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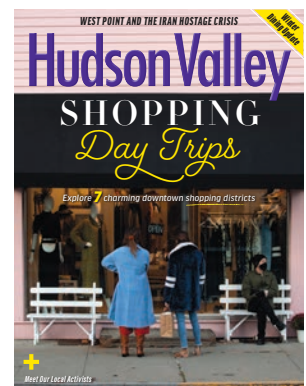
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UNRACKED on Warren Street in Hudson.
Photo by JD Urban

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Senior Editor

Samantha Garbarini

Senior Writer

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Jorge Márquez

Editorial Assistant

Sierra Guardiola

Editorial Intern

Katie Anne Gannon

Contributing Writers & Photographers

Mike Diago, Nina Doyle, Kenneth Gabrielsen,
Sally Parker, Paul Post, JD Urban

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Production Director

Kathee Casey-Pennucci

Production Assistant

Cat Tompkins

Imaging Specialist

Lauren Eisele

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Audience Development Director

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Senior Multimedia Account Manager
Carol Berman

Multimedia Account Managers
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MCas Media

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Madeline Mikucki, Brianna Perriello

Marketing Assistant
Tiffany Masotti

Graphic Designer
Arlene So

Marketing Intern
Elizabeth Zielinski

HOW TO REACH US

Editorial Department
845.224.3084; edit@hvmag.com

Advertising Department
845.463.0542, ext. 2173; sales@hvmag.com

Marketing Department
845.224.3248; pr@hvmag.com

Circulation Department
800.289.4862; circ@hvmag.com

Today Media, a Martinelli Holdings LLC

President Robert F. Martinelli

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Chairman Angelo Martinelli (1927-2018)
Vice President Ralph A. Martinelli (1962-2019)

Home Office

1 Summit Court, Suite 201 Fishkill, NY 12524
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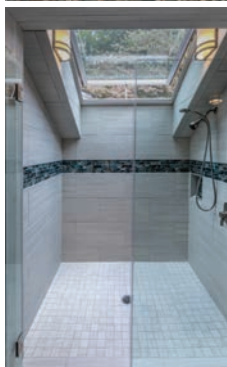
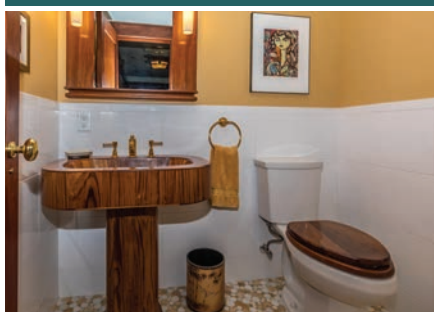
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MAILBOX



Letters & Comments

Congratulations to all [of the Women in Business honorees]. Thank you for sharing your inspiring stories and generosity towards our community!"

De Lynn, via Facebook

Our December 2019 cover story, "Iconic Restaurants," has stayed popular:

"My grandfather, like the Milanese family, was supposed to be on the Andrea Doria. He switched his ticket to a different ship, to arrive by the feast day of St. Anne."

Maria Iaffaldano Mandrin, via Facebook

Top Web Stories: December

- 1) "This Saugerties Farm is the Most Charming Country Home"
- 2) "Where to See the Brightest Holiday Lights in the Hudson Valley"
- 3) "Poughkeepsie Will Soon Become the World's First 'Smart City'"
- 4) "The Fight to Bring Oysters Back to the Hudson Valley"
- 5) "HBO's *The Undoing* Filmed at These Familiar Hudson Valley Locations"

Where in the Valley Winner

Congratulations to Patti Cusatis of Newburgh for being the first to correctly identify Eggbert (right) at Devitt's Nursery in New Windsor. This popular holiday tradition stirred up fond memories.

"My husband and I started visiting Eggbert at Devitt's in 1975. After my first child was born in 1986, and two other children followed, my husband and I continued visiting with our kids during the holidays. My children looked forward to these trips, going through the Christmas trail, seeing the live animals, and talking to Eggbert. And, of course, we would buy them an Eggbert ornament for that year, which they now hang on their Christmas trees for their children. My children have continued the tradition of visiting Eggbert every Christmas season with their families and buying the sacred Eggbert ornament."

Antonetta Gutter, Newburgh

"As a child of the '70s, no Christmas season was complete without a trip to Devitt's. First, you would visit the farm animals and stare in fascination at Petunia the Pig and her piglets. From there, a child could wander through the workshop and watch the animatronic elves create toys for all the good little boys and girls. My favorite part was wandering past the fresh-cut Christmas trees and trying to find just the right ornament in the gift shop. I seem to remember getting a free candy cane and hot chocolate, too."

Rae Ellis, West Point

Turn to page 17 for this month's quiz



CORRECTION

In our January "Best Burgers" issue, the cover burger was misidentified as being from Cold Spring Depot. It was from Mason Sandwich Co. in Eastchester.

Write to us: mailbox@hvmag.com; letters and comments may be edited for space and clarity.

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Retail Therapy

For this issue's cover story we are trying something new: Shopping Day Trips.

Whereas in the past a February issue might focus on romantic Valentine's Day restaurants or winter sports, we wanted to bring you another way to get out of the house and just spend the day somewhere else — *anywhere* else.

On a shopping day trip, you can spend some quality time in your warm car with your loved ones; walk up and down unique main streets; grab a bite to eat; and either pop in to purchase goods, pick up something you bought online, or just spend the day window shopping and people watching. And equally important, it's an opportunity to support local businesses in a time when they really need it.

Speaking from personal experience, visits to some of the towns and cities featured in the article certainly bolstered my spirits and those of my children. It restored a sense of normalcy (shopping, dining out) and adventure (a new town, a new store, new faces on the street). Meeting some of the shop owners face-to-face (masks on, of course) was also a welcome return to status quo. As editors, a good portion of our time is spent getting out into the community to attend events, visit local businesses, explore parks and historic sites, and interview artists, entrepreneurs, and others who make up the fabric of the Hudson Valley. Very often, these outings are when we find new stories, whether it's noticing a historical marker for The Great Chain across the Hudson or finding a hidden gem café on a quiet street.

Our feature on the 40th anniversary of the release of the Iran hostages came about this way. Four years ago, while taking a tour of The Thayer Hotel at West Point, I noticed a framed menu on the wall. Upon closer examination, I saw that it was signed and that the signatures belonged to the released hostages. The Thayer staff member giving me the tour mentioned that when the hostages were released, they flew to Stewart Airport, and reunited with their families at The Thayer. "There was even a parade," she noted. I stored this in the back of my mind for the next big anniversary of their release. I couldn't wait another 10 years for the 50th, so you are seeing it now.

The inspiration for our third feature, profiles of Hudson Valley activists, was more recent. As we sat down to plan this year's lineup, it was hard to ignore what was grabbing headlines: Large-scale Black Lives Matter protests were dominating the national news cycles. Americans were standing up for their rights and for their communities — and not just when it comes to issues of race and policing. Unsurprisingly, we had no difficulty finding seven local activists to profile, and their causes were as diverse as the individuals themselves, from a farmer focused on prisoner justice to a former NYPD officer who's restoring Hudson River ecology.

Enjoy the issue and be well.

KWalsh

Kathryn Walsh
Editor in Chief



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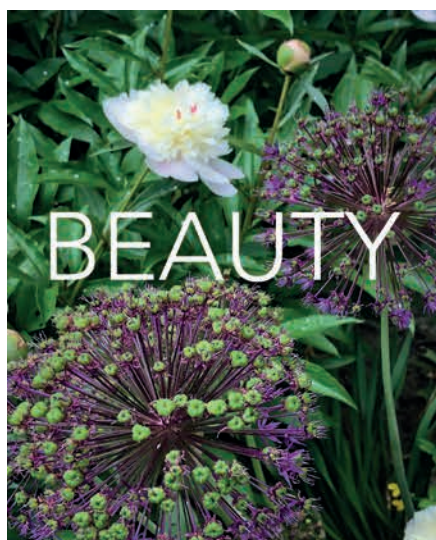
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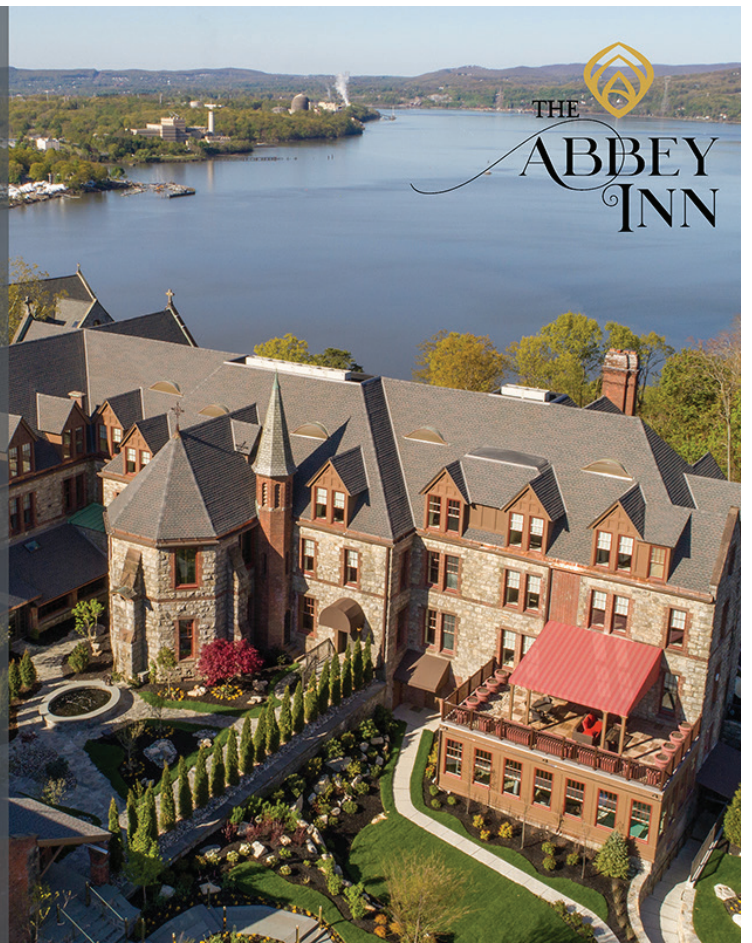
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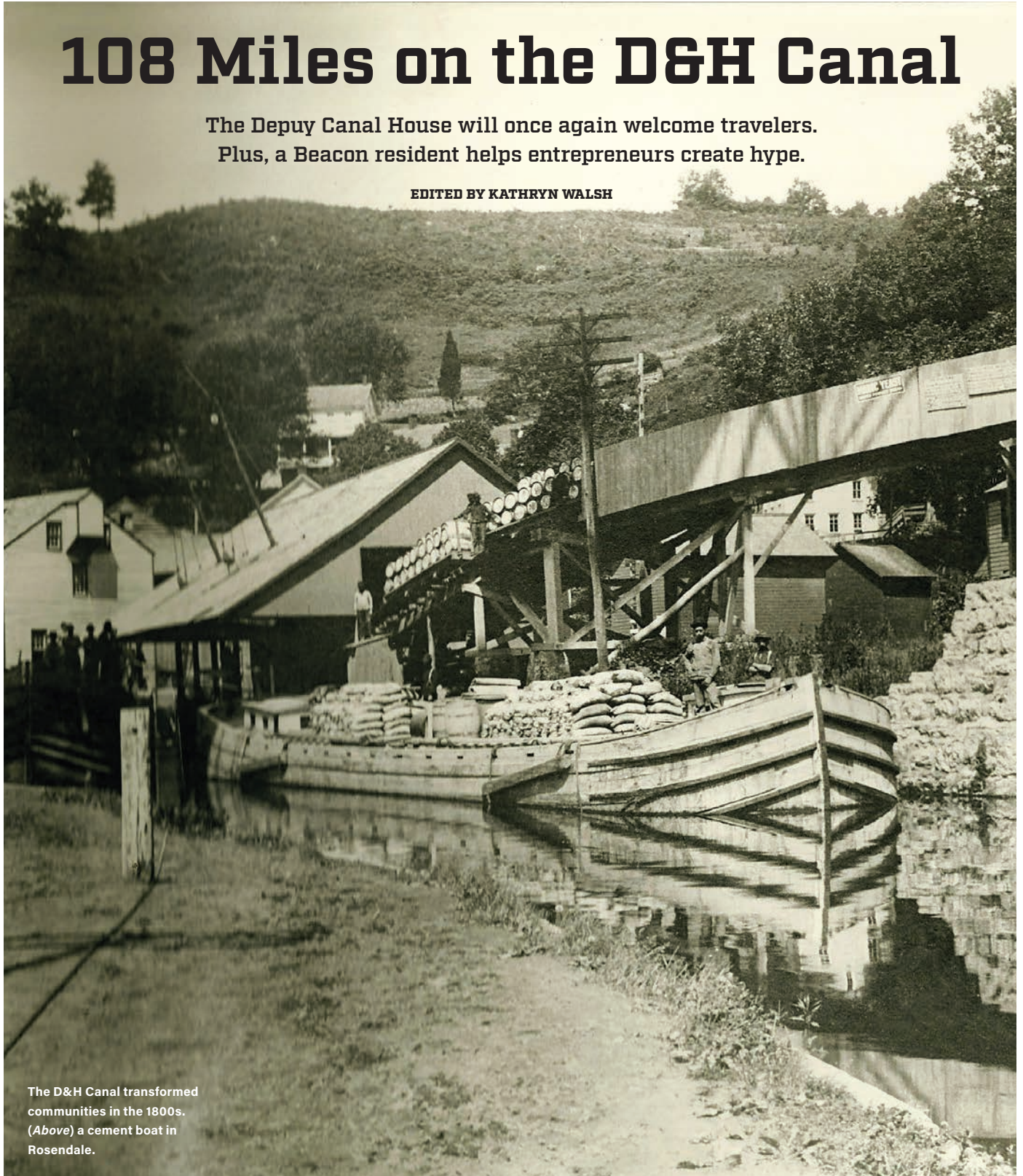
The Pulse

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108 Miles on the D&H Canal

The Depuy Canal House will once again welcome travelers.
Plus, a Beacon resident helps entrepreneurs create hype.

