE PRICE PER CONDO UNIT \$'S
2005	11	\$404,526	2005	13	\$311,885
2006	13	\$430,962	2006	9	\$339,178
2007	17	\$522,815	2007	6	\$327,750
2008	9	\$405,425	2008	9	\$284,565
2009	14	\$410,054	2009	6	\$275,333
2010	10	\$418,900	2010	11*	\$245,136
2011	7	\$283,429	2011	9	\$207,500
2012	11	\$246,273	2012	4	\$203,125

* Includes bank purchase of 8 units at \$1,800,000

HOMES SOLD IN MILLBROOK FOR OVER \$500K 2005-2012



Data provided by Dutchess County Real Estate Tax Service Agency

VILLAGE OF MILLBROOK ON THE MARKET

Listings courtesy of Mid Hudson Multiple Listing Service as of May 8, 2013. May not include all properties currently on the market.

TYPE OF PROPERTY	# UNITS ON MARKET	TOTAL LISTING PRICE VALUE
Condos	10	\$2,529,300
Single Family Houses	9	\$3,895,000
Multi-Family Properties	3	\$ 778,900
Commercial Properties	3	\$1,677,000
TOTAL		\$8,880,220



\$125 a foot. Realtors call this clearing the market.

Homer Guernsey of HW Guernsey Realtors, Inc. thinks that owners of homes assessed at over \$400k who would like to sell are “Simply waiting for some encouraging news. The market in the village is similar to that of all of northern Dutchess County with the activity in properties in the \$100s to mid \$300s.”

Condos aren’t selling, even at reduced prices

There are two distinctive market segments in the Millbrook village market, which are not typical of other hamlets and villages in our area: condo development and homes selling for over \$500,000. There are six condo complexes within the Village of Millbrook, largely built in the 1980’s, totaling 122 housing units. Our chart shows that condo activity in price and sales volume has swung greatly year to year. Prices have come substantially off their high of \$339k per unit in 2006, and have hovered around the low \$200’s for the past two years. At the moment there are at least 10 condos listed on



the multiple listing service with prices ranging from \$179,000 to \$465,000. These include one and two bedroom lofts in the former gymnasium of Bennett College. Max Goodwin of Millbrook Real Estate says the value of condos in the vicinity of the collapsing Bennett College, now surrounded by a fence, suffer from “What may happen, and what’s there right now.”

Little demand for half a million dollar homes

The number of homes selling for over \$500k have dropped off a cliff since the financial crisis. In 2007 seven homes were purchased for \$500k. While these homes constituted nearly half of the total residential market volume prior to 2008, sales at this level are now infrequent, one a year in 2011 and 2012 for two reasons. Price reductions have dropped the values of many homes below the \$500k mark and, just as important, owners who can are just waiting for the market to improve before selling.

Where is the market going?

Where is the market right now? Conservatively, it seems that with almost \$9 million in properties available, there is at least two years of inventory at today’s levels. Guernsey feels that, “The market is slowly improving, but it’s still no great shakes.”

Goodwin sees reason for optimism with fewer empty store fronts on Franklin Avenue and interest by new businesses. “The pharmacy has reopened, Punch has improved the entrance to Franklin, J. McLaughlin’s new Franklin Street location is a plus. Great things are happening. We are definitely on an upswing.”

“Families move to the village and bring up families here. This is not a weekend market,” according to Paula Redmond of Paula Redmond Real Estate. “They don’t move out until they retire. There’s just not a lot of turn-over in the village. It’s always been that way.” ●



Above top: The gatehouse to the former Wing Estate, renovated by a New York commodities trader, reminds visitors of Millbrook’s great estates. A condo development is tucked away from sight.

Above: The Thorne building remains empty awaiting a future as a community cultural space.

Left: This classic village Victorian at 22 Merritt Avenue is still on the market for \$259,000.



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what is your favorite style:

CLASSIC OR MODERN? WHY NOT BOTH!

By Dennis Wedlick
info@barliswedlick.com

Architect Dennis Wedlick has designed beautiful homes in our area of the world for some time. His homes can be seen both dotting the rolling hillsides of Dutchess and Columbia Counties, as well as lining the streets of our towns, villages and cities. We asked Dennis to write an article with his thoughts about local architecture, and how it has influenced his work in this region. And quite coincidentally, as we talked with him about this article he disclosed to us that it has impacted him so greatly that he and his partner wrote a book where they include a number of homes that they designed in the area. The book is called "Classic & Modern: Signature Styles" and is now available for purchase.

