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MAGAZINE





Before



Before



After



Before



After



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SUMMER IS FINALLY HERE!

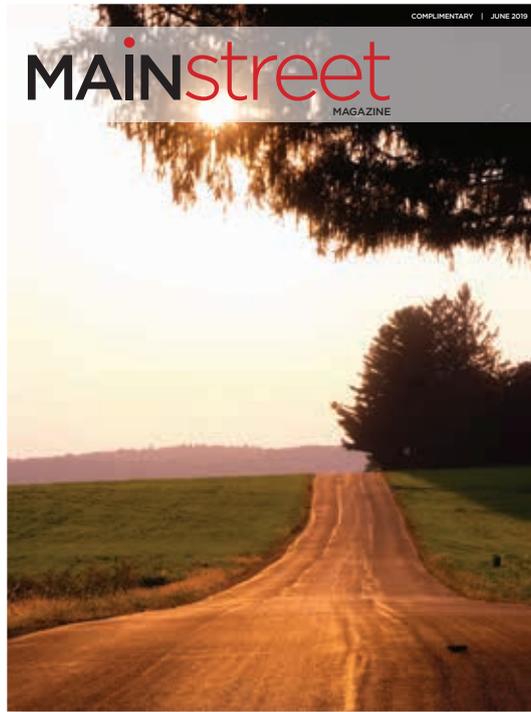
Thank goodness – summer has finally arrived! Not only has summer arrived, but we've now entered into the sixth month of the year, and with that the realization that we're already halfway through 2019. That's just crazy – how has this year already zipped by so quickly? But with summer finally comes warmer weather and the revitalization of vegetation. On a more personal note on our end, a revitalization of our website is happening. We're pretty excited to share some news: in the month of June we're going to be expanding our website quite substantially in an effort to bring you even more amazing stories, profiles, glimpses, history, curiosities, and things to do from our neck of the woods! So keep checking our website and follow us on social media to see when we officially launch the expanded site.

But back to print, and back to this June issue of the magazine. In it we bring you quite the array of stories, everything from the amazingly-talented Joseph Meehan, the real estate of Stanford in New York, and a story about a little place you can vacation in Greene County if you want to try out "tiny living." You will also notice our huge center-spread feature on the Roe Jan building, which was home to part of the Taconic Hills school. This June marks 20 years since the class of 1999 graduated from Taconic Hills – the last class to graduate from the old Roe Jan school. As a Taconic Hills alumni, and a member of the class of '99, this piece greatly resonated with me and I think it will resonate with a large population in Columbia County and beyond – after all, how many of us attended Roe Jan and have fond memories of attending the school?

And while on the subject of school, Ian brings us a very nice dedication to two teachers at Housatonic Valley Regional High School who are retiring this year. Additionally, Ian explains phenology to you – don't know what it is? Neither did I. But I sure am interested in the subject now! Regina, on the other hand, tells us all about Greig Farm in Red Hook, and by the time this issue hits newsstands, it'll be strawberry-picking time at the farm so get your strawberry baskets out and bring your appetite, for nothing beats fresh strawberries!

As always, we thank you for your dedicated readership. We thank our advertisers for their amazing advertising support, because as you know, this is a free publication that is only made possible by our advertiser's support. We wish you all a happy summer, and don't forget to wear your sunblock.

– *Thorunn Kristjansdottir*



JUNE 2019

Let the summer sun and country roads lead you to a beautiful adventure. Happy summer!

Cover photo by
Lazlo Gyorsok

CONTENTS

- | | |
|---|--|
| 6 ART CAPTURED THROUGH THE LENS
artist profile | 41 PASSING THE REINS:
a transition in agricultural education |
| 9 FRIENDLY FACES | 45 A LUXURIOUS TASTE OF TINY |
| 11 FEEDING SHAREHOLDERS
FOR 20 YEARS | 49 BOLD BEAUTY
face stockholm in the hudson valley |
| 15 CHERRY ALMOND SNACK CAKE | 53 AUTOIMMUNE SYNDROMES &
HOW THEY MANIFEST |
| 17 A QUIET PLACE
real estate | 57 DANCING UP JACOB'S PILLOW
backstage |
| 21 OLD MEETS NEW | 61 BUSINESS SNAPSHOTS
clover reach massage
klemm real estate
bassett heating and air conditioning
north east aquatic weed harvesting, llc. |
| 25 PHENOLOGY
(a natural phenomenon) | 62 MONTHLY ADVICE COLUMNS |
| 29 SALISBURY MAGIC
the northeast music association | |
| 32 A IDLE MONUMENT | |

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Joseph Meehan, photographer:

Art captured through the lens



By CB Wismar
arts@mainstreetmag.com

Joseph Meehan’s moment of clarity may have come in the cold light of an early Arctic morning. There was a rattling at the front of his tent. Not a knock, since it is very difficult to “knock” on a tent . . . but a rattling that shook the entire structure. Meehan could see the light outside and wondered why his guide, Leonard, was disturbing him at this early hour.

Then came the realization. Leonard, his wife and child were likely sound asleep in their tent, set several yards away. The early morning visitor was not, after all, a human. It was a polar bear. Correction. It was a HUGE polar bear.

Used to shooting brilliant photographs, Joseph Meehan realized at that moment, that the shooting required might well be the kind accomplished with a rifle, one of which was just outside his sleeping bag.

There was only one problem. The zipper in his bag was stuck. A world traveler who had been in many an awkward situation in his career, the malfunction of a sleeping bag zipper was a new experience and one that Joseph did not welcome.

Fate, however, intervened. As the pesky zipper finally became untangled, the shaking of the tent subsided. Carefully . . . quietly . . . gingerly removing himself from the bag, rifle at the ready, Joseph Meehan decided to greet the day by slowly lowering the tent zipper and peeking outside. When he did, there, loping across the Arctic tundra on the shores of Lancaster Sound, was at the frustrated polar bear.

Invitation in the dentist’s chair

Joseph Meehan has taught photography and specific photographic techniques around the world. He has authored a collection of books on the specific techniques he has developed and employed over the decades of his celebrated career. He has enjoyed living and teaching in London, New York as well as in Taiwan. Camping out on the rocky banks of an Arctic inlet was a world apart.

The fascination that had brought him so far above the Arctic Circle was the opportunity to work with Sharon, CT, dentist, explorer, and, as Joseph describes him “Renaissance Man,” Dr. Martin Nweeia. In a casual conversation during a dental visit, Nweeia had waxed elo-

quent about his years long study of the Narwhal – that intriguing Arctic whale distinguished by the long “tusk” protruding from the center of its head. The tusk, it turns out, is really a tooth – and therein lies the fascination Dr. Nweeia has with this most curious animal.

The invitation to accompany Dr. Nweeia to the distant regions of Nonavut, Canada – north of the Arctic Circle at the very tip of Baffin Island – was so intriguing that Meehan eventually made multiple trips to photograph both the environment and the Inuit people who were his hosts. He also managed to venture over to Greenland, pursuing his photography odyssey. (We featured the story about Meehan and Nweeia’s adventure in our June 2018 issue).

When Dr. Nweeia’s work was featured at a recent exhibition at the Smithsonian’s Natural History Museum, it was brilliantly illustrated with Meehan’s photography.

From academia to photographic celebrity

Born in New York City, Joseph Meehan recalls that his father “had a very good eye,” something



Above, top to bottom: *After the Storm*, Twin Lakes, CT. Joseph Meehan, photo by Anne Day. Opposite page, top to bottom: *Mountain Stream at Sunset*, Salisbury, CT. *Glacier*, Baffin Island, Canadian Arctic. *Narwhal pod*, Admiralty Inlet, Canadian Arctic (www.narwhal.org). All photos: © Joseph Meehan

that he inherited and has used to astonishing effect. Graduating from Columbia and Manhattan College, Joseph pursued a teaching career, focused on psychology and the social sciences. But, photography soon emerged as both a passion and a profession.

“I started shooting in larger formats – five by seven and four by five,” recalls Meehan. “I focused on application of the ‘zone system,’” a technique that measured the variations of light in a subject and managed exposures and focal length to match. When he took his film into the laboratory to develop and print, he applied his learning to create pieces that were true photographic art.

“I was fortunate to get assignments from major magazines in New York,” he recalls, “and was invited to become the technical editor of *Photo District News*.” The prestigious publication, now available online, is a primary communication link for professional photographers around the world and sponsors some of the most prestigious annual photographic competitions.

Everyone is a photographer

With a touch of sadness, Meehan observes the proliferation of “camera phones” that have encouraged millions of shots to be taken every day. “It seems that photography is no longer a specialty,” he observes. Ubiquitous as parents memorializing their toddler’s every step or strangely obsessed diners taking endless pictures of the plates in front of them at local eateries, simply looking at Meehan’s brilliant work speaks in opposition to his

lament. There are very few photographers who can create the striking clarity, color, and dramatic imagery of a Joseph Meehan photograph.

When an accidental fall left Meehan not only in need of hospitalization but extended rehabilitation, he spent time at Noble Horizons, the Salisbury, CT, rehabilitation center nearby his home on Twin Lakes. “The people there were wonderful,” says Joseph, “and I wanted to thank them the best way I know how.” A series of his most vibrant landscape prints have been framed and now appear on the walls throughout Noble Horizons.

Not truly “retired,” Meehan donates his time and consummate skills to local schools, fire and rescue companies, and other non-profit organizations, recording athletic contests, celebrations and annual landmarks. It was not without a bit of irony that the rescue team that answered the call when his fall left him incapacitated and in need of immediate attention was staffed by a number of volunteers who had recently been the subject of one of Joseph’s photo sessions. “Hey, Joe . . . what happened?” was a reassuring greeting to an injured and somewhat shocked Joseph Meehan.

His images of competitions at Salisbury School form a lasting reminder of the exploits of the young men who don the jerseys in various sports and provide glimpse back at history as classes graduate and careers begin.

The book exchange

While working at the *Photo District News* and photographing individuals for biographic profiles in



the publication, Meehan had the opportunity to meet and “shoot” many of the greatest photographic artists in the peak of their careers.

One assignment sent him to get a portrait of none other than Annie Liebovitz, the renowned portrait photographer who captured iconic images for *Rolling Stone*, *Vanity Fair* and countless other magazines. When Liebovitz agreed to the portrait sitting, she suggested a transaction as part of the date. “She gave me one of her magnificent books, autographed,” recalls Meehan. “In return, she wanted a copy of my book *Panoramic Photography*. I was honored. That was quite a trade.”

A true appreciation of Meehan’s work is best nurtured by visiting his website and casually rolling through the albums posted there. Special note of his treatment of landscapes is in order, as he has managed to so clearly employ his valued “zone method” in mastering how light and shadow, distance and detail all impact the finished photograph.

And, for those who may revel in the candid iPhone “snap,” but long to satisfy the craving to truly memorialize a moment of mist on the Housatonic River, the sweeping colors atop Mt. Riga in the fall, the poetic flight of birds high in the Berkshires, there are over 20 books created by Joseph Meehan to guide you on your way. ●

Enjoy a full portfolio of Joseph Meehan’s photographic work at www.josephmeehan.com.

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



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With thirty plus years experience in customer relations, over twenty years of which have been in the automotive business, mostly with GM, **Andy Koutselas** is currently the Chevrolet Service Manager at Ruge's in Millbrook, NY. "My customers are great and I really like to help them out in any way that I can. It's all part of what doing local business is all about." In Andy's spare time he enjoys boating, fishing, being outdoors, and collecting classic cars. "I can honestly say that I love the changing of the seasons and the small town feel." With warmer weather right around the corner, Andy is very much looking forward to the beach and enjoying a little fun in the sun. Just don't forget your sunscreen, Andy!



Dr. Mary B. O'Neill is nearing the end of her second year as the Career Experience Coordinator at Housatonic Valley Regional High School. Mary loves the process of building a program that enables students to explore career options through connections with local professionals and institutions. "I want students to understand that the skills they learn in their liberal arts subjects are the transferable ones they'll need in their future careers." When Mary isn't busy working with students, she enjoys spending time with her family, reading, exploring the outdoors, and writing for *Main Street!* She is also a proud season ticket holder for the NYCFC soccer team. Having now resided in Lakeville, CT, for 12 years, Mary greatly appreciates the area. "I love the fresh smell of the air when I walk out of my front door, living on a lake, and being part of a caring, small town community."



Retirement is a new beginning for lifelong Hillsdale, NY, resident **Craig Cooper** who, for nearly forty-five years, has been improving homes and transforming living spaces all throughout Columbia County. "I love the sense of gratification I feel upon seeing the transformation of the jobs, and the genuine appreciation from my clients." A true craftsman, Craig spends his time outside of work improving his own home both practically and artfully, designing and crafting unique items. "I'd love to build my own distinct pieces during my retirement." Above all, family comes first and he enjoys taking trips to visit his newborn grandson. When contemplating his time growing up, working, and calling Hillsdale his home Craig says, "I think there will be a piece of my heart that will always remain here."



Having lived in a half-dozen major cities, Sharon Hospital Emergency Department medical director **Dr. Ron Santos** prefers the Berkshires and Litchfield County. "I live in Western Massachusetts and I love not being in the city!" He oversees the emergency department physicians and patient care, and he is the hospital's associate chief of staff. Emergency medicine can be a challenging field, but it has many rewards such as "treating patients in serious situations, at times life-threatening, and seeing a positive outcome," he said. After a demanding day, Dr. Santos likes to unwind with music. A drummer for 39 years, he played semi-professionally in Boston in the late 80s. He even released an album around that time. He has this advice for others: "Try to do one act of random kindness a day."



Nancy Deming found her niche in home care in the Northwest corner of CT serving the community she lives in. Nancy has held many roles in this field, from case manager to nursing supervisor and has worked as an administrator for the past thirteen years. During her career, she obtained a bachelor's degree in Health Administration, and is currently the executive director at Salisbury Visiting Nurse Association. "I love being able to meet patients' and customers' needs by providing a continuum of health care services. I also appreciate how supportive the people in the Northwest Corner are to the local non-profits." Nancy lives in Goshen, CT, with her husband Kurt and their dog Hero. When not at work, she enjoys spending time with her grandson Alden and riding her horse.



Glenn Miller does everything that needs to be done at Meltz Lumber and Ghent Wood Products; from repairing logging equipment, sawmill maintenance and repairs, truck and trailer repairs, loading shipping containers with export logs, grinding mulch, and more. "I'll be with the company nineteen years this August. I love that every day is different, no two days are the same." Aside from working at the mill, Glenn likes spending time with his granddaughter, Emilee, who will be three this summer, restoring classic cars and driving his classic cars, attending car shows, going to Lebanon Valley Speedway, and fishing. Born and raised in Claverack, NY, Glenn says he loves the changing of the season, but this summer he's looking forward to the Adirondack Nationals Car Show after Labor Day.



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FARMER DAVID HAMBLETON OF SISTERS HILL FARM, STANFORD, NY

Feeding shareholders for 20 years

By Christine Bates
christine@mainstreetmag.com

David Hambleton, or Farmer Dave as he calls himself, talked to Main Street at the end of a long day at Sisters Hill Farm just outside of Stanfordville, NY. Starting with one acre under cultivation, Dave has created a highly efficient, organic farm by designing his own equipment and production practices and inspiring apprentices, volunteers, and CSA members. After twenty years he is enthusiastic and articulate about the mission of the Sisters Hill, feeding his “shareholders,” and battling the weather.

When was Sisters Hill farm and CSA created?

In 1995 the Sisters of Charity of New York added “reverence for the earth” to their mission statement. The Sisters were given this 141 acre farm in Stanford in 1916 but it had been left fallow since the 1940s. Inspired by Genesis Farm, founded by Sister Miriam McGillis, they decided in 1998 to try and grow healthy food, which would nurture bodies, spirits, communities, and the earth. Sisters Hill is one of the first CSAs in the country. The farm began operation in 1999 and they hired me in the winter of 1998/99.

How did they find you?