EDITED BY KATHRYN WALSH



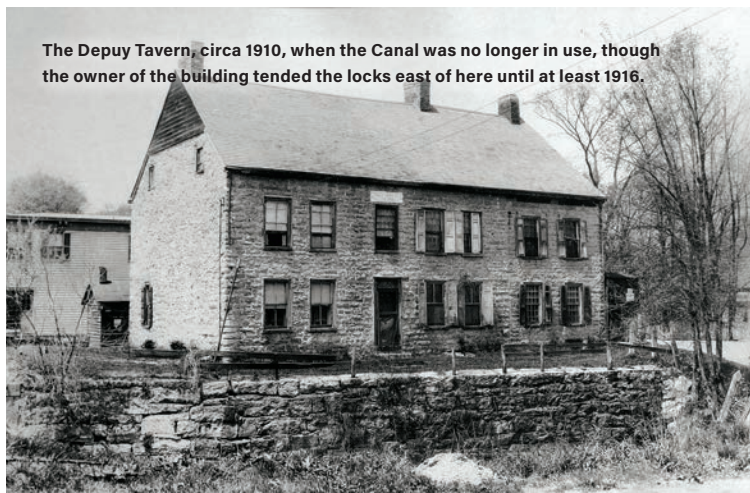
The D&H Canal transformed communities in the 1800s.
(Above) a cement boat in Rosendale.

PHOTO COURTESY OF THE D&H CANAL HISTORICAL SOCIETY

Renovation

Restoring a Historic Stop on the D&H Canal

The new D&H Canal Museum will provide riders a place to rest, visitors a place to learn, and the community a place to gather. **BY SALLY PARKER**



The Depuy Tavern, circa 1910, when the Canal was no longer in use, though the owner of the building tended the locks east of here until at least 1916.

An 18th century stone building most recently occupied by the popular Depuy Canal House restaurant in High Falls will soon be the new home of the Delaware and Hudson Canal Museum.

Built in 1797 as a house and tavern, the building was a rest stop for weary canal travelers. The combined museum and Mid-Hudson Visitor Center will also serve as a rest and departure point for the growing number of outdoor enthusiasts who use the network of trails in the region, such as Wallkill Valley Rail Trail and O&W Rail Trail.

After the restaurant closed in late 2015, the D&H Canal Society purchased the building at auction with the help of a \$600,000 grant from the Open Space Institute and \$500,000 from the State Department of Parks, Recreation and Historic Preservation, says board member Peter Bienstock.

In its current location on Mohonk Road, the museum draws only 500 to 1,000 people a year, he says. Exhibit space is small and in need of a refresh. He estimates the larger new museum and visitor center (located in the former kitchen of the restaurant) will draw 10,000 to 20,000 visitors within two years of opening in late 2021.

“High Falls is a nexus of the major trails west of the Hudson, so we are plugging our visitor center into that system,” Bienstock says.

The Delaware and Hudson Canal transformed communities along its 108-mile route in the 1800s. Exhibits will explore life along the waterway — the people; the industries that produced bluestone, cement and coal; and the economic influence they had in the region, New York City, and beyond. Designed by Ferwerda Creative Services and Paul Orselli Workshop, the exhibits will blend

the charm of the historic site with the latest in museum design. Interactive elements will highlight canal technology and spark learning in STEAM topics. Possibilities include working models of a canal lock and a gravity railroad (used to transport coal) and a “fuse” visitors can light to create the “explosion” of black powder used to dig the canal.

The visitor center will have a gift shop, information on area attractions, and flexible space for events; organizers envision space for conversation and community programming.

A giant illustrated mural will highlight prominent sights within 50 miles on both sides of the river. Potential sights that will be highlighted include Vanderbilt Mansion State Historic Site, Catskill Mountains and Hinchey Visitor Center, Culinary Institute of America, and Opus 40 Sculpture Park & Museum.

Adjacent to the mural will be an interactive map with a touch screen that showcases local businesses and other items that will be a resource for tourists.

Just as important will be the center’s role in outdoor recreation. An adjacent half-mile trail follows the original towpath — now a National Historic Landmark — where early designs suggest placing sculptures and life-size silhouettes of canal activity. Inside, visitors can take a break and use the map to plot routes for hiking and biking an ever-expanding network of trails.

“The growth of tourism has been absolutely amazing in the last few years,” says Bienstock. “A lot of it is around trails, and a lot of it is historical and cultural sites, which we are rich in. We think it’s going to become a major center for locals and outsiders and also for the considerable trail traffic.”



The new visitor center is expected to be used by hikers and bikers exploring the many trails in the region.

Expert Advice

What's All the Hype?

5 tips for local makers and entrepreneurs from a media master.

BY KATHRYN WALSH

Beacon resident Michael F. Schein, is an expert in creating hype. The founder and president of MicroFame Media — which specializes in making idea-based companies famous in their fields — Schein has a client list that includes heavy hitters like eBay and LinkedIn and has shared his secrets in *Fortune* and *Huffington Post*, and with audiences at speaking gigs worldwide.

And now he's sharing them in a new book, *The Hype Handbook: 12 Indispensable Success Secrets From the World's Greatest Propagandists, Self-Promoters, Cult Leaders, Mischief Makers, and Boundary Breakers*, published by McGraw Hill.

Says Schein, "I wrote this book to put these strategies in the hands of people making good art, working on good projects, and trying to bring attention to important causes and to teach them how to apply them ethically."

Here Schein shares 5 tips with "the incredibly talented Hudson Valley

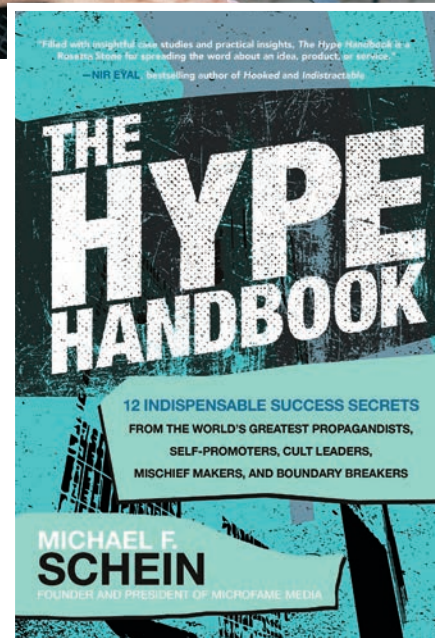


residents who are making cool new things and putting them out into the world."

1) Generate Mystique: When we're trying to bring attention to our projects, we often make the mistake of giving away too much too soon. We slap our web address, hashtag, or Instagram handle on everything with the idea that people should always be able to find us. Learn to hold back a little. Drop hints as to what's to come without revealing the whole story. In the pre-Internet era, the most effective hype artists had a knack for making it feel as if they came out of nowhere. There was a time when KISS never appeared in public without their makeup. Timing is everything.

2) Become a Master String-Puller: Pinpoint individuals who have the most influence over the audiences you want to reach, and get them to advocate on your behalf. Use social media to connect with power players in your field on non-work matters. Do you like the same music, sports teams, obscure hobbies? Prominent people — the kind of who can accelerate your career—are human too. They will find your approach refreshing.

3) Master the Art of Staging: Rock concerts, church revivals, and political rallies are so effective because they hijack our senses with setting, sound, and choreography. Take advantage of this dynamic on a smaller scale. For instance, begin thinking of your Zoom window as a set and everything around and behind you as a scene. What are you trying to say about yourself, your message, and your



beliefs? Select your props, lighting, and costume to convey your message.

4) Use Verbal Hooks: Our brains are attracted to rhyme, alliteration, and repetition because it once made it easier for us to learn language. Boil down your central idea into a pithy, memorable phrase and repeat it in as many forms and through as many media as you can gain access to.

5) Deploy the "Tom Sawyer Effect": Do you remember reading in English class how Tom Sawyer got a bunch of kids to do a tiresome chore for him by convincing them that they were enjoying it? If you can get people to see working hard on behalf of your cause or product as something fulfilling, fun, or meaningful, they will not only spread the word, but feel closer to you as a result.

Where in the Valley Sunnyside Up

Looming over one of the Hudson Valley's largest cities like the Death Star, this structure is anything but grim on the inside, where it houses two theaters. Be the first to name what it is and where it's located at www.hvmag.com/wiv and you will be mentioned in the next issue.



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Home & Property

Rooms We Love 20 Hot Property 22 Community 24

The Great Indoors

A designer kitchen maximizes storage and embraces nature. Plus, a charming Saugerties home and an update on the Dutchess market.

EDITED BY KATHRYN WALSH

PHOTO BY LENA PFEIFFER

The mix of wood elements — like the walnut table, captain chairs, and pine ceiling — reflect the variety of trees found in the forest outside.

"The house is T-shaped," says designer Aston Smith. "When you come up the property to see it, you immediately know it's going to be something special."





THE TEAM:

Architect Mark Bearak of
dtls.ARCHITECTURE
Designer Aston Smith of
Bilotta Kitchens of NY

VISIT THE DESIGNER'S SHOWROOM:

Bilotta Kitchens of NY now
has three showrooms: the
original, on Mamaroneck
Ave in Mamaroneck; on
Main St in Mount Kisco;
and inside the A&D
Building on E 58th St in
New York City.

Rooms We Love

Wide Open Spaces

A modern yet functional kitchen brings the outdoors in.

BY SIERRA GUARDIOLA

The Space:

A bright and airy kitchen in architect Mark Bearak's T-shaped home in Hudson, in collaboration with Aston Smith of Bilotta Kitchens of NY.

The Focus:

"You want the kitchen to be a backdrop. You don't want to compete with the outside; you want to be in harmony with the outside," says designer Aston Smith. The glass walls that surround the kitchen blur the line between outdoors and indoors, along with the careful integration of various types of natural wood, like the heart pine on the ceiling and walnut found on the island and wall cabinets. The concrete-colored quartz countertops and the veining of the Carrera marble backsplash use gray hues to pull in the tones of the stone outcropping on the property and contrast the variety of wood tones.

The Challenge:

Making sure the space provided all the kitchen's storage needs was key. The refrigerator and pantry sit on either side of the sink, offering symmetry and storage that blends into the aesthetic with matte black finishes. The pantry, which Smith describes as the "workhorse of the kitchen," has pull out drawers for food supply, houses the microwave, and offers plenty of storage, making it possible to keep the counters free and clear of small appliances. Hidden behind the panels of the island is plenty of storage, especially for extra pots and pans, so that the kitchen is easy to maintain while also fit for gourmet cooking and entertaining, Smith says.

Favorite Part:

"The island," Smith says. "I love the geometry of it. I feel like the kitchen needed something because the one wall is kind of quiet other than the backsplash that has the subtle veining in the stone. It needed something to pop. That furniture detail was an element of interest and geometry that the space needed. It works well with the light fixture Bearak designed for the ceiling."

The Collaboration:

"One of the best parts of two trade professionals working together on a project is that each has mutual respect for one another and each brings their area of expertise to the table for the best possible outcome," says Kristin Ohnmacht, director of marketing and advertising at Bilotta Kitchens. "Smith was especially thrilled to work on this because it was for an architect's own home. [Bearak] trusted her to help bring his own project to life. They do many projects together, but this is definitely Smith's favorite."

PHOTOS BY LENA PFEIFFER



THE DETAILS

Address: 1032 Kings Hwy, Saugerties

Price: \$649,000

Beds/Baths: 3 beds/1.5 baths

Year Built: 1747

Square Footage: 2,548

Lot Size: 34.5 acres

School District: Saugerties Central School District

Estimated Taxes: \$14,842



The idyllic, 35-acre Black Walnut Farm in Saugerties dates back to the 1700s. Its history can be seen in the vintage Colonial design.

Hot Property

The Country Home of a Lifetime

Black Walnut Farm is on the market for the first time in more than three decades.

BY SABRINA SUCATO

For the first time in more than 37 years, Black Walnut Farm makes its grand debut on the Hudson Valley's real estate market. The property is a true hidden gem in Saugerties, where it sits peacefully on 35 acres of open meadows and forested woodland. It dates back to circa 1747, and its vintage Colonial design honors the history engrained within its walls.

Inside the 2,548-sq-ft country house, traditional details like wide board wood floors, high-beamed ceilings, antique doors, and brick chimneys hearken back to its past in the Hudson Valley. The interior is warm and welcoming, with an open kitchen and living room that invite residents to linger. There's an original stone fireplace in the kitchen, which also has a rear staircase that leads to the master bedroom with a view of the farm's backyard. In the living room, an oversized fireplace is a dream for winter days, while the back brick patio tempts homeowners to retreat outdoors in the warmer weather.

Upstairs, the master bedroom boasts its own wood-burning fireplace, along

with a spacious walk-in closet. In total, the farm property includes three bedrooms, with one full and one partial bathroom.

On the grounds, the country experience continues with a picturesque 3,032-square-foot, two-story, tin-roofed barn that dates back to the 1900s. It's ideal for everything from a car collection to an artist's or carpenter's studio.

With ample acreage and space for a live-work setup, Black Walnut Farm is a perfect choice for anyone who wants to work from home in the Hudson Valley. While the property feels secluded, it's conveniently located near Saugerties proper, where an assortment of restaurants and shops await. The Rhinecliff Amtrak is 16 miles away and, for nature lovers, both Mohonk and Minnewaska are nearby. Even closer, attractions like Opus 40, the Saugerties Lighthouse, and the Saugerties Village Beach await for local explorations.

Listing agent: Courtney Popowick, Rita Levine Real Estate; 845.895.8900



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Community

The Showhouse Must Go On

The Kingston Design Showhouse has a third successful season.

BY KATHRYN WALSH

For Maryline Damour the bottom line is connections. The co-founder and principal interior designer of design/build firm Damour Drake established Kingston Design Connection in 2018 to connect local designers to each other, to potential clients, and to the growing design scene in Kingston. That same year, she launched the Kingston Design Showhouse to spotlight the work and talent of these designers, as well as local makers and manufacturers — and to further her mission of building community through design.

