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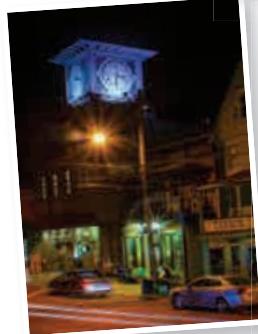
MAGAZINE





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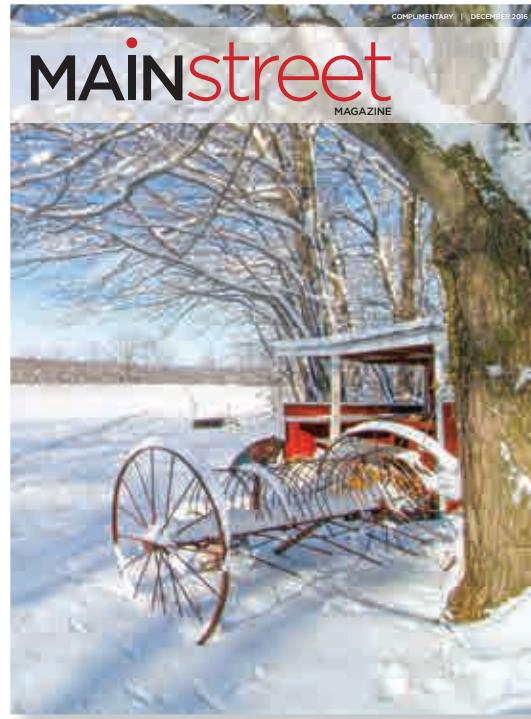
CELEBRATING LIFE

Whether you celebrate Christmas, Hanukkah, something else or nothing at all this December, I think that the most important thing that we all do this holiday season is to celebrate life. With everything happening in our world, I think that there is no better time than now to just stop, let all of the negative go, and celebrate the joys of your life, with life itself being the focal point.

You may have to pardon me, but I am a new mom and so I'm absolutely in love with the new life that my husband and I have created and brought into this world. Yes, I'm a doting mom and high on that new baby smell! Life, to me, is just amazing at this moment in time. I don't apologize for marveling at life and celebrating it, because, honestly, we should all celebrate life – all the time. Have you ever thought about how miraculous life itself actually is? As the New Year is traditionally the time that we stop, look back, and reflect on the past year and then plan ahead for the new year, I implore you to not wait until December 31st, but start today on December 1st. Thinking about how miraculous life can be, reflect back on your own life this past year, and in all of the years prior. What brings joy to your life? What do you love to do? Who do you enjoy spending time with? These are the most important questions that you should be asking yourself. Everything else is ... well, not irrelevant, but the other things shouldn't dictate your life. The joys and positives should be the dictators.

With that positivity being said, what are your thoughts on 2016? What are you looking to improve and/or do differently in 2017? I had a professor in college who said that he didn't believe in New Year's resolutions, but that instead he always sat down at this time of year and wrote out his one-year-plan for the coming year, then he wrote out his five year plan, and his ten year plan. I think that I actually sat down and wrote my plan twice, but in all of the years since I've made these lists out in my head. I will say that it's not as impactful as putting pen to paper and seeing it in tangible form. But these lists always stick with me because actually making yourself sit down, think about what you want, and then physically writing it out makes it a reality. So this December, in addition to the holidays and all that they bring, make sure to take time and to celebrate life and the joys of life, in addition to reflecting back and planning amazing things for your future. Happy holidays and a very happy New Year!

- Thorunn Kristjansdottir



DECEMBER 2016

Winter has arrived in all of its glory.

Cover photo by Lazlo Gyorsok

CONTENTS

- | | |
|---|---|
| 6 KATHY WISMAR
artist profile | 33 HOSTING AN ALL-LOCAL DINNER
PARTY FOR THE HOLIDAYS |
| 9 FRIENDLY FACES | 37 WHAT IS MARKETING?
and better yet, does it work? |
| 11 THE FARMERS ON JACKSON HILL ROAD
business profile | 39 WHEN A LOVE OF HORSES
& ART COLLIDE
couple's profile |
| 17 IT'S TIME TO GET MOVING
maintaining a healthy lifestyle | 45 THE LOCKUP RESTAURANT:
this jailhouse rocks |
| 19 HOME FOR THE HOLIDAYS
when is the best time to list
your home? | 49 TAKING A SPIN IN LAKEVILLE |
| 23 OUR MOST FAVORITE LOCAL
HOLIDAY THINGS | 53 BUSINESS SNAPSHOTS
haldora
jam food shop
the t-shirt farm
herrington's fuels, inc. |
| 25 ALAN SILVERSTONE & HIS WORLD
OF CHRISTMAS DECORATION | 54 MONTHLY ADVICE COLUMNS |
| 29 JACQUELINE ROGERS:
a picture book illustrator on a mission
to serve children | 55 HOROSCOPES & MORE |

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kathy wismar

A LIFE IN CLAY



By Hugh Bedford

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It began in California, in the 70s. It was the time of "Moonshadow" and macrame, the waning days of the Vietnam War and the popularity of bell-bottomed jeans. Nixon went to China. *The Godfather* dominated the movie screens, and popular tastes moved from plastic to authentic to colorful.

That was the time that Kathy Wismar first put her hands in clay. Prompted by a friend who, like Kathy, had small children at home and wanted to step outside of the domestic routine, she signed up for an introduction to pottery class at a studio called, with a bit of 70s tongue-in-cheek, The Pot Farm.

The tactile satisfaction, the symmetry of working on a spinning wheel and turning out pieces that were aesthetically pleasing, the careful process of throwing, firing, glazing and firing, again, created a balance that touched both her latent artistic side and her sense of order. She was a potter.

One thing led to another

The introductory classes led to more advanced work and, finally, to teaching others the wonders of carefully shaping wet clay on a spinning wheel. "You have to let the clay speak to you," asserts Kathy. "If you try to force it, it will collapse and leave you frustrated, staring at simply a lump of wet earth."

Kathy began to sell her work and to be an advocate for those stepping into the world of artisanry for the first time. Everything seemed to be going well ... until it stopped.

Family, cross-country moves, children growing through infancy into school-aged childhood, the absence of space, time, and resources pushed ceramic work to the side, then into the background of memory. It had been fulfilling while it lasted, but there were other things that demanded her time.

Flash forward 18 years and the morning dawned one September when both her children were away at college, the forays into working in design-based retail had passed, but the passion to create remained. Kathy had long-since sold her potter's wheel, her electric kiln, and the tools and glazes that had been her staples. With encouragement from those who remembered her work

from years before, and with more than a little risk, she started – again.

This time it all seemed different. The earth tones that had been the norm in California gave way to bright colors. The simple shapes became bolder, still functional, but more open and inviting. "I became influenced by some of the truly great potters of the world," affirms Kathy. "Lucie Rie became my muse. Hans Coper's work seemed to reach across time and affirm where I was heading. Studying with Randy Johnston and his wife, Jan McKeachie Johnston, and with Ken Matsuzaki and Linda Christianson let me experience, first-hand, the evolution of craft into art." Her bowls, yunomi, vases, and platters are uniquely her design, but Kathy carefully absorbs and includes learning from "the Masters."

There have been seminars and workshops, trips, and encounters with several of the great American potters, many of whom, notably, had found their nascent guidance and inspiration from the "dean" of American ceramic artists, Warren MacKenzie.

"It was when we moved to Minnesota that I ended up with a studio in an artists' co-op and found my creative stride. I also had the great

fortune of getting to know Warren and experiencing the gentle approach he had to creating what have become classic pieces."

A natural leap

For a few years before moving to Minnesota, Kathy had pursued a second artistic muse, one that tied into her unique approach to glazing her pots. Color and shape were always added to her pieces via the longer process of hand painting. Potters often "dip" their work in buckets of glaze before decorating them and setting them into the kiln for the second and final firing. Kathy applies all of her glazes with a brush, keenly balancing color with form. The leap to abstract painting seemed to come naturally.

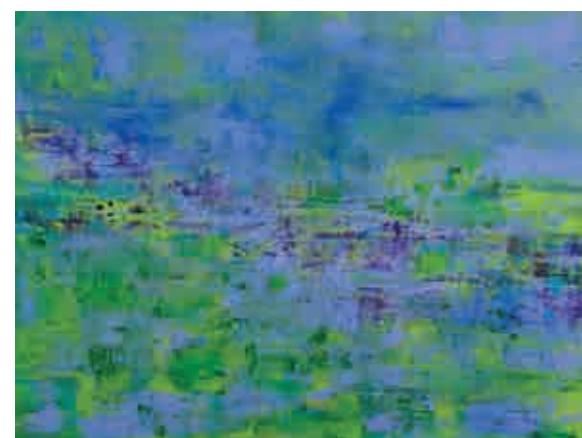
"I've always had a passion for color," admits Kathy. "Clothing, home furnishings, accents, even shoes should have color. Everywhere we travel, from the neon punctuation against the grey walls of a city to the fire in our Connecticut hills when the leaves turn, color flavors life."

A resident of Falls Village, CT for the past five years, Kathy's paintings bridge the visual and emotional distance between urban landscapes, she's lived in Los Angeles, outside of

New York City, in Boston, Washington, DC, and Minneapolis, MN, and the subtleties of living “in the country.” They can be boldly colorful or almost stark with those important hints of color reaching through. They can be motivated by the streets of New York’s Upper East side or capture an impression of the detail hidden in a hilltop landscape or the way light plays on a forest during a late New England afternoon.

“I find a striking connection between my clay work and my painting, and it’s not as simple as brush technique or color contrast.” The exploration of the artistic connection causes Kathy to step inside her normal casual and welcoming demeanor to dig deeper. “A clay piece can be a work of art in its own right, then take on an entirely new dimension when it’s used in everyday life. A colorful yunomi should be pleasing to look at, then be wonderfully useful, even reassuring when filled with steaming tea or coffee.”

“An abstract painting can be fine as a colorful statement – almost a decoration to brighten a space or add accent – and it can entice the individual to be drawn into what



Opposite page: Three of Kathy's ceramics pieces. Photo: B. Docktor. This page, above top: Kathy at the wheel. Photo: Ben Willis. Above, left to right: Part of a collection of Kathy's ceramic work; one of Kathy's paintings titled *Meadow Pond*. Below, left: *Playground*, an example of the importance of color in Kathy's work. Photos: B. Docktor.

they see in the strokes and contrast ... to bring to that moment something of great use to them ... a meaning that resonates for them, alone.”

Contrasts can also bring conflicts, and the dual pursuit of her art can, at times, play on the way time is managed and energy is spent. “There are times when I need to get away from pottery, so I step into painting as a release,” admits Kathy. “There are other times when the two seem to be in conflict – each stepping into the time set aside for the other.”

The importance of creative tension

Creative tension has long been considered one of the essential elements in producing new and fresh work. Intellectual grappling, creative writing, forging new architectural directions all seem to rely on the creative tensions that arise when two or

more possible pursuits struggle for prominence. For Kathy, the resolution of pottery and painting often finds her back at the consideration of color. “Years ago, I did a series of black clay vessels that were natural clay on the outside and glazed with a rich red interior. The wedding of form, texture, color, and usefulness is a good way of bringing two very different forms of expression into one piece.” Kathy considers the immediate possibility, and offers a resolving comment. “It may be time to create some new pieces with that contrast. I think I’ll order some black clay, and see what happens.”

Part of the cultural revolution of the 60s and 70s in America led to the blending of emotional and political cultures, a relaxed approach to life that learned to co-exist with a more disciplined style. The results were, at the very least, colorful. We had experienced Woodstock and moved into “the days of Aquarius.”

We witnessed the fall of Saigon, had watched Neil Armstrong leap onto the moon. We began challenging ourselves with rudimentary computers and bright, bold uses of color by a nun who painted the LNG tanks near Boston harbor. It was the beginning of an artistic renaissance and Kathy Wismar has been imaginatively pursuing that muse ever since. •

Kathy Wismar's studio is at 8 Landmark Lane in the Kent Green complex off of Route 7 in Kent, CT. She can be reached at kathywismarstudio@gmail.com.

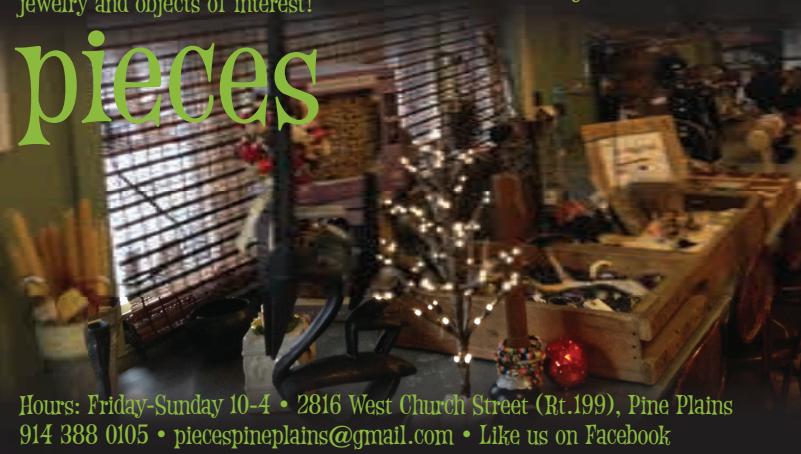
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friendly faces: meet our neighbors, visitors and friends



Kent Sammons has been a personal trainer for three years and has also been a Registered Nurse at CMH in Hudson, NY for a year. "It brings me such joy seeing and hearing my clients make changes in their lives in regards to their health and wellbeing." Outside of the studio you can find Kent riding his mountain bike at races in the Eastern States Cup, playing the drums, and spending time with his family and wife Nicole. "I love to do anything outdoors, especially when it involves sports." Kent is a life-long resident of West Taghkanic, NY. "I love the small town feel where everyone knows everyone." Kent and Nicole are looking forward to spending their first Christmas together as newlyweds, they will exchange gifts on Christmas Eve and sleep in on Christmas Day!