I must have answered an ad in the

Poughkeepsie Journal or the Northeast Organic Farming Association for an organic farmer. After graduating from SUNY Binghamton with an environmental degree I worked on an organic farm upstate in Pulaski, NY. When I interviewed for the position my presentation for the sisters showed the productivity changes I had made which had improved that farm’s operational efficiency in only a year.

How did you become an organic farmer?

I grew up next to a dairy farm in Orange County and went to SUNY Binghamton where I studied organic ecosystems. I tried a bunch of careers out; cabinet maker, carpenter, park ranger, environmental educator. All were satisfying, but I was drawn to farming because I felt it would make me feel like a fish in water. I wanted to have a positive impact on the environment. I wanted to work outside. I wanted to have a chance to constantly learn and grow. I wanted challenges. Farming gives me all of these things and more.

How many acres do you farm? How much do you produce? How much do shareholders receive each week?

By 2014 our cumulative production reached over a million pounds of food – now it’s over 1.3 million



Above: Farmer Dave Hambleton cheers with two heads of red leaf lettuce. Below, left: Apprentices like Melissa learn and work during the growing season at Sisters Hill. Photos courtesy of Sisters Hill Farm.

pounds. Every year we grow about 90,000 pounds of produce on five acres and clients receive five to 15 pounds every week for 24 weeks. The weight of produce each week changes depending on the mix of vegetables, the time of the year, and, of course, growing conditions. Lettuce in the spring is much lighter than onions or squash later in the year.

What’s your biggest crop?

Every year we survey our members to see what they want and if they are happy with the quantities they are receiving in their share. The top five year after year are carrots, lettuce, tomatoes, onions, and garlic. We grow over 200 varieties of 50 vegetables and also flowers and herbs.

Is this business profitable?

Our mission is to grow organic vegetables sustainably and organically and support the activities of the Sisters of Charity. We try to cover our operating expenses and still provide fresh food to Casa Esperanza, the Sisters mission in the Bronx.

WHAT IS A CSA?

Community Supported Agriculture (CSA) is a farming model in which community members pledge support to a local farm by pre-paying at the beginning of the growing season. In return members pick up a share of the harvest every week. In this way, the growers and members provide mutual support in food production creating a true community farm. Both partners share in the risks and rewards of small-scale farming: weather, insect damage, and fantastic tasting, healthy fresh vegetables.

CSA restores the lost connection between people and agriculture by providing an opportunity for members to be directly connected with how their food is grown. It’s about more than just vegetables.



Continued on next page ...

Locally we offer a sliding payment scale. Everyone pays something. We always have a budget for the year, but profit is not our goal. Between donations and selling CSA shares we always break even.

A whole CSA share for the season from June to October costs \$695 to \$795. Since we have eliminated the middle man and operate efficiently, our shareholders receive great value. We estimate that the full cost of a CSA represents a 50% savings over what it would be at retail. Most years the retail value comes out at around \$1200, not including Pick Your Own (PYO), and close to \$1500 if you do all the PYO crops.

What about competition from other CSA's? What makes a CSA great?

There are definitely more CSA operations than there used to be, but they all don't offer the same quality. When that happens customers can get turned off to the CSA idea. Good quality produce is critical, but also the right assortment and the right amounts and the connection with your clients. We have actually helped start many of the farms that are now our competition. We trained them as apprentices!

Who are your "shareholders"?

First they are people who value good food and appreciate quality. There are about 320 of them and 80% to 90% return every year.



Above: Volunteer garlic pickers harvest the Sisters Hill crop in early July. Photo courtesy of Sisters Hill Farm.

The average retention rate for most CSA's is about 45%. Our shareholders tend to be young families who want healthy food for their children and mature adults who like to cook. They are also people who care about the environment and the health of their community. We see ourselves as a partner in a healthier life.

What are your biggest expenses?

Labor is the largest. We have one full-time employee – that's me – and three or four seasonal apprentices. Mentoring young farmers and sharing our knowledge is part of our mission. Over the years we've trained over forty apprentices from all over the country. And we hold down our costs by enlisting volunteers to help harvest the garlic and do other chores.

What don't you grow here? Do you save your own seeds?

We don't grow fruit, except for melons, and we don't grow corn. We farm intensively on five acres and corn takes up a lot of room and is a hungry crop, which demands a lot of nitrogen. It's also finicky and prone to bugs and disease. It's difficult to find corn that has been grown organically.

Other crops like brussel sprouts, which are susceptible to flea beetles and sweet potatoes, which attract caterpillars, are not easy to grow without pesticides.



Above: Saturday CSA is pickup day at Sister's Hill. Photo courtesy of Sisters Hill Farm.

Crops like broccoli and spinach are only grown in the spring and the fall because they can't tolerate hot weather. We protect all of our crops from deer with fencing.

Most of what we grow are hybrids since their seeds don't produce true to type, we can't save them.

What's your biggest challenge?

Ask any farmer. It's the weather. We see evidence of global climate change affecting our local weather patterns. The weather is more extreme – really hot or cold, or wet for long periods of time.

On the personal side the biggest challenge is having a life while farming. It's so easy to get drawn in and have no time for anything else. The book *Seven Habits of Highly Effective People* helped me to set goals for personal time, not just a work to do list.

What have you learned over the last 20 years? What are your plans for the future?

What I love about farming is that you learn every day about plants, methods, people – it never stops. The most rewarding aspect of Sisters Hill for me is my relationship with our customers. I see them every week, it's very personal and the farm has a big impact on their lives in many ways.

We are now trying to make the farm more climate-resilient and protect our operations from excessive

precipitation by putting up more hoop houses and protecting the washing areas from rain.

What do you do in the winter?

The constant daily pressure of production is absent in the winter, but I have to plan for the next year; order supplies and seeds; interview and find the best appendices; do the budget; promote CSA sign ups; build and maintain equipment; go to conferences.

Do you have a favorite vegetable?

It might be carrots. We use a mechanical seeder so we don't have to thin them! •

You may still be able to purchase a CSA share at a farm near you. Rock Steady Farms in Millerton, NY, offers produce shares with add-on flowers, eggs, fruit and Chaseholm cheese and meat. www.rocksteadyfarm.com

Check <https://hudsonvalleycsa.org> for a complete listing of New York CSA's but do it quickly – most close membership around June 1.

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Cherry almond

SNACK CAKE WITH
“MARZIPAN” CRUMBLE

By Jessie Sheehan
info@mainstreetmag.com

There is so much to say about this cake, that I am not even sure where to begin. First and foremost, it is of the “snack” variety and such a variety is one of my all-time faves. A “snack cake,” for the uninitiated is – as you might expect – a cake for snacking. It consists of one layer and is, more often than not, baked in an 8x8-inch square pan (although truth be told, if it was baked in a 9-inch square pan, or even an 8 or 9 inch round one, I’d still be okay referring to it as a snack cake).

Ode to the snack cake

Snack cakes are perfect after-school cakes, or teatime cakes. They are wonderful in the morning – for breakfast or brunch – or when you need a pick-me-up with a cup of coffee at around 11 am. And I’m partial to a slice in the evening when I am staying up way too late binge watching Netflix (but maybe that is just me).

Snack cakes are also hassle-free cakes: cakes that call for ingredients already in your pantry (or for those found easily at the nearest store) and that come together quickly in your kitchen. And this particular snack cake is a “one-bowl” cake – which means you only need to dirty one mixing bowl (in this case the bowl of your stand mixer) to make it.

I love one-bowl baking, almost as much as I love snack cakes, as I am a sucker for recipes with streamlined instructions that do not require that you pull out every-sized bowl and plate and ramekin when assembling. One-bowl cakes are always easy to make and when you turn back to your kitchen sink, after placing said cake in the oven, there is just one dirty bowl waiting for you.

Favorite flavor combo

Finally, this particular snack cake showcases one of my favorite flavor combos: cherry and almond. It has the most tender and moist of almond-flavored crumbs and is studded throughout with bright red cherries – making it as pretty as it is tasty. Moreover, the crumb topping is sweet, crunchy and buttery and very marzipan-like in flavor, due to the addition of almond paste. It is delicious with a scoop of vanilla ice cream, or a dollop of lightly sweetened whipped cream, but honestly it needs no accompaniment: it’s that good. And, yet, if the combination of cherries and almond is not your thing, you could easily sub blueberries for the cherries, or even blackberries or raspberries – all would be delish, I promise.

Ingredients for the cake:

1 cup all-purpose flour
1 cup cake flour
1/2 tsp table salt
2 tsp baking powder
1/2 cup light brown sugar
1/4 cup granulated sugar
4 tbsp unsalted butter, cubed, room temp
2 tbsp vegetable oil
1 large egg
1 egg yolk
2 tsp pure vanilla extract
1 tsp almond extract
1/2 cup buttermilk, room temp
1 1/2 – 2 cups cherries, fresh or frozen (do not defrost cherries first, if using frozen)



“Marzipan” crumble

1/2 cup all-purpose flour
4 oz almond paste, cut into small cubes
1/3 cup granulated sugar
1/4 cup unsalted butter, chilled, and cubed

Instructions

Preheat the oven to 350-degrees. Grease an 8x8x2-inch pan with cooking spray, or softened butter. Line with parchment, and set aside.

To make the cake

Combine the flours, salt, baking powder and two sugars in the bowl of a stand mixer fitted with paddle attachment and mix on low to combine.

Add the butter and oil and mix on low until the butter is in pea-sized pieces. Then add the egg and yolk, mixing after each, and then the extracts and buttermilk. Increase the speed to medium and mix until a smooth thick batter forms, about 30 seconds.

Remove the bowl and fold in the cherries with a rubber spatula. Transfer the dough to the prepared pan and smooth the top.

To make the marzipan crumble

In the now empty stand mixer bowl (no need to clean it) rub the flour, almond paste, and granulated sugar together with your fingers until coarse crumbs form.

Add the butter to the bowl, and continue to combine the ingredients with your fingers until a small bit of dough stays together when you squeeze it together. Sprinkle the crumbs over the cake and place in the preheated oven. Bake for 38-43 minutes, rotating the cake after 20. Begin checking it at 35 minutes. It is ready when a toothpick comes out with only a moist crumb or two.

Let the cake come to room temp before slicing it and serving. The cake is very moist and will last on the counter for a few days, tightly wrapped. The slices also freeze well and can be reheated in a 350-degree oven, wrapped in foil. •

Jessie is a baker and cookbook author; you can learn more about her through her website jessiesheehanbakes.com.

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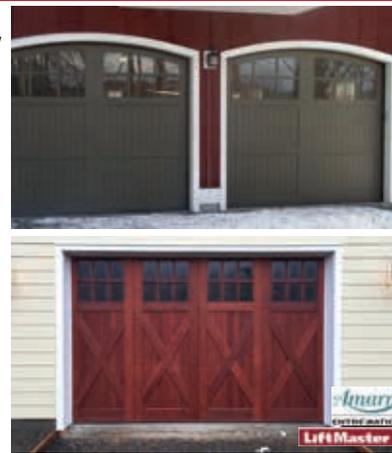
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A quiet place *Real estate and life in the Town of Stanford, NY*

By Christine Bates
christine@mainstreetmag.com

The Town of Stanford is a quiet, rural town tucked east of the Taconic Parkway bordered by six towns in north central Dutchess County. Stanford has five zip codes, three post offices, no elementary, middle or high school, no grocery store, and almost no signs announcing you are entering the town.

A few commercial establishments dot a stretch of Route 82 in the hamlet of Stanfordville. Six of the other eight hamlets – Attlebury, Bear Market, Lenihan, McIntyre, Stissing, and Willow Brook are almost invisible.

For northeastern Dutchess County it's a wealthy town where 40% of households earn six figure incomes. With a population of about 3,800 Stanford is white, well educated, and typically votes Republican, although that might be changing.

Preservation of open spaces

Joe Norton, who has been Town Supervisor for eight years, is a practitioner of zero-based budgeting and proud that Stanford property taxes have been decreased in the town for the last six years. In his view, Stanford has guarded its open spaces and preserves a commitment to remaining an agrarian, rural, self-reliant community. "Conservation easements stand in the way of development," observed Norton, and Stanford retains its fields and woods, clean air, and incredible water.

Paul Coughlin is a newcomer who moved to Stanford three years ago to run Taconic Distillery, now the number one bourbon distillery in New York State. Coughlin, who was recently elected as a Town Councilman, appreciates "No traffic, except for school buses and tractors, and they pull over to let you by," and Stanford's beautiful farms, and open spaces. He's proud of Stanford's brand new library and low taxes with every expense scrutinized to the penny by the Town Supervisor. His hope is that the town can encourage more viable commerce.

"Stanford, NY, real estate provides affordability, open bucolic spaces, and an active sense of community," according to Steve Bruman, a real estate agent with Paula Redmond. "Stanford ranks very high, if not at the current top of the list, for land and rural character protection by the Dutchess Land Conservancy."

A real farming community

Stanford has 463 farm parcels with two thirds of the town's 32,000 acres in agricultural use, primarily producing hay, corn, and field crops – and horse farms. The majority of these operations are small; however, 59 of them invest over \$100,000 a year in equipment and supplies according to Cornell Cooperative Extension of Dutchess County's 2018 Community Profile of Stanford. A large portion of these investments flows back into the community.

The entire northeast quadrant of Dutchess County (North East, Pine Plains, Stanford, Washington, and Amenia) is the agricultural corner of the county with 65% to 70% of acreage



devoted to all types of agriculture. But Stanford has the highest percentage of land devoted to horse facilities in the entire county.

There are signs of change, especially in the historic hamlet of Bangall. Bruman and his architect partner, Thomas Ambler, have turned the former Bangall Whaler restaurant, purchased in foreclosure, into a shared working space and community gathering spot. The hamlet also houses the studio of furniture maker Chris Lehrecke and jeweler Gabriella Kiss, as well as a West Coast video captioning company in the former Bullis Hall.

In the hamlet of Stanfordville, Big Rock Community Farms Market has restored a historic structure and offers a large range of local products from maple syrup to meat and produce. The new library will open soon and the former library is on the market for \$199,000.

Lowest town taxes in Dutchess County

At 1.37 mils, Stanford has the lowest tax rate of any town in Dutchess County, but the town has no police, no sidewalks, and no municipal water

2018 TOWN SALES VOLUMES

Town	Total value real estate sold	Rank
Amenia	\$83,227,618	1*
Ancram	\$10,414,590	9
Copake	\$27,785,703	4
Gallatine	\$8,613,313	10
Hillsdale	\$21,145,247	5
North East	\$17,364,700	7
Pine Plains	\$12,048,207	8
Stanford	\$28,308,797	3
Tagkanic	\$13,022,980	6
Washington	\$52,241,267	2

*Amenia includes \$61 Million + in Silo RidgeSales

Above: This 1850 brick house on Hunns Lake Road was purchased in 2010 for \$900,000. Left: Big Rock Community Farms Market on Route 82 offers a huge selection of local products in an historic building. Photos by Christine Bates.



Continued on next page ...

supply or sewer. The property owners in the lighting district of Bangall cover the \$9,000 annual cost for a few streetlights themselves. In 2019 town taxes were actually reduced by 4.83%!

More relevant to property buyers are the taxes of the four school districts that serve Stanford: Millbrook with a rate of 15.17, Pine Plains with a rate of 13.14 (where the bulk of students from Stanford attend), Rhinebeck at 15.64, and 12.43 in Webutuck in North East. The town's revenues are bolstered by the collection of fines from State Troopers patrolling the Taconic State Parkway on the town's western border. Stanford budgeted \$133,524 for its active court in 2019 and expects to receive \$280,000 in fines, netting the town almost \$150,000. Don't speed in Stanford!

An active real estate market

Relatively speaking, Stanford has an active real estate market – although the adjoining town of Washington/Millbrook with sales of \$52 million

dwarfs its annual dollar sales. Stanford's real estate market activity is similar to Copake's with \$28 million in sales last year. (See chart comparing 2018 annual sales volume in ten New York towns. Also note that Amenia's number one ranking was the result of \$61 million in sales at Silo Ridge).