“I’ve always made it very clear that this is primarily an opportunity to build connections so that we can hire each other, so that we can continue to keep the dollars here,” says Damour, who wrapped up the third annual showhouse in mid-December.

The 2020 version — which featured 12 interior designers, plus 85 makers and business participants — was an effort that persevered despite some setbacks due to the pandemic. There was, of course, talk about it being a virtual event, but that wasn’t an option for Damour. “Part of it is that connection. That physical co-location of these designers, contractors, and local businesses that forges these relationships. People have already gotten jobs from [this year’s] showhouse, and the showhouse has barely ended.”

This year’s Kingston Design Showhouse — at a Hudson River Gothic house, taking place over six weekend days from Nov. 27 to Dec. 13 — was a success as far as attendance and safety: It was sold out, but with fewer guests and scheduled time slots with a maximum of 10 people per time slot. Masks were mandatory.

And now it’s onto the next showhouse and a search for that space. Homeowners can submit their homes as potential showhouses on Kingston Design Connection’s Instagram. After the house has been selected, designers can apply via Instagram to be part of the showhouse.

To view the Kingston Design Showhouse’s first-ever virtual tour, which is produced by Coldwell Banker in Kingston, go to www.kingstondesignconnection.com.



Real Estate

Top 10 Movers and Shakers

A look at market momentum in Dutchess County during 2020.

Sandi Park, of Berkshire Hathaway Home Services, is a numbers cruncher as well as an associate real estate broker. In her monthly newsletter *The Brick*, she delivers news, market reports, and analytics in an easily digestible format.

In an end-of-the-year edition of *The Brick*, Park provided a comprehensive analysis of the market momentum in Dutchess County, sourced from Mid Hudson Multiple Listing Service.

Here are the Top 10 towns, looking at increased units sold over 2019.

1. Town of Stanford: ↑ 113 %
2. Village of Red Hook: ↑ 92%
3. Town of Northeast: ↑ 50%
3. Village of Rhinebeck: ↑ 50%
3. Village of Tivoli: ↑ 50%
6. Town of Pawling: ↑ 46%
7. Town of Rhinebeck: ↑ 40%
8. Town of Amenia: ↑ 37%
9. Town of Pine Plains: ↑ 32%
10. Town of Clinton: ↑ 29%

According to Park, who maintains offices in LaGrangeville and Rhinebeck, “inventory availability and affordability are driving factors for increases/decreases in units sold.” For example, popular locations such as The Town of Unionvale, Town of Poughkeepsie, the Town and Village of Fishkill, and East Fishkill were “down the highest in units sold in Dutchess year over year, but not because there is no demand. This was directly tied to inventory squeeze in multiple price points versus 2019.” — KW

To subscribe to *The Brick*, email Sandi Park at sandipark@gmail.com



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COOL IS EVERYWHERE

VISIT HUDSON NY

WE A M

ANTI

(LEFT TO RIGHT) TK HOME & GARDEN IN HUDSON BY JD URBAN; BY JAMES CARROLL @OLDSOULSNY; BY ELIZABETH CADY; COURTESY OF SPOTTY DOG BOOKS & ALE

SHOPPING *Day Trips*

Chase away the winter blues with some retail therapy on Hudson Valley main streets.

BY NINA DOYLE, SIERRA GUARDIOLA,
AND KATHRYN WALSH



TALBOTT & ARDING CHEESE AND PROVISIONS



FACE STOCKHOLM



FACE STOCKHOLM

SPOTTY DOG BOOKS & ALE



HUDSON

Hudson, a former whaling port, became a destination for antiquers fleeing NYC's lack of space and high rent back in the '90s. They opened shops on mile-long Warren Street and more creative folks followed, both as proprietors and visitors. Today, Hudson has more than 200 independent establishments, including shops, restaurants, and galleries, offering everything from antiques to ale and makeup to motorbikes. Here are just a few of our favorites.

Start your expedition at **The Antique Warehouse**, located opposite the riverfront. This cavernous emporium is filled with all things antique and vintage. If you love rummaging for your finds, head to the salvage-filled back section.

A short stroll or drive brings you to the base of Warren Street, where you'll find **Dish**. Tucked inside a beautifully restored residential building, it's brimming with unique kitchenware and gifts. Paintings by the owner's husband adorn the brick-exposed walls.

Venture into **Verdigris Tea and Chocolate**, renowned for its vast selection of fine teas, homemade chocolates and pastries, and high-quality kitchen accessories.

Seek out the wrought-iron gates of **The Secret Gardener**, behind which is an oasis of plants and pathways, a nursery, and a gift-filled garden house.

Across the street are the gourmet temptations of **Talbott & Arding Cheese and Provisions**. As well as homemade sandwiches, salads, and baked goods, there's an impressive selection of condiments, pâtés, and cheeses.

(CLOCKWISE FROM TOP LEFT) BY FRANKLIN IMAGES; COURTESY OF FACE STOCKHOLM; COURTESY OF SPOTTY DOG BOOKS & ALE; BY JD URBAN

Treat yourself to a treasure hunt at **Antigo**. The happy jumble of affordable antiques includes furniture, fashion, and toys. Burrow in the back for more oddities and hidden treasures.

Discover a trove of fine wines and spirits at **Hudson Wine Merchants**. The owners curate a selection from around the world, and they're renowned for their quality advice and service.

Unique pieces from emerging designers fill the rails of **UNRACKED**. This bright boutique offers functional and creative clothing and accessories.

Take a pit stop at **MOTO Coffee/Machine**, where caffeine lovers and gear heads hydrate and congregate. Behind the store's coffee and snack bar is a spacious area dedicated to everything from clothing to motorbikes.

FACE Stockholm's flagship boutique is a colorful contrast between old and new. Its historic interior is a stunning backdrop to the brand's cosmetics and skin-care products. Head to the back area for racks filled with vintage items from **Look Apparel and Accessories**.

If you're a cat or dog lover, pause at **Love Thy Beast**. You'll find unique accessories and treats for pets, and quirky items for humans.

For an eclectic mix of LP records, antiques, and knick-knacks, call in to **John Doe Records and Books**. There's also a wealth of reading material at the independent **Spotty Dog Books & Ale**. They carry thousands of titles, including those by local writers and on local interests.



Furniture, fabrics, ornaments, and art are all under one roof at **TK Home & Garden**. Spend time browsing in this tranquil, historic setting.

For cruelty-free and incredibly soft clothing and accessories, visit **Fluff Alpaca**. The owners care for alpacas on their Hillsdale farm, and these amenable creatures provide the fiber for many of the store's products.

Down a short alleyway is a creative hideaway: **The Quiet Botanist**. This dried-flower haven and botanical apothecary packs delightful sights and smells into a cozy, intriguing space.

For a glimpse of 17th- to 19th-century Europe, visit **Red Chair on Warren**. Its furniture, linens, glassware, and trinkets transport you to an exquisite era.

Valley Variety brings you back to modern times. This cool, innovative store has a unique and stylish collection of furniture, travel items, home and kitchenware, and pet accessories.

Craving sauerkraut while shopping for flowers? **Flowerkraut** has you covered. Among the colorful foliage and gifts, you'll find jars of healthy sauerkraut in fiery flavors, such as jalapeño and ginger.

And finally, the city has almost 100 antique shops and galleries, far too many for us to list here. To learn more, please go to www.visithudsonny.com/directory. — Nina Doyle

Check stores' websites for information about hours, curbside pickup, and delivery.

A Place For:

Cozy Breakfast:
Tanzys



Coffee and Cake:
Supernatural
Coffee & Bakery



Comfort Food: Le Gamin Country

Quick Bite: Nolita Cafe

Glass of Wine: Sonder

Fireside Dining: Wm.
Farmer & Sons

Burger:
Grazin' Diner



Performing Arts:
Hudson Hall at the
Historic Hudson
Opera House

Scenic Vista: Olana
State Historic Site

Cocktail:
The Maker





HAMMERTOWN



SAMUEL'S SWEET SHOP

Rhinebeck

Rhinebeck is full of small-town charm, with its historic landmarks like the Beekman Arms — the oldest inn in America — and its quaint streets lined with a mix of upscale boutiques and mom and pop shops.

With two main shopping streets, the town offers a diverse array of stores and a friendly atmosphere. "Small business is the economic engine of our community," Carolyn Bernitt, executive director of the Rhinebeck Chamber of Commerce, says. "The merchants are passionate. They go that extra yard to provide wonderful service and wonderful atmosphere."

Start your visit at **Samuel's Sweet Shop** on East Market Street. Started in 1994 by Ira Gutner, the shop, now co-owned by Paul Rudd, Hilarie Burton, Jeffrey Dean Morgan, and others in the Rhinebeck community, is every sweet-lover's dream.

Just a few doors down you'll find **Periwinkles At Rhinebeck**, owned by a

mother/daughter team who got their start selling their signature bath and body products at local craft fairs. They now sell their products in their store, along with an assortment of other inspiring gifts, with an emphasis on their love for canine friends (you may even find their pups when you stop by!).

On this same stretch sits **Land of Oz Toys & Gifts**. Although a veteran in the town, it is newly relocated to this side of East Market Street.

Just a few doors down, **Winter Sun & Summer Moon** offers an eclectic mix of clothing, jewelry, shoes, and other products that showcases the handmade beauty of local and global artisans.

Across the street is the **Rhinebeck Department Store**, housed in a historic building and considered a cornerstone of the community. Here you'll find "authentic country classics" for men and women. Think brands like Pendleton, Woolrich, and Levi's.

Tucked back behind this row of stores is **The Clothes Tree**, a consignment boutique that offers shoppers fashionable, high quality items — such as shoes, dresses, and jewelry, — at a reasonable price.

Continue your day on Mill Street (Route 9) at **Montgomery Row**, a collection of some of the most popular shopping destinations in town. Near Terrapin is the beautiful **Hammertown** that carries curated items like furniture, accessories, and children's toys. Just next door is **Oblong Books & Music**, which has another location in Millerton.

Paper Trail also calls Montgomery Row home. Inside you'll find gorgeous paper goods like stationery, planners, cards, and wedding invitations. Nearby is a new addition to the Row, **Pause Dog Boutique**, that offers toys and treats for dog lovers and their furry friends.

On your way out of the Village, traveling north, stop by **The Phantom Gardener**, a six-acre garden center for your sustainable and organic gardening needs. If you're heading south on Route 9, visit **Rhinebeck Antique Emporium**, and give yourself some time to explore the wonders inside waiting to be rediscovered. —Sierra Guardiola

A Place For:

Coffee:
All That Java



Breakfast: Bread Alone

Dinner: Terrapin

Art: Art Gallery 71

Movies: Upstate Films

High-Flying Fun: Old Rhinebeck
Aerodrome



Pizza:
Pizzeria
Posto

Please check stores' websites and social media pages for information about hours, curbside pickup, and delivery.

Kingston

Whether you're drawn to Kingston for its rich history, music and performance spaces, or its food and drink scene, your trip won't be complete without shopping at the many small businesses found throughout the city.

Start your day off in the Stockade District, known for its Dutch roots and colonial history. If you park near Fair Street, the walking tour of Uptown can begin at **River Mint Finery**, known for its selection of independent designers and finely crafted products.

Follow this road to Wall Street lined with window displays from **Theresa & Co.**, with a beautiful selection of women's clothing or gifts for the little tots in your life; **Exit Nineteen**, offering an eclectic mix of 20th-century home goods, art, lighting, and gifts; and **Karina**, where you can get their vintage-inspired dresses perfectly tailored while learning about the store's mission of self-love and acceptance.

On the opposite side of the street sits **Blue Byrd's Haberdashery & Music**, open for nearly 30 years with the slogan "for great hats and better blues." Next door is **Outdated Cafe**, where everything is for sale, "from the chair you sit on to the art on the walls to the excellent coffee, farm fresh food, and baked goods."

On the intersecting North Front Street, you'll come across neighbors **bluecashew** and **Lovefield Vintage**. At bluecashew, expect kitchenware galore to fit all your needs from the simplest to absolutely elegant. After stocking up on all the cookware your heart desires, pop in to Lovefield to find the newest treasure for your wardrobe among the thoughtful collection of vintage wear for men and women. They also carry wonderful decorative objects, like stained glass items, and an assortment of natural beauty products.

Down the street is **Conscious Co. Boutique**, a new addition to North Front Street that opened in 2019, selling only brands that are socially and environmentally conscious in an effort to empower artisans, especially women, around the world.

A quick turn at the intersection of North Front and Crown Streets will lead to the historic four corners, the only intersection in America where the buildings on all four corners were constructed before the Revolutionary War. On the corner of John Street, a beautiful stone building houses **Rough Draft Bookstore & Bar**, which prides itself on offering a diverse selection of the newest titles as well as fantastic beer, wine, cider and coffee.

HOPS PETUNIA



Continue your day in Midtown. You may want to stop and check out the famous 1,510-seat **Ulster Performing Arts Center (UPAC)** or stay for a concert once live events become a thing again. **Zaborski Emporium** is nearby, which has been a staple in Kingston for more than 25 years. Take your time exploring the 40,000-square-foot building that's home to an abundance of stained glass, fixtures, ornaments, and other architectural salvage, much of which reflects the changes Kingston has seen over time.

End your day in the Rondout, Kingston's waterfront district, where you'll find a host of gallery spaces, like **ArtPort Kingston**, as well as the **Hudson River Maritime Museum**.

Pop in to **Hops Petunia**, a florist known for making beautiful arrangements sourced from local farms and American growers. In addition to floral designs, the shop's curated selection of gifts includes items that will make your home cozy and functional. For more home goods, stop by **Clove & Creek**, a mercantile inspired by natural beauty that carries locally made goods and heritage products from around the globe.