Does your taste lean more toward a classic look or a more modern one? If you are like me, you may have a hard time answering that question because there are so many styles that are appealing in their own right. As an architect, I suggest to my clients that they try not to name their favorite look but rather, try to describe it, because often their favorite style is not exclusively modern or classic, but rather a unique combination of both. Some of the most charming country homes in the Hudson Valley have come about by pursuing what I call a Signature Style – a personal blend of both classic and modern styles.

Throughout the Hudson Valley, along country roads and in our villages, we see wonderful examples of historic homes in a variety of classic styles – from Colonial to Neoclassical. Often less visible, but frequently featured in our local home style magazines, are equally inspiring examples of modern style homes tucked into the woodlands or often further back in the fields. Because so much of our area has maintained a historic look, the classic



Above, the interior of the Tuscan Villa, while the exterior of the villa is depicted below.

homes seem well suited to their surroundings. Similarly, a glassy modern design can also feel perfectly placed when blended seamlessly into the natural landscape. So, when considering which style should be a favorite for our region, it is a hard call. Often a combination of both classic and modern styles work as nicely as a discerning example of either.

Creating a Signature Style: location ... location ... location

If I were to describe my favorite style for a new home in the Hudson Valley it would vary by location. In rural open settings, my favorite styles are the classic farmhouse designs, yet I am also attracted to modern interpretations of farmhouses and agricultural buildings. In the woods, I am a fan of either traditional or non-traditional styles so long as the home doesn't require a harsh change in the landscape's natural contours or vegetation. The good news is, when done well, almost anything can work anywhere. Through collaboration, designers and homeowners can confidently blend the traditional with the modern to create unique Signature Style homes that ideally suit the area's history and landscape as well as the environment.

That is why my partner, Alan Barlis, and I wrote *Classic & Modern: Signature Styles*. (The book cover is depicted to the left). We wanted to share examples of homes, many right here in the Hudson Valley, that were created by collaborating with homeowners in the design process. Interestingly many of the homeowners in our book are accomplished



artists and designers in their own right who already knew how to create their own Signature Styles, and knew how to do it well.

A Tuscan Villa – in Columbia County

Take world-class interior designer, Matthew White, for instance, who, with his life partner, Tom Schumacher, built a new home in Columbia County that is an excellent example of a Signature Style that is Neoclassical, modern and environmentally sensitive at the same time.

Happily, Matthew was not only able to describe the style he wanted to pursue, but he could also illustrate it for us. The words and drawings were all inspired by country homes in the Tuscan hills of Italy. Yet, right from the start, both Matthew and Tom wanted to be certain that the architecture was going to suit the character of the Hudson Valley and, in particular, their slice of it on the crest of the



Continued on next page ...

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Berkshires in Hillsdale. They also wanted a state-of-the-art, modern home that was energy-efficient and they were willing to reinterpret the Neoclassical designs of Italy in ways that made the most sense for today's lifestyle, climate and landscape.

The home he and Tom built was constructed according to the exact rules of Neoclassical design with regard to the proportions of the rooms, the shape of the moldings, and the arrangement of the architectural elements. However, it is also delicately sited into the woodland landscape, foregoing the traditional classic gardens that would have disregarded the site's natural contours and would have required cutting down too many of the precious trees.

Our design used reclaimed materials and architectural elements crafted locally and the mechanical systems are all of state-of-the-art technologies that conserve energy and also produce energy from the sun. All and all, it is a great stylistic accomplishment that can be described as mostly Neoclassical, but is actually as more personal than anything else.

Writing *Classic & Modern*, and working with the designers and homeowners that are featured in the book, taught me that a Signature Style is defined as much by what is favored as it is by what is not appealing to the property owners. Matthew and Tom didn't want a Neoclassical home that would not suit their Hudson Valley location or their personalities, so they were not drawn to examples of Neoclassical homes that were either too grandiose or too somber. A similar story holds true for the vision that a couple presented to us to design a house for them on a farm field in Dutchess County.

A modern Shaker barn

Unlike Matthew and Tom, Kelly and Brad hoped to create a glassy, modern house but they also wanted to be certain that it would fit in with the character of the traditional barns that dot this part of Dutchess County. The couple shared an affinity for all things that make for a modern house: open floor plans, clean lines and industrial materials such as concrete and steel. Their taste in interior décor was similar to their taste in architecture: more functional than decorative – minimalist.

In looking at various architectural designs for inspiration for their Signature Style, we discovered that Brad and Kelly were particularly drawn to the functional, clean lines of a classic Shaker barn,



Above, the exterior view of the modern Shaker barn in Dutchess County, while the photo bottom left shows the open interior of the house.

which in the end, worked beautifully with the minimalist characteristics of a mid-century modern, glass and steel home.