Kiersten Duncan is a nursing student and spent this past summer working at St. Peter's Hospital in Albany, NY. "It was a great way for me to help out and get some of the experience I will need as I pursue my career." Aside from working and schooling, Kiersten enjoys playing softball, watching her boyfriend and his family race at Lebanon Valley Speedway, and taking care of her five pygmy goats. Kiersten is a Millerton, NY resident and has enjoyed watching the town flourish over the years, and she always enjoys watching the hang-gliders and parachutes soar from the mountain. Like many of us, Kiersten loves the holidays, "I just love being around family where we all enjoy the holidays together. I look forward to decorating the Christmas tree and setting up the mantle."



Dylan Baker entered the beer, wine, and liquor industry over 17 years ago and today is permittee to the Sharon Package Store in Sharon, CT. Over the years he's observed what customers enjoy and has encouraged them to try what's new, unique, and hip in the market. Dylan has been a part of Litchfield County for nearly his entire life and currently resides in Salisbury, CT with his fiancé Kirsten and son Kai. "I love being surrounded by wonderful people who work tirelessly to keep our towns jovial, traditional, hardy, and respectful." Dylan was diagnosed with juvenile diabetes at the age of four and his parents decided to enroll him in tae kwon do. Thirty years later, he has become a third-degree black belt and owner/lead instructor of his own school: Baker's Tae Kwon Do. Go team!



Meet **Patti Kranis**, together with her husband Michael they own the Ole Carousel Antiques Center in Stanfordville, NY. Patti is the business manager and handles all of the daily activities of the multi-dealer antique center. She is also Ole Carousel's in-house dealer which means that she sources, stages, and sells antiques and home *décor* merchandise. They have been the owners for 11 years now and have learned that the antique business is constantly changing and you must remain current to stay in business. Patti explains that "Antique centers are not the 'stodgy' stores of yesterday, so take the time to visit one in your area this holiday season and remember all small businesses are trying to stay alive in today's economy ... small business matters!" You got that right, Patti!



Larry Selfridge owns a business called The House Surgeon. He installs and refinishes hardwood floors, paints interior and exterior projects, and "honey do" lists have been a big aspect for his business. He started working for his father, Larry Selfridge Sr., as a child, where he learned how to work with his hands. Now Larry is the owner of the family business. Outside of work Larry has been a volunteer firefighter and ambulance member for 25 years, 20 of those years have been with the Millerton Fire Company. "I have a chocolate lab named Wrangler who is a big part of my family," said Larry, and continued: "My girlfriend and I enjoy long weekends camping and being outside by the camp fire." We concur! Who doesn't love that?



We caught up with **Glynda Gean Buffalo** this month. Glynda is a sales clerk and manager of the scouting department at Saperstein's in Millerton. Having been there since 2005, her favorite part of the job is interacting with the costumers, as we all know Glynda is a "people" person! She is originally from the big state of Texas and became familiar with Millerton after meeting her boyfriend, Jim, who was born and raised in Millerton, NY. "I've met some interesting people and have made some great friends. When I'm not at work, I enjoy painting with acrylics, taking long rides in the Mustang with the top down, and trips with my boyfriend to Mohegan Sun. I love Millerton and I'm happy to call it my home," says Glynda. A big New York welcome to you Glynda!

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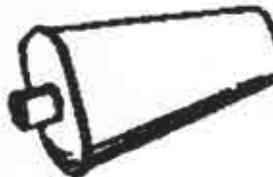
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JAMES & LINDA QUELLA OF Q FARMS IN SHARON, CT:

The farmers on Jackson Hill Road

By Christine Bates
christine@mainstreetmag.com

This month Main Street visited with James and Linda Quella at their 97-acre pasture-based protein farm in Sharon, CT, and learned about their passion for agricultural sustainability.

It was a sunny fall Saturday when I arrived early at Q Farms to take photos before interviewing Linda and James Quella, and to buy a chuck roast for dinner at the just-opened farm store. Linda, driving her farm UTV with her dog beside her intercepted me and gave me an unscheduled tour around the acreage.

The farm tour

First we visited Shona Sanford-Long, assistant manager of Q Farms, and the Freedom Ranger chickens in their rolling tents which are moved, like all the animals, to a new pasture location every day. Freedom Rangers are ideal meat poultry because of their 10-week growing time and delicious taste. They thrive on insects, green pasture, non-GMO grain, and fresh water. "During the season we pick up a new batch of day-old chicks at the post office every other week, raise them in our brooder for four weeks and then bring them to the

pasture. They are ready for processing in approximately ten weeks."

On the distant edge of the pasture, Linda pointed out the nut tree orchard of chestnuts, hazelnuts, black walnuts, and even hardy pecans. By next year the pigs will be able to forage for nuts adding a special taste to their meat. Next we stopped by the breeding herd of hybrid heritage pigs, which graze on pasture and possess good temperaments. Linda hopped over the movable electric fence that surrounds them and also gives them access to the woods beyond for foraging. The piglets gathered around her eager for some more food. Fresh wood chips keep down the odor and quickens decomposition.

Up the hill are the Berkshire heritage pigs and "Al Pacino," the maturing boar and Linda's favorite. Al was very happy to see Linda, who's in charge of pigs and also accounting on the farm. "Pigs are my favorite. They don't get up as early as the other animals."

To round out the pork selection, furry, tasty Mangalistas, will be added next year. "These are pigs that like to be outdoors, and forage and dig. They're not raised like industrialized pigs."



The layers, the egg mobile, and the cattle

Next on the route are the layers. A flock of 200 Red Sex Link hens – a cross of two heritage breeds, the Rhode Island Red crossed with a White Rock – were pecking by their egg mobile, which is moved every day. These 200 birds currently lay approximately 150 eggs per day and follow happily with their egg mobile behind the cattle each day.

In a field just beyond the chickens was a stately herd of shiny black Dexter cattle, a smaller breed that is well suited for sustainable scale farming. "Dan, our farm manager, believes in and practices managed intensive rotational grazing at Q Farms. The cattle pasture in small fields so they eat everything and are moved two times a day. If left in a larger field and moved less frequently, the overall benefits to the land are not as significant. Dexters are a dual purpose breed that can be used for both dairy and meat. This year Q Farms is raising them for their high quality meat, and

Above: James and Linda Quella, protein farmers, with a piglet.
Below, left: The Berkshire pig breeding stock is maturing. Photos courtesy of Q Farm.

Continued on next page ...

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hopes to expand their 13 head herd in the future. "It might have been more practical to do all of this more slowly," said Linda. "We've done all of this since March. But we wanted to move fast. We don't feel like we have a lot of time."

The processing facility

Our last stop is the chicken processing facility, which is appended to the barn. This is the only USDA certified facility in the State of Connecticut, and today is only premitted to process poultry raised at Q Farms. The three processing rooms are as clean and shiny as an operating room in a hospital. A USDA inspector comes on site and stays the whole day inspecting as chickens are killed humanely, processed, chilled, and packaged.

The chickens are sold retail at the Q Farms store and to local restaurants like J.P. Gifford, Morgan's, and the White Hart Inn that support farmers as well as to the Sharon Farm Market. "Our goal is to provide the local community pasture-based protein," observed Linda.

A modern farmhouse

On the way to the Quella's gleaming house at the top of the hill, we passed the Nubian goats eating invasive plants – the first step in preparing a silvo pasture for the pigs. The Quella's modern house is

wrapped in glass and steel, framed in hand-hewn timbers, and blanketed in stone with a panoramic view across the pastures to the mountains. This is not your typical farmhouse. "We wanted a house that mirrored the iconic barn and silo of the past," said James Quella.

Linda has shed her green rubber boots and farm vest for a gray cashmere sweater. They were both ready to talk about their shared vision. James began by explaining that the Q Farms logo is based on the Zen circle, emblematic of the couple's attitude, approach, and vision in operating a thoughtful, responsible and respectful farming enterprise.

James and Linda had been looking for the right spot to have a permanent home and a farm. "We wanted 100 acres of good land with views. It took us a while. There was either great land with a tear-down house, or a beautiful house with insufficient property." Finally John Harney showed them the Jackson Hill property just to get an idea of whether this was what they were looking for. It was perfect, but not for sale. When the owner, an executive who had planned to develop the land as a family compound, fell ill, the Quella's offer was accepted. They both retired from their New York corporate jobs, and started planting the nut orchard and working with their architect while living in a small, nearby farm house.



Above: The flock of hybrid Red Sex Link chickens, the egg layers at Q Farm, pecking near their "egg mobile" which is moved daily.

They have bees, too!

Bees are James' passion and he took a course in beekeeping where he first met Dan Carr, then the livestock manager at Stone Barns Center for Food and Agriculture in Pocantico Hills. Somehow destiny intervened to bring Dan to Q Farms.

James' and Dan's paths crossed again, months later, at a poultry conference sponsored by Stone Barns. At lunch, Dan, his future wife, and James shared ideas for their visions for sustainable farming. James and Linda knew that they had to find a full-time farm manager to teach them sustainable farming techniques. Dan and his wife Marleen were a perfect fit. Soon after, Dan and Marleen were sharing dinner and a lively conversation with James and Linda. Six hours flew by and the team knew they would work together to build something special. The couples drew up a written agreement between them with a long-term view, rewarding Dan for building value in the farm. "We wanted him to think like an owner,"

recalled James. "We knew how to create a strategic business plan and understood business economics and Dan had a depth of experience raising livestock." Together, they shared a vision to make farming a viable life choice that respected the health and welfare of the land and animals.

What James and Linda learned is that operational efficiency *per se* can sometimes be incompatible with sustainable agricultural practices. They started working side by side with Dan as his apprentice farmers. They experienced euphoric moments of joy at being connected to nature at the end of a long workday. They worked together as peers and colleagues preparing the pastures. "We didn't know what we didn't know," admitted James.

Starting in March 2016, they moved quickly putting up a barn, building the poultry processing plant and getting it USDA certified. Breeding pigs arrived along with

Continued on next page ...



Above: Dan Carr tending to the bees.
Photos courtesy of Q Farm.

1,500 chickens, the farm store was opened, and the website and brand were developed, Dexter cattle followed soon after. They condensed several years into six months. There was never time to stop and they all worked long days past sunset. But James and Linda never questioned their goals or their mission.

2017 and beyond

Next year the team is looking ahead to adding more high value products, like protein bars crafted from their pumpkin and sunflower seeds and honey, a meat CSA, and a smokehouse. In addition, part of their mission is to encourage young farmers and farming in North Western Connecticut. "There are programs in Columbia County [New York] to match farmers with conservation land. We want to see Connecticut support farmers more actively," observed James. "80% of farmers in Litchfield County are over the age of 50 and very few of them have a succession plan to continue making small-scale farming viable. There should be better career paths for farmers."

"Everyone should know where their food comes from; there should be transparency," urged Linda. "We are taking the steps to make change by humanely raising animals while improving the pasture. No one should eat meat unless they know where it comes from."



James jumped in. "We can't stop wars, but we can avoid contributing to them. In the same way, we want to be a constructive example for small scale farmers and help shape the changes needed in the negative practices of industrial agriculture. We are committed to producing sustainable protein for our local community. Local sustainable farming should become a whole new growth industry."

In trying to realize their vision, the Quellas were surprised by the opaqueness and complexity of

government regulations that control agriculture. "See our honey label. We actually comply with all the processing requirements for extraction and bottling, and all of the consumer protection regulations. Look at any supermarket shelf. Very few other honey labels actually meet these regulations. We are doing it by the book. We want to synthesize the information and make it available to other future farmers in the form of educational manuals. It took us two months to get approval on our chicken label. We wanted the label to read 'humanely raised,' and the regulators said 'Rejected' with no explanation. Then there's the frustrating issue of not being able to help other local poultry farmers process their chickens using the Q Farms facility. Local farmers have to drive all the way to Rhode Island, a seven hour round trip journey, to find a USDA processing facility when we could handle their birds right here."

"We're very humble," Linda explained. "We know what we have is not available to others. We want to bring transparency, sustainability, sound business practices, and quality to farming. Philosophically and spiritually we are committed to doing the right thing." •



Above top: The Quella's "farmhouse" on Jackson Hill Road in Sharon. Photo courtesy of Q Farm. Above: Shiny, very black Dexter cattle are both a meat and dairy protein source. Photo by Christine Bates.

Q FARMS' MISSION CHART:

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It's time to get moving

By Thorunn Kristjansdottir
info@mainstreetmag.com

I talk an awful lot about food and diet in this column, and I mostly just reference exercise, as of late at least. But with the impending holiday season upon us and then the surge on local gyms and work-out establishments in January (thanks to the good-old New Year's resolution) I thought we could preempt all of that, in the early days of December, before the holiday craze really begins and by so doing making January 1st a little easier on all of us.

You all know that you give yourself a free pass during the holidays: "Oh, I can have that extra slice of pie" or "It's the holidays so I can sleep in and skip the work-out today." And you justify it by telling yourself that come January 1st that you'll join the gym or sign up for that spin class – or whatever it is that floats your boat. But what if you give yourself a jump start and begin on December 1st?

Hate the gym?

Perhaps you're like me and you don't like going to- and working out at a gym. I honestly find it to be so boring! I'm sorry, but I do. In the last few years I found alternatives that I much prefer like working out with a personal trainer, or doing one-on-one sessions with a pilates instructor. The problem with these alternatives is the price tag that can come with them. But don't let that stop you! Because when it comes to exercising, you are only limited by your imagination. Let me elaborate on what I mean by that.

The keys to maintaining a healthy lifestyle are healthy choices when it comes to what you eat, and to simply move! No one is saying that you have to run five miles a day. As long as you just keep moving and push yourself (breaking a sweat), you're well on your way! And there are simple things that you can do, like parking in the far end of the grocery store parking lot, pushing yourself a little harder when you clean your house (yes, make cleaning the house your exercise for the day), go out and do yard work or shovel



snow, and other such simple things, things that you have to do anyway!

To go along those lines, I have an example. I have a (horse) friend who wanted to lose weight this past summer. Like me, she hates going to the gym. So when her kids got out of school for the summer and she had their summer routine figured out, every morning she came to my parent's barn (where her horse lives) and she helped clean the stalls for about an hour a day, and then she gardened at her house, too. She watched what she ate and cut back on sugary foods, but other than that, the main change to her lifestyle were gardening and barn chores. And you know what happened? She lost weight!

So no matter what you do, just make sure that you're moving! You don't have to torture yourself by doing something that you don't want to do (like going to the gym), but instead find activities that you like doing.