Since 2011 Stanford real estate prices have stabilized in the mid \$300,000s

Sales levels in volume and number of transactions picked up in 2017 and 2018 with median home prices rising to the mid \$300,000s – the highest since 2011 when there was a lot of activity in the top two tiers and the lowest volume of sales below \$500,000.

Looking more deeply at just residential sales, 2017 was very strong for homes in all price ranges with record sales in all three price segments. Last year's activity was lower across all residential categories, perhaps because of decreased inventory.

Overall the market is a healthy mix of all types of properties at all prices,

with the top tier market segment supported by wealthy weekenders.

High-end broker, Candy Andersen of Guernsey Real Estate, agrees that Stanford has a "diverse" real estate market from beautiful horse farms to Victorian cottages, "the hunt crowd to regular people." Over the last nine years there have been 34 million-dollar homes sold in Stanford. According to the New York State records, 20 of those buyers had New York City addresses, four were from the Stanford itself, six from other cities in Dutchess County, and four from other states.

Often people want to know if assessed value is a good gauge of what a house is worth. In Stanford in 2018 only

NINE YEARS OF SALES 2010 TO 2018 STANFORD, NY¹

Year	# all sales ²	Total sales volume	# home sales	All single family median sales price ³
2010	29	\$21,044,500	35	\$299,000
2011	29	\$18,005,855	24	\$440,000
2012	43	\$22,011,622	35	\$345,000
2013	43	\$21,593,250	34	\$300,000
2014	44	\$18,080,650	32	\$300,000
2015	45	\$19,703,364	33	\$335,000
2016	44	\$19,110,470	36	\$290,000
2017	59	\$28,571,700	53	\$340,000
2018	55	\$28,308,797	40	\$363,700

RESIDENTIAL MARKET PRICE SEGMENTS³

Year	<\$500k	>\$500k <\$ million	\$1 Million+	Total residential sales	% all sales
2010	\$6,802,000	\$5,060,000	\$3,750,000	\$15,612,000	74%
2011	\$4,755,400	\$5,080,778	\$6,175,000	\$16,011,178	89%
2012	\$7,989,428	\$4,195,000	\$2,500,000	\$14,684,428	67%
2013	\$6,283,250	\$2,422,500	\$9,712,500	\$18,418,250	85%
2014	\$6,205,000	\$3,402,500	\$4,500,000	\$14,107,500	78%
2015	\$5,898,055	\$5,406,000	\$3,760,000	\$15,064,055	76%
2016	\$8,834,470	\$1,884,500	\$4,215,000	\$14,933,970	78%
2017	\$11,362,700	\$8,399,000	\$7,350,000	\$27,111,700	95%
2018	\$7,503,547	\$5,583,000	\$6,813,250	\$19,899,797	70%

1. Data extracted from New York State Real Property Data base which includes all good sales including non-broker sales. 2. # all sales includes every type of real estate transaction – raw land, agricultural land, residential, & commercial. 3. Includes all single family homes, as well as residential estates.

ten single-family homes sold below assessed value and 23 above. So yes, in Stanford, assessed values, except for unique high-end properties, are a pretty good estimate of what you might pay for a house.

What's on the market now?

Analyzing the 25 or so single-family homes on the market when this article was written in the beginning of May, selection seems thin. There's just not much out there to look at. It's not a buyers or sellers market, people just aren't selling.

In the \$500,000 market segment and between \$500,000 and \$1,000,000, current listings are below last year's total sales and less than half of 2017s. In the million dollar plus segment current listings are a little over last year's sales. The median listing price of \$359,000, similar to last year's \$363,700, suggests that the market is stable. Perhaps as the selling season progresses there will be more houses coming on the market, but right now the supply is tight. The rental market is also constrained with only a few single-family homes available for \$2,500 to \$6,000 per month according to Zillow.

New comers are welcome

Claire Copley and Alan Eisenberg arrived in Stanford in 2010 when they purchased an old brick house overlooking Hunns Lake. Claire, who is in charge of managing the raking the lake every spring, enjoys the mix of people around the lake – part-timers, weekenders, retirees, people who have lived there their whole lives. The couple has found a welcoming, collegial, and interesting community. "There's lots of outreach to anyone new. You run into people when you walk around the lake. It's never pretentious." The only downside of Stanford, in her view, is that there's no place to congregate, grab a cup of coffee, have breakfast, or buy groceries. On the other hand Stanford has easy access to Pine Plains, Rhinebeck, and Millbrook.

The Town of Stanford is a place of special beauty with rolling hills and views of the Hudson Valley and the Taconics. People love living there and don't want it to change. It doesn't look like it will. ●

Christine Bates has written about real estate since Main Street's first issue. She is a licensed real estate professional, licensed in Connecticut and New York.

RESIDENTIAL PROPERTIES FOR SALE TOWN OF STANFORD MAY 2, 2019

Listing price	Total value	Number
<\$500,000	\$4,597,500	16
\$500,000		
<\$1,000,000	\$3,865,000	5
\$1,000,000+	\$7,980,000	4
TOTAL LISTING \$ VALUE	\$16,442,500	25

MEDIAN LISTING PRICE= \$359,000

*This snapshot of the market is compiled from active listings on the Mid-Hudson MLS of single family detached homes on May 3.



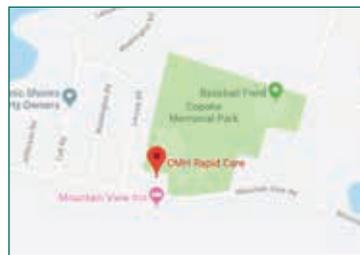
Above: The Stanford Library is listed for sale for \$199,000. Buyers will have to wait for the books to move to the new library before taking possession. Photo by Christine Bates.

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Old meets new

A FARM THAT BEGAN MORE THAN 60 YEARS AGO HAS EVOLVED INTO A BUZZING COMMUNITY DESTINATION

By Regina Molaro
info@mainstreetmag.com

Throughout the years, the agriculture industry in America has shifted and corporate farms have managed to squeeze out many smaller family-run farms, leaving them to disappear or innovate.

Innovate and adapt was the plan implemented by Norman Greig, whose parents Robert and Marion Greig initially planted the seeds for Greig Farm in 1942. What began as a 400-acre dairy farm in Red Hook offering pick-your-own apples and strawberries has now evolved into a dynamic year-round operation.

Norman has been at the helm of Greig Farm since 1975. A visionary who is open to exploring new ideas, he has breathed new life into the decades-old family business. He has shifted Greig Farm's offerings, adapting them to coincide with the times and preferences of a new generation.

Community + innovation

Greig Farm has a long history of uniting the community around fresh, healthy food, and local art. Norman proudly continues his family's legacy – one that celebrates innovation and community.

Beyond the extended pick-your-own season that currently runs from May through October, Greig Farm boasts the Hudson Valley Farmers' Market, which offers breakfast, lunch, and dinner daily.



Resident chef TJ is at the helm of the kitchen. He uses fresh fruits and vegetables grown on Greig Farm and seasonal local ingredients from other parts of the Hudson Valley to whip up his delectable dishes. Favorites include TJ's goat cheese, spinach and mushroom omelet, and vegetable lasagna.

Breakfast and lunch guests can place their orders at the counter space and then retreat to Marion's Gallery – a cozy dining area/art gallery named in memory of Marion Greig. At dinner time, it's take-out only.

Marion's Gallery boasts a chic, rustic style décor. Long wooden tables welcome large groups. Plenty of windows usher in lots of sunshine and large leafy banana plants bring an exotic touch. Marion's Gallery currently features the colorful works of self-taught artist, Eduardo Guzman Valverde. His oil-on-linen paintings explore topics such as the "folklore of his people, rite and magic, and music is..."

Greig Farm also has a market that offers local, seasonal produce such as cheese, meat, fish, and assorted specialty grocery goods. Some favorites include the Immune Schein Ginger Elixirs and local craft beer from The Ground Brewery.

On Saturdays, the year-round Hudson Valley Farmers Market (held downstairs) offers an assortment of cheeses, as well as items from Pogliani Gourmet Foods; Half Pint Farms; Le French Kiss Bakery; and Our Daily Bread, as well as flower and spice vendors. There's also a rotating selection of seafood.

Beyond the enticing bites, Greig Farm also offers crafts, artwork, and other items created by local artists. Its SoHu Artisan's Market, which launched in November 2018, is housed in a mod renovated barn that traces its history back to the 1850s.



More than 35 artists are represented – their works span from paintings and photography to ceramics, woodworking, fashion accessories, candles, home décor, and beyond.

The vendors hail from the Hudson Valley. They include Barley and Flax (hand knits); Bohemian Farmgirl (children's fashion/gardening aprons for children and adults); CBD Source NY (locally sourced CBD products including teas, dog biscuits, and tinctures); Dottie & Ro (hats and fascinators); and KHEM Studios (modern furniture) among others.

SoHu, which stands for South of Hudson, is open from 10am to 5pm every Thursday through Sunday (year-round) and on holidays that fall on Mondays.

Just off the chic craft market space is the outside sculpture garden, which currently houses works by Wilfredo Morel of Steel Imaginations and Ben Maron – a talented stone mason. "As the farms grows with an emphasis on sustainability and community, plans for the garden include an eventual

Above: The bucolic Greig Farm from above. Below, left: The farm boasts animals, too! Photos courtesy of Greig Farm.

Continued on next page ...

transformation into a venue for poetry, music, and dance,” says Patrick Lazarus, curator of the Farm Salon Art Gallery, also located on the premises.

Pick-your-own

The pick-your-own season that was started by Norman’s parents now kicks off in May with asparagus and extends into June with sugar snap peas, shell peas, and strawberries. Fresh blueberries entice summer crowds in July and a bounty of blackberries are harvested in August.

Come autumn, locals and tourists flock to the area for festive fall activities and the splendor of foliage. Many people put Greig Farm at the top of their ‘to-visit’ lists. In September and October, they enjoy picking apples and pumpkins.

Of course, animals are another attraction. Visiting and feeding the goats is a favorite activity. “A collaboration of artists and art students from the surrounding area hope to build a corn labyrinth or ‘Field of Dreams’ that can bring attention to the farm and the farming culture as it evolves locally,” says Lazarus.

Attuned to the nuances of the culinary industry, Greig Farm also has a food truck. Papa’s Best Batch is renowned for its “sammich” and operates out of a converted airstream behind the barn. Offerings include the Asian Smoked Brisket Sammich with Asian slaw, Swiss cheese, and Papa’s own Russian dressing. A host of other enticing items are on the menu. Papa’s Best Batch welcomes foodies every Wednesday through Sunday.

While gathering at Greig Farm, guests should head down the road to



Grandiflora – a gardening and nursery center that is part of the farm and features a koi pond.

Art on the farm

Beyond the food, cuddly animals, local market, and craft space, there’s the art. In 2017, the Farm Salon Art Gallery was founded as a space for local artists to explore their relationships with viewers. A collective of eight founding members – including Maribeth Blum Tuton; Joel Griffith; Robert Hacunda; Patrick Lazarus; Peter Mauney; Wilfredo Morel; Rochelle Redfield; and Frances Soosman – were selected by Rose Blum and Norman Greig.

Within the first year, five shows were held. “The Farm Salon began including guest artists, but suffered loss as weather and renovation collided, but this created a relationship with the farm that continues to grow,” says Lazarus.

Farm Salon’s mission is to provide access – both for artists to display their work and for the community and visitors to experience art in their daily lives. “It represents the farm as a destination. We envision the gallery as a dynamic art space that sparks conversation and synergy of ideas to strengthen the community and help people connect, network, and cultivate,” explains Lazarus.

The current show, which will run through June 15, is a retrospective of the work of the late artist Patti Hill Gordon (1941-2015). An opening reception is planned for June 1 from 4-7pm.

The exhibition includes painting, collage, sculpture, and ceramic work that represents the scope of her 40+ year career. A working artist and teacher in the region since the 1970s, she worked in a variety of media, including painting, wood, found object sculpture, decorative furniture, and musical instruments. She was influenced by the folk art of Central and South America and West Africa, the contemporary art community, the human community, and social issues.



Above: In addition to pick your own throughout the season, Greig Farm has art exhibits throughout the year. Below, left: And don’t forget to check out the food when you’re at the farm. Photos courtesy of Greig Farm.

Gordon’s work was shown widely in galleries in New York and New England. She was a New York Foundation for the Arts grant recipient for various installation pieces and community art projects with young people in Kingston and Poughkeepsie. She was also active in the Summer group artists’ collective in Poughkeepsie in the 1980s and one of the founding members of the Tivoli Artists Co-op in the 1990s.

Going forward, cultural events are being planned for summer and beyond. Upstate Films will present movies, which are projected against the barn. “The farm continues to develop events like this with plans for dancing, music, and poetry under the stars,” says Lazarus. •

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PHENOLOGY *(a natural phenomenon)*

By John Torsiello
info@mainstreetmag.com

Spring comes first where we won't see it. Deep in a bog, as early as January, a dagger of skunk cabbage pierces the mud, even as it is surrounded by snow and ice.

Symplocarpus foetidus, so-named for its fetid, skunk-like smell, is one of a handful of plants that are thermogenic, meaning that they produce their own heat – even enough to melt snow. But why?

The science of phenology

In order to appreciate the answer to that, one needs to understand a bit about phenology, or the study of seasonal plant and animal cycles. Most people notice the first robin of spring and squirrels storing nuts in the fall, but phenology elevates these observations to a science. By carefully observing and noting the emergence and dormancy of plants and animals, we are gathering important data about the patterns of life in a particular environment, and over time, those data tell stories.

In fact, one way to confirm the reality of climate change is through phenology. Even at the hyper-local level (i.e., our backyards), one can note the gradual shift toward warmer winters, earlier springs, and the impact these changes have

had on flora and fauna. In order to understand the interplay of those relationships, one needs to know a little bit about ecosystems.

Understanding ecosystems

Take skunk cabbage. Why is it thermogenic in the first place? And why does it smell like skunk?

By producing its own heat, the plant melts snow and produces early, foul-smelling blooms that attract pollinators that are drawn to the stench of the flowers. Those pollinators, such as flies and bees, in turn, pollinate other plants as well as attract birds that feed off of the insects and so on, up the food chain.

But if skunk cabbage were to bloom in, say, late December, and pollinators didn't show up until mid-January, it would throw off the entire ecosystem. Birds might venture north too early and get surprised by a snowstorm or the absence of preferred food sources.

Why we should care that...

Why should we care that red-bellied woodpeckers haven't returned to the state because of climate change or loss of habitat? Let's hold onto that question for a moment. Because



Above: Solitary and less common, bloodroot is a special treat among spring's emergent wildflowers. Below, left: Phenologists record the day-to-day emergence of buds and blooms on plants such as witch hazel.

phenology is part of the answer.

On a recent phenology walk at the Cary Institute for Ecological Studies in Millbrook, NY, I ambled slowly around their designated Fern Glen Phenology Trail, led by local "citizen scientist" Vicki Kelly. With her guidance and the help of some posted plant labels, I took an entirely different walk in the woods than my usual hikes. The trail is less than a third of a mile, but it took me the better part of an hour to wend my way around the two fens, a pond with a trickle of a brook, and some larger hemlocks. Ten other participants joined me for the walk, and collectively we noticed aspects of the area we might have overlooked on our own.

When I was in fifth grade, I remember our music teacher rolling a cart with a record player into the classroom to play a recording of *Peter and the Wolf*. I still recall that lesson, which was intended to teach us how to listen for the individual instruments that comprised the



Continued on next page ...

symphony. By listening intently and carefully, I began to appreciate the orchestration of the entire composition – how clarinets complimented flutes, how drums could create tone – and the way in which each individual sound was necessary to effect the impact of the whole.