From a distance, the home looks like a series of barrel-vaulted barns. However, upon closer inspection, it is a modern house made not only of barn shingles but also large expanses of glass and steel windows. The interior design is very mid-century modern with a minimalist décor of white walls, concrete floor and industrial architectural elements.

Like all the homeowners featured in *Classic & Modern*, what enabled Brad and Kelly to successfully create their Signature Style home (a modern home made of a blend of traditional and industrial materials that used both mid-century modern homes and historic Shaker barns as its inspiration) was their ability and willingness to develop a concise vision of what look they were after. At times this meant determining specifically what they didn't like as well as editing down what they did like.

Say what you mean

While it is not important to pigeonhole your Signature Style, it is important to sort out which style – classic or modern – you generally find has more appealing aspects.

Classic styles, such as Neoclassic, Victorian and Revival, may have great historic looks but if you feel the characteristic elaborate décor of the style is “too heavy handed” for your modern sensibilities, your concise vision statement might be that “you admire the whimsy of a Victorian-style house with all the nooks, crannies, and turrets of its architecture, but if you were to build or renovate one it would have an interior that is light and airy.” To assure the results are what you are after, it will be

important to edit out features that don't suit that vision, even if you appreciate them. For example, the Signature Style that is aspiring to a lighter version of classic Victorian would want to edit out the traditional heavy architectural elements and finishes or furnishings that are made of dark woods. One would also avoid a colorful pallet because this is often what can make a typical Victorian home feel dark and cluttered.

Modern styles such as those that are of minimalist or organic design, can have broad appeal because they are “filled with natural light,” “have expansive views of nature,” and are “efficient.” Yet, I rarely encounter a person who lives their lives in a purely minimal or organic way. A clear vision here would be to describe a home that has the character of a minimal or organic design but is not shy to add “a touch of whimsical inside and out” – while being careful to not add too much “whimsy” so it no longer has the look of a clean, crisp, modern house.

Create your Signature Style with an “elevator pitch”

Start creating your signature style “elevator pitch” – a clear, concise vision of your dream home that you could describe to someone while riding in an elevator. Start by collecting images and examples of homes that have features that you are drawn to and remember to make note what you don't like as well. As time goes by you will begin to notice that a majority of the homes you like will be mostly of a single style – either classic or modern. You will then find a way to describe what your own personal interpretation of that style would be. Once you have determined that, you're more than halfway to making your own Signature Style home a reality. ●



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tibet near the hudson

By Mary B. O'Neill
info@mainstreetmag.com

Millerton is like an onion – but better tasting. You keep peeling back the layers and each time something new is revealed. Recreational, retail, culinary, and cultural options abound. But what about something for the spiritually curious? Well, for you there's Buddhafield, the 42-acre spiritual meditation and retreat center located just outside the center of town. Down a winding rural roadway with dips, curves and potholes reminiscent of life you will find the entrance to Buddhafield sanctuary. Across the driveway entrance is a deep red cattle gate festooned with multi-colored Tibetan prayer flags. Beyond that gate lies the bucolic setting for a Buddhist meditation retreat in July.

Buddhafield is owned by the Rangrig Yeshe, a non-profit religious organization whose main mission is the practice of meditation. The name itself means “self-knowing luminous aspect of the mind.” The associated Sangha or congregation numbers about 75 members who are students of its founder Shyalpa Tenzin Rinpoche. Rinpoche is a meditation master and a Tibetan Buddhist scholar and spiritual leader who founded the Sangha here in the northeast in 1989. He resides in Nepal with his family for most of the year tending to the Tibetan Children's Fund, which to date has educated over three hundred children from India and Nepal. In addition he oversees the Shyalpa Monastery and Retreat Center and Shyalpa Nunnery where he guides over 130 monks and nuns. His latest book is called *Living Fully: Finding Joy in Every Breath*.

Originally the Sangha was located in an old mansion in Great Barrington. When that location no longer suited its needs, members of the Sangha sought a new one. After years of searching for a propitious setting, one was found that had all their requirements – pastoral, powerful, accessible, and most importantly east-facing views to symbolize the rising sun and a world replete with possibility. That was 10 years ago. During the past decade members of the Sangha have put in a dirt road, installed buried electric lines and dug a well. Plans are in the works for a part-time residence for Rinpoche and a meditation center for weekly year-round meditation sessions. But that's in the future.