We now find ourselves at the start of winter, and yes that does pose potential challenges due to the weather. But don't view it as a challenge, view it as an opportunity. Yes, the snow and cold can make it a little more difficult to go out for a run, but find an

alternative like cross-country skiing, or bundle up and go for a nice brisk winter walk on the Rail Trail, or hit the slopes at Catamount. Embrace the opportunities that winter affords us.

We're all different

We are all so different in what we like to do, and what our bodies react to. I personally get the most enjoyment from exercising when I'm outside. I like to walk, and I love to work with and around my horses. So, like my friend, I like cleaning stalls. It may not seem like a lot of exercise (especially to those who have never cleaned stalls), but while doing it I'm moving the whole time, I'm lifting, I'm flexing and stretching, maneuvering, and then lifting and pushing a heavy wheel barrow at the end. Additionally, the time spent around the horses doubles as therapy because horses are very soothing and therapeutic.

Earlier I referenced the joy I found in working with a personal trainer, but admittedly that can become expensive. But there are so many other options, affordable options, to choose from. We're lucky to have an abundance of classes available at the various gyms and studios in our area,

like yoga and spin, and a lot of them are extremely affordable!

As for me, I spent the majority of this past year being pregnant and that came with its own challenges, such as sharing my body with another being and consequently not being able to do what I wanted all of the time. One of my main challenges (especially towards the end) was that I had great difficulty moving – and believe me, I know how strange that sounds. Now I have an infant and she is keeping me busy, and challenging me in new ways. But I am excited to end 2016 and begin 2017 by getting back to a healthy lifestyle as it pertains to exercising. Running around and taking care of a baby are certainly keeping me on my toes, but I'm also taking advantage of the circumstances and thinking outside the box by, for example, taking her for walks in her stroller during the day to get her to sleep, which also makes me have to move.

I'm excited to see what else I'll come up with, but the key is to just keep moving – no matter what. No matter your lifestyle or circumstances, just keep moving! •



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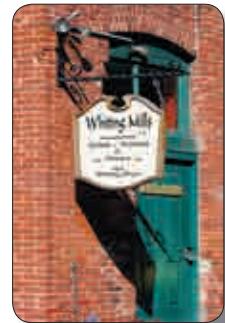
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WHEN IS THE BEST TIME
TO LIST YOUR HOME?

By Christine Bates
christine@mainstreetmag.com

The holidays are here and this month's real estate feature explores what happens to homes on the market during the months of November and December. Is it a good time to sell? What is the ideal time to list a property for sale?

Christmas is coming, your house hasn't sold and you expect guests for the holidays. Should you take it off the market? Our area's experienced realtors all say "no." Although there are fewer people looking, there are still buyers who haven't found what they want. "Some of those guests at your house may decide to spend time looking at real estate," commented Elyse Harney of Elyse Harney Real Estate. "For those people who do opt to take their properties off the market it is usually with the provision that if we have someone who does seem right for the property that we may call to get permission to show. This would be a one time listing for that particular buyer."

Carolyn Klemm of Klemm Realty was emphatic, "Never take your house off the market."

Make Christmas cookies

The same guidelines for "staging" your home apply to the holidays. Make your holiday decorations attractive but not too personal. Let the potential buyers imagine their holidays in your house. The deer head taxidermy with a scarf, Christmas stockings with names on them, your collection of ceramic reindeer, should probably be tucked away for Christmas at your next house.

Try not to let Christmas decorations overwhelm your house and make it feel cramped or crowded. A ten-foot wide Christmas tree takes up a lot of space. Standard staging suggestions should also be applied at holiday time. Remember, as house stager Susan Weekes emphasized in a previous issue of *Main Street*, "Staging erases your presence and creates a new

Home for the holidays



story." You should aspire to a holiday magazine shoot. The dining table can be set for a holiday meal with lit candles. The mantle can be decorated and the fire crackling. Leave a platter of Christmas cookies on the decluttered kitchen counter. Holiday staging can convey that a happy family lives here and enjoys this home.

On the exterior, tone down garish light displays and store the inflatable snowman. For an unoccupied house, a simple holiday wreath on the door can suggest that the house hasn't been empty for long.

December closing frenzy

When do house sales actually close? Downloading all sales data for 2015 for Dutchess County from New York State's official database indicates a seasonal pattern (see chart on next page). January, February, and March are clearly the slowest time of the year, both in actual number of closed sales and sales volume. *But* since houses

usually take two to three months from offer to deposit and contract to closing, the numbers suggest that there are fewer offers and fewer contracts signed in November and December.

However, in terms of volume of closings, December is a busy month, especially at the upper end of the market when buyers and sellers are rushing to close before the end of the tax year. "There are sellers for whom it may be beneficial to close in this year which could be a good opportunity for a buyer," according to Harney.

December was the highest month in terms of value of home sales as a percent of the entire year, although only slightly above average in terms of actual number of sales. "There are a lot of legal moves folk make at end of the year so the attorneys are busy. Mortgages take longer to close at any

Continued on next page ...



Above top: Just the right amount of Christmas at Ragamont House. Photo courtesy of Pete Hathaway. Above: A roaring fire and a simply decorated mantel set off the fireplace for a holiday showing. Photo by Teri Agins.

time of year, but things get jammed in December,” in the experience of David Bain of Bain Real Estate in Kent, CT. “It mostly depends on one’s personal tax situation on both sides of a transaction. It can make a big difference with capital gains situations, exchanging income-producing properties (1031 exchanges), whether one needs a loss or a gain in the present year or in the next year. The decision is complex and accountants and lawyers need to be consulted.”

And of course some buyers want to spend Christmas in their new home.

When is the best time to list?

If you are contemplating when to list your house in our area, listen to our local experts not to the real estate website Zillow, which, after much number crunching, calculated that nationally the best time to list your house is early May. Zillow maintains that statistically homes listed in May sell around 18.5 days faster and for one percent more than the average listing. There is even a zip code listing tool to determine the best time to list in your city. For example, listing a house in Washington DC in April should result in selling it 18 days faster than average, and 1.1% more than at any other time of the year.

Realtors here all recommend early spring, actually late winter, as the

ideal time to initially list your home, sometime in late February or March. This lets the seller take advantage of the entire spring, summer, and fall market.

And remember to take listing photos far in advance to show your home to the best advantage on the Internet. The trees may not have leaved out yet in February or March, but buyers searching the Internet should see your house with a green lawn and flowers. You can’t take a great photo of a swimming pool in March or an outdoor kitchen in the snow. Harney’s agency has just taken photos of a house they will be listing this coming spring. “You can’t wait for gardens. Several times people who have had their homes on a garden tour use those photos when they list the next year.”

Realtors agree that November and December, because of the holidays, are not the best time to list and the closing data in January through March supports that view. “It is traditionally a slow time as buyers and sellers and brokers are busy with holiday parties, shopping, and guests. The best time to sell a property is when it is freshly on the market so timing of its introduction is important,” confirmed Bain. “However while spring may bring out lots of lookers there can be serious buyers all year long.



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Month	# sales	% year	\$ sales	% year
January	107	5.1%	\$33.1	4.9%
February	128	6.1%	\$39.0	5.8%
March	125	5.9%	\$35.0	5.2%
April	146	6.9%	\$50.6	7.6%
May	176	8.0%	\$52.9	7.9%
June	216	10.2%	\$72.1	10.8%
July	206	9.7%	\$60.6	9.0%
August	229	10.8%	\$69.5	10.4%
September	193	9.1%	\$62.0	9.4%
October	217	10.3%	\$69.2	10.3%
November	174	8.2%	\$51.4	7.7%
December	196	9.3%	\$73.7	11.0%

■ Low month ■ High month

And people who are buying a home in fall or winter are serious buyers. They are buying with a purpose – whether they’re getting divorced, have just realized they’re having triplets, or they’re getting a job transfer.”

When is the best time to buy?

Year after year, closings in January tend to show a dip in prices, suggesting that buyers who made offers in November and December as the weather gets cooler and buyers fewer get the best deals. There may be less inventory to look at, but there’s also less competition. For example in the summer of 2014, median home prices nationally climbed past \$220,000, only to drop below \$200,000 in January of 2015. Median home prices hit \$240,000 in the summer of 2015 only to move down again in the late fall. This may be driven by the types of properties that sell in the winter months. Families with school-age kids often account for larger, pricier homes, and they prefer to buy in the summer before school starts while demand for smaller homes and condos tends to be relatively steady through-

out the year. Harney maintains that the real estate market is becoming less and less seasonally driven.

When you think about selling your house plan ahead and consider when you would like to relocate. Where will you be spending your holidays next year? A correctly priced property in a stable market will typically take four to five months to move from showing, negotiating an offer, and signing a contract to close.

A house in Millerton listed by Elyse Harney Real Estate is a perfect example of the time line from listing to close (see picture above top). The house went on the market at \$560,000 on March 28th and closed on October 12th at \$535,000.

It is possible that an all-cash buyer without contingencies and with pressures from their accountants and tax advisors might still appear with their realtor, make an offer, and buy your house this December. But very unlikely. Enjoy the holidays. •



Above top, right: The Millerton cape with pool, which closed in October at \$535,000, is a classic example of a spring listing. Photo courtesy of Elyse Harney Real Estate. Above: Christmas trees draw attention to the front of this six bedroom Main Street home in Salisbury listed for \$1,945,000 by Elyse Harney Real Estate. Photo courtesy of Pete Hathaway.

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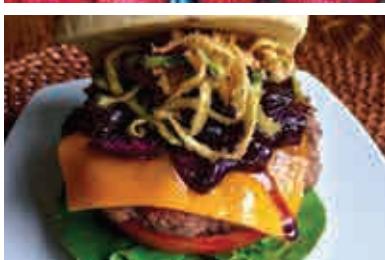
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Our most favorite Local holiday things

By Thorunn Kristjansdottir
info@mainstreetmag.com

The holidays are not just about the giving and receiving of presents, as some might believe in today's consumer-driven society. The holiday season is also about spending time with those that you care about, helping those in need, and enjoying both good food and drink. With that being said, I was inspired by Oprah's holiday feature where she shared her most favorite things. Our twist on it is the local aspect – but of course!

Where to shop

Since I began talking about the giving and receiving of presents, let's just start there. So where to shop? Well, for starters, you don't need to go to the big box stores nor shop online. Please support our awesome small businesses and try to shop local this holiday season! You can truly get just about anything and everything locally.

Whether you're looking for the more traditional gifts like books, toys, unique finds, or clothing – you'll find a store in just about every local town. Or perhaps you're looking to give flowers, a massage, some nice wine, or a basket of edible goodies – lucky for all of us, there are lots of local establishments that can help you out there, too!

Some of my favorite places to shop include Saperstein's in Millerton because whether you're looking for a warm pair of wool socks, sneakers, jeans, or a Carhartt jacket, they've got it all – and more!

I always seem to find a few Christmas presents there, and reasonably priced, too. And directly across the street is Terni's, where you can find not just nice fishing supplies, but beautiful wool blankets and clothes, as well as some great cigars!

For unique finds, Pieces in Pine Plains and the Pine Plains Emporium never disappoint. We're also lucky to find ourselves in a mecca of antiques and curiosity shops, so whether you find yourself in Millerton's antiques center, or in downtown Hudson, on Main Street in Millbrook, or at Bowen Barn in Stanfordville, NY – take your time when you meander around these stores because they've got some unique pieces that are sure to stand out from all of the other presents!

If you're more of an edible baskets or wine type of person, you're in luck! Whether you make a trip out of it and visit some local vineyards like Millbrook Winery or Hudson-Chatham Winery, or if you purchase a local libation from a local liquor/wine store, you've got some great choices. You have numerous local wines to choose from, as well as other types of alcohol like vodka from Peony Vodka, and Hillrock Distillery's whiskey.

But you'll need something to pair all of the liquid with and what better than cheeses and desserts? My guilty pleasure is the cheese from Chaseholm Farm Creamery. It doesn't matter which cheese you get either, all of their cheeses are out of

this world!

As for the desserts, you can start at Sweet Williams in Salisbury, CT, because no matter what you get there, you just can't go wrong! Another great bakery is SoDelicious HomeMade in Kent, CT, and you must try their brownies. Make sure you buy one brownie for yourself in addition to the ones that you'll be sharing or giving away.

If you're looking for something a little different to give to someone, especially for those who seem to have everything, consider this: Crown Maple syrup is hands-down the best syrup I've ever had and it would make a great present for anyone. When you try any other syrup after enjoying Crown Maple's, well honestly, everything else is just not syrup! Likewise, you can't go wrong with a beautiful assortment of tea from Harney & Sons tea. Their Earl Grey is my personal favorite.

On the subject of food

Since we're on the subject of food, the holidays are full of parties and get-togethers and every party needs food. Skip the big grocery stores and head to your local markets. Jam Foods in the Sharon Market can not only hook you up with some great party platters, but you can also get all kinds of side dishes and salads from their counter, in addition to cheeses and desserts.

Although many of the farmer's markets and stands will be closed this time of year, there are a number that are still open. You should stop in at Quattro's in Millbrook, NY. They have a great selection of meats, and you should definitely try their poultry!

Then of course you could always go to some great places like The Farmer's Wife in Ancramdale or Hathaway Young in Millerton and place an order for appetizers, or if you don't want to cook, you can have them prepare the whole meal for your party. It's sure to delight.

So when you set out to shop for presents and food this holiday season, remember to shop local! It's obviously important to support local businesses, but besides that, our local businesses and their products are truly fantastic! •

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ALAN SILVERSTONE AND HIS WORLD OF

Christmas decorations

By John Torsiello
info@mainstreetmag.com

Alan Silverstone's 36-year fascination with Christmas began rather serendipitously during a visit to China as part of a US business delegation trip in 1980 as the thaw between the two countries reached full flow. It was on that fateful trip that the man who ran a nationally-acclaimed candy factory in California and was affectionately known as "Uncle Al, The Kiddies' Pal," saw Chinese workers making bird figurines with wheat straw. An idea was hatched, no pun intended, that Silverstone could do the same in the US and market them as Christmas ornaments.

Silverstone's candy (which was being sold in such notable retail venues such as Bloomingdale's, Macy's Cellar, and J.C. Penny's) and his somewhat outlandish attire, had brought him fame and landed him appearances on the *Mike Douglas Show*, a popular television daytime talk show of the time, as well as friendships with such luminaries as Groucho Marx. He even attracted the attention of Roald Dahl, the creator of the Willy Wonka and *Charlie and the Chocolate Factory* book. Dahl was fascinated that someone was really like his creation and that, at his request, would become "Head of the Inventing Department of Silverstone's candy factory." Silverstone, who is now 75 and living in Millbrook, NY, sold his sweet tooth business and segwayed back into investment banking, hence his invitation to be a part the delegation to China.