Elements of our ecosystem are even more intricately and vitally interwoven, and the absence of a woodpecker means not only the absence of the telltale rapping in our spring symphony, but the absence of holes that are later used for shelter, nesting, and feeding by other songbirds and even larger animals such as owls and raccoons. Trace the ripples of the disappearance of red-bellied woodpeckers inward, and you will arrive at the slight but significant phenological changes that amateur observers and citizen scientists have been tracking for awhile.

Shared data-gathering

Most of those observations would have been buried in notebooks and personal diaries, but the power of cloud computing and spreadsheets, fueled by crowdsourcing, has transformed phenology into a shared data-gathering endeavor that has populated massive databases with information about phenological



Above: The US Phenology Network provides data about local flora and fauna for anyone to analyze trends, and they also aggregate it in maps such as this one that depicts the prevalence of the hemlock woolly adelgid as of April 29. Source: USA National Phenology Network, www.usanpn.org. Below, left: Sharp-lobed hepatica is one of a number of wildflowers that become familiar to us when we know their names and observe their seasonal changes.

observations.

The US National Phenology Network and the Environmental Monitoring and Management Alliance (EMMA) provide access to these data sets, which are truly massive. Brief training and orientation to the sites allows anyone to add to the data sets, and The Cary Institute provides this training periodically.

A brief inquiry into the EMMA database provides interesting data about sugar maple trees that supports what most “sugarers” have noticed about spring sap runs: since 2012, the first appearance of breaking leaf buds has taken place earlier from the 126th day of the year to the 107th in 2017. That is almost three weeks difference, moving spring (at least in this manifestation of it) toward a month earlier.

This is hard data: numbers and spreadsheets that are updated by users around the country and useful for scientists and enthusiasts of all

stripes. For more pedestrian users, however, EMMA translates these data into forecasting and status maps that begin to tell a story. The emerald ash borer has become a topic of conversation in these parts thanks to the strange purple boxes hanging from ash trees in the area, yet the worst of their damage has been limited to areas south of Pennsylvania, according to the maps.

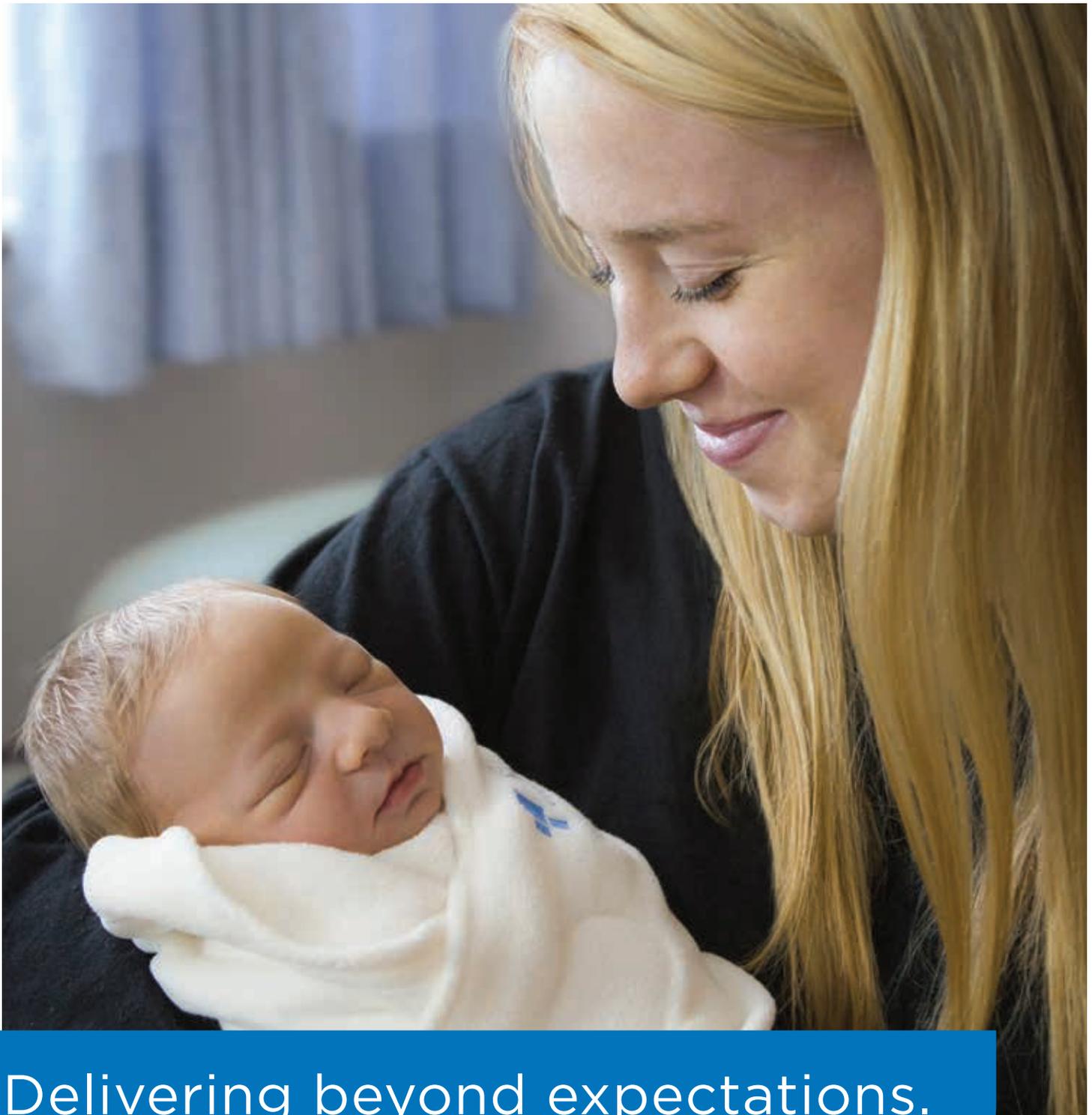
EMMA’s Spring Leaf Index Anomaly aggregates reports about the emergence of leaves across the country to compare one spring to another: depending upon where you live, this spring was anywhere from two weeks early to two weeks late.

Friendly faces

But phenology as a practice is worthwhile even without contributing to these data-gathering efforts. No longer are those pretty little wildflowers nameless: the phenologist recognizes them as bloodroot, trillium, and sharp-lobed hepatica. Just as knowing someone’s name allows us to call out to them on the street, knowing the names of these plants makes the woods more familiar, providing a cast of characters that emerge, on cue, to play their

role in the annual performance. After a barren winter, the spring woods suddenly teem with friendly faces.

By noticing these small contributions to our ecosystem, we come to appreciate the importance of them to the overall health of our environment. In one sense of the word, “appreciation” means to comprehend the full ramifications of a situation, and phenology helps us to know the intricate and delicate interactions among the smallest of plants and animals that constitute our world. We truly appreciate how tenuous some of those connections can be, and we come to respect the forces that draw out a solitary bloodroot, almost hidden in the shade of a hemlock. ●



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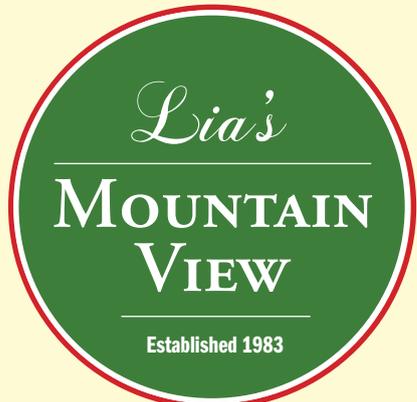
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Salisbury Magic

THE NORTHWEST
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By Susan Match
info@mainstreetmag.com

It's late in the afternoon, on a warm summer Wednesday in August, and Main Street, in the town of Salisbury, CT, is starting to buzz. The parking spots are filling up and people of all ages are streaming into St. John's Church. We decide to pull into an open parking spot. A sandwich board outside the church announces:

FREE CONCERT TODAY at 5PM. The Northwest Music Association presents THE NEW BAROQUE SOLOISTS

As we wander in, we are greeted by an usher who hands us the concert program. An offering basket is perched on a table, ready to accept whatever we might like to donate. The air conditioning is a most welcoming relief in the restful sanctuary.

The house is starting to fill up quickly. We take our seats and peruse the program. The musical selections include Handel, Telemann, Vivaldi, and J.S. Bach. Ah – the joy, clarity, and elegance of the music of the Baroque era!

Top-notch musicians

We note that each Soloist has a striking bio, top-notch education,

and distinguished performance experience. Some are permanent members of the Metropolitan Opera Orchestra, The Orpheus Chamber Orchestra, The Lincoln Center Chamber Society.

We read over the impressive list of individual donors. A good number of local businesses also are supporters and several foundations have given grants.

A wine and cheese reception will be held after the concert. We sit back, take a deep breath, and are ready to enjoy this lovely late afternoon of music.

And so begins the music

Opening greetings. The music begins. We are immediately struck by the excellence of the acoustics and the intimacy of the venue. Before each selection, one of the Soloists treats us to informative and often amusing anecdotes about the next number on the program.

After about an hour of beautiful music, the program comes to an end and we follow the crowd down to the reception. There, over wine and much more than just cheese, we find ourselves in lively conversation with the performers and the other audience members.

As we leave, we drop a few more



dollars into the basket!

We surely have discovered a “treasure” in the quiet Northwest Hills of Connecticut.

Going 13 years strong

The Northwest Music Association has been producing these concerts for 13 years. The Board of Trustees is made up of local volunteers, extremely enthusiastic and committed Baroque Music lovers, who had the same experience described above and are determined to help the concerts continue.

Their yearly fund-raising efforts bring out the best in the local residents and businesses. They are always grateful for the generous donations placed in the basket at each concert which help so much to keep the concerts going. Through the years, the Association has also been fortunate to receive support from several Foundations.

How it all began

The New Baroque Soloists is under the artistic leadership of director/founder, Doug Myers, a trumpet and horn player. The story goes that 14 years ago, Myers was touring the

Above: New Baroque Soloists with their artistic director, Doug Myers (far right), an internationally known soloist and chamber musician; Below, left: Song-a Cho (Tanglewood Music Center and Juilliard Orchestra) and Joel Pitchon (Concertmaster, Barcelona Symphony Orchestra). Photos: Carl Weese.



Continued on next page ...

area, looking for acoustically excellent venues for his concerts. When he walked into the sanctuary of St. John's Church, he was aware of its ambient quality. Reverend John Carter greeted him, they became immediate comrades and the first concert was scheduled.

Myers has surrounded himself with outstanding, dedicated musicians. In these 13 concert seasons in Salisbury, he has brought winners of The Tchaikovsky International Music Competition as well as performers/soloists in orchestras all around the world to make up the weekly ensembles. A handful of these instrumentalists have been involved with this group from the earliest days and others are new and upcoming bright stars. It is a most enjoyable experience to chat with these very gifted musicians at the after-concert receptions.

Myers says, "There is something ... I call the 'Salisbury Magic'... The people who come to our Salisbury concerts are some of the nicest people anywhere. Over the years, most returning Soloists have developed wonderful friendships with this audience."

Premier arrangements

One of Myers' passions is to research the music of the period,

some of which has remained unheard because of its singular combination of instruments in its original form. Myers explains that this often happened due to the availability of particularly talented players at that moment in time in the composer's life. Myers takes these rarely heard gems, considers the availability of particularly talented players in this time and arranges the music for modern audiences to enjoy. Many of these premier arrangements have been sprinkled into his programs – much to the delight of the players and the audiences.

In choosing repertoire for the Soloists, Myers seeks out not only the familiar composers, but also the lesser known. For all these years the concerts have included compositions by Johann Joachim Quantz (1697-1773). Quantz wrote hundreds of sonatas and concertos during the Baroque era and was extremely popular in his day.

Johann Georg Pisendel (1687-1755), who led the Court Orchestra in Dresden, Germany, is occasionally featured.

The music of Johann Halvorsen, a Norwegian composer (1864-1935,) has popped up on a program – proof that quality music knows no boundaries! Even Mozart and Beethoven have appeared.



This year's season

The 2019 season promises to be another sparkling year! Bach's first three Brandenburg Concerti will be included. Of particular interest to Brandenburg aficionados will be the Third Concerto. The middle movement of this concerto is just two measures of music. Musicologist Kenneth Cooper suggested to Myers that this two-measure "movement" might be substituted by another Bach composition which could enhance the concerto. Cooper offered a list of possibilities and Myers chose a violin sonata which he rearranged for keyboard, oboe, solo violin and strings.

Also, this season, Myers will include his world premier arrangement of the Handel Concerto for two choirs of instruments. For those who enjoy a more intimate concert, two concerts in the season will be dedicated to small ensembles.

Recently the Northwest Music Association created a website, www.northwestmusicassociation.com, which is a valuable source of information, particularly during the concert season. A few days before each concert, the reader can access a preview of the upcoming musical selections, learn about the players for that week and any other tidbits of news concerning the concert. •

The New Baroque Soloists, presented by the Northwest Music Association, will perform at the St. John's Episcopal Church on Main Street, Salisbury, CT, on four successive Wednesdays – July 24, July 31, August 7, August 14, at 5 p.m. No tickets are necessary. Free to all.

Above: Vincent Lioni, viola, and Sam Magill, cello (both Metropolitan Opera Orchestra). Below, left: Doug Myers and Jim Ross (Metropolitan Opera Orchestra and New York Philharmonic Orchestra), playing newly invented Corni da caccia (Piccolo French Horns). Photos: Carl Weese.



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An Idle Monument

Left: The Roe Jan building on Route 22 still sits proudly, even after 20 years of silence. Photo: Thorunn Kristjansdottir.

By Griffin Cooper
info@mainstreetmag.com

Twenty years have passed since the Roe Jan building held its final classes and closed its doors for the last time. Twenty years since anyone disembarked the early morning bus and, with puffy eyes, strolled through the big double doors of this titan of a local landmark. Two decades have crept by since students, teachers, and staff flooded the halls of Roe Jan, but the memories remain.

The smell of freshly cut grass on a Friday evening sitting beneath the spotting tower with friends and watching the Titans football team down another opponent on their way to a perfect 8-0 record during the 1988 season. Memories of folded down school lunch tables and the urgency one felt to grab a tray and stand in line in anticipation for the most delicious piece of rectangular pizza which could have ever been conceived. The hot June sun beating down on the backs of those unlucky enough to be assigned the black shirts during field day or the orchestral sound of thirty recorders rehearsing with a distinct harmony in anticipation for an upcoming holiday concert in the “gymnasium.”

For twenty years the provincial school building has sat idle, vacant, the spring air pushes its way through broken windows, sweeps below the pock-marked ceilings, and brushes by endless bits of loosely hanging peels of forlorn wallpaper causing them to stir a bit, like the maple leaves of autumn. Its courtyards and tennis court are moored in prehistoric weeds, chalkboard graffiti shows evidence of some of Roe Jan’s only visitors in twenty years.

Yet Roe Jan endures, though much of its structure has been harrassed by an unimpeded Mother Nature, a spirit of sentimentality lingers around each corner. Each year the beloved school stands with modest dignity just off State Route 22 between Hillsdale and Copake, NY. like a grandparent silently watching its children, grandchildren, and the generations that have come after its time go about their daily lives, waiting patiently for its chance to be needed again.

Roe Jan endures because it is a symbol of the community in which it is nestled, it represents the honest heart of small town life and the timeless ideals of neighborly trust. Twenty years is but a moment when compared to the sixty-six years and three generations of people that have passed through the familiar halls of this now idle monument. For six decades Roe Jan breathed life into a rural community, bringing towns, friends, and families together. Perhaps after twenty years, it is time for Roe Jan to get its second wind.

Roeliff and his kill

Like any great historical landmark, its origins are tied to a local folktale. Roe Jan draws its namesake from the kill that flows along its perimeter, a body of water named after a fairly mysterious character in the area’s history. By all present day accounts Roeliff Jansen himself is perceived to be a well-regarded, pioneering explorer whose influence spread throughout the entire colony of New Netherlands during the early part of the seventeenth century. It is also somewhat of a widely accepted fact that Jansen was the first European to settle the area.