Buddhafield as a “pure realm”

In the here and now the property boasts of two east-facing wooden tent platforms – a large one for group meditation and addresses by Rinpoche and a smaller one for private audiences. Strung above, between a canopy of trees, are once again the colorful Tibetan prayer flags from last summer's retreat. These are tattered and faded from exposure to the



elements of the intervening seasons. In the Tibetan Buddhist tradition the wind carries the prayers out to the universe. If the state of these colorful banners is any indication, prayers have been moving through Buddhafield and out over the valley below at a steady clip.

Buddhafield will be open to the public for its annual meditation retreat with Shyalpa Tenzin Rinpoche on July 20 and 21. This retreat is for everyone from the advanced Buddhist student to the merely curious. Since Buddhism is non-theistic it can complement any spiritual or religious practice with which you are currently engaged. According to Craig Davis, long-time student of Shyalpa Rinpoche, the retreat is for anyone who, “...has an inkling there is more than this,” as he sweeps his hand to indicate the empirical world we live in every day.

For Davis, the intention of Buddhafield is to create a “pure realm” or an environment conducive to tapping into a higher sense of being or purpose. In this refuge, away from the distraction of everyday life one can experience a sense of the self diminishing; a greater sense of non-separation between people where the pain and joy of one is the pain and joy of all; and a spontaneous creation of compassion. Buddhafield is a place where spirituality can be nurtured and developed. Sometimes, especially in the beginning, for a spiritual connection to be ignited and fanned one needs to create the right setting, away from routines and day-to-day existence.

What to expect at the retreat

If you are curious to check out the retreat here's what you can expect over the two days. In the morning there will be group meditation practice under the big tent facing east. Davis explained that this vista symbolizes meditation itself. The big sky is the spacious mind and the passing clouds are our transient thoughts. The big sky does not change and is the back drop for the passing clouds of our mind. When we meditate, gazing out onto this sky

with eyes open, we can be open to all phenomena.

After group meditation Rinpoche speaks to the crowd on a theme that pertains to meditation and living a fuller life. Perhaps it will be about promoting kindness, love, and compassion for oneself and others, or reducing emotions like anger and envy, which keep us from reaching our true potential as human beings. Then long-time students will lead small break-out sessions related to Rinpoche's talk. Following this is lunch. After all, meditation is hungry work. With bellies full and minds open, participants return to filling their spirits with more meditation and an afternoon address.

Also available during the day are private audiences with Rinpoche. According to Davis, this private time can last five minutes or 15 and is not the place for the ordinary, e.g., in-law troubles, how to be more assertive at work, or unruly teens. Rather, it is the place for big questions about living and thinking spaciously and how to get out of your own spiritual way.

Last year, the retreat attracted over 100 participants asking questions and seeking answers that lie within. Buddhafield is that pure realm to gain access into parts of our mind and soul that are yearning to be exposed to the light of day. Summer in Millerton means good food, the farmer's market, the Rail Trail, cultural events and even meditation and spiritual guidance – it truly is a place for mind, body, and soul. •

For more information about the retreat, Buddhafield, Rangrig Yeshe Sangha, and Shyalpa Tenzin Rinpoche visit www.buddhafield.info. The retreat is on Saturday, July 20 and Sunday July 21, 2013. Buddhafield is located at 215 Cooper Road, Millerton, NY. Registration begins at 9 am on Saturday and the retreat concludes at 3 pm on Sunday. The cost is \$225, which includes lunch for both days. A limited number of scholarships are available to students and those on a fixed income. Children under 10 may attend for free and the cost for children 10-17 is \$50/day. For more information, call 315.449.2305 or e-mail info@shyalparinpoche.org.

cryptic clues & family tales

A LOCAL WOMAN'S QUEST TO FIND HER ANCESTORS

By Betty Grindrod
info@mainstreetmag.com

How many of you actually know from whom you are a descendant of, or what land you hail from? Do you have strong roots here? Or are your ancestors from a far-away land? Perhaps a mixture of the two? With today's technology, a healthy sense of curiosity and wonder, one of our neighbors went in search of her origins and had quite the trip to track her forefathers, which included uncovering a murder!

Mary Francis Betts Grindrod, my father's mother, was interested in genealogy and did quite a bit of research on her own and on her husband's family that were based in southern Connecticut. It was fun to look through her big black book of names and dates, although her handwriting left much to be desired. But even she had trouble deciphering when her scribbles had cooled off. She had acquired a lot of information despite having to travel to town halls or write away for birth certificates and other documents, but she would have been gob smacked over the advantages that the Internet has brought.