Finish the day off by picking up wine, spirits or cider from **Kingston Wine Co.** or a takeout meal at one of the many restaurants in the Rondout. —SG

A Place For:

Coffee: Monkey
Joe's Roasting
Company



Beer: Keegan Ales

Breakfast: Dolce

Ice Cream: Boice
Bros. Dairy

Lunch: Kingston
Bread + Bar

Waterfront dining:

Ole Savannah

Fine dining:
Hotel Kinsley

Music:

BSP Kingston
(through Facebook,
for now)

Art: Public murals
throughout the city

FIND A VIRTUAL
MAP OF KINGSTON'S
MURALS AT WWW.OPOSITIVEFESTIVAL.ORG/MURAL-MAP-2.



EAST MAIN STREET



RONZWORLD GUITARS

Beacon

You'd better put on your walking shoes if you plan to cover all of the shops on Main Street by foot. But maybe you already have them on after climbing Mount Beacon. From **Bank Square Coffeehouse** off of Wolcott Ave (Route 9D), where you should surely start your day, to the shops "around the bend" near **The Roundhouse**, it's one mile. And then you have to get back to your car.

Mentioning food establishments as markers comes naturally when speaking of Beacon, which is known for its dining and beverage scene as much as its shops. The business community is strong in this former mill town, which recently hosted its Third Annual Hop & Shop, with participation from 50 shops, restaurants, and galleries.

After fueling up at Bank Square, head a few shops down to **Utensil**, which carries both fun and practical kitchenware, as well as tasty treats like jam and jars of gummies.

Across the street is **Mountain Tops Outfitters**, which is stocked with backpacks and other gear for campers, kayakers, and hikers. (In warmer weather, you can also rent kayaks from them at Scenic Hudson's Long Dock Park.) Further down Main Street you'll find more outdoor gear, including fine leather gloves and totes, plus barware and silver jewelry at **Last Outpost Store**.

For one-of-a-kind home goods and more, a visit to **Hudson Beach Glass** is a must. This glass studio has been casting functional and sculptural objects for more than 25 years and has been a presence on Main Street since 2013. Housed in a restored firehouse, it's a really cool place to visit and shop their exquisite products, from barware to blown vases. For pottery, head to newcomer **Afton Road**, which offers workshops and beautifully handmade products.



THE SNOOKI SHOP

A Place For:

Bagel:
The Bagel Shoppe



Breakfast: Beacon Pantry

Margarita: Baja 328

Cocktail: Wonderbar

Fireside Dining: The Roundhouse



Sandwich: The Beacon Daily

Excursion:
Bannerman Island

Beer: Melzingah Tap House

Movie: Story Screen Beacon

People Watching: The Beacon Hotel

Scenic Walk: Scenic Hudson's Long Dock Park to Dennings Point to Madam Brett Park

Ice Cream:
Ron's Ice Cream



If you're a maker yourself, you may want to head to **Beetle and Fred**, a fabric store catering to garment sewers and quilters. **Loopy Mango**, offering everything for your knitting and crocheting needs, is closed during the pandemic, but you can visit them online at www.loopymango.com.

Fill your home with toys from **PLAY**; houseplants and flower arrangements from **Flora Good Times**; vinyl records and CDs from **Hudson Valley Vinyl**; and new or old reads from **Binnacle Books**. The latter is in between two of our favorite snack spots: **Bean's Cat Café**, where you can get some cuddle time with adoptable shelter cats while enjoying your latte, and **Glazed Over Donuts**.

For food items to take home, stop in at **Scarborough Fare** to taste and purchase their olive oils and vinegars, the largest selection in the Hudson Valley. They also carry sea salts, spices, and local and imported goods. The section of Main Street known as "the bend," near East Main, has become a foodie haven, with **The Village Jerk**, **Hudson Valley Marshmallow Company**, and **The Chocolate Shop** all nestled together like a spicy s'more.

A few of Beacon's must-visit shops are also on the bend, including **Raven Rose** for home goods and flowers; **The Snooki Shop**, *Jersey Shore* alum Nicole Polizzi's newly opened clothing boutique; Best of Hudson Valley winner **Lamb's Hill Bridal Boutique**; and general store **Solstad House**, which specializes in hand-made products from small, U.S.-based vendors and Beacon-branded goods. Just over the creek on East Main is another newcomer, **Inglennook Marketplace** (another location is in Pine Bush), which also offers home goods, including their own signature fragrance line.

Be sure to allow enough time to explore Beacon's many galleries and art centers while you're in town, including **Maria Lago**, **The Howland Cultural Center**, **Beacon Artist Union**, and the brand-new **RonzWorld Guitars**, where owner and artist Ron Williams sells gorgeous, personally designed, hand-painted guitars. And, of course, no visit is complete without stopping at the museum that put Beacon on day-trippers' radar nearly 20 years ago, **Dia Beacon** (which has a great gift shop, btw). —Kathryn Walsh

Please visit businesses' websites and social media pages for information about hours, curbside pickup, and delivery.



NEWBURGH VINTAGE EMPORIUM

Newburgh

Many find themselves in Newburgh during February each year to celebrate George Washington's birthday at Washington's Headquarters State Historic Site. And while the landmark is not doing any on-site events this year on the holiday, you can visit the grounds year-round every day except Sundays and Mondays. When visiting, be sure to check out some of these shops on or near Liberty Street.

Just across from the headquarters is **Spirits Lab**, a new craft distillery that makes small-batch craft spirits and bottled cocktails.

Too early for the hard stuff? Go to **Newburgh Flour Shop** for coffee and a pastry or breakfast sandwich.

Nearby is **Cream Newburgh**, which was previously split into the Boutique and Vintage shops, now housed under one roof bringing customers the latest trends and vintage treasures.

At **Field Trip**, customers can expect goods from makers in the Hudson Valley and beyond, along with their flagship plant-based skincare line, Hudson Naturals.

Lifestyle shop **M. Lewis Boutique** has evolved tremendously since owner Michael Carter began selling T-shirts at flea markets. Inside you'll find clothing, accessories, and an assortment of wellness products.

Stop in at **Palate Wines** for help choosing the perfect wine or spirit for any occasion.

On the other end of Liberty Street is **Oliver & Chatfield**, a carefully curated shop with a general store feel.

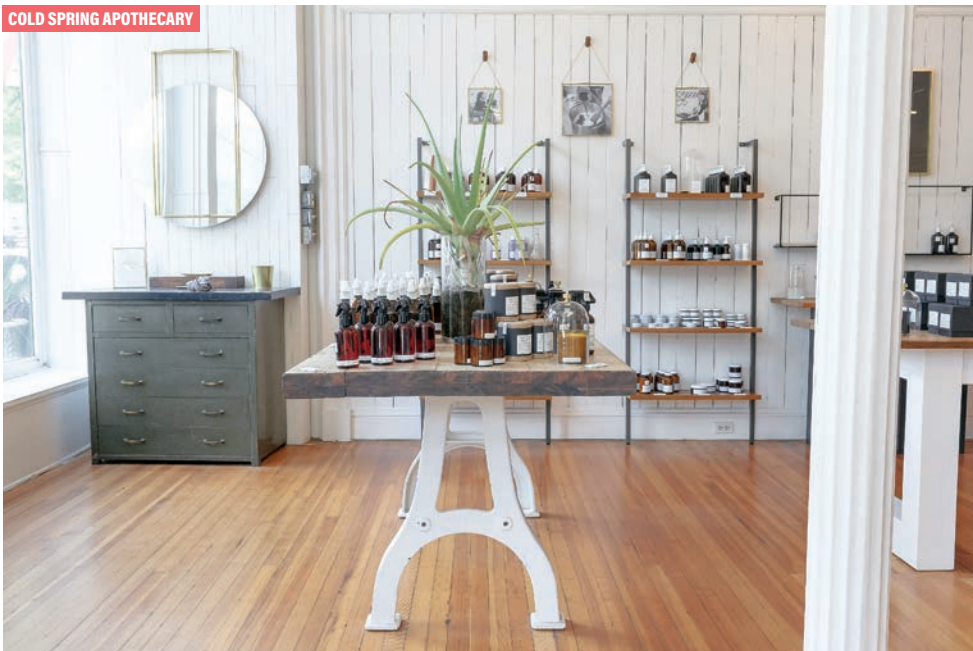
Pop-up boutique **Newburgh Mercantile** showcases staple Hudson Valley makers, as well as interesting imports.

Hudson Valley House Parts is home to many repurposed gems, whether they be vintage house parts for local restoration or hard to find specialty decorative items.

Set aside time on your way home for stops at **Newburgh Vintage Emporium** and **Newburgh Vintage Warehouse** — both sprawling with fabulous finds. —SG

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COLD SPRING APOTHECARY



OLD SOULS



ONCE UPON A TIME



Cold Spring

Before Manhattanites discovered Beacon and Hudson, Cold Spring — an antiques paradise less than 90 minutes from Grand Central — was *the* shopping daytrip destination. The riverfront town's appeal has far from faded, with shops, restaurants, and an art scene that have continued to thrive, even during the pandemic. In fact, with hikers flocking to Breakneck and Mount Beacon in great numbers during spring, summer, and fall, winter just may be the best time to visit.

An approach by car from the north on Route 9D takes you past the trailhead for Breakneck and an awesome tunnel through that mountain. If you are coming in via train you will step right out of the Metro-North station and onto Main Street. Walk through the charming tunnel under the tracks and you're at the riverfront section of Main Street with anchor establishment **Hudson House**, a charming 19th-century inn and restaurant, firmly planted on the corner across from the park.

If you're driving in from Route 9, stop by one of our favorite shopping strips in the Valley. It's home to **Vera's Market & Gardenshop**, where you can stock up on farm-fresh produce, plants and flowers, as well as fresh cider donuts, made in small batches year-round; **The Pantry**, for coffee and more pastries; and whole-animal butcher **Marbled Meat Shop** (order in advance) for pasture-raised, antibiotic-free meat, plus cheese, charcuterie, seafood, and prepared foods.

In the Village, the Main Street shopping district is small (less than half a mile) but packed with a variety of boutiques carrying clothing, gifts, home goods, food and wine, antiques, toys, and more.

Old Souls has been our go-to place for outdoor gear since it opened in 2013. It started off carrying mostly American-made products for field, home, camp, and stream, and now takes up two storefronts and also carries clothing, shoes, and hard goods from

A Place For:

Brunch:
Hudson Hill's Cafe

Beer:
Doug's Pretty
Good Pub

Breakfast:
Foundry Cafe



**Romantic
Dinner:** Cathryn's
Tuscan Grille

Hiking: Breakneck Mountain

Contemporary Art: Magazzino
Italian Art

Riverside Cocktail: Riverview

Scenic Walk: Dockside Park

Burger:
Cold Spring Depot



Ice Cream:
Moo Moo's Creamery

brands such as Patagonia, Marmot, Yeti, and Red Wing, to name a few.

Cold Spring is an awesome place to shop for a loved one. In fact, they may have more gift shops in half a mile than anywhere else in the Hudson Valley. Go to **Poor George**, if you are looking “for gifts that don’t suck.” (Yes, that’s their motto.) Products include everything from Paddywax hand creams to “Beer, Breakfast of Champions” T-shirts. **Kismet at Caryn’s** carries clothing and jewelry, delivers balloons, and has a secret garden. **Pink Olive’s** mission is to help find a gift that will “make you smile.” Supporting that are the You Are Loved line of products and Surprise Care Packages. And main stay **The Country Goose and Highland Baskets** celebrated 35 years in 2020, and is still making kids of all ages happy, with toys, candy, home goods, and great gift baskets and raffles.

Antiques are still a presence on Main Street, although Arts & Antiques closed in 2020, after 34 years. You can still find gems at **The Cold Spring Antique Vault** (formerly The Cold Spring Antiques Center), **Antique Alley**, and **Once Upon a Time**, where you can also get your doll repaired.

Another casualty of the pandemic was Burkelman, the popular home store, which maintains its flagship in NYC and an online presence. Still, you can fill your home and empty your wallet pretty easily with visits to **Cold Spring General Store** and **The Apothecary**. And, keep the blahs out of your at-home work or school space with some fun writing, painting, and drawing goods from **Supplies for Creative Living**.

For vintage clothing try **Vintage Violet** and newcomer **DamnAged Vintage**, where fall signage, keeping with the village’s tweaky tone, announced “Nothing haunts us like the vintage we didn’t buy.” Truer words were never spoken.

Before you head home, make sure to stock up on provisions to remind you of your visit. Go to **Cold Spring Cheese Shop** for cheese and charcuterie (order platters online, in advance); **Spice Revolution** for spices, coffee, tea, and sugar; and **Flowercup Wine**, for wine, spirits, and more. —KW

Please visit businesses’ websites and social media pages for information about hours, curbside pickup, and delivery.

ABIGAIL ROSE & LILY TOO



Nyack

While Nyack is home to exceptional shopping year-round, Nyack’s Winter Wanderland is a seasonal experience that’s bringing the community together to shop safely through the end of February. The ongoing winter event is designed to support small businesses during the slower, colder months by encouraging sidewalk shopping with festive lights, warm fire pits, music, and hearty food and hot drinks. Here are five stores to stop at during Wanderland, and the rest of the year.

Plant and lifestyle shop **Bridge Street Botanicals** offers a variety of houseplants to take home, handmade pottery, CBD products, and incense.

At **Squash Blossom** on Burd Street, you’ll find one of the largest collections of authentic Native American jewelry and crafts on the East Coast.

On South Broadway, it’s hard to miss the vibrant blue and yellow storefront at **Pickwick Book Shop**, the only lasting independent brick and mortar bookstore in Rockland County, open since 1945.



BRIDGE STREET BOTANICALS

A new addition to the South Broadway scene is **Abigail Rose & Lily Too**, a clothing shop for women and children that relocated from nearby Piermont in August 2020. The store is run by Abigail and Lily Chapin (the namesake inspiration for their mother who opened the store in 1987), who also tour as working musicians with their band, The Chapin Sisters.