The truth about the man is as equally nebulous as the myth his name has cultivated, it is more likely Roeliff was something of a wayfarer, once a farmer, sailor, and even government official. Sometime during

his twenties, Roeliff and his family emigrated to the New World via the Dutch West India fleet in search of farm land to plot around the present day capital of Albany. Like most of his career ventures, Roeliff was contracted to farm this particular plot by none other than Killian Van Rensselaer. After struggling to manage through the hard upstate New York winters, Jansen was released from his contract and moved his family all the way downstate to lower Manhattan and took a job as a land purveyor of sorts.

Despite his numerous travels up and down the Hudson River, one fact becomes apparent when studying Jansen’s modest life, the man never lived in the area. Still, the legend of his adventure up the Hudson, where both he and his crew became marooned by freezing ice for a full three weeks before eventually wrestling their krag from its frozen anchor, and his crew subsequently choosing to name a nearby creek after the only government official on board, persists. No doubt the natural beauty of the kill and its pervasiveness in the area are worthy of such a story.

Thus the well-traveled Roeliff grew into something more akin to a folk hero when it came time to dedicate the school building in 1933. In June of that year “One of the greatest crowds in the history of Columbia County” assembled (1000 according to the *Hudson Evening Register Star*) to see *Roeliff’s Dream*, an operetta composed in honor of the opening of the school.

In Act 1, Roeliff himself is set in an old-fashioned school room, where children are punished for smiling and tasked with menial assignments like memorizing dates conducive to an “atmosphere of gloom.” Roeliff sings of

Continued on next page ...

fishing in the nearby kill, when he is punished for his daydreaming he sings again for the experiences he longs for,

*"I dream of a large and beautiful place
Where children will be free
To learn about all the wonderful things
That interest a boy like me.
A school where the teachers are all
Our friends
And will help us do our best,
And no one will ever say that
children
Are a pest."*

A Great lift from Depression

During one of the most uncertain times in American history, one year after the great stock market crash and on the verge of yet another impossible financial downturn, representatives of the community gathered at the Hillsdale library in December of 1930 for one purpose, to bring a community together under one school district. The area had previously been divided into twenty-nine smaller districts before the State Education Department approved the umbrella merger in 1931.

In the years before the merger, high school students from seven different townships were relegated to a two story building in Hillsdale aptly named Hillsdale High School, back then most students were able to commute to school via train along the New York Central Line. Thanks to the tireless efforts of community members

like John D. Ackley and Theophilus Johnson, the integration of all districts was approved and the next step involved choosing the most effective site for the new school's construction. Initially six sites had been considered, three south of Hillsdale, one in Copake, one in Craryville, and another in Copake Falls.

In the spring of 1932, three meetings were held in order to explain the proposed building program. The vote was held in April on a bond issue of between \$290,000 and \$390,000 to cover all building costs. Voters for the proposed land site located just south of the Hillsdale town line were required to possess certain qualifications, interestingly enough, one provision listed included, "Women possessing such required qualifications are entitled to vote."

Home of the Titans

Following the construction and dedication of the building in December of 1933, Roe Jan cemented its status as the central hub for community activities for the next three decades. What had previously been a series of isolated rural townships was transformed into an estuary of families and backgrounds including farmers, doctors, lawyers, community leaders and politicians. Roe Jan and its staff would consistently flex their medal and adaptability in the intervening years, through crisis at home and conflicts abroad including perhaps the greatest global conflict of the twentieth century, World War II.



Above: Home economics class in session circa late 1940s. Below, left: A PTA meeting in progress in the mid-1950s. Photos courtesy of Lynn Colclough.

Roe Jan would accelerate its academic program during wartime in order to meet the enlistment emergency. Members of the senior class in 1942 took the regents at the half year mark because they would be 18 years of age before the end of June and thus would be eligible to serve before the end of the school year. With an unconquerable sense of defiance in the face of hardship, composer L. Osborn wrote his then famous marching piece in honor of those students leaving home to fight for their country in Europe and around the world.

To the tune of "Our Director" march theme,

*So here's to Roeliff Jansen
Guardian of the light,
Here's to our banner
Of maroon and white,
And here's to all our graduates
On land and sea,
Fighting the battle
For our liberty.*

With the end of the war in 1945 and the young men and women of the community returning home, the spirit of Roe Jan began to flourish and cultivate memories that would root themselves in the lineage of the area, endowing students and staff with a familial bond that still exists today.

Teachers like Herb Bergquist, who came to the area in 1955 and taught science at Roe Jan for thirty five years, embody the permanent impact the Roe Jan experience has left on long time members of the community. As he and his wife Flora reflect on their time spent dedicating their lives to the students at Roe Jan, Herb eases back into the nape of his rustic recliner and smiles warmly, saying with genuine

modesty, "The kids I had were great, just real good people."

Herb's legend is unique in the lineal history of Roe Jan, his notably intimidating size only outmatched by his unguarded smile and sincere interest in the lives of his former students. It is no wonder that his former students, some now in their sixties, are hard pressed to forget the nature trail he cut for his classes on the grounds where he took his students out walking in order to identify wildlife and vegetation as well as planting various trees and shrubs. Mr. Bergquist extended his tutelage beyond the classroom as well, coaching Junior Varsity and Varsity baseball for twenty four years.

The history of Roe Jan is a treasure trove of moments and events that have become lost to the veil time casts upon history, but are easily recalled when rekindled in the minds of those who lived through the days of Roe Jan's prominence. One such event that has yet to fade from the collective memory is the annual Ag Fair, spearheaded by one of the original members of the Roe Jan staff, Robert Lawrence. Described as the largest event of its kind in the area's history, each year farmers would bring animals for the local kids to enjoy, tents were erected on school grounds and filled with varieties of small animals and cattle, games and exhibits were held in the gym, classrooms would be filled with homegrown plants for display, and judging would take place followed by ribbons and prizes. Former

Continued on next page ...

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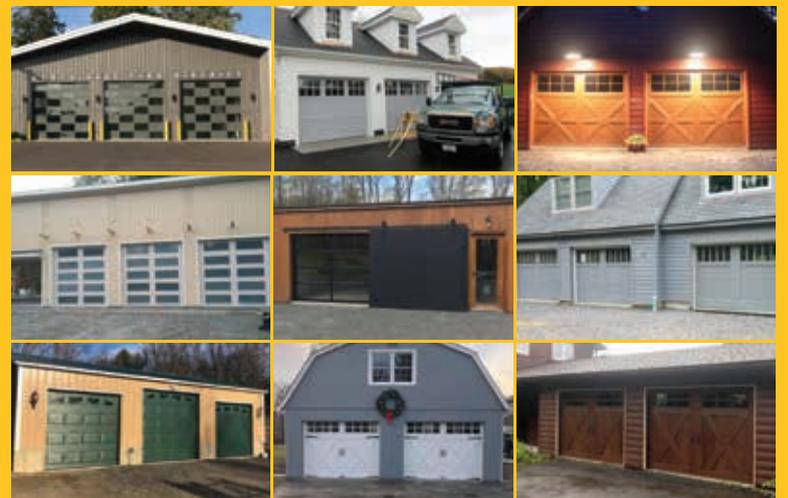
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Home Economics teacher, Lynn Colclough, recalls the grandeur of the event, “That night the gymnasium transformed into a carnival, it was a huge community event, it brought everyone together in a way that’s hard to describe.”

Dutchman vs. Hornets

Before long, the once small farming community began to grow in size, bringing with it an influx of students to both the Roe Jan and neighboring Ockawamick school districts. During the early 1960s Roe Jan began to feel the economic squeeze of overcrowding and to compensate constructed a separate elementary wing in 1962. Still, the extra space was not enough and thus began a decades long struggle between the local Taxpayers’ Association and the School Board of Education. The pressure of overcrowding combined with the lack of resources began to mount, with the urging of the State Education Department and the promise of increased aid, a new solution was determined to

be reached.

As a result, in 1969, the two school districts of Ockawamick and Roe Jan merged in an effort to create more space for students, teachers, and staff trying to keep pace with the growth in the area and to mitigate space for students and classroom size. Despite the agreed upon merger, delays in the transition persisted until 1971 when Roe Jan and Ockawamick finally became unified under the newly titled Taconic Hills school district.

When the dust of litigation finally settled, it was agreed that both schools would host students from K-5, Roe Jan would house students from junior high 6-8, and Ockawamick would become the defacto high school for students 9-12. The result was one of mixed emotions and, at times, logistical nightmare as school resources and spending were split between the two schools. Bus runs for example, became a rubix cube of transportation. In one day buses reportedly traveled three thousand miles and double bus runs were instituted to accommodate after

school activities at Roe Jan.

Jim and his wife Lynn Colclough, who graduated from Roe Jan in 1966 and would eventually return to the place they loved so dearly to teach science and

home economics respectively, remember the nature of the merger between the two sports rivals distinctly. “Herb [Bergquist] and I would love to look out from room 224 out on the bus parking lot, it was exciting to see the rivalry playing out in front of us,” Mr. Colclough opines wryly recalling the initial interactions between the manufacturing town students of Ockawamick with the farming community of Roe Jan.

Similarly, Mrs. Colclough recalls the early morning raids on the school announcements by members of the Ockawamick Hornet’s nest. In reality, the 1969 merger was more than just the forced alliance of bitter sports rivals, it was just the beginning of a nearly twenty year-long struggle for the education of every student of Taconic Hills that would test the will of the community and the endurance of the educators tasked with leading it.

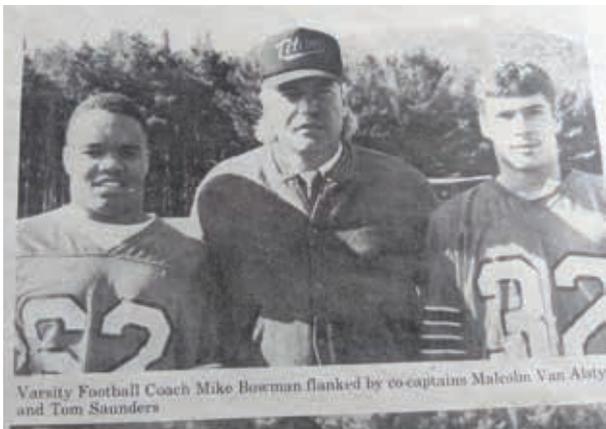
The tipping point and the breakthrough

What ensued following the merger was nearly three decades of “make-do” education, a pressure cooker of state expectation, and a wasteland of resources. The staff at Roe Jan were tasked with improvisational modes of teaching and a reliance on their fellow educators to push through the curriculum. The advance of technology and the modernization of the home computer forced Roe Jan to expand its educational borders even further. Flora Bergquist recalls the first computer classes taught at Roe Jan originating from a school bus, “They

fixed the mainframe into the bus and the aisles were converted to computer stations.”

During the period between 1970 and 1987 six proposals were made to build a new school, one that would be large enough to house both former districts, six proposals were rejected. Roe Jan’s space problems extend far back before 1987, until 1977 the district mitigated the issue by spreading the student body over several outside facilities including churches, the Masonic Temple in Hillsdale, Clara Harder Hall, and the old Copake School. During the early 1980s the growing student population and the lack of supporting classrooms ballooned and the problem of physical space started coming to a head. Classes were consistently quite large making the student-to-teacher ratio effectively incongruent with the state requirements for student proficiency, twenty six children in Kindergarten class, for example, was common.

New York regents mandates also put the squeeze on educators and the district itself as they limited student participation in Vocational Educational classes, an educational program that had previously allowed many students to attend BOCES without having to concern themselves with certain graduation requirements. The compulsion to pull more students back to their appointed public school forced Roe Jan to adopt severe and unorthodox locations for classroom accommodations, including entry ways, closets,



Varsity Football Coach Mike Bowman flanked by co-captains Malcolm Van Alsty and Tom Saunders



even bathrooms, and the advent of the mobile class, where teachers literally taught arts and sciences on wheels using carts from the technology and home ec rooms to carry supplies and lesson plans. Lynn Colclough's home economics course was subsequently taught on wheels, "I had all my stuff on a cart, I can remember pushing my stuff around and teaching in any room available. Coordinating with other teachers about classroom availability was so important."

In 1987, then governor Mario Cuomo included in his State of the State speech a call for the gradual opening of pre-kindergarten classes statewide. He told the New York legislature, "We should find a way to expand [pre-k enrollment] so that it goes beyond just the disadvantaged population to the whole population." Despite the magnanimity of the idea, enacting a statewide decree of

an additional population of students meant the potential for an influx of children into a school that was already experiencing severe space problems. A projection from the 1987 proposal for a new building suggested the need for as many as ten additional classrooms to accommodate potentially 150 new students based on the governor's proposed requirement. In fact based on the committee's projection for the next decade, student enrollment was forecasted to increase by 356 students, or 22%. The specially appointed 1987 committee began to notice that classes in lower grades were growing in size, thus the projected increase in overall population over the course of the next decade began to be perceived with a growing sense of urgency.

Once again state mandates and changes to graduation requirements created the impetus for more course offerings, including a foreign language requirement in junior high, shop class became a requirement for junior high girls and home economics for junior high boys. In an effort to meet the pressing need for space, the district resolved itself to endure conditions that were not only unfit for a learning environment, but barely met safety code regulations. The cramped,

noisy conditions were impossible to navigate from an educators perspective and teachers often had to be ready to move from room to room in order to clear the way for the next incoming instructor. On top of all these internal struggles, the school board was also aware that both Roe Jan and its sister school Ockawamick were in need of significant structural upgrades.

In 1986 the board hired Leo A. Soucy Associates, a firm hired to assess problems within the district and recommend solutions that would benefit the students, staff, and taxpayers. In a concluding report handed over in February of 1987, the firm stated incredulously, "In our long, varied and extensive experiences in working in and with hundreds of school districts, seldom have we seen so many problems in a single district." Needless to say the recommendation for the construction was pushed with more vigor than ever before.

Finally, in the summer of 1987, the Board of Education voted in favor, after over six proposals in nearly two decades, for the construction of a new school building and put together three committees in charge of the planning. Incredibly, it had been nearly two decades before the last ditch effort for a new building, a successful last pitch was approved, that the original plan to build a new high school had already formed. Fifty-six acres were purchased by the district in 1969 at the intersection of Route 23 and County Route

Opposite page, L-R, top to bottom: Mr. St. Hedley's seventh grade science room sits idle. A group photo from the class of 1979. A candid photo from the class of 1979 with the caption, "The ceiling is falling." A detention note remains on one of Roe Jan's chalkboards indicating that Joey Fusco has detention. Coach Bowman with the co-captains of the 1988 State Champions football team. Photo scanned from *The Roe Jan Independent*.

This page, above, L-R, top to bottom: Scenes of a not-forgotten relic past, from the orange lockers to student art outside of a first grade classroom, to the junior high school library. Left: The yearbook staff from the class of 1979.

Photos this spread: All class photos scanned from the 1979 yearbook. All current photos taken by Thorunn Kristjansdottir.



Continued on next page ...



11A for the purposes of constructing a new building – thirty years before any student would step foot into the twenty-first century Taconic Hills school as we know it today.

Roe Jan’s future shrouded in mystery

The 1999 graduating class would prove to be the last of its kind at the Roe Jan building. Despite the massive undertaking accomplished by members of the Roe Jan community to build the new school, the decommissioning of both Ockawamick and Roe Jan in 2001 proved to be a sad moment for everyone. “It was just a sad time for every resident that grew up in Roe Jan,” says Mrs. Colclough, who, along with her husband Jim, had at least one member of the family in every graduating class at Roe Jan.