Even though you can research from the comfort of your own keyboard now, being in the landscape brings a nicer perspective – on the roads traveled and amongst actual gravestones of the ancestors. I



Above: Frank Wilcox was my great grandfather and he died at the age of 91. I do remember visiting him as a tiny child in the front parlour with a bay window and faded flowery wallpaper of the old farmstead.

am fortunate that many generations of my mother's people lived close to Sharon, CT where I grew up, or in Dutchess County, NY where I live now. But, as is so often the case, the older generation that knew the stories died off before my interest blossomed enough to know I should have interviewed them. I did have some information and clues from my mother and her siblings about the Wilcox family to get me started, but I was sporadic in my research, still without benefit of the Internet at first.

Murder and the Wilcox connection

It took me a few decades to solve some of those mysteries that started with cryptic clues and family tales. At first the questions were more numerous than the answers. I visited the Wilcox Cemetery in Cornwall, CT with British soldier fungus marching on the old wooden fence and knew they must be related somehow, but the stories told in the stones of a young man killed by the Indians in California, the young children of one family that died within days of each other were only glimpses into my family's history that didn't connect. Lately, I have found that those Wilcoxs' and I share a common ancestor, Samuel born in 1727, but I am not a direct descendant. A lot of those Wilcox men of the late 1700s and 1800s were blacksmiths in the towns of Goshen and Cornwall.

More information came from the Cornwall Town Hall. It is much easier to gain access to vital records in CT than in NY for some reason. Here was the name of my great, great grandfather, George Wilcox and his wife Olive, who died only three weeks after their son, Frank, was born. A family story whispered about was that George had been murdered, perhaps drowned in a river in a fight over a woman. Juicy stuff! His tombstone in the Amenia Union Cemetery had his death listed as 1912 at the age of 66, and by this time I had discovered the treasure trove of information online. Betsy Strauss of the Amenia Historical Society steered me to FultonHistory.com which has the archives of the Harlem Valley Times amongst other New York newspapers. I typed in his name and "1912" in the search bar, and I found two articles about the murder!

George had stopped at a friend's house in Amenia Union (aka Hitchcock Corners) on his way home from visiting relatives in New Haven and got into an altercation with a young man named



Above: Uncle Tommy was my great grandmother's brother born in 1873. In a newspaper article on the occasion of his 83rd birthday he was noted as an 'exceptionally fine gardener' with a 'magic touch in getting the most out of any seed he plants.' As a gardener myself, I do wish I had known him.

William Teater, who was also visiting the Jarvis residence. Jamaican rum was imbibed, words were exchanged...calling the young man 'pug nosed Teater' was especially offensive. Both men left by 7.30 pm. George on his way home with a paper bag of eggs and pins...the details are fantastic. The next morning he was found slumped by the stone wall in front of the house, dead with a head wound, his coat bloody. The coroner found it to be murder. But there my detective work stalled. There was no mention of a trial or young Teater being accused. I found him registered for World War I and in Pawling working in a creamery in the 1920s census, and then a death record. He died of pneumonia at the young age of 32, perhaps because of being gassed in the war. A hundred years later it seems like he might have been a murderer who got away with it!

Making headway thanks to Ancestry.com

My real jump in research came once I joined Ancestry.com and I was easily able to access all sorts of records, as well as the research of other people who

shared some of the same ancestors. You can start your own tree on Ancestry.com for free and even do some research, but viewing a lot of the records is restricted unless you pay to join. There is always a risk that these sources from other researchers are not accurate, so follow up with other documents like censuses, and birth, marriage and death records – they can increase your chances of having the right man or woman. Mistakes can happen though, and I have sadly crossed out a lot of work when names or dates just didn't jive. I just discovered, while writing this, a company called Kinship in Rhinebeck, NY that publishes the vital records of towns and churches of New York State, and I have ordered a couple of books that I hope will help solve some questions.

The Joray family

I started focusing on a branch of the family named Joray. George Wilcox's son Frank was my great grandfather and he married Julia Josephine Joray in February of 1894. (Interesting that one of the witnesses was Hattie Teator). My mother was sure the Jorays were French. It turned out that Julia's father Joseph immigrated with his parents and siblings from the French speaking part of Switzerland, the Jura Mountains which is likely where the Joray name came from. They arrived in 1850 as colliers, or charcoal makers working to fuel the furnaces in the local iron industry (see the story on Sharon's iron industry in the April issue of this magazine). There were many French families who settled in Sharon, CT that were part of this migration. (A good book about this historical period is *Echoes of Iron in Connecticut's Northwest Corner* by Edward Kirby. He also wrote a three part series of books, *The Seldom Told Tales of Sharon*, that bring to life the history of the town). Another Joray cousin also arrived at that time and joined the Union Army to fight in the Civil War 12 years later, and was killed in Louisiana, leaving his widow in Great Barrington with their children.