Next door is boutique **Maria Luisa** and neighboring satellite sister store **ML by Maria Luisa**. The shops carry everything from women’s clothing to candles to children’s toys, and ML focuses specifically on bringing in eco-friendly, fair trade, and handmade goods. —SG

F R E E D O M

**Forty years ago, after 444 days in captivity,
the 52 Americans held hostage in Iran were released.
Their first stop in the U.S? The Hudson Valley.**

BY PAUL POST

Col. Dave Roeder's 9-year-old daughter, Dawn, ran right past him as he waited with outstretched arms on the Stewart Airport tarmac.

She was so young and he'd been gone so long that she didn't recognize him at first. "And I'd lost a whole lot of weight while I was a guest of the Ayatollah," Roeder says.

But then Dawn felt the tight, warm embrace her father had hoped, dreamed and waited for so long, and which quickly enveloped his wife, Susie, and their 15-year-old son, Jimmy, as well.

Roeder, now 81, was among the 52 brave Americans who endured 444 days of brutal captivity during the Iran Hostage Crisis, which began with the storming of the U.S. Embassy in Tehran on Nov. 4, 1979 and lasted more than 14 months until their release on Jan. 20, 1981.

Five days later, following medical evaluations in West Germany, the world watched as the hostages set foot on American soil. As their first step in a hero's welcome home, tens of thousands of flag-waving admirers cheered them along the 17-mile route between Stewart Airport and West Point, where the hostages spent several days reuniting with loved ones in the peace and safety of the Hotel Thayer's comfortable surroundings.

"That time at West Point was invaluable," Susie Roeder says. "I don't know how we would have done it otherwise. It was a real whirlwind; intense is a good word for it. It was exhausting. It was nice not to have to go home immediately and be thrust back in the middle of things."

"The atmosphere was electric," says 89-year-old June Eazzetta, whose late

husband, Benedict, was Highland Falls' mayor at the time. "It was so American. Everyone was singing *God Bless America* and waving to the hostages. It was such a patriotic type of thing. Everybody had a yellow bow on. All the cars had bows. We used up all the yellow material around the whole area. I even put one on my little poodle."

Mary Lou Conley had a bird's-eye view of the jubilant celebration from her second-story perch inside the USAA Insurance building where she worked, right outside West Point's Thayer Gate. She and co-worker Nancy Scherwitz were enlisted to help CNN and CBS News crews, who set up headquarters there to broadcast the event around the world. Photographers stood on window ledges and rooftops to capture it on film.

"The whole West Point Highway was packed with people and lined with flags and yellow ribbons, lamp poles, everything," Conley says.

"To this day it gives me goose bumps," Scherwitz says. "It was just unbelievable to think what courage those people had. I remember thinking how happy I was that they really made it out safely and that we as a country pulled together and were able to do something to help these people, to save them."

June Patterson, now Town of Highlands town clerk, watched with fellow Highland Falls Middle School eighth-graders. "It was really a life-changing event to go to, especially as a kid," she says. "There were tons of people; it was crazy. I watched the buses coming, it was awesome, so cool. I also remember it being a really humbling experience. I couldn't imagine what those people had gone through."

Five days later, she saw the hostages

again, this time while standing on a wooden traffic horse to get a better view during a ticker-tape parade through Lower Manhattan's "Canyon of Heroes."

Twenty-one of the 52 hostages took part in the NYC parade, but Col. Roeder wasn't among them. Like many others, he just wanted to go home to Virginia.

Col. Roeder was the first one off the plane at Stewart Airport. After being cut off from the world for so long, he was genuinely surprised at the tremendous outpouring of love, pride and joyful adoration for the hostages.

"All of a sudden there were people everywhere, waving flags, it was just incredible," he says. "I can't say that we anticipated that at all. It was kind of a shocking thing. Everybody was talking about heroes. We weren't heroes. We didn't do anything except our job. The only reason we got in trouble is that we were Americans."

Col. Roeder went to Tehran in late October 1979, only eight days before the embassy takeover, assigned there as assistant Air Force attache.

The situation was already tense as the Iranian Revolution was well under way. The embassy had been attacked and briefly occupied on Feb. 14, 1979, and, on Nov. 1, just three days before the takeover, Iranian police diverted a large crowd of protestors away from it.

The Shah of Iran left his country in early 1979, leading to creation of an Islamic republic under the Grand Ayatollah Ruhollah Khomeini. In October, the Shah was allowed entry to the U.S. for cancer treatment, igniting protests among revolutionaries who demanded his return to Iran. President Jimmy Carter's refusal angered militants even more.

Buses carrying the former hostages and their relatives make their way through a crowd of well-wishers after departing from Stewart Airport on Jan. 25, 1981. The former hostages and their relatives were transported to the U.S. Military Academy at West Point.



Freed U.S. hostage Col. David Roeder shouts and waves as he arrives at Rhein-Main U.S. Air Force base in Frankfurt, Germany on Jan. 21, 1981. A *Journal News* page from Jan. 26, 1981, and a Thayer Hotel menu signed by the former hostages.

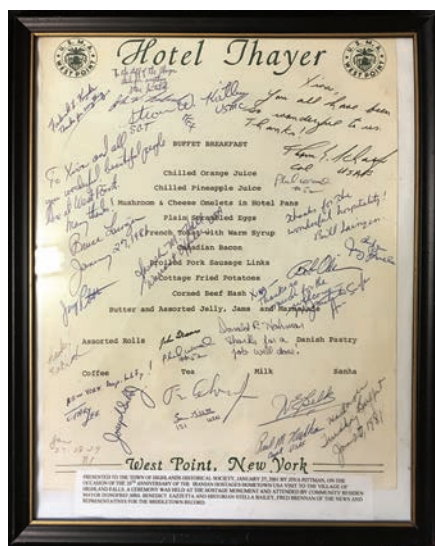


But neither Col. Roeder nor his wife, Susie, realized the suffering and agonizing separation the revolution would lead to. They'd already sacrificed a great deal during the Vietnam War. Apart for months on end, Susie was at home while her husband flew more than 100 dangerous B-52 bombing and F-105 fighter plane missions in the skies over North Vietnam.

Col. Roeder says his arrival at the Tehran airport was a like scene from the 2012 movie *Argo*, which recounts how CIA operative Tony Mendez (Ben Affleck), posing as a film producer, exfiltrated — with help from Canadian embassy officials — six hostages who had escaped during the takeover.

"I had a black diplomatic passport," Col. Roeder recalls. "The guard looked at it, went over and talked to somebody else. They went into a back room, there was a lot of talk going back and forth, and 20 minutes later they came out and said, 'OK, you can go.'"

Roeder spent the first couple days with his boss, Col. Tom Schaefer. "We were sitting up on the roof and there was gunfire going off all over the city," Col. Roeder says. "November 1 was my daughter's birthday. So I called home from there and said, 'I'm not sure what I've gotten myself into here.' Then, of course, a



few days later everything went to hell."

Both he and Schaefer were among the Americans taken hostage when demonstrators stormed the embassy on November 4. Roeder's captivity included 63 days of solitary confinement.

"I'm not very big on telling war stories," he says. "It was not a pleasant experience. I carry the scars from my hostage experience because I wasn't very popular with my captors. I can show you what a rubber hose beating looks like."

But he wears such physical reminders like a badge of honor, with a grim sense of pride, knowing that he never broke or gave in to his captors' demands.

"During one of the interrogations, they neglected to handcuff me to a chair," Col. Roeder says. "I don't remember what one of them asked me, but I hit him. The next thing I know the chair went over backwards. It wasn't very good for the

next 10 minutes. Then they put me in the slammer. They'd beat me about every other day. You felt like you were an animal. When you were in solitary, it was usually a result of something you did, or something they wanted you to do and you wouldn't."

"But that's when you can convince yourself that you're winning," he says. "I was proud of being in solitary because I knew I had to have done something serious enough for them to react like that."

Following Operation Eagle Claw, the failed hostage rescue mission that resulted in the death of eight U.S. servicemen on Apr. 24, 1980, Roeder was taken to a dozen different locations, usually in the trunk of a car. Hostages were constantly moved around and kept separate to prevent another rescue attempt.

At one point, because he was a highly decorated officer, the Iranians announced to the world that they were going to put Col. Roeder on trial for his Vietnam combat record, and invite the North Vietnamese. "Well, I'm sure you realize no one survives a trial in Iran," he says.

The threat was never carried out, which Roeder attributes to God's protective power that he says sustained him through this and every other trial. "You could not believe how much that meant," he says. "There were times when I said, 'My God, I'm not going to make it here.' I would ask God for help. He never let me down."

"At West Point, one of the things that impressed me most was the chapel. It's incredibly beautiful," he says. "We did all kinds of things. We went to a basketball game against Navy. We had one or two opportunities to eat with the Corps of Cadets. That was kind of neat. They didn't



(From top) USMA cadets escort the former hostages and their families as they get off the buses at West Point; parade-goers line the yellow-ribboned streets of Highland Falls; Col. David Roder greets well-wishers. (Below) Historical markers in Highland Falls today.

quite know what to do with this Air Force colonel.”

After getting settled, the first thing some hostages did was head into Highland Falls in search of the nearest pizza joint.

From West Point, the hostages were flown to Washington, D.C. for a private White House reception with President Ronald and First Lady Nancy Reagan, followed by ceremonies on the South Lawn. Reagan took a personal interest in Col. Roeder’s plight because of the Iranians’ highly publicized threats of a trial.

“He walked up, looked at my name tag, and said, ‘Roeder! I know all about you!’ Well don’t worry, colonel. You’re now a free American,” Roeder recalls.

Col. Roeder’s one lament on the 40th anniversary of his release is that many young people have no idea about the Iran Hostage Crisis. Even to older Americans it’s somewhat forgotten.

“The 40th anniversary [Nov. 4, 2019] of our being taken hostage went by without fanfare, nobody even mentioned it,” Roeder says. “We thought somebody would say, ‘Forty years ago today the Hostage Crisis started.’ It didn’t happen. If you get a mention at all in some of the history books, it’s very brief. It’s not taught in schools. If you find somebody under 40 who knows about the Iran Hostage situation or the Eagle Claw rescue attempt, that surprises me.”

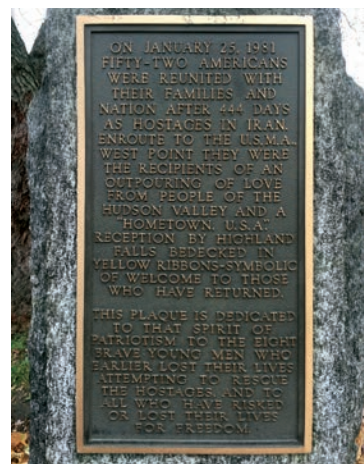
Army Major (ret.) John Dodson, (U.S. Military Academy ’68) also served in Iran and narrowly escaped before the embassy takeover. A former West Point professor, he shares Col. Roeder’s

concerns that lessons weren’t learned or are in danger of being forgotten.

“We’ve let our history slip,” Dodson says. “America is a bubble. It’s so safe compared to most of the world. In America you can do almost anything you want to, any time you want to do it. It’s a very special place. It really is the leader of the world. If you let that slip away, you’re not going to get it again.”

Roeder has done a great deal of public speaking to keep this message alive. But unlike many decorated veterans, he doesn’t need reminders about the most difficult time in his life.

“A lot of Air Force guys, particularly fighter pilots, have ‘me’ rooms where they display their awards and memorabilia,” he says. “I don’t have one of those. I have all the stuff that should go in one, but it’s in boxes in the basement. I’ve moved on, I guess, is what I’m saying.”





STAND FOR SOMETHING

From racial equality and
prisoner reform to agriculture
and environmental
conservation, when these
seven Hudson Valley activists
see a way to better their
communities and their country,
they take a stand.

**By Mike Diago and Samantha Garbarini
with photography by Kenneth Gabrielsen**

Camille Hyatt at her
home in Ossining

Camille Hyatt

Volunteer, Mothers Out Front

“I got involved with Mothers Out Front through my friend, Megan Dyer. Megan and I went to high school together in Cleveland, Ohio. She lived in Norway for a little bit, and she saw how deep into climate change processes are over there. Once you see what goes on, you’re like, *Why can’t the U.S. take on climate change challenges as Europe does?*”

She formed Mothers Out Front [in Croton-on-Hudson]. I was laid off from my company [in June, and] I started sending letters to mayors and village representatives across Westchester with regards to gas planning. It’s really how to allocate funds for gas planning with ConEd and other utilities. Instead of putting it toward more fracking and more digging, let’s put it towards more solar panels. Let’s put the funds toward something that would be more environmentally sane.

I got involved with the school bus initiative over the summer, which is taking funds to convert school buses in Westchester (and all across New York) from diesel to electric. That will enable the villages to save so much money. Obviously, there’s a large cost at the outset, but thereafter it’s much cheaper to run an electric school bus.

When folks were initially discussing this, they were like, ‘No one has the funds for this. We’re in the middle of a pandemic. Where are we going to get the money?’ But, if you explain it in a way that’s pennywise, and think about your children, your grandchildren, people start opening their ears. Right now, my son goes to hybrid school, but there are a lot of folks that are totally virtual. So, let’s maybe do this now when there are not so many busses on the road, and we can have a beta test. We just want them to listen and then take it to the powers that be.

I think in the age of getting a seat at the table, women’s voices need to be heard. Within the last several years, you’ve had so many movements that have been extremely impactful globally. Let’s utilize that and strike while it’s hot. I think that adding mothers to the movement definitely perks a lot of politicians ears up. Women have always had a stake in their children’s lives. As a mom, I think it’s very important that we also educate our children around the importance of climate change. I think we really have to get involved.”

For more information on Mothers Out Front, visit www.mothersoutfront.org.

Father Frank Alagna

*Co-President, Ulster Immigrant Defense Network
Priest, Holy Cross/Santa Cruz Church, Kingston*

Father Frank Alagna in
his church in Kingston



“At the Ulster Immigrant Defense Network we’re serving people who are living in fear. Things that we see happening in people’s lives tear at us. But there’s also good folks that are being helped by other good folks. That is the agony and the ecstasy that keeps us going.

Last year, one local asylum seeker came to us because his wife and daughter were in a detention facility in Alabama. We worked with appropriate agencies and secured their release. They arrived on Christmas Eve at Newark airport, and their reconnection was breathtaking.