Retiring the candy man

Once he returned from his trip he envisioned a new career, one that was immersed in the Christmas holiday. He eventually opened his first shop in 1985, called "The Incredible Christmas Store" on Fisherman's Wharf in San Francisco, selling his wheat straw ornaments and



just about anything else that had a Christmas theme. It was "Christmas all year 'round," he says.

"Strangely enough our busiest times were July and August when the tourists flocked to the city," said Silverstone, as he sits in his office/studio on a chill autumn morning. "People wanted to take something back as souvenirs and we sold a lot of cable cars and other ornaments and items with a San Francisco theme."

Silverstone brought his Incredible Christmas Store across the country to New York City, where he located in Trump Tower in 1992. "We started with a space as small as this room and eventually had half a floor." When Trump decided he needed the space back, Silverstone moved his business to Rockefeller Center and his success at selling unique, quality Christmas decorations continued unabated.

Unfortunately, Silverstone's busi-

ness, like many others in New York City, tumbled after the events of September 11, 2001, when terrorists brought down the Twin Trade Towers and completely upset the economic and social fabric of the City. Undeterred, Silverstone turned to custom designing Christmas ornaments for a number of notable clients, such as the Metropolitan Museum of Art, the Norman Rockwell Museum in Stockbridge, MA, and stunning recreations of the Forbes Collection of Fabergé Eggs, some of the latter worth four or five million dollars apiece.

"Creating the Faberge ornaments was quite a process and very exciting," says Silverstone. "Malcolm Forbes had a vast collection of the real Fabergé eggs in New York and we worked to recreate them as closely as possible into ornaments,



Above top:
Tavern on the
Green ornaments.
Above: Master
Christmas ornament
designer,
Alan Silverstone
of Millbrook.

Continued on next page ...

which were hand-blown as well as hand-painted and decorated. They came out quite fabulous."

The process

Silverstone's glass and porcelain Christmas ornaments, which can cost over \$200 (the average glass ornament is around \$50), are a labor of love and, really, works of art in and of themselves. He (and his 94-year-old mother-in-law Ilene Glaser also has had a hand for a number of years in the design process) spends days, sometimes weeks, fine-tuning designs. They are then shipped out to factories in Europe and Asia where they are produced and sent back for "tweaking," before a limited run, usually around 288 ornaments per theme, is finished.

Silverstone creates most of his designs on a computer, but also uses good old pen and pencil at times in the process. The end results are ornaments that become keepsakes for their owners, often being shown off on shelves rather than placed on trees where a little hand might pull the fragile works off and have them fall to the floor.

Silverstone, who calls his business Alan B. Silverstone Design, has created ornaments for a number of other notable individuals, such as the performers Siegfried and Roy and the owners of the famous Hearst Castle. He also designs for local businesses, such as those he is working on for Tavern on the Green, Millbrook Winery, and Hillrock Estate Distillery. "I work with about a dozen clients a year. It takes a long time from the design stage to completion and the factories are busy, so we are often working a year



in advance in bringing the ornaments to market."

He's also had some famous individuals walk into his retail stores when they were open. He tells a story of a woman who came into his San Francisco shop with her decorator, and she wanted an entire tree, ornaments, trimmings and all, sent to her home. "She had to first determine which home she was going to have it sent to, so she had to consult a list," Silverstone relates with a smile. "I found out eventually that the woman was Susan Buffett, the wife of Warren Buffett."

Collaboration

Silverstone, whose wife, Janice, often consults with her husband on designs, works closely with his clients on the creation of ornaments. "Sometimes, they have a certain theme they want portrayed, and sometimes I offer them ideas on what I feel would be a good

depiction on the ornament that best represents them. There is some give and take."

Ironically, Silverstone does not have a Christmas tree in his home. He is of the Jewish faith, which does not celebrate Christmas. He has handled some good-natured barbs over the years from family and friends.

"I tell people that the Jews gave us Christmas. After all, Jesus was born Jewish and Christmas is the celebration of his birthday. I guess I've always been one in the family to buck the norm, so it's all been good-natured."

Although he doesn't celebrate Christmas, Alan Silverstone has nonetheless brought immense joy and beauty to the celebration of the special holiday, making adults and children alike smile with wide-eyed wonder as they hold or view his wonderful ornaments. •

Above top: Ornaments designed for the Norman Rockwell Museum. Above: Ornaments for the Hearst Castle. Below, left: Ornaments patterned after the famous Fabergé Eggs.



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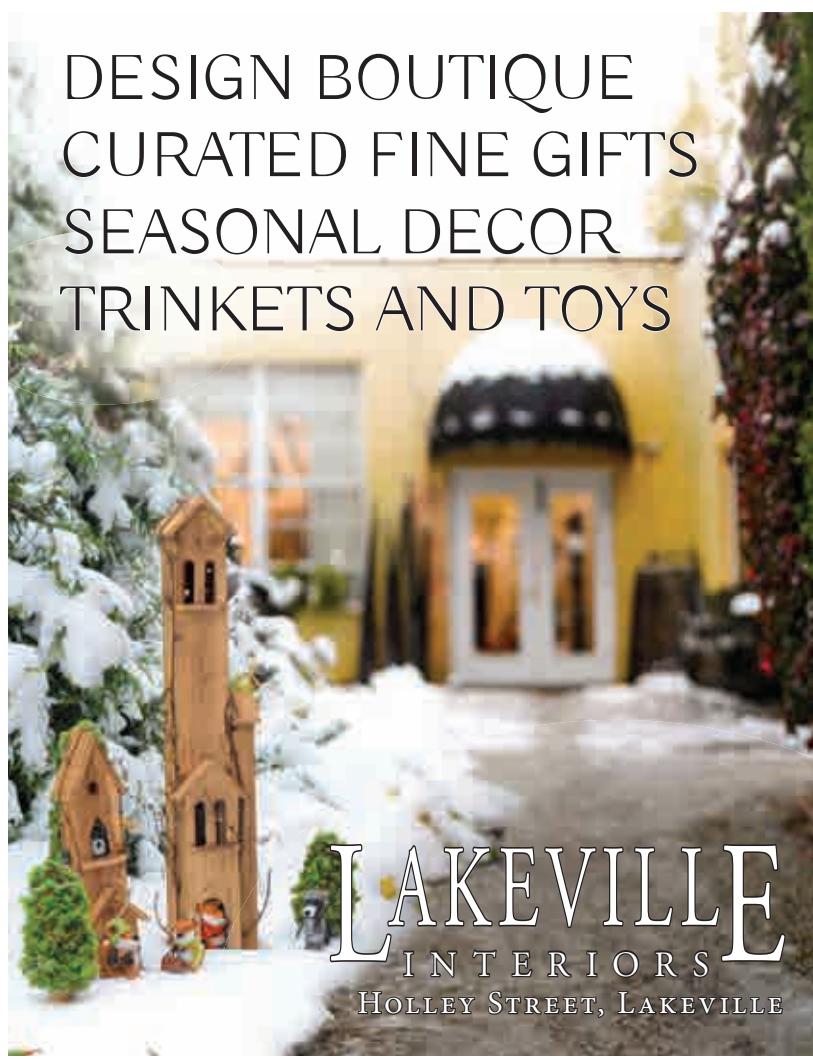
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Jacqueline Rogers: A picture book illustrator on a mission to serve children

By Allison Guertin Marchese
info@mainstreetmag.com

Some say that those born last, the youngest sibling, are the most determined. I can't say for sure if this is true across the board, but it may be true for illustrator Jacqueline Rogers who was born the youngest of six children in Westport, CT.

In my interview with Jackie she said she was lucky growing up surrounded by "artistic gifts." Her mother was a portrait and landscape painter, and her father, who though he made his living in business, dabbled in art hobbies. Both of her parents encouraged all of their kids to explore art. When Jackie was just twelve years old, she said that she was sitting in on her older sister's college art classes and by age thirteen, she was boldly selling her own work.

"With art materials all around, I had no fear to use them," she said. "And because the environmental influences were huge, I developed a brazen courage about trying new things."

Her courage, she says not only came from the availability of paints and canvases, it came from the fact that, "No one ever said 'don't do

that, you're never going to make enough money.'"

Unlike many budding artists whose parents spread a thick layer of fear and doubt over a child's creative ambitions, Jackie said she had a different experience. "All of my teachers and family members were super supportive, so I never doubted myself, which is a lovely thing."

In Jackie's case, the "loveliness" she experienced transfers directly into her spectacular art, and that art has earned her great success as an illustrator for over 30 years.

A wandering mind, wandering to unknown places

The words, "Illustrated by Jacqueline Rogers" has appeared on the cover of over 100 books. Some of these publishing highlights include, *The Ballerina and her Dancing Horse*, a book project she was hired to do with Jacqueline Onassis when Jackie O was an editor at Doubleday. She also illustrated book covers for ten Danielle Steel books, as well as creating a book with Fergie, the Duchess of York. Most recently, Jackie created the illustrations for the *New York Times* #1 bestselling book written by Laura and Jenna Bush commemorating the one-hundredth anniversary of the National Park Service entitled, *Our Great Big Back Yard* (see image on next page).

And when I asked her why she chose to pursue illustrating children's books as a career path, she had this to say: "Imagination that has always been important to me ... to have a place to go creatively." Like a lot of kids, Jackie said she loved to let her mind wander into unknown places. "I just love fantasy and science fiction, and fairies and goblins and bugs, and I would make them up and turn them into cartoons."

And though she grew up in Westport, CT, a traditionally



upscale horsey kind of town, Jackie said she loved horses, but she knew she wasn't going to have one. "I knew I wasn't going to have a horse of my own, so I drew them instead. I created horses going to camps, I made pictures of them jumping out of helicopters with parachutes and that's how I satisfied those desires in me ... I would draw."

By freeing her imagination, Jackie is able to produce stunning images, first by creating line drawings in ink and sometimes enhancing them on the computer. When she paints for herself and not for a book project, she says she's most comfortable with watercolors

Getting what she wanted, through art

Jackie said that growing up her deep determination in pursuit of art continued well into her teenage years. Jackie told me a story about her days in Junior High school: "Competing with my peers was always hard for me, so I would escape into my world of drawing," she said. "At one point when I was

eleven, I wasn't getting the pair of bell bottom jeans that I wanted so I started painting and selling pet portraits." By ninth grade, Jackie reported, she had thirty-three pairs of bell bottoms.

It was at the Rhode Island School of Design that Jackie truly committed to a career in illustration. "I originally went there to study painting," she revealed. "I loved the school, but I was unhappy in the painting department, so I switched to illustration halfway through my sophomore year."

She explained how she was again encouraged in her work. "I loved illustration, and I had great teachers like David Macaulay and Chris Van Allsburg. "

After she graduated, Jackie put her efforts into creating illustrations for magazines and newspapers, creating advertisements and even dabbling in store windows, and

Continued on next page ...



Above, right: An illustration of the character, Runaway Ralph. Above: Jackie Rogers. All images courtesy of Jackie Rogers.

scrimshaw. But it was books that would tempt her the most. "I chose children's books because it seemed to be the most fun and offered lots of room for creativity."

"Making" it

Getting launched as an artist takes a fair bit of luck, along with talent. Jackie said that luck found her one day at a small art show. "I had an agent walk into my studio where I was showing and she looked at my work and said, 'I could get you work right now.'" From that point forward she created illustrations for text books. "For many years, that experience was great," Jackie said, "But, I really wanted to get into picture books, beautiful trade picture books."

And that door opened too when she switched to a new agent that helped her enter that field. "Early on in my career it was great to have someone who could get me into places I couldn't get into," Jackie

explained. "Agents can do that for you."

One of the big highlights came for her in 2012 when she was hired to illustrate Beverly Cleary's *Ramona Quimby* series of books. "This was a huge step for me. I had never read those books and I'm the fourth illustrator of that series. For the try-out, I had to read the books and I was blown away as how much they were like my own daughters Martha and Emma." Synchronicity was again working in her favor. "Because I identified so closely with the Ramona character, I just ended up drawing my daughters and so that was really fun."

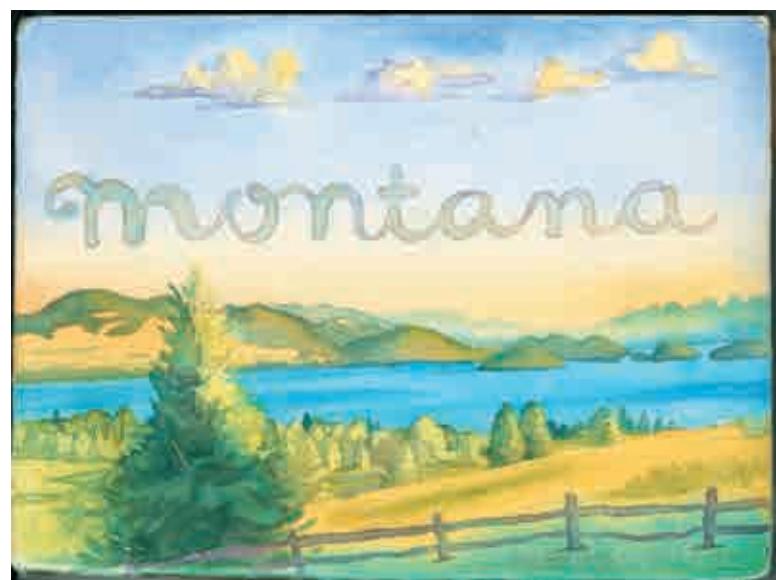
The changing times

I asked Jackie how things have changed since she began as a professional illustrator and was she marketing herself, a requirement that most publishers require now. "I wasn't raised working on the computer and in social media, and I am trying to learn now, but yes I have to promote my work." She also said, "I am very attached to not being on the computer. I want to go into my studio and make stuff."

Jackie no longer relies on an agent to make her introductions and she has some interesting new ideas about what comes next. "At this point I would really like to write and illustrate my own books. I get ideas all the time. I get great characters in my head."