Above left: Frank Wilcox, my great grandfather, the son of murdered George. He was a CT state assemblyman and died at the ripe old age of 91. Above right: Julia Josephine Joray was Frank's wife and my great grandmother. I never knew her, but she was a strong and opinionated woman according to my mother.



Above: The gravestones are in the Winchell Mountain Cemetery and are the monuments of my fifth great grandparents, Eleazer Conklin who died in 1811 and his "relic" Temperance Hunting Conklin, as it says on her stone.

Joseph Joray married Lucy Conklin whose father Douglas was also working as a collier at that time. The census records people's occupations which let me know that my ancestors were mostly working in the iron industry in some capacity or as blacksmiths and farmers. Many of the people working in the iron industry turned to farming as the business petered out late in the 1800's. The Conklins were living in Sharon when Joseph and Lucy met, but had come from Millerton originally. I had several false leads trying to find Douglas' father...it turned out that I had his grandfather, Eleazer, and father, Nathan mixed up, but once sorted found that both men and their wives were buried in the Winchell Mountain Cemetery – only two miles from where I now live. Eleazer, who died in 1811, and his wife Temperance Hunting born in 1739 and 1742 respectively, were my fifth great grandparents, and there they are for me to pay my respects to almost 300 hundred years later.

Visiting old grave sites can be frustrating as the inscriptions on the stones are frequently worn to illegibility. It helps to visit at times when the sun is slanting across the stones and I deciphered the bottom portion of Eleazer's stone to read, 'Ther's no repentance in the grave.'

There is a website called FindAGrave.com that is invaluable in tracking down long lost relatives and quite often the inscriptions give clues as to who might be related and perhaps the maiden name of great, great grandma and even the cause of death. Unfortunately, although there are millions of records, there is no guarantee of finding the person you are looking for. And, you can while away hours scrolling through the residents of one cemetery

after another.

DNA analysis

The latest part of my quest uses DNA analysis. I was a little skeptical as I sent in my sample to Ancestry.com. Lo and behold some of the suggested cousins actually turned out to be related to me and I got beyond a dead end in research because of one new cousin. I had been stumped by George Wilcox's grandmother, Johanna. She was listed as Johanna Townsend, perhaps born in Litchfield, but I had not been able to find her. My new DNA cousin had an ancestor called Samuel Towsley who had a daughter Johanna of the right age, born in Salisbury. Perfect! I went to the Salisbury Town Hall and found my Johanna! The sad facts of childbirth and loss in the 1700's came to the fore as I looked at the birth and death records of the Towsleys. Johanna's mother, Anna Peck, lost five infants or toddlers before Johanna, and her three surviving siblings and another three children died after, with Anna herself dying at the age of 40.

Towsleys vs Townsend brings up the point that you have to be flexible in research. Name spellings can vary wildly in old records and poor handwriting of the recorders of the census can also cause confusion. I found Joseph Joray listed as a Lory in one record, never mind the easier Jury or Jory or Jorey. And Joseph's parents came to the country as Francois Xavier and Marie, but anglicized their names to Frank and Mary. It's all part of the puzzle and the detective work that keeps me engaged and entertained. There are always more stories and family history to discover, and what better history and mysteries than that of my own family? ●

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Hunter Bee

Antiques, furniture, trinkets, records, the quirky and fun. 21 Main Street, Millerton, NY. (518) 789-2127. www.hunterbee.com

Hunter Bee owners Kent Hunter and Jonathan Bee chose Millerton as their ideal store location five years ago. They fell in love with Millerton's authentic feel. They both have a great sense of humor and this is reflected in the store's selection of merchandise. Every item is carefully selected with both local and second home owners in mind, after all, anybody can go buy a sofa but Hunter Bee wants to give your house personality! It is a very common misconception that they are an "expensive store." True to a point on certain items, but for example they have a table worth "beacoup bucks" but are selling it for a lot less than the actual value. Hunter Bee also has great pieces starting at the \$5 range. They were able to help lots of kids who came in around Mother's Day to find really great gifts without the hefty price tag. You can also find great collections in their store, so instead of buying one wicker basket and searching high and low for the matching set, it's already there for you. So next time you are looking to dress up your house with personality, stop by Hunter Bee, Kent and Jonathan have so many great items. And don't be afraid to ask if you can't find what you are looking for, chances are that they already have what you're looking for, or can help you find it!