What exists in the aftermath of Roe Jan closing its doors can be found deep within the fibers of the small town rumor mill. Over the years potential buyers have cropped up only on the periphery, a home for troubled youth here, a senior living center there. Roe Jan’s lack of suitors remains a symbol of its sentimental importance to the community, the citizens of the Roe Jan area are

protective of the building’s potential future, however it is this same sense of parental ownership that is perhaps responsible for the building’s current state of neglect. The building is currently listed at an asking price of \$2.9 million and Klemm Real Estate is the real estate company representing the property. The hope of restoration it is still a possibility even after two decades of isolation, Hillsdale town supervisor, and former student at Roe Jan, Peter Cipkowski says simply with confidence, “It can be done.”

Cipkowski’s optimism is perhaps not misplaced either, for less than thirty miles away a similar restoration has already been successfully accomplished. Dubbed “The School in Kinderhook, NY,” artist Jack Shainman has reestablished a 1929 Federal Revival school by converting it into an art exhibition gallery. Architect Antonio Jimenez Torrecillas reimagined the gymnasium by converting it into a 5,000-square-foot exhibition space. Even the five acres surrounding the property are used for outdoor sculptures.

Memories are the foundation of the human experience, and to save Roe Jan in 2019 is to preserve the collective seventy-six year experience of a community no matter what the building is ultimately used for. Like tapestry woven into the fabric of time, Roe Jan will forever be a reflection of the community it represents. The waters of the Roe Jan kill still flow

with as much life as they ever have like the memory of the names that have etched themselves into the worn bricks: Bergquist, Colclough, Atwood, Fournier, Herrington, Preusser, Lampila, and Keough.

It is a building that has cultivated so many memories and wrapped its loving arms around so many esteemed members of the community that it would be impossible to attempt to justify their contributions in just one story. Women like Bette Gallup who served as a shining example of female leadership, or Coach Shoemaker whose leadership and dignity on and off the ballfield pervade for so many in their daily lives. It is true, Roe Jan is a memory now, but its heart beats within the people of the area, those who remember the now cracked hallway tiles being a mosaic of construction paper and hundreds of five-fingered turkeys lining the walls during Thanksgiving. The scratched-out names in pencil on both sides of a catalog card in Mr. Tiger’s library, the thrill of climbing the wings of the cement dragon...

Though it sits in idle silence, Roe Jan will forever embody the heart of education, and the spirit of endurance. ●



Above, top to bottom, L-R: Two photos of some of the students of the class of 1999, the final graduating class of Roe Jan. Roe Jan’s main auditorium still maintains its Titan spirit. Bob and Walter, Mr. Colclough’s “assistants,” were included in the 1995 yearbook as “staff.”

Photos: All class photos scanned from the 1995 yearbook. Auditorium photo taken by Thorunn Kristjansdottir.

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Passing the reins: A TRANSITION IN AGRICULTURAL EDUCATION

By Ian Strever
info@mainstreetmag.com

In a 2012 report by the Social Security Administration, officials estimated that 10,000 Americans would retire each day over the next nineteen years. In other words, retirement isn't exactly news-worthy these days.

That is, of course, unless a retirement isn't your typical retirement. Such is the case this year when Housatonic Valley Regional High School says goodbye to two pillars of its Agricultural Education program: Mark Burdick and Karen Davenport. The two veteran educators plan to retire in June with a combined seventy years of experience in education. Recently, I sat down with Mark and Karen to reflect upon their careers and future plans.

The sage owl & the hugger

Mark glances over the frames of his glasses, and for a second I glimpse a stern, disapproving New England elder who would fit right into a production of *The Crucible*. In another second, however, a warm smile beams through his grizzled beard, the corners of his mouth curled just enough to suggest a trace of a trickster. Among the Future Farmers of America (FFA) he is known as the sage owl, but I see him as more of a coyote, equally quick with a clever solution and a corny pun.



Karen leads with her smile. Radiating through her cheeks and eyes, it suffuses her body, suggesting that a hug could happen pretty much at any moment. I've never been much of a hugger, but I know that even today – perhaps more today than ever – there is still a place for them in school. Good teaching begins and ends with relationships, and Karen's genuine interest in her students lays the foundation for effective learning. But more than that, she just makes everyone feel welcome.

Burdick and Burdick-isms

Burdick is the elder statesman, having served forty-one years between HVRHS and Nonnewaug High School in Bethlehem, CT, which he attended as a student. His path to retirement took an interesting turn nine years into his career, however, when the paltry teaching salaries of the era and the lure of owning his own farm enticed Burdick to try his hand at cheese making.

For all of our criticism of lawmakers, we can sometimes point to legislation that truly makes a difference in our world, and when Connecticut legislators penned the Educational Enhancement Act of 1986, it encouraged educators like Mark to take a second look at teaching as a career. Enticed by the incentive, Burdick also realized what he was missing in the interactions with students, and when the venerable Walt Burcroff retired from teaching the Agricultural Mechanics courses in 1987, Mark returned to the classroom, where he has been ever since.

Educators amass a lot of stuff over their careers: lesson plans, tests, memories, and in a shop setting, lots and lots of small nuts and bolts. Most of that content is continually in a state of revision, but of all the detritus from



forty years of teaching, it's Mark's puns that are most in need of preservation. Days when we suspend our bell system are "No Bell Peace Prize" days. When Burdick teaches students how to identify a shagbark hickory, he reminds them that "you can tell by its bark, not its bite."

If you are done groaning, you'll also probably admit that you might remember those quips well after you are done reading, and that's exactly the point. When I asked a group of students, all of them offered up a Burdick-ism, and some of those students hadn't had a class with him for years.

How technology has changed teaching

"Students haven't changed much, really," Burdick opined when we reflected on his career. "But the technology..." Burdick distinctly recalls some game-changing moments when new technology caused him to rethink his role in the classroom. He described a moment in the shop when a student asked him about using white grease on a small engine part. Before he could even investigate, the student

Above: Some things haven't changed: Mark and Karen are both still smiling, whether it's the beginning of the day or the end. Below, left: Karen and Mark have spent the better part of three decades together, both as colleagues and friends.

Continued on next page ...

held up his phone and said, “Hey, Mr. Burdick: this guy’s using white grease on YouTube.” Now, students access how-to videos and owner’s manuals online for all kinds of projects.

The mother of the FFA

There are no owner’s manuals for living animals, though, and Burdick’s counterpart across the hall has not only (literally) shepherded hundreds of goats and sheep in the barn behind the school, but has shepherded thousands of students through their four years at Housatonic.

Most days, I pass Karen in the hall. In a world of hollow salutations, her’s manage to be personal. It’s that extra second beyond, “How’s it going?” when her attention lingers for a second to let you know that she’s actually interested in how it’s going. She’s not just asking to be polite – she really wants to see how you are.

If Mark is the father of the FFA at Housatonic, Karen is the mother. After a brief stint at Wamogo, she arrived at Housatonic in the spring of 1994 to fill in for a maternity leave that never ended. Like Mark, she marvels at the impact of technology on her classroom, both through the integration of devices such as ultrasound machines for animals and through the way it has impacted students’ behaviors and attitudes.

Since 1987, Davenport has shared real-world expertise with her students from her moonlighting as a farmer’s wife. Jim Davenport, her husband, is a member of Hudson Valley Fresh, a cooperative that provides the highest quality milk in upstate New York. Karen has brought that experience to her students at Housatonic, and she has also brought her students to that experience through field trips to the farm. Students test milk quality and learn how to maintain immaculate conditions for cows by learning on-site at her farm, Tollgate Farm in Ancramdale, NY.

Life beyond school

Both Mark and Karen have surprisingly nautical pastimes, however, and

both prefer the coast for their time away from school and farm. Burdick is an avid sailor who spends his vacations sailing a 16’ sloop, “Hard to Lee” (pun intended) on the Cape Cod Bay, while Karen prefers the quieter waters of Long Island Sound off of Noank. She often offers up her summer getaway to colleagues, but relishes the chance to escape herself, when her life allows (Ag-Ed teachers, unlike most educators, work throughout the summer due to the increased demands of maintaining their animals and facilities).

Karen’s two daughters, Kristen and Laura, followed in her footsteps, with Kristen working on her PhD in Microbiology at the University of Utah and Laura working with agricultural-related clients at a communications firm in Washington, DC.

As for Mark, his progeny followed in his footsteps and those of his wife, Bonnie, a teacher at the Cornwall Consolidated School. Sarah is now an Assistant Principal at Hall High School in West Hartford, and Tyler is the alternative high school teacher alongside Mark at Housatonic.

Big footsteps to fill...

Fortunately, a strong crop of enthusiastic agricultural educators applied to fill the vacancies that will be left by Burdick and Davenport. All four current Ag-Ed teachers, three members of the Ag-Ed Advisory Board, and two administrators screened a number of candidates through reviews of their application materials, interviews, and sample lessons that allowed the educators and students an opportunity to see the candidates in action.

Audra Leach, currently a Science teacher in Coventry, will take the place of Burdick. Leach has deep roots in Agricultural Education, having previously taught Natural Resources and Agricultural Engineering/Mechanics courses at Glastonbury High School. She has never been far from AgEd, however, and has coordinated the state’s Career Development Event (CDE) in Natural Resources for the past ten years. Her experience in science classrooms provides important background in the revolutionary Next Generation Science Standards that she hopes to apply to her lessons in AgEd.



Danielle Melino, the sole AgEd teacher at Mount Everett High School in Sheffield, MA, will travel south to join the Housatonic staff to teach animal science classes. A lifelong horse owner, Melino brought the AgEd program to Mount Everett from her first teaching post in Durham, North Carolina, where she earned her Bachelor’s and Master’s Degrees at North Carolina State University. She has worked there since 2012, alternating between AgEd and Science courses, and is looking forward to a full slate of animal science classes at Housatonic.



It is never easy to say goodbye to mainstays of a program like Mark Burdick and Karen Davenport, but the chance to select their successors allowed them the opportunity to know the next generation of Agricultural Educators at Housatonic. Fortunately, both Mark and Karen anticipate easing into retirement like a hot bath. They know that their expertise and knowledge will still be needed long after they officially step down, and they have agreed to work with their successors to ensure optimal programming for students in the years to come. Although they are officially ending their teaching career, no one at Housatonic expects them to disappear anytime soon. •

Above, top to bottom: Danielle Melino, a science and ag-ed teacher at Mount Everett, pictured with her family. Melino will join the Housatonic staff to take the reins from Davenport. Audra Leach, a middle school science teacher with deep roots in the FFA, will take over the shop duties from Burdick.



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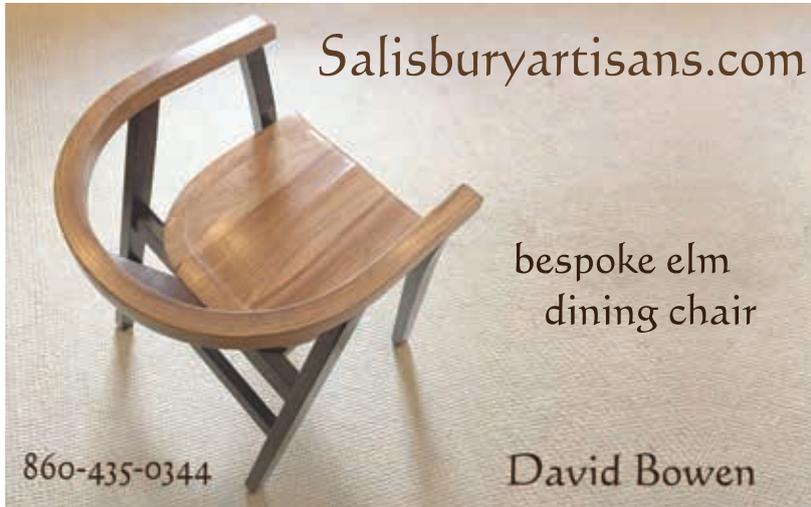


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A luxurious taste of tiny

By *Dominique DeVito*
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Almost everyone I talk to is interested in tiny houses. When the subject comes up – usually by sharing pictures of super-cute, itsy-bitsy dwellings with single rocking chairs on their cozy tiny porches – we ponder and deliberate over what it would be like to actually live in one. Could we do it? If we were living in 400 square feet or less, we agree we'd need some outdoor space to keep us from feeling too claustrophobic. Right? So where would we live? In a tiny house in the woods by ourselves? In a tiny house community? In a tiny house that could be transported from location to location?

How is one to know without the experience of actually being in a tiny house? Sure, you can walk through a model, but it's not the same as actually occupying the space. When I learned about the Tiny House Resort in Cairo, NY, less than an hour from my home in Columbia County, I thought it was the perfect opportunity to get a closer look and further explore the lifestyle I've developed a fascination for.

I made an appointment with Marjorie, the property manager, and on a rainy Tuesday in early May a friend and I hopped into my car and made a beeline for her resort. There's something about the allure of a tiny

house, and we couldn't wait to get a taste of the place. It was easy to find – just off Route 23B in South Cairo – and when we pulled into the short driveway, friendly signs directed us to check in at the office. Two big, white ducks were there to greet us, clearly identifying us as sources of affection and food. We may have satisfied the affection part, but we weren't ready with the food part, and they honked their farewells.

Surrounded by nature? Check!

We escaped the raindrops in the office, which was the first taste of something big happening in a small space. It was small, but everywhere you turned there was welcoming information and supplies, from T-shirts to locally made soap to suggestions of places to visit. Marjorie – Margie – was soon on the scene, and our enthusiasm for being at her place was matched and possibly exceeded by her own delight at what she wanted to show us.

As we went back outside, the rain stopped. Margie steered us to one of the golf carts in a garage, and we were off. This was no leisurely tour. First stop: The Green Bean, the very first of the tiny houses that was planted on the site. On the way, we were treated to a kind of symphonic love story: “There's the pick-your-own garden,” she sang as we whizzed by an enclosure where plants were sprouting in neat rows. “This is the Great Lawn,” she pointed out with a laugh in her voice, knowing that nearly all who visit know that place as the heart of Manhattan. Here at the resort, the designated parcel was tiny in comparison, but not in intent. “We'll have concerts here,” Margie told us later, “and volleyball and badminton and other outdoor games. There's a pancake breakfast served under that gazebo.”

As the golf cart continued on the well-defined hard-packed road that led to the various houses, a parade of ducklings dashed toward Margie. “We moved the young ones down here. We're building them a bigger pond,”



Above: Two of the nine units that are part of the Think Big Tiny House resort. Below, left: Dominique takes a look in the loft area of one of the tiny houses. Photos by Nancy Kohler.

she explained as we oohed and ah'd in passing. “There are the boys,” she said with affection, pointing to a group of goats huddled in the doorway of a small barn. But we were on a mission and would need to introduce ourselves again later.

Outfitted for the outdoors? Check!

When we pulled up to and stopped at the first of the houses we'd see, Margie explained that several of them were occupied, even on that quiet Tuesday, which is why she chose The Green Bean as a first example. “Check out the view,” she told us as we climbed off the golf cart. Even more striking than the visual beauty of the tree-lined banks of the Catskill Creek below and in front of us (there's a drop-off from the tiny house's yard to where a hiking trail parallels the creek just below) was the sound of the water itself. With all the rain in the spring, the little creek was practically roaring. Situated for maximum enjoyment down a pretty stone path off the porch in front of the house was a pair of Adirondack rocking chairs by a fire pit. The porch itself was a large concrete slab with a patio set and a small Weber grill. It felt like home.

“I learned a lot by crossing the country three times in an RV with my

family and dogs,” Margie recanted in a no-nonsense voice. “You don't want to step out of your camper into the dirt – especially if you have kids and dogs. A slab,” she explains, “keeps dirt and mud to a minimum. And also makes a great porch”

Dog-friendly? Check!

“All the units have furniture, grills, and fire pits on the porch,” she said. “Two of them have fenced-in porch areas for people with dogs so they don't have to have them on leash while sitting outside. Otherwise,” she explained, “while we're very dog-friendly, we have to insist that people keep their dogs on a leash while on the grounds because of the other animals. A Rottweiler once had a duck in its mouth and we agreed we just couldn't let dogs be off-leash here. There is a dog park, though,” Margie shares. We go by it later on the tour and she says with reverence that it was named after her dear dog Myla who passed away last year. “Six months later and I'm just able to not cry when I think about her,” Margie confesses. “There is a stash of tennis balls in the dog park since Myla loved them so much.”