But in another instance, I went to a deportation hearing of a gentleman who was stopped by a county sheriff and put in a detention facility in New Jersey. He wasn’t allowed to see his wife or his two children from the day they took him. They wouldn’t even allow the wife and children to see him before he was put on an airplane to Honduras. He had done nothing wrong except cross the border [years ago]. He’d been here 10 years and worked two jobs to support his family.

When law is used to violate humanity, then something’s wrong with the law. We have a broken immigration system that doesn’t give a path to citizenship to people who have been here.

Folks are facing the impact of climate change. There are gangs. Governmental structures are not stable or [are not] serving the people at the margins. Organizations like Ulster Immigrant Defense Network and others are trying to help.

We’re attending to about 250 asylum-seeking families in Ulster County.

We got involved in the Green Light campaign to enable undocumented people to have [driver’s] licenses. We made Kingston a sanctuary city so that ICE can’t deputize local police. We have a 24/7 helpline, staffed by bilingual volunteers who listen and attempt to get various needs met. We transport people back to the city for their ICE appointments. We work with other groups to make legal support available. We put money into rent and distributing food. We support the cost of Internet and provide tutoring for immigrant kids who need additional support as they adjust to mainstream school.

Basically, I just believe nobody leaves where they’re born, raised and connected, unless they’re desperate.”

For more information about the Ulster Immigrant Defense Network, visit www.ulsterimmigrantdefensenetwork.org.

Rae Leiner in
Poughkeepsie

Rae Leiner

*Co-Founder, Newburgh
LGBTQ+ Center*

*Member, Black Lives Matter
Hudson Valley*

“When I was 5 years old, the police came to my house in the middle of the night to take my brother away. He had jumped the turnstile on his way home. All my brother’s white friends did the same thing, but the cops didn’t show up to their houses. I became hypercritical at an early age of how racism was playing out in my life at school and in my community. [My activism] comes from profound love and heartbreak. It’s personal. The stuff that my brother went through is what my nephews go through and what I go through in terms of being racially profiled. Also, because I’m gender queer and people can’t peg me. What has sustained me has been the ability to fight and to change.

The focus right now is on supporting people in the movement. We’ve been raising our voices to repeal the Walking While Trans Law [Loitering For The Purpose of Prostitution Law]. It’s used to target trans folks, folks who are wearing provocative clothing, or who have cash on them. The profiling impacts us because, if [trans folks] are picked up, a felony goes on record and prevents you from receiving any kind of government subsidy. You can also experience job-based discrimination.

We get phone calls around this time of the year from trans folks who are looking for housing. But we don’t have

housing, so they end up going into the shelter system. They are being brutalized or experience negative treatment. We are looking for a space that will allow us to host programs, give people housing, and create sanctuary space for trans folks.

The legislative route is long. We are working on defunding the police, the Breathe Act in Newburgh, and fighting prison expansion in Dutchess County, but we’re also building up our community so when things fall apart, we got us. We’re asking how we can work with local farms? How are we redistributing information and

resources? We’re doing a street medic training soon. In October, we did a day of healing where we offered massage, tai chi, reiki, and embodiment yoga to people in the community.

Black trans lives still matter, and we are still under attack. So get involved. Organize wealth, donate, get involved in intersectionality, and start to examine where resistance, racism, and inequity is living in you.”

For more information about the Newburgh LGBTQ+ Center, visit www.newburgh-center.org.





George Jackman
at the site of his
dam removal
project in
Crugers



George Jackman, PhD

Senior Habitat Restoration Manager, Riverkeeper

“I’ve been a sportsman all my life. I was a fisherman and a hunter. When I was a kid, I was just enthralled by the environment. I was always exploring and needed to know more. I had a wayward high school experience, and then I joined the [New York] Police Department. From there, I started going to school at night to really find my passion, which was biology and ecology. I guess it’s a natural progression in a lot of ways. Being a police officer, you defend people. Working for Riverkeeper, we are the voice for the voiceless.

Aquatic organisms are the most imperiled group of organisms on the planet right now. Their rate of extinction is about 900 times the background rate of extinction. The Hudson River flows because of the sum total of all its tributaries. There are, in the lower Hudson, about 70 tributaries, and there’s more in the upper Hudson. Most of those tributaries have dams on them. Those that don’t have dams, have artificial barriers. In the Hudson Valley alone there are approximately 1,600 dams, and there could be a lot more that we’re unaware of.

Every one of those dams acts like a blood clot on a circulatory system. It alters the flow of rivers and streams. If we want to help improve the environment, we have to start removing these obsolete dams. There was a time when dams were necessary, when there was no ConEd, when we needed gristmills, and we needed to grind corn and cut wood. That’s a bygone era.

Dams fragment entire ecosystems. Fragmented habitats are less resilient, less stable, and the biotic communities that live in those areas suffer from reduced genetic variation. So, the most positive outcome of a dam removal is the reconnection of the river so it can operate as an integrated system.

When we removed a dam this past fall, I saw two white suckers swim past me. That was the first time they probably swam upstream in a hundred years. That is exciting. All the migratory fish in the Hudson River are in decline. Some are down 95 or 99 percent from pristine levels. They’re threatened with extinction. If we do not do something, these fish could be gone. Remove a dam, and they come back. They were given an evolutionary fiat to spawn in those rivers and we’ve taken it away. It is our obligation to return it.”

For more information on Riverkeeper, visit www.riverkeeper.org.

Vanessa Green at
Nyack Memorial Park
during a protest



Vanessa Green

Executive Director, Call BlackLine

**Member, Black Lives Matter
Hudson Valley**

“My life work has been activism. I’ve always had this sense of *something doesn’t sit right, something’s going on*. When I did rape crisis, the fact that we didn’t have an office in Newburgh was upsetting to me. The fact that we didn’t serve a lot of folks in Port Jervis. I always try to think about people who are the most marginalized. When I did foster care for 11 years, those courts were filled with Black and Latinx folks. *Something’s not right*.

When I started working for VCS [in New City], the boss I worked for, Phyllis

B. Frank, was like, ‘I want you to do racial justice along with the domestic violence program.’ Mike Brown got shot, and I just felt like I needed to be in Ferguson. I took the bus trip with activists from New York and New Jersey. That was an experience I’ll never forget. We were there to support the community.

While we were doing stuff with BLM, three black people had been shot in a short time frame. We were like, ‘What if Black people need a hotline? If they had a hotline, what would the hotline look like?’ Call BlackLine was born out of [that] conversation.

As it started getting bigger, we were getting calls from people all over the country and Canada. We collect negative vigilante, police, and consumer contact. We added consumer about a year ago because people were calling about being asked to leave stores. I have been asked to leave; it’s humiliating. You don’t know what to do with it.

Since the pandemic started, our calls have 100 percent increased. I talk to moms who are home with their kids, to people who can’t go out because of COVID. People need somebody to talk to. We don’t say, ‘We don’t have money. We can’t help you.’ Where else are people going to call? It’s been very rewarding to witness people’s pain.

A lot of people who call say, ‘I was talking to my counselor for three years about stuff I experienced as a Black person, and she denied it.’ We’ve been reaching out to therapists and saying, ‘Can we do a training on Blackness? Can you take undoing racism?’ Therapists are well intentioned, but if they don’t have a lens into [racism], they will hurt people.

I’ve had people call my personal number and tell me, ‘I’m out back of your house,’ saying, ‘We’re going to slit your throat.’ That’s what happens when you do this work. Sometimes I’m just tired, and I can’t go another day. Then, I think about all the people — Black, white, Indigenous, Latinx folks — who have invested in this. That’s what makes it rewarding, that I’m not doing it by myself.”

For more information on Call BlackLine, visit www.callblackline.com.

PHOTO COURTESY OF VANESSA GREEN

Jalal Sabur

Director, Freedom Food Alliance

“I grew up in Westchester and my family had a big lot in the backyard, where we grew food. I was always connected to it, but I didn’t really care about it until I became really into environmental justice work and was farming at [Purchase College]. Then, I met my dad for the first time. My dad is a farmer and an herbalist. He was growing food to heal people, but he was also doing a youth program in Pennsylvania, where they would go into elderly folks’ homes and give out food.

While I was doing environmental justice work, I saw how the environment for Black folks was different than the environment for White folks. There was sickness that was happening. People will eat whatever is available, whatever’s cheap. There’s some people that don’t eat; there’s kids that go hungry. I think [healthy] food is sometimes put to the background because there’s so many other issues.

I started using food as an entry point to talk about justice. Using community garden spaces to talk about how we feed ourselves, but also about community safety. What are our rights when we’re encountering the police?

I was working with different organizations, and I worked with one that did a lot of prisoner support work. One was a former Black Panther, Herman Bell, who was in prison for over 40 years. I would visit and bring him food. He’s from Mississippi, [and] grew up on a farm. While he was in prison, he was connecting with farmers in Maine, making sure that the food they were growing would get down to the Bronx, Brooklyn, and New Jersey. He was that connection between farmers and the folks that needed fresh food.

We’d talk about what we could do that was similar. That’s when we started talking about transportation to prisons. We started the [Freedom Food Alliance Victory Bus Project], where we would bring families up to see their relatives, and also give them CSA shares from the farm.

When I moved Upstate, I was able to start Sweet Freedom Farm. It’s growing food for people in prison and talking about the connection between food and prison. I realized that all these prisons are on farmland. How do we use our farm to address Black people’s relationship to land, and shift the use of land from being used to imprison Black and brown folks to being used to grow food and promote farming?

[I helped] to start the Northeast Farmers of Color Land Trust with Soul Fire Farm. I think reparations are a real thing we can push for. There’s a lot of land available, but how do you get that land and how do you have the resources to maintain it? Young people don’t see it as a viable avenue. What are alternatives to prison? I’m trying to make farming a valid alternative.”

For more information on the Freedom Food Alliance, visit freedomfoodalliance.wordpress.com.

Jalal Sabur at
The Watershed
Center in Millerton



Sophie Ackoff

Co-Executive Director, National Young Farmers Coalition

“We have a crisis where farmers over 65 outnumber farmers under 35 by more than six to one. Our land is transitioning also. As older farmers are aging out and retiring, they’re selling their land. So much of their equity is stored in the land. They’re selling to the highest bidder, and young farmers just can’t compete. Young people are doing the most innovative agriculture, but the challenges they face are just overwhelming. And, of course, the racial inequities are real. Our nation’s agriculture system is built on stolen land from Native Americans, stolen labor from African slaves, and that’s not just ancient history. The policies that dictate our agriculture system continue to prevent young farmers of color from having opportunities.

[The National Young Farmers Coalition is] based in the Hudson Valley, but we have 47 chapters in 28 states. We work on state and national policy. We really believe that we need policy solutions. Land access is the number one challenge for young farmers, and we’re seeing it in the Hudson Valley more than ever with the pandemic. Folks are leaving New York City and buying farms with no interest in farming them. So, we’re calling for a national land initiative to help transition land to the next generation, and, in particular, to BIPOC farmers. We need a huge increase in federal funding so the government can pay farmers for their land and then offer that land to young and BIPOC farmers at agriculture value.

I started farming in college. After college, I moved to the Hudson Valley for my first apprenticeship at Glynwood [Center for Regional Food and Farming] in Cold Spring [and] because I’d heard about the National Young Farmers Coalition. It was a really interesting time because it was before the Farm Bill passed in 2014. I met the co-founder, Lindsay Lusher Shute, and said ‘I’m really interested in the Farm Bill and making sure that young farmers get to have a say in what’s included.’ I’ve been on staff for eight years now and have had an amazing opportunity to grow the coalition, to meet with farmers all across the country.

As we’ve grown, the racial equity work has become more important. We’re so lucky in New York to have so many organizations that are committed to supporting Black farmers. We have Soul Fire Farm and the Black Farmers Fund. We have Karen Washington, who is a champion. There’s a new policy platform coalition of Black farmers, Black Farmers United NYS.

What young farmers are offering is a community model of agriculture, where people can have secure access to their food. There’s been such an amazing resurgence of people wanting to buy CSAs, shopping at farm stands, and going to farmers’ markets. We really believe that is the future of agriculture, this relationship between consumers and farmers who are embedded in their communities.”

For more information on the National Young Farmers Coalition, visit www.youngfarmers.org.



PHOTO BY TOM DALY PHOTOGRAPHY



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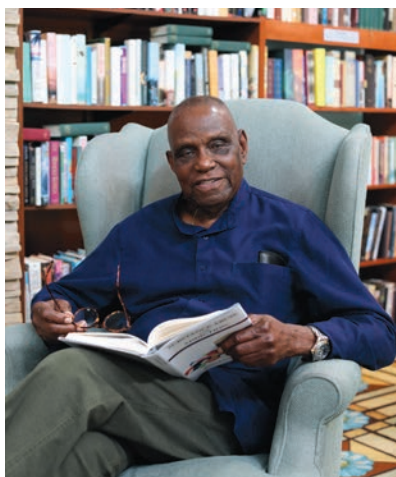
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Why Sleep Matters

Sure, we know we need to eat well and exercise more. But one of the best things we can do for ourselves requires no exertion at all: sleep.

In a session with the American Heart Association's Heart Health Reset group that's part of the Dutchess-Ulster Go Red for Women movement and sponsored by Antalek and Moore Insurance Agency, Physical Therapist and member of the Dutchess-Ulster Board of Directors of the American Heart Association Justin Feldman, PT, DPT, shared some of the science about sleep – and ways to get the shut-eye that will keep you at peak performance.

"People will spend a ton of time in a gym, but sleep is arguably the easiest thing you can do for yourself," Feldman, owner of Feldman Physical Therapy and Performance, said. "When you look at people who make their living based on health, they shoot for eight to 12 hours of sleep per night. Compare that to the average American, who's only getting five to six hours per night."

Not getting enough sleep can have dire consequences, Feldman said.

"Less than seven hours of sleep per night can significantly increase your risk of dying," he said. "It's tied to Type 2 Diabetes, stroke and high blood pressure. When you don't get enough sleep, you feel hungry, and your brain tries to get you to eat things that provide quick energy, but aren't necessarily good for you."