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The Music Celler

Music instruction to people of all ages on all kinds of instruments. South Center & Main St., Millerton, NY. musiccellarmillerton.com

Who hasn't wanted to play an instrument? About three years ago Kealan Rooney met Jonathan Grusauskas and his band, Lespecial, and quickly became friends. They all shared similar interest in music, one of the bigger ones being Soulive, an internationally renowned power funk trio. They are involved with several bands and play locally as well as tour the world. Wanting to share the gift of music with their community they decided to open The Music Celler. They are currently halfway through their third year and have had great success. Instructors also include friends and band members Luke Bemand, Bjorn Michaud, and Rory Dolan who help with the music lessons. They teach all ages, and everyone is welcome. They teach everything from beginner to advanced drums, percussion, piano, guitar, bass, trumpet, and music production. They work on a sliding scale with their rates, starting at \$45 an hour. As you can tell, Jonathan and Kealan are very talented individuals, and have a great group of musically skilled people surrounding them. It's time to put your curiosity to rest and contact The Music Celler to start playing the instrument of your dreams, and, as always – ROCK ON!

INSURING YOUR WORLD

June is upon us and many homeowners are in the process of doing additions, renovations, or landscaping improvements on their property. In doing so, a homeowner usually will hire a reputable contractor in his/her respective field, typically a referral from a friend or neighbor. One of the most important aspects of any such project is to make sure all contractors have adequate insurance coverage. Property owners should also have a written and signed contract with the respective contractor and ask to be named as an additional insured on their general liability policy for limits not less than \$1 million. This endorsement to their policy effectually provides the property owner legal defense coverage and any potential indemnification coverage under their liability avoiding the property owner a claim against their homeowners policy in the event an accident occurs during the job at hand. Also keep in mind that any contractor operating as, other than a sole proprietor, needs to carry workers compensation coverage for their employees and/or uninsured subcontractors that may work on the jobsite. Remember, the devil is always in the details, so getting the proper contracts and insurance documents in place, prior to the start of any job, will save a lot of heartache after the fact should a uninsured claim occur. Now that we have all the paperwork out of the way, let the projects begin. HAPPY JUNE!

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



Brad Peck, Inc.

Build a cat garden...

Your cat loves your garden as much as you do. And despite all your tricky and sneaky tactics to keep her out of your plants, she seems to out-smart you every time.

But what to plant? Start off with catnip, obviously. Most cats go crazy for the stuff and it's actually a gorgeous plant. Tiny green leaves appear first then talk stalks of cone-shaped little white or light purple flowers. Plus, it can benefit you – people use it in tea and it is supposed to aid in respiratory infections.

Catmint is also a must. This hearty bush-like plant has silvery green leaves with stunning purple flowers. These look great as a border for gardens and can withstand poking from your cat more so than catnip. Most likely your cat will be glued to this over-flowing plant.

Cats also love grass of any kind. A popular one is cat grass which is high in vitamins, minerals, and enzymes. Bonus: It can aid in digestion and reduce hairballs. The grass you see in stores is often wheat grass and is super easy to grow – the bright green color is also a great addition to your garden. Some other plants that are safe for cats are herbs like bee balm, lavender, thyme and flowers like orchids, snapdragons, cockscomb, etc. Consult a vet or do research before planting your flower bed.

There are some plants you want to avoid in your garden all together. Lilies of any kind, azalea, potatoes, tomatoes, eggplants, paprika plants, ivy, chrysanthemums, figs, mistletoe, daffodils and bulb plants, like onions and rhododendrons can all be poisonous to your kitty.

Phone 518-789-4471
Route 22 Millerton, NY
www.agwayny.com



Health and Beauty

Summer is fast approaching, and if you plan on being out in the heat and humidity, or taking a plunge in the ocean or a chlorine-treated pool, you can expect your hair to take quite a beating. During the summer months give your locks some extra TLC with these four helpful tips:

- 1. SUN DAMAGED HAIR:** Look for hair products that contain sunscreen. If you're spending time by the pool or on the beach prep, the ends of your hair with a few drops of sesame oil (it has a natural UV protector). We call it "solar conditioning."
- 2. FADING COLOR:** Color treated hair will lighten in the summer sun, so wear a hat and use color safe hair products. It's also helpful to get "in-between" color refreshers.
- 3. CHLORINE & HARD WATER:** We know chlorinated pools can do a number on your hair, but in our area, most of us get our water from private wells. It's loaded with minerals that build up on your hair and leave it feeling gummy and dull. Use a clarifying shampoo once a week OR treat yourself to an in-salon Malibu Hard Water Treatment. It's a powerful vitamin complex that removes damaging toxins, leaving hair cleaner, shinier and full of life. Our clients love this treatment.
- 4. CURLS vs HUMIDITY & FRIZZ:** If you have curly hair, rinse with cool water after shampooing and conditioning, closing the hair cuticle and smoothing the hair. Use a smoothing serum to make curls more manageable.