Continued on next page ...



Back at The Green Bean we marvel at the number of windows facing the stream and the woods to one side. “It’s all about the river view,” Margie reminds us. The design of this tiny house seems made for this location, and in fact it was. “It fit all our desires for a tiny house here,” she says. When I ask where the tiny houses came from and how they were chosen, Margie explains that when they started looking for houses with certain design constructs, they were disappointed that they couldn’t source them locally, but their vision was for designs that would work in the varied landscape of the resort.

“As an experienced RV’er,” she says, “I know what people want and need to be comfortable. All of our units have lots of windows, air conditioning, heating, flush toilets, televisions, kitchens, and comfortable sleeping spaces.”

Tiny yet shiny and cozy? Check!

Inside The Green Bean my friend and I marvel at how sleek and compact everything is. This tiny house is a mere 160 square feet, but feels bigger. Spotlessly clean and cozy, it’s a one-bedroom apartment reimagined. A tiny house doesn’t feel like a similarly sized room in a bigger house. It has defined areas at both ends – sometimes separate sleeping areas, or a sleeping area on one side and a bathroom on the other. In between is a hallway with a table for two by a window and across from it the kitchen essentials and lots of little cabinets. Contributing to the feeling of spaciousness is lots of light-colored surfaces – a monotone of honey-colored wood punctuated by

tiny area rugs, a colorful pillow, a patterned blanket, and the dark surfaces of the stove or an inconspicuous yet reassuring flat-screen TV. One of the units had a gas fireplace under the TV in the wall to one side of the bed. A nook you could imagine yourself escaping to for days.

Margie took us into several of the units, and they were all different. I asked about how long people usually stayed, wondering if the experience was something you got a positive taste for, or something you wanted to never come back to. “The average stay is two or three nights,” Margie tells me. “You need at least two days to ‘get it,’ to really get the feel for being in a tiny house. But people are really excited to experience these, and most often they come up with a partner or their family just to check it out, then they come back with friends because they liked it so much. One woman rented all nine units for herself and her friends.

Less is more? Check!

“Staying in a tiny house is a fantasy for people,” Margie shares, and my friend and I can relate. She continues, “I got turned on to the ‘less is more’ concept when my kids went to college. I sold a lot of stuff and got an RV so my husband and I could go wherever we wanted. Soon my kids wanted to join us. Even with a whole family (and dogs) on the road, you realize that when you live with less your head is lighter. It’s really freeing not to have so much stuff.”

“The generation coming along is smarter than us, I think,” she continues, “because they want to work to live, not live to work. The women in



our generation were raised to believe we could have it all – career, family, taking care of everything – but it’s often too much. Work more to make more to buy more to fill a house. Get a second house. I find Millennials are more about buying ‘experience’ than stuff.”



Above: Every tiny house has its own deck with chairs, a grill and more. Below, left: The waterfall is a bonus feature at the Think Big Tiny House Resort in the Catskills. Photos by Nancy Kohler.

We’re in a different part of the resort now, close to the pool that’s heated so it can be used from May through October. Margie is excited about some recently constructed outdoor showers and additional bathroom facilities near the pool, and, on the other side of those, a brand new feature called the Wellness Area, which is actually two small wooden structures – one open and airy where people can get a massage, and the other more private and housing a cedar soaking tub complete with its own view of the creek and woods. Another recent addition is an old Airstream converted to an arts and crafts center. So cool! Where did all these ideas come from? And how did the resort come to be?

The right idea at the right time? Check!

Turns out that a few years ago the timing was just right. Margie’s dad, Bob Malkin, had a retail location in Soho called Think Big that specialized in oversized pop art. It was getting time to sell. Margie was living in the RV in the Catskills overseeing some rental properties of her dad’s. Her daughter, Melissa, was with her. Itching for some privacy, Melissa thought a tiny house adjoining the RV would be a nice option for her. That idea spawned the resort. Water lovers all, they searched for the right location, and when they found it in South Cairo in early 2017, they went all in. Their mantra became “Think Big, Live Small” – a nod to what they had in Soho and what they would be

doing in the Catskills. That morphed into the official name of the resort: Think Big! A Tiny House Resort. It opened in September of 2017.

Margie confesses that she and Melissa – and her dad, who lives in Saugerties and visits weekly – put in long hours, but “I love it,” she says, and it’s so obvious. No wonder the reviews on their website gush with comments like, “The house is tiny and had everything we needed ... the grounds are awesome ... these tiny homes are impeccably designed ... the goats were super cute ... we always wanted to try a tiny house, and the resort allows you to have an outdoor experience with all the comforts of home ... an experience I will remember for a lifetime ... Marjorie and Melissa have made a great tiny house resort that not only thinks big, but has lots of love.”

A big thing in a tiny package? Check!

Unfortunately, my schedule couldn’t accommodate an overnight stay, so I still don’t know what it’s like to spend an extended amount of time in a tiny house, but I know I’ll come here for the experience. It’s got everything I’d need for a taste of tiny living – the house itself, in a community, but with privacy and the beauty of nature all around. In preparation, I have a lot of books to get rid of, but I’m eager to live more with less. ●

Learn more about Think Big! A Tiny House Resort at www.atinyhouseressort.com, and follow them on Facebook and Instagram.

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bold beauty

A mom-and-daughter team are the power behind FACE Stockholm – a cosmetics company with two shops in the Hudson Valley

By Regina Molaro
info@mainstreetmag.com

Style, color, and an entrepreneurial spirit has long been a part of Gun Nowak's lifestyle and livelihood. In the early 1980s, she had a trio of chic fashion boutiques in Sweden. In 1982, the visionary rechanneled her creativity and founded FACE Stockholm – a cosmetics company born in Sweden. The collection includes makeup and skin care. True to Swedish roots, it's "naturally-based," trend-forward, and offers a fun palette of colors.

As is often the case, necessity inspired the brand's creation. With years of fashion experience, Nowak was attuned to style and color trends, and recognized a void in the market for cosmetics available in a bold palette – one that that would correspond with the neon fashions that were prevalent at the time.

"I didn't set out to do makeup, but I wanted so many colors and I couldn't find them anywhere," reveals Nowak. After lots of hard work, she unveiled her first shop in Stockholm in 1982.

The FACE Stockholm brand reflects Swedish sensibilities such as simplicity and cleanliness. It embraces a fondness of nature, design, and culture. Nearly four decades after the brand's debut, the company remains true to its origins. The eco-conscious company uses

minimal packaging and never tests on animals. Its motto: "Beauty, Wit and Grace since 1982."

Brand building

In 1990, FACE Stockholm made its move to the US market. The seeds were planted when Nowak was in New York City visiting her daughter Martina Arfwidson. As Nowak and Arfwidson strolled around the city, they discovered an empty storefront and both agreed that it would be an ideal location for the brand.

Nowak recruited Arfwidson to assist her with managing the brand. Sharing a passion for color and design, and a playful sense of humor, the duo fostered a partnership and carved a niche in the industry.

Their shared values and Swedish ideologies are reflected in all aspects of the brand. This is evident in the airy, eclectic boutiques, the quality ingredients and products, and in the attentive service.

The collection spans several key categories – from skincare to body care, cosmetic bags, beauty tools, and vibrant nail polish hues. Renowned for its cool hues, FACE Stockholm lures a wide range of customers including women and men. Fans flaunt an extensive range of looks from the classic reds associated with the Golden Age of Holly-



Above: Gun Nowak and Martina Arfwidson. Below, left: A sampling of FACE Stockholm's products. Photos courtesy of FACE Stockholm.

wood to the New Age blue lipsticks donned by expressive beauty buffs from Generation Z.

Best-selling items include the extensive collection of lipsticks, as well as the Perfect Primer foundation prep, Cream Blushes, and Precision Eyeliner, which enables users to create precision looks with the ease of a pen.

Some of Nowak's faves include Desire – a bold red lipstick and the Impressionist collection of pearl shadows from the Legacy Palette. For Arfwidson, it's the G. Garbo lipstick and Mineral Powder Foundation.

Both art enthusiasts, Nowak and Arfwidson believe makeup is an integral part of the art industry. A variety of art movements have inspired their palettes. The Fall/Winter 2018 eye shadow palette drew inspiration from the Realist, Renaissance, Baroque, Impressionist, and Arts & Crafts movements.

Sustainability also drives decisions. FACE Stockholm teamed up with Swedish paperboard company Iggesund. Its paper, which is used in the packaging, is sourced from sustainably managed forests in Sweden.



Continued on next page ...

Through FACE Stockholm's Local Makeup Academy, it's experts teach makeup application to new generations of artists and innovators. "Applying makeup to a woman's face is such an intimate experience," admits Arfwidson. "It's a beautiful interaction. I think it's the essence of what FACE Stockholm is about – making women feel good about themselves. That is the part of our work that we both love."

Currently available worldwide, FACE Stockholm has six shops in Sweden and is available in various salons and stores worldwide, including select Anthropologie shops in the US. The items can be purchased via FACE Stockholm's website; a small collection is offered through Amazon.

Country digs

Thousands of miles away from the mountains and lakes of Sweden, the Hudson Valley is home to two FACE Stockholm shops – one in the charming town of Rhinebeck and the other in the chic enclave of Hudson.

Many may speculate how the brand came to settle in the region. The brand's foray into the Hudson Valley occurred in 1995 when Arfwidson purchased a weekend home in the area. Although her intention was to keep New York City as her primary residence, she ended up spending more time enjoying her country quarters. In 1998, she decided to make the leap and designated the Hudson Valley her permanent home. At the time, she

and Nowak also decided to relocate the company's operations from the New York City area to the country.

Nowak and Arfwidson recognized Hudson's potential as a buzzing retail destination and purchased the charming building on Warren Street – the one that now houses the FACE Stockholm flagship store.

"Nowak has such a strong passion for interior design and eclectic furniture, so coming up to Hudson with its wealth of antiques, was a great experience for her," says Ebba Long, head of communication, FACE Stockholm. Soon after, they set their sights on Rhinebeck and unveiled another locale.

The inviting Rhinebeck shop is intimate, airy, and filled with the brand's beauty items, but the Hudson locale often switches things up and brings in small collections that extend beyond beauty and are marketed under other labels.

"Sometimes we have different pop-up brands in our Hudson store, which makes that location more of a concept shop," reveals Long. Local pop-ups debut enticing candles and niche fragrances from local designers. Nowak and Arfwidson also sell vintage clothing and jewelry from their worldwide travels.

When initially conceptualizing for the brand, Nowak envisioned a concept shop that would enable every type of customer to feel attended to. "She deliberately puts more mature seasoned salespeople and younger new sales advisers in each store to ensure comfortability and accessibility regardless of the



background or age of the customer," says Arfwidson.

Supporting local talent is another area of interest. The Fall/Winter 2018 advertising campaign featured model Lilianna Ruger – a former resident of Rhinebeck. "We fell in love with her look and did four styles with her. It was an instant success," says Long.

Lilianna Ruger says, "I approached the brand because I'd grown up walking past the store, and when I started modeling, I knew I'd be a good fit because of my unique look. It was amazing to start off my career by seeing my face in the window of such an impressive company. Friends in Stockholm sent pictures of the advertisements displayed in their stores. It was a dream come true. Everyone at FACE Stockholm loves what they're doing and puts so much time and creativity into every look."

Others looking to be scouted out should be aware that FACE Stockholm occasionally holds casting calls in the Hudson location.

Still owned and operated by Nowak and Arfwidson, FACE Stockholm is a thriving brand that continues to be managed as a family business. "We're a small team. Our employees are tightly knit together. Gun and Martina have such a lovely relationship and it's special to know that we're a part of their family – their extended FACE Stockholm family," concludes Long. ●

This page: A sampling of FACE Stockholm's products. Photos courtesy of FACE Stockholm.



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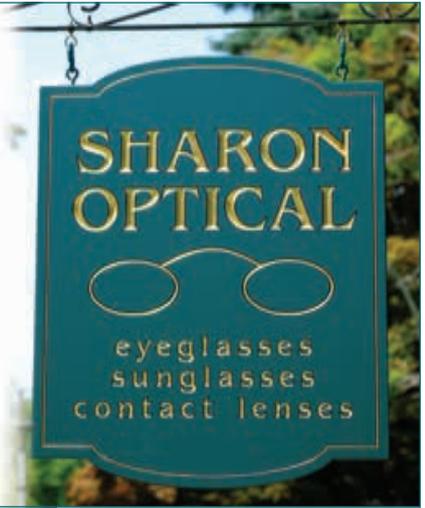
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IT'S NOT JUST ABOUT FILM - IT'S ABOUT COMMUNITY.

Autoimmune syndromes & how they manifest

By Dr. Teri Goetz, DACM
Teri@TeriGoetz.com

If you find yourself battling daily fatigue, joint pain, brain fog, abdominal and digestive issues or skin problems, you might be one of the 50 million Americans (that's one in five!) that have an autoimmune disease (AD), according to the American Autoimmune Related Disease Association. The scary part? That number is rising.

In comparison, heart disease affects up to 22 million and cancer affects up to 9 million. AD is one of the top ten causes of death in females, and yet it goes undetected in so many. So what can you do about it?

How does your immune system work?

Well let's get the lay of the land here. A healthy person's immune system is designed to protect you from disease. Simple, right? Yet with AD, your body mistakes your own cells for something foreign and turns against itself, attacking healthy cells. Think of it as "friendly fire."

Types of AD include lupus, Type-1 diabetes, Crohn's disease, celiac disease, rheumatoid arthritis, psoriasis, thyroid disease like Graves disease or Hashimoto's thyroiditis and Sjögren's disease.

It can take years to get diagnosed, even if you're showing symptoms. It's often frustrating for AD sufferers, who know something is wrong but are continually told everything "looks fine." For reference, it took me six-plus years to be diagnosed with Sjögren's and Hashimoto's once symptoms began to show up!

So why is it so hard to get diagnosed? Symptoms can range from mild to severe, changing from person to person. Not to mention, these symptoms (especially in the beginning) can look like a lot of other conditions: fatigue, joint pain, swollen glands, brain fog,

abdominal or digestive issues. The symptoms may come and go, which makes it feel pretty elusive.

To make things worse, the inflammation that usually triggers the whole process can take a while to build up enough to convert antibodies on blood tests—meaning your doctor may not see on a test what you feel every day. To be diagnosed with AD, conventional medicine looks at certain blood markers (usually antibodies), plus a host of symptoms. There is no one test for autoimmune disease.

Am I at risk?

While no one knows specifically what causes AD, you may want to consider certain risk factors if you suspect you may have one, such as genetics, being overweight, smoking, certain medications, and poor or inappropriate diet containing lots of sugar and processed foods.

So, what are the likely underlying causes? Research shows that inflammation and your genes' environment seem to play the biggest role. Causes of inflammation itself may include underlying infections, environmental toxins, food sensitivities or allergies, that genetic predisposition, and stress (which we'll talk about in next month's article).

You may also have more than one autoimmune disease, likely because of a shared gene that predisposes you to these diseases. However, there's a saying in the functional (and Chinese) medicine community that it's all about what you bathe your genes in!

So what does this all mean for you if you struggle with AD?

It means you can do something to prevent, slow, or manage symptoms of AD. In traditional Chinese medicine (TCM), we look to understand



Image source: istockphoto.com contributors, top to bottom: Sphotography, jarun011, Ralwel.

Continued on next page ...

the root cause of all disease, and essentially look to “qi” (pronounced “chee”). Qi is a tough term to translate appropriately, but the closest is “vital or life force.” In TCM, we believe you are born with a certain type of congenital qi called yuan qi. There is also “acquired qi,” derived from the things we consume, breathe, or surround ourselves with (sounds like “what you bathe your genes in,” right?)