As the artistic process shifts and changes, so does the artist. "I'm always working, learning and growing and the greatest part of the field for me, I'm excited to keep doing new things and keep my look fresh and peddle my stories."

When she needs to step away from the studio, Jackie said, "I feed myself working on crafts, or music, or art." One of her sinful pleasures she says is *plein aire* painting on location. "One of my favorite things to do is to travel and paint and create personal travel journals with watercolor scenes on heavy paper, and hidden envelopes ... like an old picture album."



In the service of children

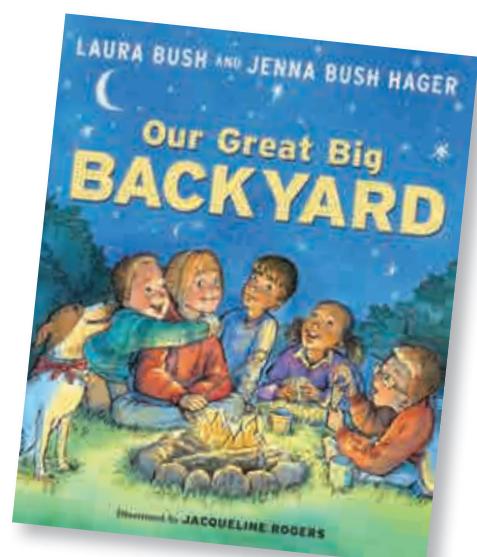
The journals to me sounded intriguing and I asked if they were on display or in a show. She explained that they aren't the kind of work that lends themselves to a public art show, but that there is one of her Montana trip on her Facebook page.

And now after 100 books under her belt, and after raising two children of her own, Jackie says that illustrating children's picture books has been more than just a job.

"I realize that I am in service of children as an illustrator. I want to give them joy, make them laugh and have them feel how I felt when I read books, when I couldn't wait to get to the pictures, reading fast to get to the next page. I want them to have a lasting place in their reading experience and to rest on my illustrations ... I want the images to evoke feelings."

One of the books that evoked the most feelings for her as a child was *Charlotte's Web*. "Some of my favorite picture books are books I will never forget like *Charlotte's Web*. I could look at the photo of that little girl feeding a baby pig, forever. Books like that transport children in a beautiful feeling way and I feel really privileged to do that for children." •

Jackie's successes and her very long list of amazing books and illustrations are on her website www.jacquelinerosers.com.



Above top: One of the images from Jackie's Montana travel journal. Above: The cover of Laura and Jenna Bush's book. Left: A sketch of Ramona. All images courtesy of Jackie Rogers.





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HOSTING AN ALL-LOCAL *Dinner party for the holidays*

By Dominique De Vito
info@mainstreetmag.com

"Tis the season, all right – the season to eat, drink, and be merry. For me, this is the trifecta of this time of year. After all, what better to do when it's dark and cold out than to host a dinner party (or even several)? Thoughts turn to baking, making soups and stews, goodies to give as gifts – in sum, food, food and more food ... oh, and drinks, too, let's be honest!

With these wonderful thoughts in mind, and with the abundance of delicious local vegetables, fruits, meats, cheeses, craft beverages and other provisions in our area, I put together this menu for an all-local dinner party that is festive, fun, a real feast, and not too fussy.

Raising a toast

Every party has to start with a welcoming cocktail, and when it's dark and cold out, a warm cocktail truly hits the spot. A mulled wine is a lovely drink to put into your guests' cold hands after they've taken off their coats and are looking for refreshment. Another advantage of making mulled wine is that it fills the room with the smell of fruit and spice. Serve with a ladle into small ceramic or glass mugs.

Mulled wine (serves 10-12)

2 750-ml bottles of dry, fruity red wine (Hudson-Chatham's Hudson River Valley Red)
3 cups fresh apple cider
¼ cup sugar
1 navel orange, sliced into thin half-moons (top and bottom discarded)
1 lemon, sliced into thin rounds (top and bottom discarded)
1 cinnamon stick
1 dash ground ginger
¼ cup Applejack (Harvest Spirits)

In a saucepan or slow cooker, combine wine, cider, and sugar. Stir until sugar is dissolved. Add orange slices, lemon slices, and cinnamon stick. Cover and cook over low heat, stirring occasionally, until hot. Keep covered and keep warm over a very low flame. Before guests arrive, add

a dash of ginger and the Applejack. Remove the cinnamon stick. If it's not sweet enough for you, add sugar in increments of 1 tablespoon until it tastes just right for you.

Here's another fun holiday party cocktail that's easy to make and that everyone will love. I call this the "happy cocktail" – deserved and needed to get through the end of the year (or any time of year). Do not substitute bottled lemon juice for fresh lemon juice!

French 75 (serves 8-10)

8 ounces fresh-squeezed lemon juice (seeds strained out); about 6-8 lemons
8 ounces gin (Hudson Valley Distillers)

Prosecco or champagne for topping

Combine the lemon juice and gin in a pitcher and stir well. As guests request the cocktail, fill a flute about 1/3 with the mix, and top with the sparkling wine. Serve and smile!

Nibbles and noshes

It's easy and fun to have a delicious assortment of foods to nibble on during the cocktail hour that are all sourced from local farms and producers. All kinds of vegetables can be sliced thin to make "chips," and they taste and look great that way. Sausage cooked and cut into bite-sized pieces is always a crowd pleaser. It's tempting to put out a cheese or two before dinner, but save the cheeses for their own showcase course (more on that later – it's worth it, I promise).

Beet chips (serves 4 to 6)

2 medium beets (red or golden)
1 tablespoon olive oil
Salt and pepper to taste
Preheat oven to 350°F

Peel and wash the beets. Using a spiralizer or mandoline, make very thin slices. Put in a bowl and toss with the olive oil. Distribute on one or two cookie sheets and bake, turning the slices occasionally, for about 30-40



minutes until they start to "crisp" on the edges. Remove from oven, sprinkle with salt and pepper, and serve.

Kale chips (serves 4 to 6)

1 large head curly kale
1 tablespoon olive oil
Salt and pepper to taste
Preheat oven to 375°F

Wash kale if necessary and remove tough stems. Working with one head at a time, put leaves in a large bowl (you can tear them into smaller pieces if they are really big, but don't make them too small). Add the olive oil, and using your hands, toss the leaves with the oil so that they are evenly coated. Add another tablespoon if the leaves are barely coated. Don't overdo the oil.

Arrange the leaves on a cookie sheet and sprinkle with salt. Roast in the oven for 15-20 minutes or until leaves start to crisp. Allow to cool and transfer to a serving dish. Season with additional salt if desired.

Sausage bites (serves 4 to 6)

1 pound sausage (pork or venison)
2 tablespoons olive oil

Make these an hour or so before the guests are scheduled to arrive and keep them warm in a covered dish on the back of the stove or in a warm oven.

In a large skillet, cook the sausage in the olive oil over medium high heat, poking the skin with a fork and turning frequently to brown both sides. After five minutes, reduce the heat to medium and continue to cook the sausage another five minutes. Remove the skillet from the heat, put the sausage on a wooden cutting board, and slice the sausage into bite-sized pieces. Return to the skillet and continue to cook over medium heat, shaking the pan frequently to cook on all sides, until the pieces are no longer pink in the center. Transfer to a heat-proof serving platter or bowl, cover, and keep warm. Serve with toothpicks and bowls of sauce for dipping.

Dipping sauces: Hudson Valley Homestead makes delicious condiments and dressings, including several mustards. Try their Dijon, Cajun, or Champagne Honey.

Satisfying soup

Admittedly, it's a lot of work to include a soup course at a dinner party. Not that soup is difficult to make, but it's a whole extra set of dishes and accoutrements – spoons, a bottom plate, the need for extra bread – but it is so worth it! This is a classic fall soup,

Continued on next page ...

and its beautiful color makes everyone and everything warmer. Serve with a locally produced crisp dry Riesling or a light-bodied Pinot Noir (or both).

Butternut squash soup (serves 4 to 6)

2 tablespoons butter
1 small onion, chopped fine
3 garlic cloves, pressed
1 large butternut squash
1 teaspoon salt
3 to 4 cups (24 to 32 ounces) chicken broth
1/8 teaspoon ground nutmeg
Freshly ground black pepper, to taste

Peel and remove seeds from squash. Cut into bite-sized pieces and rinse to clean. In a large skillet, melt the butter and add the onion, cooking and stirring, until just translucent, about 3 minutes. Add the garlic and squash pieces, stir, and add 1 cup chicken broth. Cover, lower the heat, and cook at a low simmer, stirring occasionally, until the squash is tender, about 30-40 minutes. Season with salt.

In a blender or food processor, working in three batches, puree the cooked squash and onions with 1/2 to 1 cup of chicken broth, transferring pureed vegetables to a clean saucepan or large bowl. When all squash has been pureed, add some more chicken broth if it seems too thick. Season with pepper and nutmeg, and additional salt if desired. Divide among soup bowls or set aside and reheat before serving.

The main course

When you know you're going to be doing a lot of cooking – which means a lot of cleaning, too – it's nice to work with a recipe that can be cooking on its own while you're doing other things. This pot pie recipe (which is fabulous!) starts out in the slow cooker and then gets a topping of mashed potatoes and turnips before being finished in the oven. It's perfect with a light salad and crusty local bread – and a big, hearty dry red wine like Hudson-Chatham's Empire

Reserve, a blend of wines from the Hudson Valley, Finger Lakes and Long Island that's aged two years in French oak or try Tousey Winery's light and lovely Pinot Noir.

Beef Bourguignon pot pie (serves 6 to 8)

1 tablespoon vegetable oil
2 1/2 pounds beef chuck roast, cut into 1-inch cubes
1/2 teaspoon salt
1/4 teaspoon pepper
3 large carrots, peeled and cut into 1-inch pieces
1 medium yellow onion, cut into large pieces
4 cloves garlic, finely chopped
1 bottle (750 ml) dry red wine
2 cups (16 ounces) beef broth
1/2 teaspoon thyme
1/4 teaspoon cayenne pepper (optional)
6 slices bacon, crisply cooked and crumbled
4 large potatoes, peeled and cut into large pieces
2 turnips, peeled and cut into large pieces
1/2 cup butter
1/2 cup milk
Salt and pepper
2 tablespoons butter

In a large heavy-bottomed pot, heat oil over high heat. Add beef cubes and cook to sear on all sides, about 4 to 6 minutes. Season with salt and pepper.

Add the carrots and onion, stir and continue to cook until the vegetables are lightly browned, about 5 minutes. Add the garlic, stir and scrape up any brown bits, then add the wine, beef broth, thyme, and cayenne. Stir to combine and scrape up more bits from the bottom of the pot.

Transfer the mixture to a slow cooker. Cover and cook on low for 8 hours or on high for 5 hours until the beef is very tender.

When the beef has another hour or so more in the slow cooker, make the mashed potato/turnip mixture. Put the potato and turnip pieces into a saucepan and cover with water. Cover pot and bring water to a boil. Crack the lid so the water doesn't overflow, reduce the heat to a simmer, and cook the vegetables until tender, 15 to 20 minutes.

Drain the water, add the butter to the vegetables and mash them with a masher. Add the milk and stir. Season with salt and pepper. Add more milk or even a spoonful of sour cream or plain yogurt to the mixture if it seems too thick. Set aside.

When beef mixture is cooked, transfer to a large casserole dish. Preheat oven to 350°F. While oven is preheating, allow beef mixture to cool. When slightly cooled, spread the potato/turnip mixture on top to form a crust. Dot the top with butter. Cover with foil. Bake for about 15 minutes, remove the foil, and bake another 15 minutes.

Cheese, please

We are so fortunate to live in an area where incredible cheeses are being made all around us with the milk of cows, goats, and sheep. I like to put a variety of cheeses together as a course unto themselves, because it brings the attention they deserve to them. Guests take little slices of cheese and a selection of thinly sliced rustic breads, spiced nuts, and even a drizzle of honey to try different flavor combinations. Wines to pair with the cheese course can be anything from a rosé with a hint of sweetness to a nice, sparkling wine, a classic Chardonnay, or a port or sherry (yes, all are made by local wineries!).

1 Camembert square (Old Chatham Sheepherding Company)
1 Honey Chevre (R&G Creamery)
1 Mosaic (a Havarti-style cheese, Hawthorne Valley Farm)
1 Maggie's Round (Cricket Creek Farm)
Ginger-agave cashews (Tierra Farm)
Local honey

Allow cheeses to sit for an hour or so to bring them to room temperature. Serve with the nuts, honey, and bread.

Sweet endings

After a heavy meal like this, the best kind of dessert is something light and refreshing, but still elegant. Poached pears (with fresh whipped cream) are perfect. Serve with a dessert wine – or coffee!

Poached pears (serves 4)

3 cups dry red wine
Juice of 1 lemon, no seeds
1/2 cup orange juice (no pulp)
3/4 cup sugar
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
4 ripe pears peeled
1 cup heavy cream
2 tablespoons sugar

In a small saucepan, combine the wine, fruit juices, sugar, vanilla, and cinnamon. Stir until well combined. Gently place the pears in the liquid, tops up. Over medium heat, bring the mixture to a boil. Reduce the heat and continue to cook the pears, simmering, until soft, about 25 minutes. Use a slotted spoon to gently remove the pears and transfer to a plate. Allow to cool.

In a large bowl, beat heavy cream with electric mixers on high. As stiff peaks form, beat in the sugar 1 tablespoon at a time. When stiff, refrigerate the cream. Serve the pears at room temperature with fresh whipped cream on the side.

If your guests want to help you clean up, that's fine. If it's gotten late and they need to leave, do yourself a favor and simply stack the dishes by the sink and do them in the morning. You've earned a long sleep! Happy Holidays. •

I've listed my recommendations for the local farms where you can buy the ingredients to make this fantastic dinner (and many other meals). Where to buy:

*Meat: Pigasso, Cool Whisper Farm
Cheese: R&G Creamery, Old Chatham Sheepherding, Hawthorne Valley Farm
Nuts and Coffee: Tierra Farm
Dairy: Ronnybrook
Fruit: Samascott, Golden Harvest, Little Apple Farm*

Vegetables: Common Hands Farm, The Farm at Miller's Crossing

** Wine: Hudson-Chatham Winery, Tousey Winery, and Clermont Vineyards*

** Beer: Chatham Brewing, Old Klaverack Brewery*

** Spirits: Harvest Spirits, Hudson Valley Distillers*

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What is marketing?