Feldman described those quick-energy foods as being like newspaper in a fire – the way newspaper burns bright, it also burns fast, not hot, and not for very long. The unhealthy foods can contribute to obesity.

A lack of sleep can also increase cortisol – that fight or flight hormone that increases stress.

"Your body elevates cortisol when you don't get enough sleep," Feldman said. "Your brain thinks you're going to get chased by a tiger, so it releases cortisol to make you more awake."

Sleep is also the best way to fight sickness. Getting good, regular sleep can help stave off sickness, and help you recover when you are hit with an illness.

"We are all thinking about illness these days," Feldman said. "A lack of sleep leads to decreased immune function, and your body has to prioritize the systems it needs to get through the day. People getting less than five to six hours of sleep are twice as likely to develop diabetes, and if you get less than four hours, you're at an increased risk of obesity. We know that people who sleep eight hours have healthy BMI levels."

So, to live longer and healthier, what can we do to get more sleep?

"Be on a regular schedule, every day, all the time, weekends included," Feldman said. "It sounds



weird, but I guarantee, you'll feel better. Think about it – if you eat lunch at the same time every day, you get hungry at the same time every day. It's the same with sleep. If you go to bed at the same time every night, your body will start secreting hormones to get you ready for bed before that time."

Here are some tips for getting ready to go to sleep:

- Measure your sleep, because you can't change what you aren't measuring.
- Eliminate distractions. Set your phone to do not disturb, for instance.
- Turn off the lights in the parts of the house you aren't using. Melatonin, which helps us get to sleep, is secreted by a lack of light.
 - BONUS: turning off your kitchen lights means you are less likely to snack!
- Decrease caffeine intake after the morning
- Find a way to calm yourself, with an app or mindfulness exercise. Head to heart.org/mindfulness for some tips
- Lower the heat – you'll sleep better at 65 degrees
- Read for a bit, preferably something you don't have to think too hard about

What if that tiger starts chasing you in the middle of the night?

"If you wake up and can't get back to sleep, get up and walk around," Feldman said. "Go to the kitchen and get a glass of water. If you're thinking about things that keep you awake, write them down. That gets them out of your head, and you know that when you get out of bed in the morning, you know it'll happen."

Feldman urges caution when using melatonin and sleep aids.

"They can be good to break a bad sleep cycle," he said, "but you don't want to set the mindset that you won't be able to sleep without them."

Feldman encourages everyone to use these tools, and set a positive mindset to make the changes.

How much do you know about thrombosis? Probably not enough

By Laura Williamson, American Heart Association News

Blood clots in the veins – particularly those that break off and travel to the lungs – can be fatal and have become increasingly so. Yet many adults know little about their risks or the growing evidence that healthy habits can help prevent clots.

"A key barrier in the United States is that awareness of this disease is not very good," Dr. Mary Cushman said of the condition known as venous thromboembolism.

VTE includes two types of clots: deep vein thrombosis, called DVT, usually in the leg, and pulmonary embolism, or PE, which is when a DVT breaks free and lodges in the lungs, where they often are fatal. There were roughly 370,000 PE and 857,000 DVT events in the United States in 2016, the last year for which statistics were available, according to American Heart Association estimates.

Obesity and a lack of physical activity have long been associated with a higher risk for blood clots, along with family history, certain genetic factors and prior episodes of clotting.



Cushman, medical director of the Thrombosis and Hemostasis Program at the University of Vermont Medical Center in Burlington, has spent years researching the impact of obesity and other lifestyle factors on these clots.

Her work shows some of that risk can be lowered through lifestyle changes. Her most recent study, published in the journal *Arteriosclerosis, Thrombosis, and Vascular Biology*, measured the impact of seven metrics for cardiovascular health on people at high genetic risk for VTE. It found a strong association between two of those metrics – higher physical activity and ideal body weight – and a lower incidence of clots in people at high genetic risk.

THROMBOSIS cont. on page 57



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Where the world comes for answers

2021 Dutchess-Ulster Heart Walk Chair took his own health journey

Vinny Oppedisano, Vice President/Senior Business Banking Relationship Manager at M & T Bank, turned 40 in December. He feels great.



He's been feeling great for the past seven years, after chest pain sent him to a doctor.

"I weighed about 300 pounds, and my doctor sent me to a cardiologist," Oppedisano said. "I had high blood pressure, and my heart was enlarged. I have valve disease that we are watching to see if I need surgery."

But seven years ago, his cardiologist recommended Weight Watchers, where Oppedisano lost 30 pounds.

"Then I dropped another 20, and then I started working with a personal trainer," he said. "He helped me understand fitness, weight loss and how to achieve goals. I've done 5Ks, 10Ks, some Spartan races, and I power lift. My blood pressure is now 120/80, with no medication. It's great. A few years ago, I couldn't even walk on a treadmill."

That's part of the reason that Oppedisano is chairing the 2021 Heart Challenge in Dutchess-Ulster. The Heart Challenge includes the American Heart Association's Heart Walks, Field Days and CycleNation. In the Hudson Valley, the focus is on the Dutchess-Ulster Heart Walk, scheduled for Saturday, April 17. It is currently set to be a digital experience, with people able to run or walk wherever they are, while raising money for the American Heart Association.

"I want to spread the word about heart disease and how important it is," Oppedisano said. "The Heart Walk shouldn't just be a day; it should be a whole year. We might all have hereditary reasons for having heart disease, but I want to be sure we are educating people to the best they can to improve their health. Eating well and exercising is so important, and a great way to prevent heart disease and stroke."

Oppedisano has been a banker all his working life – and just as he sees the Heart Walk to help people solve health problems, he sees numbers as a way to help people.

"I discovered in high school that I was good with numbers, and took some financial courses in college," he said. "When I graduated, I became a branch manager at M & T Bank. I like looking at financial statements, dissecting them and understanding them. I want to help people and businesses see why expenses are what they are; how they can save; how they can re-categorize or refinance some debt to save more and increase profitability for the business."

Oppedisano recently joined the Dutchess-Ulster Board of Directors of the American Heart Association. He is a past Heart Walk participant, and hopes that despite the times, people still participate in the Heart Walk.

"If we don't give, what happens to our community nonprofits?" he asked. "We need to make sure the benefits of the programs that the American Heart Association and other organizations offer don't diminish and become lost. The Heart Walk is important because it gives people a chance to focus on their own health. Without our health, what good are we to our family?"

Oppedisano was born and raised in Poughkeepsie, where he still lives with his wife, Amanda, and their three children, Joseph, 22; Kasara, 17 and Nicholas, 8. He attended Dutchess County Community College and graduated from Marist College.

"I'm open to talking with anyone about the Heart Walk, and hope everyone joins us," Oppedisano said. "We all have a lot of excuses, but ask yourself, how many hours do you have? You have to make the time. Do you want to be here tomorrow? Then you've got to take care of yourself – and the Heart Walk is a great way to do that. Don't wait to have a scare to make those changes."

For information about being part of the Dutchess-Ulster Heart Walk, visit DutchessUlsterHeartWalk.org or contact Danielle.Schuka@heart.org.

Your hobby might be doing more good than you know

By Michael Merschel, American Heart Association News

Maybe it was the meme that pointed out how Shakespeare used his time in quarantine to write "King Lear." Maybe it was all those photos of sourdough bread in your social media feed. Maybe you're just bored.

Whatever the spark – you're ready to take on a hobby.

Good idea, experts say.

"The process of being creative does a whole bunch of really good things for us," physically and mentally, said James C. Kaufman, professor of educational psychology at the Neag School of Education at the University of Connecticut in Storrs.

Kaufman, who has written extensively about creativity, said there are many reasons why a stimulating hobby can help us. The first is pretty simple: It's fun.

That's mentally healthy, Kaufman said, because when we're focused on such an activity, "we're not thinking about any negative thoughts or fears or worries."

At its best, a creative activity such as drawing or playing music can put you in a state of "flow," where you're intensely caught up in what you're doing. "This is not shockingly different from what they call runner's high, or what mountain climbers say they feel."

Some activities, such as writing with an emphasis on a narrative, as in a journal or blog, can lower harmful stress by helping us organize our thinking, he said. It helps put all these different thoughts, as if they were loose clothing, onto coat hangers. And it frees up space in our brain.

That's not the only way hobbies can help us, researchers say. A 2015 study in the *Annals of Behavioral Medicine* found that engaging in leisure activities improved mood and stress levels and lowered heart rates. In 2017, a small study in *Psychosomatic Medicine* found that pleasant leisure activities lowered the blood pressure of Alzheimer's disease caregivers.

And that's important, said Jeanine Parisi, an associate scientist in the department of mental health at Johns Hopkins Bloomberg School of Public Health in Baltimore. "Activities are the one thing that could provide structure and give you back a sense of personal control."

Parisi's colleague Michelle Carlson, a professor who leads a Johns Hopkins lab devoted to brain health, said the precise mechanism of what's going on in our brains when we're happily engaged in an activity isn't clear. But some of the effects are.

She led a small study published in 2015 in *Alzheimer's & Dementia* of older adults who volunteered to mentor young students in Baltimore. Compared to the adults not enrolled in the program, the participants saw growth in both the prefrontal cortex – the part of the brain related to executive function, behavior and thinking – and to the hippocampus, which is important to memory.

Others' research has found benefits from all kinds of pandemic-safe activities: gardening, spending time outdoors, playing a musical instrument, even knitting. And of course, anything that increases physical activity is crucial for heart health and also can help with brain health, Carlson said.

Overwhelmed by the options? Carlson and Parisi have done research indicating that mixing things up might actually be a great idea. Women in their study who participated in a greater variety of activities over nearly a decade had a lower risk of impaired memory and other cognitive problems.

"By doing a variety of activities, you'll expose your brain and body to different things," Parisi said. "If you meditate, that may be good for stress reduction and relaxation. If you do some puzzles or reading or writing, that may be more cognitively stimulating. And, if you take walks, that is more physically engaging. By doing all of these, you're really tapping into the whole brain and body."

Beyond that, Kaufman said, a good hobby is something that lives in the sweet spot of being not so easy that it's not engaging, but not so challenging that you



HOBBY cont. on page 57

THROMBOSIS cont. from page 54

"The size of the impact of physical activity and having a normal weight on reducing the risk of clots in those at high genetic risk was even more than I had imagined it might be," Cushman said. "If you have a high genetic risk for VTE and you did one to three bouts a week of physical activity (enough to work up a sweat), you'd have a 28% lower risk of developing clots. And, if your body mass index was less than 25, compared to someone who was obese (a BMI greater than 30), you'd have a 45% lower risk."

The seven metrics, known as the American Heart Association's Life's Simple 7, also include smoking status, total cholesterol, diet score, blood pressure and fasting glucose.

"Not all of these habits confer the same benefit," said Dr. Peter Henke, a vascular surgeon who was not involved with the recent study.

"If you have a known family history of VTE, or if you have had a clot in the past, the message here is that for the most part, you can modify your risk for having a future clot," said Henke, the Leland Ira Doan Professor of Vascular Surgery at the University of Michigan in Ann Arbor. "If you know you are at high risk, it is an impetus to adopt these seven lifestyle habits, which, frankly, everyone should adopt anyway."

PE and DVT kill up to 100,000 Americans each year, according to the Centers for Disease Control and Prevention. A study published in the Journal of the American Heart Association found death rates for pulmonary embolism for the overall population, which had been falling, began rising over the past decade, with the biggest increases seen in those under 65.

Cushman encourages people to learn the symptoms of VTE. They include swelling, pain or tenderness in the legs, red streaks or other skin discoloration, and skin that feels warm to the touch. Symptoms of pulmonary embolism include shortness of breath, rapid breathing, chest pain, a rapid heart rate or lightheadedness.

And find out your family history, she said. "If you have a close relative who had a clot, then your risk is twice as high as other people. The more first-degree relatives you have who had clots – those are parents, children or siblings – the higher your risk."

HOBBY cont. from page 56

give up quickly.

And if you're doing something creative, remember the benefit doesn't come from the quality of your work, he said. Put another way – we're not all Shakespeare, and most of us will not be producing "King Lear." To expect otherwise adds stress that can negate the benefits of the activity, Kaufman said.

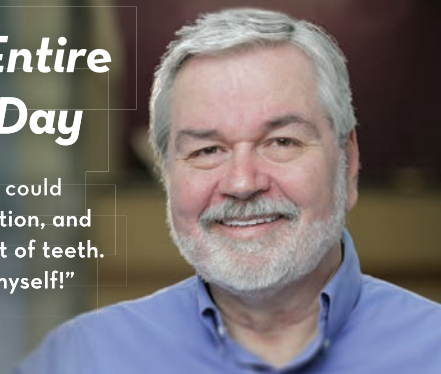
So, don't be afraid to take baby steps, Parisi said. "Even with physical activity, you don't have to go from being a couch potato to running a 5K. All you need to do is take one more step than you did the previous day."

As you do the activity, "you're building confidence, you're making it part of your identity," she said. "It's giving you a sense of control and pride. That feeling of, 'Wow! I did that!'"

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Smokers, especially those who start young, face higher risk of early death from heart disease

By American Heart Association News

Smokers face nearly three times the risk of early death from heart disease and stroke compared to people who never smoked, according to research that found smokers who began before age 15 had the highest risks.

Earlier research in Cuba found a link between childhood smoking and a higher risk for premature death overall. In a study, published in the *Journal of the American Heart Association*, investigators set out to determine if the findings applied in other populations. They used U.S. National Health Interview Survey data from 390,929 adults, ages 25 to 74, collected between 1997 and 2014.

The researchers were surprised at how consistent the findings were with other studies, "both in terms of the substantial risks associated with smoking and with the health benefits of quitting smoking," lead study author Blake Thomson, an epidemiologist at the University of Oxford in England, said in a news release.