In Chinese medicine, we might call all of this by a different name. We diagnose by way of “pattern differentiation”—a focus on your bio-individuality that allows us to look at how all of your genetic and lifestyle factors interact. This is why Chinese medicine can be so effective. If three people come in with the same autoimmune disease, we look at each person individually and based on their own signs and symptoms, diagnose their pattern and treat accordingly. After all, you are unique.

How does one treat AD?

This is where the beauty of Chinese medicine lies. Because of our pattern differentiation, we can often help delay or even thwart the onset of an AD since we go right to the cause when symptoms start appearing. Treatment likely will involve diet and lifestyle recommendations, acupuncture and/or herbal medicine.

In conventional medicine, you might be prescribed powerful immune-suppressing drugs, steroids, pain killers, hormones, or acid blockers. While sometimes these can be life-saving and there definitely is a place for them, these medicines are not addressing the *why* of AD and may often cause powerful and unpleasant side effects.

What does this all mean? To break it down, you may have a genetic predisposition but it is what your genes experience in your internal and external environments that determine whether they trigger the AD. Which means a lot of the

power is in your hands.

So, the question is, what is your environment like? How can you decrease your likelihood of getting an AD, especially if you have a genetic risk? And, how can you feel better if you already have AD?

The best ways to look at this are:

- **Diet.** This might mean weight loss or cutting out foods that are inflammatory for you. While not everyone will be sensitive to say, gluten, many people are these days, especially with AD. Dairy, eggs, sugar, and corn are other common food sensitivities that can trigger inflammation and AD. Food truly is medicine.

- **Toxins.** These might appear as preservatives or chemicals in your food or environment, like weed killers, genetically modified foods or pesticides. Also, remember that your skin is an organ and will absorb chemicals that are put on it (from sodium lauryl sulphate in your shampoos to phthalates or fragrance in skincare). Mold can also be a big problem, so consider getting your home checked.

- **Stress.** This can't be emphasized enough. Stress causes inflammation. Plain and simple. So find some form of stress reduction: acupuncture (my obvious personal favorite), massage or other bodywork, meditation or breathing exercises, physical exercise, turning off your devices, taking time for you, prayer – whatever combination will calm you down and reduce the stress in your mind, body, and spirit. This has to become part of your routine, not just a once-in-a-while thing. (Look for next month's article for a deep dive on this).

- **Sleep.** If you're not sleeping, your body can't detoxify and repair itself. Plus, sleep deprivation increases the stress you are under. Make sure you are getting adequate (7-9 hours) sleep.

- **Genetics.** If possible, find out your family history of either AD or symptoms of AD (because many people go undiagnosed). If you have a family history of AD, seek medical advice to help avoid the diseases.

- **Smoking.** Just stop. Plain and simple. (Acupuncture can also help with this).

For the record, sometimes you can reverse your AD! For instance, I no longer have positive antibodies for Hashimoto's. What I've noticed is that when my stress is high and/or lifestyle habits are not ideal (hello cheese!), some of my other antibodies go from negative to positive, my symptoms increase and it is a big reminder to practice what I preach.

I get it because I live it. We're all human. I (mostly) believe in the 80/20 rule: be vigilant 80% of the time, and forgive yourself for the other 20%. Having said that, if you have a serious autoimmune condition there is no “cheating.” Your job is to decrease inflammation as best you can – meaning, push toward the 100% mark as much as you can. That is your best bet toward your ideal health living with or preventing AD.

Lastly, if you haven't been diagnosed, please don't ignore those symptoms which could be AD. It's so common in our fast-paced world to “tough it out.” It's not selfish or indulgent to take care of yourself. Our bodies aren't designed to eat the way we do or to push ourselves to our limits. Seek help to incorporate (often simple) ways of changing the harmful habits that are getting in your way of living a vibrant life! Remember: just because it's common, doesn't mean it's normal or has to be tolerated. More vibrant living lies ahead when you take control! ●

Teri Goetz has been a doctor of acupuncture and Chinese medicine for nearly 20 years. She practices in Sharon, CT, and NYC. She helps patients deal with chronic stress and illness. If you'd like some help dealing with AD or other aspects of your health, contact her at Teri@TeriGoetz.com or call (888) 445-3902, or visit www.TeriGoetz.com.



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Dancing up Jacob's ladder

JACOB'S PILLOW, BECKET, MA

By CB Wismar
info@mainstreetmag.com

Jacob's Ladder Road in the village of Becket, MA, winds, twists, and turns as it wanders through the valley and heads up George Carter Road into the Berkshire Hills. Generations past, the turns reminded locals of the Patriarch Jacob's dream cited in *The Book of Genesis* where falling asleep on a convenient rock during his flight from his brother, Esau, Jacob dreamt of angels ascending and descending a ladder that reached from the earth into the clouds ... into heaven.

When in the 1790s the Carter family acquired over 200 acres of land, the discovery of a pillow-shaped rock led them to name the farm Jacob's Pillow ... and so it remains to this day.

The property changed from farming to the lofty notion of a dance retreat when, in 1931, fabled American dancer Ted Shawn and his wife, Ruth St. Denis, acquired the property and began to realize a theatrical dream.

Shawn wanted to establish an all-male dance company and in the process of building that company, the company built Jacob's Pillow

– literally working on the property to erect stages and buildings for rehearsal and performance.

Enter stage right: World War II
Then came World War II.

Dreams and plans disappeared in the long shadow of war and many of the members of the dance troupe ended up joining army and navy units and going to war. Income dwindled, and Shawn ultimately sold the property to British ballet stars Alicia Markova and Anton Dolin. Recognizing Shawn's great vision and commitment, they retained him as director of Jacob's Pillow until his death in 1972.

What "the Pillow" has become in the ensuing years is a juggernaut of dance, embracing global movements, giving recognition to both emerging artists and superstars, offering classes, laboratory workshops, and outreach into the surrounding communities. Jacob's Pillow is a 12-month creative "machine" that continues to grow in recognition and appreciation.

The *In Process Series* at The Pillow Lab has moved month after month through the winter season, bringing new productions in need of time and space to evolve into their finished form to the campus. A multi-level membership offering rewards higher donors to the Pillow, with those joining at the level of \$500/year or higher given the open invitation to experience the imagination and the development of these new works.

And, the heritage of Jacob's Pillow and the energy it provided to individuals and companies on their journeys up the "Jacob's Ladder" of success is striking. Martha Graham, Jose Limon, Alvin Ailey, and Mark Morris are but a few of the visionar-



ies who have found eager, appreciative audiences for their performances on one of the three Jacob's Pillow stages.

Excellence both indoors and out

The bucolic setting for the Festival presents a very welcoming context for the high energy instructions, rehearsals, and performances that grace the summer season. Not only do world famous dance companies perform in the Doris Duke Studio Theatre and the main Ted Shawn Theatre, but the summer is filled with free performances on Inside/Out, the outdoor venue that welcomes emerging artists and companies as well as the students from The School at Jacob's Pillow.

Against the backdrop of the distant Berkshires, the family-friendly evening performances provide a great introduction to dance and include post-performance question and answer sessions that further illuminate the artistry.

The range of program and production offerings is quite impressive. Of course there is ballet – with both classical and modern produc-

Above: Felipe Galganni and Company. Photo: Christopher Duggan. Below, left: Dances from the Gluck Opera. Photo: Wu Jun



Continued on next page ...

tions, jazz and tap that fill out a summer schedule offering variety and consistent high quality.

A season of great diversity and engagement

The 2019 season, which begins in mid-June with the Ballet BC from Vancouver, British Columbia, presents appearances by some of the most celebrated companies in the world. The Dance Theatre of Harlem, Mark Morris Dance Group, Paul Taylor Dance Company, A.I.M by Kyle Abraham, Gallim, the Martha Graham Dance Company, and the Boston Ballet round out the impressive season being offered in the Ted Shawn Theatre.

Nearby in the Doris Duke Theatre, visiting companies offer a stunning wide range of performance styles from the cutting-edge Australian circus troupe Circa to Red Sky Performance, a Canadian group presenting Indigenous performances and making their Jacob's Pillow debut in early August.

Live music, engaging dance

The tightly woven relationship between music and dance is celebrated in many of the summer's offerings with the inclusion of live music as part of the performance. Whether it's cellist Maya Beiser performing a score by *The Day* choreographed by Lucinda Childs and performed by legendary dancer Wendy Whelan or the highly anticipated *Power*, Reggie Wilson's new piece conceived and

performed at the Hancock Shaker Village on July 6, the Jacob's Pillow is both exceptional in its celebration of the greatest dance companies and its presentation of new, totally engaging works.

Getting off the mountain

Throughout the year, Jacob's Pillow has a vibrant, energetic place in the greater community. By taking dance instruction and demonstration to schools, senior centers, and inviting members of the broader Berkshire County community to come to the Pillow for special events, the spirit and impact of Ted Shawn's dream finds new and exciting ways of living on. The Curriculum in Motion programs puts artists into classrooms and brings student experience to a new, engaging level.

Preserving the past, forging the future

In her announcement of the 2019 season, Jacob's Pillow director Pamela Tatge affirmed that the current season "celebrates important milestones and commemorates the creative reach of trailblazing visionaries whose journeys are deeply rooted in Pillow history." The offerings are complex, varied, engaging, challenging, and uniformly celebratory of the amazing art of dance.

One of the most engaging parts of the Jacob's Pillow complex of over 40 buildings is Blake's Barn, the center of preservation and archival activities at the Pillow.

With over 6,000 films dating as far back as 1894 and upwards of 45,000 dance photographs, the archival collection at Jacob's Pillow is one of the most complete in the world.

The gate of heaven

The citation for the story in *Genesis 28* of Jacob and the ladder dream he had while reclining on his stone pillow has been interpreted many ways over the centuries by a variety of theologians from a variety of faiths. Jewish, Christian, and Muslim traditions all embrace the story and interpret its meaning to support their own beliefs.

A contemporary translation of the original Hebrew Scripture ends with Jacob, in awe of the vision, identifying his location with the affirmation "surely this must be the gate of heaven."

For aficionados of dance as well as the curious and the adventurous who are willing to explore what dance is and does, the Pillow may not be the "gate of heaven," but one can rest assured that the angels moving up and down the ladder are dancing ... with energy, discipline, and skill that is heavenly. ●



Above: Irene Rodriguez. Photo: Christopher Duggan. Below, left: *The Day*. Photo: Nils Schlebusch.



More information about the 2019 season at Jacob's Pillow including descriptions of the performances, information on directions, accommodations near by, food and drink and the pricing of each performance – from "free" on the Inside/Out Stage to a high of \$78 for the best seats in the Ted Shawn Theatre for internationally acclaimed dance companies – are all available on the Jacob's Pillow website at www.jacobspillow.org. Inquiries by phone are invited at (413) 243-9919. Jacob's Pillow is located in Becket, MA, at 358 George Carter Road.

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In the three years since its inception, owner and operator Amy O'Connor of Clover Reach Massage in Claverack, NY, has been living her dream. The reason Ms. O'Connor feels she is fulfilling a long-time goal is because she embodies the values of hard work and determination in her work life, and patience and personal care when it comes to her clients. "Every massage therapy job I've ever had I have treated like my own business." Indeed Amy has cultivated her endearing sense of knowledge and leadership. Although Clover Reach Massage is still in its relative infancy, Amy herself has been licensed in Therapeutic Massage in New York State since 2005. Despite all of the responsibilities that come with being a small business owner, there is no stopping Amy's ambition. She is currently attending graduate school at Sage College in the counseling and community psychology program in order to become a Licensed Mental Health Counselor, and expand Clover Reach Massage's therapeutic health services. Clover Reach Massage currently offers a wide variety of massage services including Swedish massage, deep tissue, prenatal massage, hot stone, aromatherapy, four-handed massage, and yes, even couples massage. Amy says giving the massage experience a hometown feel is crucial to the heart of her business.



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Klemm Real Estate has built a reputation both nationally and internationally as the #1 leader of luxury property sales and marketing throughout Litchfield County, CT. Klemm serves all 26 towns and villages, as well as adjacent areas in NY, from their offices in Washington Depot, Litchfield, Lakeville, Roxbury, and Woodbury. Their highly-productive staff is comprised of 40 seasoned real estate professionals, each providing a high level of personal service to clients – and the relationship extends well beyond the closing date. Founder Carolyn Klemm and her two sons Peter and Graham entertain existing clients extensively. "The process begins long before any listing or sale. It is all about relationships, many of which go back to my New York retailing days when I worked for Bergdorf Goodman, Saks Fifth Avenue, and Bonwits," says Carolyn. Klemm also strongly believes in the scenic and open space preservation of the area. Litchfield Country is renowned for beautiful long views, charming Berkshire Mountain vistas, and extensive bucolic farmlands. Klemm has property listings ranging up to \$20,000,000, and also has a fully staffed rentals division with seasonal rentals starting at \$15,000. Klemm is licensed in CT and NY and has worldwide affiliations. Year after year, Klemm dominates luxury property listings and sales and sustains #1 market share.



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Part of the challenge of being a newly minted small business owner is finding the right solutions to meet customer concerns amidst an array of competitors who have been in the area for years while still maintaining that particular sense of personal care and direct relationships. It also helps to have over twenty years of industry experience. Luckily for residents of the Tri-state area who are in need of help or home improvement via plumbing, heating, or air conditioning services, owner and operator of Bassett Heating and Air Conditioning, Will Bassett, possesses both of these critical aspects of customer service in spades. In fact, challenges are Mr. Bassett's favorite aspects of servicing his customers, he says he is most satisfied when has "helped a customer out of a particular jam." Will started his business in June of 2016 after honing his skills for over two decades. He began his career in August of 1997 and years later his motivations remained honest while his ambitions grew stronger. "I just felt like it was time to see if I could better serve the surrounding area and its people with my own small business." Will has committed himself to offering a high level of skill to each new job he undertakes. Though his company has begun to burgeon under his leadership, Will has not forgotten the value of maintaining genuine relationships with his customers.



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- Start early – reach out to the florists you are interested in as soon as possible – the good ones book up quickly, so you want to confirm them soon. You don't need to finalize all the details yet, but having them lined up is a big step!
- Meet in person! Making sure you feel comfortable with your florist can reduce your stress and make it a fun process – which is what your floral planning should be!
- Have an idea of what you're looking for. Whether it's just colors, overall look, or specific flowers you want, having an opinion about what you like (and don't!) can be helpful to your florist in creating your custom arrangements.
- Choose seasonal flowers! Being open to using flowers that are in-season (or out of your florist's garden) will not only look beautiful, but will also keep your budget down!

Above all, just have fun, don't stress, trust your florist, and enjoy your wedding day!

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A mild winter and more precipitation in the Northeast will likely result in a higher tick population this spring and summer. We highly encourage you to visit The Companion Animal Parasite Council (CAPC) (www.petsandparasites.org/parasite-prevalence-maps) website which offers reliable state and county statistics for tick-borne disease prevalence as well as information for the diagnosis, treatment, prevention, and control of parasitic infections.

There are several different types of tick prevention available for cats and dogs; the most popular preventions types are topical, oral, collars, and sprays. Choosing the most effective prevention should be based on the individual lifestyle and environment of the dog or cat.

Many topical preventatives are effective, kill ticks on contact and do not require the tick to bite in order to die. Not all topical products are created equal. Consumers should compare each brand's active ingredients and efficacy before purchasing. Most topicals are typically effective for 30 days. Oral tick preventions (for dogs only) are very effective and require the tick to bite in order to die. One oral product currently on the market last 12 weeks. The most appealing trait of oral preventions is their ease of administration. While considering a topical vs. an oral prevention, consider that incorrect administration of a topical can negatively impact its true effectiveness. Collars are a very economical choice, but are not as effective as topical or oral prevention. Natural (no-chemical sprays) can be effective, although the high tick population in the Northeast force many to use natural prevention alongside topical or oral prevention (as opposed to on their own) due to their efficacy challenges. Call your local veterinary practice and speak to a trained professionals about different products to make the safest and most effective choice for your pet!

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