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WHAT'S YOUR SIGN?

ARIES (March 21-April 19)

A friend may offer you a gift. It could involve money, favors, time, etc. Be discriminating about what you accept, and make sure you offer to reciprocate. Insist, if you must. As generous as your friend may be now, later he/she could feel used or else call in some favors that you aren't willing to perform.

TAURUS (April 20-May 20)

The temptation to take center stage might be too strong to resist. Your gift with words and vivid imagination should serve you well. Keep it brief. If you go on too long, your friends could fidget. Time your performance by watching their expressions. Do it right and you will be asked to do it again.

GEMINI (May 21-June 20)

A gathering could bring you lots of good news and useful information. The problem is that there might be too much. You'll want to remember it all, but your memory may not be as sharp as usual. Before you attend a gathering, grab a notebook and pen to write down whatever you want to look into later.

CANCER (June 21-July 22)

You generally enjoy your dreams, both the dreaming process and analyzing them later. But tonight you might have too many to keep track of. While you will probably recall the most significant ones, it may be frustrating if you forget any of them. This might be the day to start a dream diary, if you don't have one. Have fun!

LEO (July 23-Aug. 22)

Too many invitations to social events may come today. This might be one evening when you want to relax at home, but you won't want to say no to anyone. Analyze each invitation. Consider the location, host, other guests - whatever seems most significant to you. Attend only the ones you think you will really enjoy. Follow your heart.

VIRGO (Aug. 23-Sept. 22)

Work on your spiritual practice or studies. You could read a book on the subject, attend a lecture, or practice some kind of discipline such as yoga or meditation. The only caveat is don't try to do too much at once. You could tire yourself out. Concentrate on one thing at a time. The information will still be there tomorrow!

LIBRA (Sept. 23-Oct. 22)

Physical pleasure is your priority. You want a great meal, with wine, appetizers, and dessert at your favorite restaurant. Or you feel especially energetic and want to take your partner for a complete spa treatment. Whatever your desires, exercise restraint. You can get too much of a good thing!

SCORPIO (Oct. 23-Nov. 21)

Love matters may prove too intense. You may be having a rough week. Your partner may be demanding of your time and energy. It might be good to schedule some time alone. Go for a massage, or hot tub - by yourself - and relax. That way you will be more refreshed when you meet with your beloved.

SAGITTARIUS (Nov. 22-Dec. 21)

You've been hoping for quiet on the job, but get too many calls. You'll have to juggle several at once. Don't try to deal with every problem. Exercise your triage abilities and take care of the most pressing. Let the others go. You aren't doing anyone any favors by getting too distracted.

CAPRICORN (Dec. 22-Jan. 19)

Were you planning to go shopping? If you can, put it off. You'll be tempted by too many items that seem wonderful in the store but are a bother once home. If you go, bypass shops where you might fall into this trap. You don't want to have to make a second trip to bring back returns.

AQUARIUS (Jan. 20-Feb. 18)

You look especially attractive, and it's doing wonders for your self-esteem. If you want a romantic partner to notice how you look, it's a good idea to invite a visit to your home. You will get to stay in and still be admired by the one you love the most!

PISCES (Feb. 19-March 20)

You want to make an unqualified declaration of love. That's fine if you've been involved for a while, but you could overwhelm your partner. If the relationship is new, beware! This could feel like too much too soon. Your friend could respond by backing away or even disappearing. Use restraint or you might have the opposite effect to the one you want.

Source: www.horoscope.com

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Regional Healthcare Associates is pleased to welcome Dr. Elizabeth Lucal to our physician group practice. Dr. Lucal 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. Lucal 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. Lucal 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. Lucal 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. Lucal is pleased to start full time and will divide her office time between TriState Women's Services (Sharon OB/GYN) and New Milford OB/GYN while performing all surgeries and deliveries at Sharon Hospital.

Dr. Lucal is accepting new patients at TriState Women's Services, 50 Amenia Road, Sharon, CT & New Milford OB/GYN, 2 Old Park Lane, New Milford, CT.



Elizabeth Lucal, MD, FACOG

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