AND BETTER YET, DOES IT WORK?

By Thorunn Kristjansdottir

info@mainstreetmag.com

We find ourselves in an ever-evolving and “engaged” culture. Nowadays it seems that everyone is “connected” and has a smart phone and/or a tablet. There’s a new app, a new trend, and a new way to engage, seemingly, every day. Every-day-Joes now consider themselves experts in marketing and in engaging (or so they claim), and they have a following thanks to such sources as Instagram, Facebook, Twitter, and Snapchat.

That’s all well and good, but what does this mean to the average business and business-owner? Because to many of them it may seem like a lot of white noise. And frankly, a lot of it is!

For the average local business, the business-owner is most often busy simply running their business! And so how can they truly keep up with all of these trends? But perhaps the better question is whether or not they should be keeping up – well, should they? The answer is yes and no.

What is marketing?

Just about everyone has heard the term “marketing” and there’s a common understanding of what it is. But don’t be mistaken because it is a moving target, and so is its definition, especially in today’s fast-paced world of technology. It used to be that marketing was simple: print advertising, TV and radio commercials, and the like were considered sources of marketing and promotion. Today, the world of marketing has changed dramatically from these traditional methods.

When it comes to the nuances, the fear is that if you fall behind the trend that you will suffer the consequences. There is some truth to that. But honestly, it is all relative.

My theory is that not all of the trends (that I consider “marketing tools”) are necessary for every business, and many would be a waste of time. There’s no need to get frantic and drive yourself crazy. Just because the tweens are all a-twitter about the latest app craze, stop and think: “will it affect my business?” The simplest

question is whether or not they are your target demographic. No? Then focus on where you can find your target demographic and engage with them. Facebook, for example, began as a platform exclusively used by/for college students. When it was opened up to everyone and no longer required an .edu email address, it underwent (and has continued to undergo) numerous transformations, and it is now a platform more often used by those college students’ parents than by the collegiates themselves.

So with all of that being said, what is marketing? In simple terms, it is a way to promote your business by appealing to- and engaging with your target audience/demographic. And it is honestly that simple.

But, and here’s where it gets more complicated, how do you know who your target audience is, and how do you reach them? That’s where you either need to have your finger on the pulse of your business and its customers, or you may need the help of a marketing professional.

Target audience

I have used the term “target audience” a few times, and it refers to either your existing customers or your desired customers – or a combination of both. Is your existing customer-base the same as your desired customer? Have you ever sat down and done a scatter graph of your customers? That’s right, brush off that high school math. Is your clientele in actuality what you believe it to be? You’d be surprised at what you might find!

There is no cookie-cutter approach when it comes to finding your target audience, because a plumbing company in Kent, CT will most likely have a different client pool than a restaurant in Hillsdale, NY. So these two varying businesses have to be savvy and knowledgeable about who their customers are: where do they live, where do they play, what media do they read/watch/listen to, and how did they learn about the business?

A business’ target audience is the



key element when it comes to creating a marketing plan. Of course the business itself and its objectives play a huge part, as well as a million other moving parts, but it all boils down to selling your product and or service – and they’re all sold to your customer, right? So who is your customer? And that is the key question!

Now, let’s say that you know the answer. The next piece of the puzzle, and this is where the majority of the work lies, is how to not just reach that customer, but to engage with them – to let them know that you exist and you’re here to provide them with the best service/product. How do you get their attention? This is where the pictures, words, and engagement are the critical factors. But be cautious because what you may feel is an appealing tagline, graphic, or print ad – well, your audience may not find it compelling at all. This is where the help of a designer and marketing professional can come in handy.

It will take time

When it comes to this subject matter, we could discuss and analyze it for hours. But I’d like to switch gears to another key element to highlight the fact that you should not expect to have immediate nor overnight marketing success. Of course that’d be great if you do (and sometimes it happens), but expect that if after coming up with – and implementing – a cohesive marketing plan that you are ready and willing to invest six to twelve months in it.

Here’s the kicker with marketing

and advertising: there’s no guarantee of success. Isn’t that awful? After all of that work, investment of time and money, there is no guarantee that you will get one phone call. But don’t let that deter you, because by putting in the work required and coming up with a cohesive plan and then executing it properly, you increase your chances of success.

This subject-matter is of course very complex and people like myself spend their working lives perfecting our techniques, approaches, and opinions. I believe that all of the knowledge and experience that I have can’t be applied across the board to every customer and business, but I need to be able to dive into the nitty-gritty of a business to understand who they are at their core and to understand who their customers are. From there, and only from there, can a plan be custom-created. And this is the time of year that a lot of businesses revamp their businesses for the coming year. So after the holiday rush, when you sit down and look down the road to 2017 and what it may bring for your business, consider what a difference a well-developed marketing plan could make for your business. Is growth in your future? Or perhaps you’re happy with where you are? Regardless, your options are endless! •

In addition to being the owner and publisher of this magazine, Thorunn is also a marketing and graphic design professional and is the principle of the design and marketing firm Thorunn Designs, www.thorunndesigns.com.

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When a love of horses & art collide

JANE STRONG & JOHN BRETT

By CB Wismar
info@mainstreetmag.com

The man with the microphone does not usually speak to large groups. His voice is measured, almost a whisper, at times. What he is saying is heartfelt, and the audience spread in sweeping arcs on the hillside listens intently, not wishing to disturb the moment. "I'm not sure I knew who I was ..." This is a dramatic, personal, deeply engaged presentation. Then, suddenly, the moment changes. As if on cue, a great white horse moves from across the round corral and stands next to the speaker, placing its great head on his shoulder. The man with the microphone is both speaking about and experiencing The Equus Effect.

Jane and the horses

Jane Strong spent her childhood on the back of a horse. Riding became second nature until at age 15 when Jane had a revelation. "Competitive riding was all-consuming," she admits. "I knew I had to pay attention and do more with my life. I sold my horse, started to concentrate on school, and set a new direction." The winds of fate pushed Jane far afield from the life of a horse-woman.

High school, college at Simmons in Boston, a semester in Denmark,



Above: Jane Strong and John Brett. Below, left: A veteran with his child bonding with the great white horse. All photos courtesy of John Brett.

and a passion for cultural anthropology led Jane to the complex world of market research. When eBay began its dizzying rise in the American consciousness, Jane was part of the research and trend analysis team that shaped the company and led to its success. Brands and corporate marketing efforts kept her on airplanes, hopscotching across the country relating basic human needs and appetites to business decisions. Horses were a distant memory, part of childhood, with no

connection to the career Jane had chosen. Until...

What goes around comes around

More than 30 years after Jane had dismounted for the last time, she was living in Westport, CT and speaking with a friend who did some riding in nearby Bedford, NY. It was a casual invitation, at best. "Come riding this weekend."

Jane was naturally skeptical. It had been so long. The athletic skills that had been muscle memory had long since been replaced by analytical skills that were in great demand. "I got on that horse and was really unsure of myself. It had been so long," Jane recalls with a smile. "But then, something happened. I suddenly felt centered. There was a sense of unity, of communication."

The wind's direction had changed again, and in short order, Jane Strong was back engaged with horses. This time, however, it was quite different. This was not about competition and the rigors of training horses to do what the rider expects. This was a much more natural connection – "natural horsemanship" she calls it – and it

became its own passion.

A world-class "horse whisperer" in California, Monty Roberts, offered courses for individuals and their horses. His unique training seminars were populated by breeders, jockeys, horse people of many interests and professions. Jane signed up and realized that her instincts were overwhelming. "I could actually see the interaction, the energy between horse and owner. Some people were too demanding of their horses, others too detached to make a real connection with the animals. It was so obvious to me. The horses were much more intuitive than their owners."

With a remarkable understanding of the relationship between horses and humans, Jane pursued her study of those interactions. She immersed herself in the study of "natural horsemanship" with Linda Kohanov, author of *The Tao of Equus*, at Eponaquest in Tucson, AZ, and searched for a way to use her understanding for the public good.



Continued on next page ...



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It was 2009 when a very stark statistic brought things into perspective for Jane. "I was reading an article that stated, quite simply, that 22 returning military veterans commit suicide every day. They've survived the ravages of war, only to come home and experience isolation with no hope of changing ... of moving forward."

And, as simply as that, the concept of The Equus Effect was born. Jane knew that horses could, because of their inherent understanding of danger and calm, threat and assurance, become great teachers for individuals searching for personal resolution and peace.

"We send people into battle after six months of basic training. We teach them to obey orders and finely tune their instincts of survival. We train them to understand that one mistake could be fatal – to their unit, to themselves. Once a tour is over and the veterans return home to family and friends and jobs, the process of reversing those highly charged messages does not take months. It is supposed to be accomplished in days. Back home. Mustered out. Go on living."

"We never treat our veterans in The Equus Effect as if they're broken or damaged. Being a veteran is not the diagnosis of an emotionally distressed condition. These are people who can learn from the gentle intuition ... the metaphysical connection with horses ... so that

they can return to living calmer, more open and accepting lives."

The Equus Effect has, over several years of refinement, presentation, information, lobbying, and educating become a five-week program offered to veterans that is supported and promoted by the clinicians working in regional VA Hospitals. From 21 vets who experienced the program in 2013, this year's group will exceed 150.

There is no riding in The Equus Effect, only the close interaction between humans and horses. The effects are magical.

A home in the country

The Equus Effect is presented in the gentle hills above Sharon, CT on the property that Jane shares with her partner, John Brett. "I couldn't be more supportive of what she's doing," affirms John. He is not a horseman. He is not a psychologist. His life path took him in an entirely different direction, but the admiration and devotion to Jane and her work is immediately obvious.

John Brett knew from early on in his life that the world of finance had great allure. Getting his degree in Finance from Fordham University, John met his future face-to-face. "It was a class in Portfolio Management. Doesn't sound all that sexy, but it hit me. That was it."

One does not simply graduate from college and become a portfolio manager. "My first job was being a runner on the floor of the New York Stock Exchange. Someone counseled me that the best way to get a job was to wait outside the NYSE in the afternoon, and when the guys came out wearing the badges, go up to them and ask for a job." It apparently worked, and John set out to smartly climb the steep financial learning curve by running buy and sell orders on the crowded floor. He eventually settled in the rarified air of selling institutional derivatives ... a position from which he retired

after 25 years.

"I wanted to do something else ... to experience other things besides Wall Street," offers John. He and Jane had met as they both were consulting for a mutual friend starting a business. When their business friendship grew into a personal relationship, John became keenly aware of Jane's hopes for a setting that would allow The Equus Effect to function as its own entity. Her hunger for space and a supportive environment matched his desire to move beyond the city and the close-in suburbs. "We wanted to get away from places that were a strain on the infrastructure and have a place that could be as self-supporting as possible." Their striking home is nearly energy independent with solar panels turning sunlight into electricity and solidly insulated walls making the heating of their home almost comically inexpensive.

John admits that moving from Connecticut's "Gold Coast" to the reaches of the Litchfield Hills was not without its perils. "I didn't know what I'd do up here," he says. "I knew no one, I wasn't sure I'd meet people and wondered if I could ever get a sense of community."

Continued on next page ...



Sometimes the simplest things can change a person's perspective. Always a devotee of art, John decided to open a gallery devoted to local, emerging artists. He ran the gallery for several years, never realizing a profit, but meeting an ever-widening circle of people who have become friends. "The business was like standing in a cold shower tearing up \$50 bills – but I loved it."

Following his muse

A lifelong fan of seeing the world through the viewfinder of a camera, John started shooting pictures of the picturesque countryside and would occasionally show friends his work.

"When Lazlo (as in Lazlo Gyorsok, celebrated *Main Street Magazine* photographer) looked at some of my photos and said 'Hey, those are very good,' I realized that hobbies can become career segments."

John's photos have graced several local gallery walls and he continues to find an eager audience for his views of the countryside and its inhabitants. Today John is an artist mentor at "artgarage" at the Housatonic Valley regional High School and exhibits his photography at area galleries.

John's appetite to learn and explore and venture into new and exciting areas was evident on the day we sat down to talk. Energetic and polite to a fault, the conversation did have to have a time limit. John was leaving for the airport in two hours, to fly to Iran for two weeks of cultural immersion and photography. "I've always wanted to



go," he offered with a smile. "And, along came my chance. I never thought I'd get there ... but I'm on my way."

It is that openness to discovery and change that makes John and Jane such a comfortable partnership. Neither one of them dwells on the past or shows any tendency to carry baggage of ventures tried or frustrations experienced as they move forward. For Jane, The Equus Effect is very much in its infancy. "In five years, I'd like to be regional, even national," she says with steady optimism. "We're gaining an expanding network of facilitators who can support veterans as they come in contact with their emotions and learn to make sense of them. The impact on them and especially on their families is truly profound. We've got so much more to do."

Back in the corral

The veteran, the former sniper, is concluding his remarks. Nearby, his wife belies the emotion that has been at the core of his re-connection with himself, his family, and the people around him.

"All of a sudden, I felt safe," he offers as affirmation of what The Equus Effect did for him. Nearby, "Tango," the great white mare stands by her friend, assuring him that his openness and honesty are just what are needed. And, the audience bursts into applause, offering



their loving support to the people and horses who have made such a great difference.

The Equus Effect is a non-profit endeavor supported by contributions from individuals concerned about the complete welfare of our returning veterans. More information can be discovered on their website where the viewer will be greeted with the vision: "A country where veterans have the opportunity to enjoy the physical, mental, and emotional freedom they were willing to give their lives to protect." •

To learn more about Jane Strong and The Equus Effect, please visit www.theequuseffect.org. To learn more about John Brett and his work, please contact him at jgb11359@gmail.com.



This page, three samples of John Brett's photographs ranging from a landscape, the rising moon, and a nature shot. All photos courtesy of John Brett.

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THE *Lockup* RESTAURANT

This Jailhouse Rocks

By Mary B. O'Neill, Ph.D.
info@mainstreetmag.com

If you walked down Main Street in Salisbury, CT during the summer and fall and you'd have heard – and felt – an electric buzz, both of power saws and the progress of a new restaurant taking shape. Through large café windows that open to the street, curious passers-by stopped and peered in, asked questions, and waited, sometimes impatiently, for the finished product. In late November, The Lockup, named after the town's former local 'pokey,' opened its doors to greet diners hungry for a good meal and an inclusive vibe.

During construction, The Lockup owners Eric and Liz Macaire sentenced themselves to hard labor, putting in long hours to get the look and flow of the new restaurant just right. With paint-splattered clothes and plaster-dusted hair, they have simultaneously been architects,

designers, contractors, and builders, sourcing all materials themselves. French-born Eric and Southern transplant Liz complement each other with his reflective nature and her kinetic energy, both qualities necessary to bring their project to fruition.

A new culinary chapter

The Macaires are no strangers to the restaurant scene. Owners of Jubilee, a 23-year fixture in Manhattan's Sutton Place neighborhood, they have been serving up hearty French bistro fare, including their signature mussels. Past ventures also include the Bubble Lounge in Manhattan and San Francisco and the Bottle Tree in Ancram, NY. Now they have turned their attention to feeding the community where they have lived and raised their two boys for almost a decade.

Unabashed foodies, their love of food permeates every aspect of their lives. Even their social media posts are the usual mix of family photos and vacations, with just as many images of the meals they have enjoyed together. Their mantra is local, fresh, and hearty food for the soul. This is what they hope to bring to the area through The Lockup's ambience, service, and high-quality, reasonably-priced menu. Eric explains, "It's hard to create a space for everyone that is comfortable, and a menu that is accessible to all. That is the greatest challenge for a restaurant."

Rooms with a view

The Lockup's interior was a blank canvas with a unique set of issues, namely a deep space with lots of



Above: Duck liver pâté with crostini, pickled pearl onions, sliced apple and Dijon. Photo Eric Macaire.



Above: A mussel dish with Thai coconut milk, lemongrass, cilantro, and chilies. Photo Eric Macaire.

light toward the front but cavernous in the rear. Eric, with his architectural background, and Liz with her eye for interiors have transformed the space into a welcoming and warm atmosphere. Large windows surround a café area on one side with petite-but-solid bistro tables bordered by a luminous copper-trimmed serving bar, and a nook to pick up to-go orders. On the other side, banquettetes line the wall leading to the rear of the restaurant.

As you walk through the space, layers of salvaged windows allow the light from the front to enter in. Trimmed with rustic metalwork crafted by blacksmith William Trowbridge of Wild Iron Forge in Sharon, CT, these windows frame activity in each area of the restaurant. An intimate enclosed eating area, for a more secluded dining experience, is cozy without being claustrophobic.

Beyond this is the bar and lounge area. This shabby-chic, eclectic, and funky salon is a communal space for both *tête-à-têtes* and game watching on its two large-screen TVs. Comfy sofas, more banquettetes with tables hewn by hand from local wood by carpenter George Whalen, and a massive vintage pool table fill this parlor area.

On the walls, which are reclaimed antique wooden doors hung end to end, is abstract art with eye-popping color.

As you face the bar, you can look through the interior mismatched windows to the restaurant's entrance. Eric characterizes the space as a place "to see and be seen, or hide if you wish. We have tried to create a subliminal feel of comfort, for reasons that you can't put your finger on."

Where's Eric?

Tucked in the farthest recesses of the restaurant is the children's area. For the Macaires, this is a critical component of The Lockup borne of their own long experience of dining in restaurants with children, whose attention span for post-meal conservation is limited.

After a satisfying and harmonious family meal (we can all dream, can't we?), while parents linger over the second cup of coffee, their offspring can head to the back where the graffiti-funk kids cave awaits.

One room boasts a wall of TV screens, Xbox consoles, and long

Continued on next page ...

sofas; the next hosts Lego and crafts; and the third, Eric's pride and joy, is a music room, with soundproofed walls and four mounted iPods loaded with music composition apps. Liz laughingly ribs her husband, "When you can't find Eric, just head to the music room. He'll be there mixing tunes and creating beat drops."

Food for all

Eric's French upbringing and Liz's southern roots dovetail over their food philosophy. They both agree that The Lockup's menu celebrates hearty-but-not-heavy, simple food. However, Eric explains that "cooking traditional food really well is not always easy. It's hard to find a chef who can go from gourmet to unfussy." Yet, find him they did.

Kevin Daley is The Lockup's new chef. His experience has included restaurants in western Massachusetts and the Hartford area. The 34-year-old Daley is a self-taught chef, working his way from diner dishwasher to staging (the culinary equivalent for interning) at numerous restaurants where he cultivated his love of Italian food and his considerable talent in the kitchen.

Working with the Macaires, he has designed a menu that ticks many boxes: good quality and value; local and fresh ingredients; unique and innovative offerings; and dishes that run the gamut from more *haute cuisine* to a simple, satisfying burger.

It also highlights Eric's affection



Above, left to right: Tuna, Peruvian ceviche with vinaigrette, celery, red onion and chilies. Table for two at The Lockup. View from the pool table in the Lounge at The Lockup. Photo Eric Macaire.

for mussels prepared in a variety of ways and Daley's love of fresh pasta, which he makes himself. There is a crudo section of tartare and *ceviche*, robust steak house choices, healthy salads that spark the taste buds, and fresh seafood delicately prepared. The menu is rounded out by a signature velvety duck liver pâté that is literally to die for, and a decadent dessert section that includes Daley's Nutella macaroon.

Front of the house

For the Macaires, serving good food means little if they don't get the setting and service just right. Customers, from an employee ordering take-away lunch to revelers

celebrating with a three-course dinner with champagne, need to feel like they belong there. The Lockup's inclusive philosophy requires a level of service that will appeal to every demographic.

Working that magic in the front of the house is restaurant manager Taylor Nickles. From Nickles' perspective, when opening and running restaurants, managing the environment and service is more important than the food itself. He shares the Macaires' vision for "creating memories" over meals.

Local flavor

Harkening back to the past, The Lockup's moniker pays homage to local history. It is named after the diminutive Salisbury jail built in 1882 for a total cost of \$380.75. The original jail was located nearby next to the town cemetery behind what is now the site of Town Hall.

In the early 1930s the building fell into disuse after the Canaan barracks was established. After that, the defunct and abandoned jail saw "the coming and going of many a transient and local 'cut-up'." The last of which was Jakie Holder.

Holder lived as a "voluntary resident" for five years after he declared it home, exercised squatter's rights, and was given keys to the premises. According to a 1939 news article,



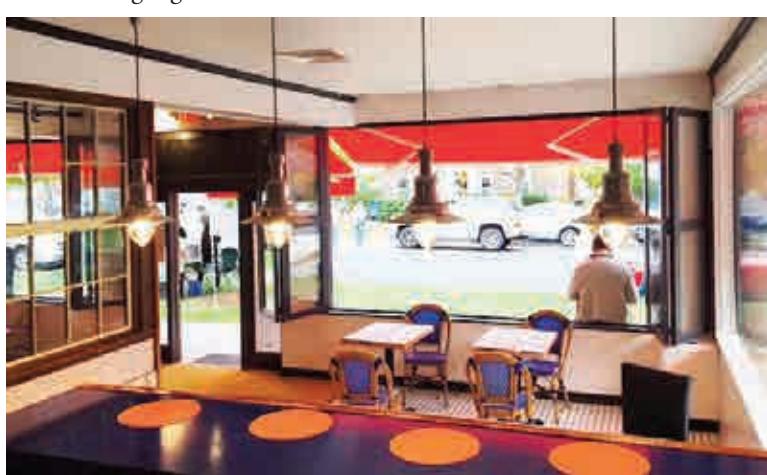
Holder "wept his eyes out" when his house was sold to Mrs. Dorothy Haven for \$300 and subsequently torn down to create a driveway.

He resigned himself to leaving his three-room home declaring that he "couldn't have spent another winter in the place unless the roof was shingled." Perhaps Jakie Holder deserves a signature Lockup cocktail named in his honor?

Turn yourself in

The Macaires have created a new gathering haven in the middle of town. With its warm atmosphere and satisfying fare, you'll want to spend time there. Whether it's a light lunch, a relaxing brunch, an intimate dinner, or a convivial family celebration, turn yourself in and throw away the key – you won't want parole. •

The Lockup is open for lunch and dinner seven days a week, with brunch served on the weekends. It is located at 19 Main Street in Salisbury, CT. For reservations and information, call (860) 596-4371 or visit www.thelockuprestaurant.com. You can like them on Facebook as well. Special thanks to Lou Bucceri, Katherine Chilcoat, and the Salisbury Association Historical Society for information and articles documenting the historical background of the original lock up.



Above: The Café at The Lockup.
Photo Eric Macaire.

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Taking a spin in Lakeville

By Ian Strever
info@mainstreetmag.com

Gyms have an image problem. Think of your stereotypical gym, and you think male, between the ages of eighteen and thirty, lots of grunting, and limited vocabularies. Despite the addition of zumba classes and smoothie bars, gyms can be intimidating places to enter, and for those who are looking to begin a fitness regime, these stereotypes can be off-putting at best, daunting at worst.

Tackling the stereotype

Gym monolith Planet Fitness has capitalized on this stereotype by marketing itself as the antidote. They claim to be “Judgement Free Zones,” implying that other gyms

are not, although how they guarantee this claim without the Thought Police is unclear. Nonetheless, a fundamental challenge for gyms is how to help individuals overcome self-consciousness about their image and draw them into a facility with dozens of others who are working to improve their appearance and wellbeing too.

Curves, the fitness facility designed for women, has attempted to solve this problem by creating a “supportive center environment.” Clearly, part of the reason for their success is the gendered nature of their facilities, which eliminates the pressures of trying to impress the opposite sex, despite that rapidly crumbling binary notion.

Curtained storefronts create a sheltered, safe atmosphere where customers can push, pull, and strain without concern for their appearance. Despite these measures, however, Curves has receded in recent years, dropping franchises like unwanted pounds.

What's the answer?

But during the darker, colder months, gyms are a necessary part of a larger wellness program that should address strength, endurance, and flexibility. So what is the next step in fitness facilities? Leslie Eckstein, owner of Studio Lakeville in Lakeville, CT, seems to have an answer.

Her business began a few years ago when she opened a modest facility where she conducted personal

training and massage sessions, as well as some limited spin classes. It is a cozy spot with warm lighting and windows, tucked in a quiet corner of Lakeville behind the White Gallery, which undoubtedly appealed to the metropolitan set that began to flock there on weekends. The buzz quickly spread around the Northwest Corner, and in 2016 she opened a more commodious space above Prime Finds in a prominent spot on Route 44. While that spacious, airy facility accommodates larger groups and more equipment, Eckstein continues to work with individual clients in her original location. She now offers spin classes seven days a week, led by a team of four or five instructors, and even with the additional space and bikes, her business is bursting at the seams.

The secret to success

The secret to her success is evident on the first visit. On a recent Saturday morning, a class of ten women encouraged each other to meet various goals under the leadership of Caitlin Thornhill, who instructed the 60-minute session. The program involved a traditional spinning session, followed by free weight work and stretching, but what sets this studio apart from others is the palpable *esprit de corps* of the participants. People cheered on



Above: Spin-specific shoes and clothing are helpful, but not necessary to get started. Below, left: Spin bikes feature weighted flywheels and adjustable tension to deliver realistic road feel. Photos by Brian Wilcox.



Continued on next page ...

one another not only by name but by fitness goal, invoking imminent weddings and beach vacations to fuel their efforts, and it was clear that the staff goes out of their way to cultivate this sense of community.

This was no accident, explains Eckstein. Her website describes Studio Lakeville as “an intimate unique personal training and wellness center,” and she has cultivated an atmosphere that reflects this approach. “People in the classes should feel like family and friends,” she says. “When regular participants aren’t there, we check in on them.”

Eckstein herself is a lifelong fitness evangelist. At the age of fifteen, she began taking and then teaching step aerobics classes, even slipping out of high school to lead classes at a nearby club. After a stint as a chef, she became a personal trainer and massage therapist, certifications she still employs in addition to her spin classes.

The spin appeal

But why spin? For those who have never experienced it, spinning is a frenetic, fast-paced aerobic workout on a stationary bike that can be tailored to meet the fitness level of



every participant. The spin bike employs a weighted flywheel and brake to deliver realistic road feel and variable resistance so that off-season Armstrongs and workout neophytes can experience similar levels of challenge. Under the leadership of a certified spinning instructor, it can feel like riding on the road: standing out of the saddle on the climbs, whirling the cranks on a downhill, all set to the tempo of the leader’s favorite playlist. In addition, Studio Lakeville offers “Fusion” classes that combine spinning with free weights and yoga moves to address all aspects of physical fitness. These exercises are also tailored to the fitness level of each participant, with a range of dumbbell weights available and instruction in stretching and flexibility to fit all levels.

The individualized yet communal nature of spinning is the appeal, says Eckstein. “It is fun and motivational, but it has a group dynamic to it – like a family.”

The tools of the trade

There are some shared characteristics of the tribe, though. Most spin participants opt for cycling shoes instead of sneakers. These sport-specific shoes feature a small cleat on the bottom of the sole that allows riders to clip into the pedals,

and the sole itself is generally much more rigid than that of a sneaker, allowing for more efficiency and energy transfer to the pedal. In layman’s terms, this just means less flex along with the added benefit of being able to pull upwards on the pedal as well as push down.

Cycling shorts and wicking shirts are also helpful. The shorts are made with a wide variety of pads with male- and female-specific designs, as well as various numbers of “panels,” the strips of lycra that comprise the shorts themselves. Eight or ten panels constitute the better shorts, which might also feature a “bib” design that looks like a set of overalls, for the purpose of improved fit around the waist.

Neither the shoes nor the shorts are necessary to experience spinning for the first time, however, and with a \$20 per session fee, there is no long-term commitment. For most of Leslie’s clients, though, that has not been a problem. Weekenders and regulars sign up well ahead of the sessions, and space is truly limited, at least for now. Eckstein is already thinking bigger. •

To learn more about Studio Lakeville, visit them online at www.studiolakeville.com.

Above: The current iteration of Studio Lakeville, located above Prime Finds, is a spacious, airy spot. Left: Eckstein is a lifelong fitness devotee, with experience in all facets of wellness. Photos by Brian Wilcox.



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518-592-1701

LET US CATER YOUR NEXT EVENT!

	Half (8-10)	Full (15-20)
Garden Salad	\$20	\$38
Chef Salad	\$30	\$60
Antipasto	\$30	\$60
Greek Salad	\$28	\$55
Buffalo Chicken Salad	\$35	\$65
Grilled Chicken Salad	\$25	\$65
Wings (Teriyaki, BBQ, Hot, Mild)	\$45	\$90
Lasagna	\$45	\$85
Manicotti	\$40	\$75
Stuffed Shells	\$40	\$75
Ziti with sauce	\$30	\$55
Baked Ziti	\$35	\$65
Eggplant Parmigiana	\$40	\$75
Chicken Parmigiana	\$50	\$95
Meatballs & Sauce	\$40	\$75
Sausage & Peppers	\$45	\$85
Pizza parties, no problem!		
3 large pizzas & 30 wings \$60		
		4 & 6 foot subs \$18 per foot

Tax not included in price. Toppings extra. Please give 72 hour notice for all catering orders. Closed Mondays.



We're on the move!
Energy for your lifestyle

A photograph of a man and a woman sledding down a snowy hill. The man is in front, wearing a grey jacket and dark pants, smiling. The woman is behind him, wearing a light-colored coat and a blue knit hat, also smiling. They are on a yellow sled. The background shows a snowy landscape with small evergreen trees and a clear sky.

***Do you have a hard to heat area? Would
you like to supplement your electric heat?***

- Propane space heaters are a perfect option to boost the temperature of the rooms you are in without over heating your home or the areas that are unoccupied.
- Propane space heaters heat up an area quickly because you are only relying on them to heat a smaller area.
- Some are programmable, meaning you can set your heater to shut off at night or when you leave your home, then to automatically turn on to be warm and cozy when you get home or using the space.
- Propane space heaters are cheaper to run than their electric counterparts.
- With so many different types of propane space heaters to choose from, it can be difficult to figure out what will work best for your needs. Our service department will be happy to assist you in selecting the right propane space heater to get the job done.
- Our knowledgeable service department can explain the many safety features and efficiency options.

SERVICES:

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Kerosene • Heating Systems • Service
Installations • 24 Hour Service

1 John Street, Millerton, NY 12546
(518) 789 3014 • (845) 635 2400
www.crownenergycorp.com



Haldora

Women's clothing designer. 28 E. Market Street, Rhinebeck, NY.
(845) 876-6250. haldora.com

Haldora is a clothing designer, creating fashion for women and home textiles. Her passion for clothing design began as a child making doll clothes and watching her grandmother at the sewing machine. She has had her Rhinebeck shop for over 20 years with established customers from all states and from abroad. Haldora's clothing compliment women of all ages with clean lines, finer fabrics, surprising colors, and timeless style. Her garments are individually sewn in upstate New York and are exclusively sold at her shop and website. Many of her fabrics are pre-washed for easy care. Special fit and alterations are available as well as wardrobing assistance, or just come in and freely browse. Garments and textiles, such as decorative pillows, throws, and tea towels, are all limited collections with many one or two of a kind. You'll occasional see something all hand-sewn, which she passionately creates. Haldora loves the freedom to be creative and her shop gives her that outlet. "I enjoy the touch of soft fabrics and see the return of softer more fluid silks to come." She is always filled with new ideas, thinking of what fabrics to use, visualizing new shapes, and with unlimited inspiration. She is currently using some silky velvets for the holiday season. Whether for your home or yourself, when you love textiles there aren't any limits.



The T-Shirt Farm

Custom apparel for all occasions. 62 South Center St., Millerton, NY.
(518) 592-1777. sal.tshirtfarm@gmail.com

Salvatore Osnato has been in business since 1973 when he started selling T-shirts in the Bronx. From there he has perfected his craft and started the T-Shirt Farm, located on the corner of Main Street and South Center Street in Millerton. The T-Shirt Farm services companies, organizations, and individuals around the world. They offer screen printing, embroidery, wholesale, retail, personalized garments like heat transfers, and photo shirts of all types. The T-shirt Farm has an assortment of collectibles for the kids from superheroes to puzzles, too. Sal is a true professional when it comes to retail, wholesale, and personalized customer service and this is what sets him apart from the rest. What he enjoys most about his business is providing customers with quality products and sincere service. Going forward, Sal would like to broaden his customer-base and offer his customers the new and exciting techniques that the industry has to offer. "I've been in the area for over 25 years and have a satisfied customer-base to whom I would like to thank. I look forward to growing with the area and seeing even more happy customers, and being a part of the merchant community," said Sal. Don't forget to take a look at the home of the "Black Cow!"

Jam Food Shop

Prepared foods, gourmet cheeses, soups, baked goods, & more! In the Sharon Market, Sharon, CT. (860) 364-2004. jamfoodshop.com

Lee Kennedy of Jam Food Shop has always loved to cook. Her career began in 1995, as a private chef for actors Kevin Bacon and Kyra Sedgwick. Her culinary skills later inspired her to cater, open a storefront, and in 2009 she was invited to join the Sharon Market where Jam Food Shop has had their own space within the market. Jam offers an array of prepared foods such as turkey meatloaf, panko chicken, burritos, quesadillas, roasted brussels sprouts, mashed sweet potatoes and turnips – just to name a few. There is also an array of hot soups (offered everyday except Sunday) and soup quarts that are sold for grab n' go. All of the foods are prepared daily in Jam's kitchen. Entertaining? Order takeout catering a week before your celebration: sandwich platters, cheese platters, and cookie platters are available. Special orders are available with a quantity amount limit – perfect for freezing and saving for later! And don't forget to be a part of their sandwich program: buy nine sandwiches and get the tenth for free. This is Jam's way of letting their customers know that they really appreciate them and their business. You can also follow Jam Food Shop on social media where you can check out their daily specials. All of this and more is what sets Jam apart from any other market in our area.



Herrington's Fuels, Inc.

HVAC services for residential and commercial businesses. 9018 State Route 22, Hillsdale, NY. (518) 325-6700. herringtonfuels.com

Heating and cooling is a necessity of life, and something Herrington's Fuels knows all about. Originally started back in 1918, when coal was used for heating homes, and now four generations later on the Herrington's side of the family, and two generations on the Canetto's side of the family, John and Heather are the proud owners. Their services include heating and cooling for existing and new construction, propane, heating oil, kerosene, diesel for tractors and on-road trucks, and air conditioning units for residential and some commercial businesses. They cover a 15-mile radius from their headquarters, which allows them to get to their customers quickly, whether to refill your tank, or to answer a service call for your heating or cooling system. When a normal workday ends, you can rest assured that you will be taken care of by one of the on-call service techs 24/365. Pricing programs, price locks, and service programs are all available and Herrington's Fuels encourages you to call to see which program best suits you. Heather expressed, "As the owner of the business, it is personally rewarding to keep ten local people employed. Not only are John and I a part of the community ourselves, but our staff is, too."

INSURING YOUR WORLD

The holidays are approaching and families will be traveling both near and far. Presents will be sent by common carrier as well as UPS. Are you prepared with the appropriate insurances should your trip get cancelled for a health or accident issue? Do you have the appropriate coverage for your gifts while they are en route to their recipients? Most of us have never given this a thought! Let's start with the travel component; if you are flying or are traveling by train or ship, did you purchase trip insurance should there be delays, cancellations, or terminations of the trip due to illness? These examples can lead to large out-of-pocket expenses for the cost of the trip, or simply the additional cost to rent a room for a few days until the flight or train is back on schedule. If you have tickets to a special holiday event or show, or maybe 18 holes at a favorite golf course where the greens fees are non-refundable, these items can also be insured to avoid a loss. If you are mailing gifts through the Postal Service and they are lost, make sure you purchase the postal services' insurance since most homeowners or commercial policies exclude coverage if the item is lost by the US Postal Service. The point here is simple: look into these coverage options since you will be surprised how inexpensive they are if a situation arises that causes you to have a loss! Insure, be sure...



Brad Peck, Inc.

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

Feline friendly ways to deck the halls

Follow these holiday tips to keep the tree upright and in one piece while protecting your feline friend and ensuring overall household safety:

- Sturdy the tree by anchoring the tree to a ceiling, wall and/or windows using high test fishing line.
- Also handy for toddlers, inexpensive flexible picket fencing (aka snow fencing – available in different heights) is an effective first line of defense.
- Place battery powered compressed air spray cans on the ground near the base of the tree, they are triggered by sensors on the unit. Available at most pet stores.
- Cats do not like the sound or feel of aluminum foil. Place aluminum foil on the floor at the base of the tree and also around the trunk where it meets the base to deter kittens from climbing.
- Leave off breakable ornaments or put them on the top portion of the tree. Avoid tinsel or garland.
- Use metal hooks for ornaments and securely clamp the hook to the branch using pliers.
- Tape down extension cords so that cats won't chew cords.
- Keep tree away from any from areas that could be used as a potential pad to pounce from onto the tree.
- When choosing a "live" tree, Scotch Pines tend to have sharper needles, which are more likely to repel cats.
- Due to pine oil sensitivities in cats, cover water container of the tree to avoid injection of sap, pine needles.
- Spray branches of artificial trees with citrus or bitter apple spray, all displeasing smells to cats. Spray pine cones and use as decorations on the bottom of tree.
- Avoid gifts under tree until the last minute, cutting down on additional attractions.

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



Recycle your tree after the holidays

Make the spirit of Christmas continue long past the holiday season when you reuse and recycle your Christmas tree to help birds!

- Instant Brush Pile: The fastest, easiest way to reuse a Christmas tree is to turn it into an instant brush pile for winter shelter for sparrows, quail, doves and other backyard birds. Try positioning it in a sheltered location such as a fence corner or alongside a shed to block wind. Birds will use the tree for winter shelter and roosting just as they would any shrubbery.
- Build Bird Feeders: Trim the trunk free of branches, then saw the trunk into 6-12-inch lengths. Use a 1- or 2-inch drill bit to create several cavities in each length (either partially or completely through the wood), and attach a hook or screw to one end of each segment. Fill each cavity with suet or peanut butter and hang it outside for woodpeckers, nuthatches, chickadees and other birds to enjoy.
- Erosion Control: Birders who live near a coastline can donate used Christmas trees to support erosion control programs along vulnerable beaches. Winter storms can devastate nesting habitat for shorebirds and wading birds, but trees that are properly positioned can keep stand in place and stabilize dunes that are critical for wildlife. Check with local or regional wildlife or natural resource management offices for suitable programs.

Before You Recycle Your Tree

- Be sure all ornaments, lights, garland, tinsel and other decorations are removed. These items can be dangerous to birds.
- Learn where approved areas for recycling options may be in your area. Not every beach needs erosion control, but trees may be collected in one spot to be taken to where they are needed most. Nature centers or other facilities may also have limited needs for extra brush in winter and could accept trees to use.

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



Plant odors and what they tell us

Our sense of taste and smell are closely related and give us a wealth of very reliable information about the uses of plants. All traditional herbal systems use the taste of plants to understand their actions. Today I'd like to talk about the odor of plants.

Fragrant plants like pine, rosemary, and lavender have a dispersing effect on the body and are capable of dispersing emotional stagnation or depression on the mind and spirit. They help to increase circulation, move stagnation (blood and phlegm), and many are antiviral and antibacterial.

Spicy plants such as ginger, peppermint, and oregano are more stimulating and increase activities like digestion, circulation and expectoration in the body, many are antiviral. Their effect on the mind and spirit is to assist in removing negativity and clearing emotional cobwebs.

Pungent-Acid plants like onions, garlic, and cayenne are strong and can intensely increase heat. In fact, too much may irritate sinuses, mucus membranes, stomach and the GI tract. In proper doses they are antibacterial, diaphoretic, and beneficial expectorants and diuretics. Their effect on the mind and spirit include stimulating metabolism and mental activity.

Sweet smelling plants like rose, and honeysuckle have the most benefit for the mind and spirit with no specific effect on the body. They do nourish the spirit, help patients recover after serious illness, and help to mend broken hearts.

Sweet like lemon are cooling, antiviral, carminative and lift spirits. Sweet like vanilla may help prevent blood clots and serve as pain killers for sharp, stabbing pain. Sweet like wintergreen are anti-inflammatory, anodyne, help to clear strong energy and refresh the mind. Finally, nauseatingly sweet like Jamaican dogwood and tobacco have a narcotic and anodyne effect on the body and may confuse the mind if abused.



By Becca Conn – Practicing Herbalist
The Village Herbalist (518) 592-1600
28 Main Street, Millerton, NY 12546
For herbal recipes and upcoming workshops,
visit us at www.tvhmillerton.com

WHAT'S YOUR SIGN?

ARIES (March 21–April 19)

Let your light shine and start new projects. Always be prepared and remember that you are your own luck-maker.

TAURUS (April 20–May 20)

No matter what you do, seek those who agree with you. Figure out who will prosper from the work, and how you will prosper.

GEMINI (May 21–June 20)

You have a lot going on at home. Create your own safe-haven and follow your instincts.

CANCER (June 21–July 22)

You need to get your financial affairs in order, be disciplined, and not waste money. Get your finances in order before holiday shopping.

LEO (July 23–Aug. 22)

There's no reason to feel down nor be ashamed at any sign of resistance. Examine your finances because there isn't any rush and there are plenty of fish in the sea.

VIRGO (Aug. 23–Sept. 22)

Now is the time to take the lead and finish those projects! Don't buy anything other than groceries though.

LIBRA (Sept. 23–Oct. 22)

You get your point across in a fun way, but it doesn't mean that everyone agrees. You like to be creative and bring joy to those around you.

SCORPIO (Oct. 23–Nov. 21)

Someone is likely to say something that touches a sore point. But your words bring joy to your loved ones in ways you can't imagine.

SAGITTARIUS (Nov. 22–Dec. 21)

The solution to problems is often very simple and is often so obvious. People in high places get you.

CAPRICORN (Dec. 22–Jan. 19)

Work will go well when you know when to participate in a project and when to quit. Don't make too big of a deal out of it.

AQUARIUS (Jan. 20–Feb. 18)

Many things are making you happy these days. You feel good coming up with new ways to reach your goals.

PISCES (Feb. 19–March 20)

Things relating to higher education, finances, and the media are in your favor. But clean up your own affairs and keep your house in order.

MAINSTREET MAGAZINE'S

photogallery



Exhibit 1: Main Street Magazine's photographers

**lazlo gyorsok
and
olivia valentine markonic**

A portion of the proceeds will be donated to
the Sharon Audubon society

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