"The age at which a person begins smoking is an important and often overlooked factor, and those who start smoking at a young age are at especially high risk of dying prematurely from cardiovascular disease. However, quitting can substantially reduce that risk, especially for those who quit at younger ages. Getting people to quit smoking remains one of the greatest health priorities globally," he said.

The new research grouped participants by the age at which they began smoking. After adjusting for variables, such as age, education, alcohol consumption, region and race, researchers found the risk of premature death from heart disease or stroke was higher among the 19% of smokers who began



between ages 10 and 14 and highest for the 2% of participants began smoking before age 10.

But the data held some hope. Those who quit smoking by the age of 40 reduced their excess risk of early death from cardiovascular disease by about 90%.

"Preventing the next generation from smoking can save lives, but we must also emphasize that quitting smoking can save lives now, and in the years to come," Thomson said. "Simply put, health policies should aim to prevent young people from smoking and should clearly

communicate the benefits of quitting to those who do smoke, ideally as young as possible, and before the onset of serious illness."

Smoking continues to cause an estimated 100,000 deaths from cardiovascular disease every year in the U.S. Currently, there are about 25 million people who smoke daily, including 5 million who became regular smokers before age 15. This new data precedes the explosion of vaping and e-cigarette use among U.S. teens.

Thomson said more research is needed to clear up how prolonged smoking from childhood affects cardiovascular risk. Future research, he said, also should examine the association between early smoking initiation and death from other causes, such as respiratory disease and cancer, and in other populations.

The American Heart Association is working to increase the tax on tobacco products in New York. An increase in tobacco tax leads to a reduction in tobacco use. To join us, sign up at [YoureTheCure.org](https://www.YoureTheCure.org).



American Heart Association®

Heart Walk

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Dutchess-Ulster Heart Walk & Fun Run

Saturday, April 17, 2021
DutchessUlsterHeartWalk.org

Tri-County Heart Walk

Saturday, May 1
TriCountyHeartWalk.org

Health and safety are the top priority of the American Heart Association, a science-based organization. To make sure everyone stays as healthy as possible, the Dutchess-Ulster and Tri-County Heart Walks will be digital events.

We'll have fun and interesting activities on our Facebook event page in the weeks leading up to the event, and during the last week, we'll keep building the team spirit that is such an important part of the Heart Walk.

Just as in past years, register for the walk of your choice, form your team and fundraise to fight the No. 1 and No. 5 killers in America, heart disease and stroke. Then, mark yourself as "going" on the Facebook pages for the Walks, and invite and share with friends and family.

Both event pages are on the Facebook page, American Heart Association – New York State. Look for: **Dutchess-Ulster Heart Walk** and **Tri-County Heart Walk**.

The great thing about a digital event is that you'll be able to walk or run wherever you are. We may be apart physically, but we can come together to fight heart disease and stroke.

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Food & Drink

First Draft 60 That's the Spirit 62 Table Talk 64

Warwick's Drowned Lands is crafting beers that represent Hudson Valley terroir.

Destination Drafts

Drowned Lands wants to be the Hudson Valley's newest destination brewery. Plus, a French-style liqueur gets a contemporary New York spin.

EDITED BY SAMANTHA GARBARINI

PHOTO BY MATT PETRICONE



First Draft

Black Dirt Beers

Drowned Lands experiments with farmhouse techniques and local microflora to craft one-of-a-kind Hudson Valley beers. **BY SABRINA SUCATO**

While Mike Kraai knew he wanted to create a destination brewery in the Hudson Valley, similar to the ones in Maine and Vermont, it wasn't until he drove past an eye-catching, 100-year-old building in Warwick that he knew exactly where to lay down roots. The building was in rough shape (no electricity or running water), but two years after he put his first payment down, Drowned Lands Brewery opened on Labor Day 2020.

"We set out to do a few different things with the brewery and the brand," Kraai explains. "We try to have the best possible beer that we can brew. We want people to be spoiled with our beer." To do this, he and head brewer Travis Lancaster focus on three styles of brews: hoppy and experimental IPAs, easy-drinking table beers, and farmhouse beers. "It's the concept of terroir," explains Kraai, who partners New York-sourced ingredients with yeast from his own backyard. "Our beer can only be brewed at our facility and on our land...We'll walk around and

look for anything we think might have cultures on it. If we like what we smell and taste, we'll keep going with it."

Instead of industrial tanks, Drowned Lands ages its beer in large oak barrels. A slower fermentation with more required work, it also invites local microflora to influence fermentation, so no two batches are ever the same. "When we brew a beer in December versus summer, it's going to be really different," Kraai notes. "No one else is going to make that beer just the way we made it."

Drowned Lands beers are available for sampling at the brewery's renovated Warwick tasting room. With cathedral ceilings and a 1,000-sq-ft deck, it offers around 15 house beers at a given time, along with one local cider for gluten-free visitors. The brewery also does regular can drops, with brews selling out nearly as quickly as Kraai and his team can stock them.

251 State School Rd, Warwick
www.drownedlands.beer



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That's the Spirit

Currant Obsession

Hudson Valley cassis hits the shelves. **BY SAMANTHA GARBARINI**

Francophiles love cassis. The intensely sweet, syrupy, Burgundian black currant liqueur famously lends its fruity flavor and vibrant color to kir and kir royale. But until the 2000s, cassis production in New York State was nonexistent. The federal government banned the cultivation of black and red currants in 1911 because the fruit was thought to carry blight that would affect white pine, an important part of the logging industry. Although disease-resistant varieties of currants were developed in the 1960s, New York's ban wasn't repealed until 2003, an effort that was spearheaded by Staatsburg-based fruit grower Greg Quinn.

Now, Current Cassis is looking to give the liqueur a contemporary spin. "What I love about black currants is that they are such an un-fruity fruit," says founder

Rachael Petach, who uses Quinn's Hudson Valley-grown fruit in her artsy bottles. "By lowering the sweetness and adding aromatic herbs, we hope to make our cassis a vibrant manifestation of the best qualities of the black currant itself."

Sweetened only with wild honey, Current Cassis has half the sugar of most liqueurs and only 16% ABV, making it easy to sip or splash into cocktails. Whole green cardamom, bay leaf, citrus, and lemon verbena add botanical notes that cut through the spirit's sweet backbone. "We macerate on the skins and allow light fermentation," explains Petach. "What you find is a [cassis] that is jubilant and refreshing."

Find Current Cassis at Bluebird Wine and Spirits in Accord, Kingston Wine Co., Kitty's in Hudson, and at Catskill's Solo Vino.

New & Notable

Headlines from the Hudson Valley dining scene.

Embodying the restaurant's emphasis on local sourcing, **The Pantry at Clock Tower Grill** launched last fall. Expect house-made items, like frozen chicken pot pie, brats and bacon, marshmallows, and chocolate bars; merch; and a wide array of products from Hudson Valley producers, including crafts beers and spirits, cheeses, honey, jams, and cured Mangalista pork. 512 Clock Tower Dr, Brewster; www.clocktowergrill.com



Peaceful Provisions will be coming to Beacon. A GoFundMe campaign is raising money to help with the move, which will be the first brick-and-mortar storefront for the ethereal vegan donut shop. www.peacefulprovisions.com

Open in Newburgh since November is **Handsome Devil BBQ**, co-owned by award-winning pitmaster Ed Randolph. The menu features barbecue classics, like smoked brisket and St. Louis ribs, homemade sausages, collards, Carolina cole slaw, banana pudding, and pecan hand pies. 3 Corwin Ct, Newburgh; www.handsomedevillc.com
—SG

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Dental professionals: For information on how to enhance your online listing contact Adam McDonald at **914.514.1782** or amcdonald@hvmag.com.



At Hasbrouck House in Stone Ridge, the new Cauldron Bar serves an après-ski-style menu.

Cold Weather Conundrums

As the mercury drops, restaurants are employing new ideas, relying on take out, and even opting to close to survive COVID's winter woes.

BY SAMANTHA GARBARINI

When Hudson Valley restaurants began reopening in June, outdoor dining quickly became *de rigueur*. Owners spiffed up their patios for socially distanced seating; towns issued permits allowing tables to spill into the streets; and restaurants invested in heaters and tents to extend al fresco dining into the fall. But one question loomed large: What would happen in winter? Who would want to dine outdoors when the temperature drops below freezing, and would outdoor-only customers want to dine-in with another surge expected?

Addressing those questions was already in the works at **Smoky Rock BBQ** in Rhinebeck by early summer. The restaurant installed six PVC-bubble pods in June. "My husband, Dimitri, thought of the idea," says co-owner Nike Psichas. "He was concerned about fall and winter and the uncertainty facing the food industry."

Each 12-by-12-foot bubble has controlled air flow, its own lamp, and a small space heater. But you'll still

need a good winter coat: To comply with health guidelines the bubbles have openings on two sides. "They heat up quite a bit on a sunny day, even when it's cold," promises Psichas, adding that the bubbles have a magical, igloo-esque quality when it snows. "Overwhelmingly, people are excited to see something new. Diners tell us that they could not wait to eat in the bubbles. Other customers express that they will dine with us all winter because they do not feel comfortable inside and love this option."

Butterfield restaurant at Hasbrouck House in Stone Ridge is also leaning into outdoor winter dining. A Cauldron Bar program launched in December, with five swinging cowboy cauldrons surrounded by Adirondack chairs and a cozy menu of hot toddies, fondues, warm Bavarian-style pretzels, and more, served fireside.

"Owner Akiva Reich was inspired by a trip to the Swiss Alps last winter, enjoying fondue, cocktails, and après-ski snacks surrounded by toasty fires



(Clockwise from top left) PVC bubbles give diners another outdoor seating option at Smoky Rock BBQ in Rhinebeck; take out from Cosimo's; Peekskill restaurateur Louie Lanza has closed most of his restaurants for the winter.

and gorgeous snowy landscapes,” says marketing director Ashley Ruprecht. “He wanted to create the same ambience with a Hudson Valley twist. We encourage guests to bundle up, bring a blanket or parka, and embrace the winter weather.”

With less demand for outdoor seating, increased take out is another avenue restaurants are exploring. While they're open for indoor dining, **Cosimo's** four locations and Newburgh's **Hudson Taco** are hoping they can continue to capitalize on the surge of to-go orders they've seen since the pandemic began. “It altered the way we do business,” says owner Nick Cetera. “We had to redesign our interiors to accommodate the volume of take out.”

At Cosimo's in Newburgh, Cetera is adding a take-out room as part of a planned refresh. The space will include tablets to receive online orders and a staging area for food before it's picked up or delivered. It's a long-term investment. “I do believe we'll continue to do a large amount of take out [after the pandemic],” Cetera says.

Lil' Deb's Oasis in Hudson is also focusing on take out this winter. The restaurant has been closed since spring, but transitioned to the Fuego 69 pop-up at Rivertown Lodge in the summer and fall. “Indoor dining at 50 percent capacity is totally untenable financially for small restaurants like ours,” says Chef-owner Carla Perez-Gallardo. “When we tried to pivot to to-go, we had an even smaller audience. The overhead of being open four to five days per week, plus staffing and food costs, was unsustainable. Not to mention that, with COVID cases rising, our staff and leadership began wondering about the safety and ethics of remaining open.”

Instead, Perez-Gallardo launched **Lil' Deb's in Ur Lil' Home**, where customers can pre-order favorite dishes for Friday pickups. “It allows us to prep for an exact number of orders without the risk of losing product,” she explains. “We can effectively manage food costs, accept payment ahead of time, and control labor costs. It's also a fun way to stay connected with our audience who is having to cook more than ever.”

For other restaurants, the best financial decision has been to close completely for the winter. “We could have kept slogging it out, but my objective is to make sure the restaurant is still around in 2021,” says Chef Michael Kelly who announced the seasonal closure of **Liberty Street Bistro** in November. “Short term losses will be tough to swallow, but it beats the uncertainty of staying open without the guarantee of patronage.”

The Newburgh restaurant does not have a set reopening date. “Obviously, we are encouraged by the emergency authorization of vaccines, but I believe we are several months away from that having a tide-changing effect on public sentiment,” says Kelly.

Peekskill restaurateur Louis Lanza is taking similar steps, closing **Fin & Brew**, **River Outpost**, **Taco Dive Bar**, **Bajarito**, and **Eagle Saloon** through winter. (Hudson Room will remain open for dine-in.) “We're in a fortunate position to be able to close. Most restaurants need to stay open to stay viable,” he explains. “Not only is it better from a financial perspective, being closed gives us peace of mind that we're not contributing to the spread or putting our employees and patrons at risk.”

While the restaurants are closed, Lanza is planning for the future. “The party we throw in 2021 when all the pandemic restrictions are lifted is going to be epic,” he promises. “Until then, we are focusing on keeping everyone healthy so we can all enjoy that day together.”



The Roundhouse,
Beacon

Dutchess

AROMA OSTERIA From the crusty bread served with olive oil to the hearty pastas, meat and seafood dishes, and tiramisù, this rustic fare is as authentically Italian as it gets. Closed Mon & Tues. 114 Old Post Rd, Wappingers Falls; 845.298.6790. \$\$\$ www.aromaosteriarestaurant.com

BAJA 328 This Southwestern grill offers 130-plus varieties of tequila. Tacos skew traditional (brisket barbacoa, al pastor, chorizo) and modern, with choices like Buffalo calamari and Korean-barbecue carnitas. 328 Main St, Beacon; 845.838.2252. \$\$ www.baja328.com

BARBARO At this cozy, Millbrook jewel box, wood-fired pizzas (sausage and jalapeño, classic Margherita, and more) share the menu with classic Italian pasta dishes, salads, and appetizers, like grilled octopus with gigante beans, lemon, and chili. Closed Mon & Tues. 3279 Franklin Ave, Millbrook; 845.677.4440. \$\$\$-\$\$\$\$ www.barbaromillbrook.com

CAFÉ MAYA Savor favorites, including enchiladas de mole poblano and tacos de pescado. A mariachi band adds even more spice on Friday and Saturday nights. 2776 W Main St, Wappingers Falls; 845.632.3444. \$\$ Find them on Facebook

COSIMO'S TRATTORIA AND BAR A local favorite (and annual Best of Hudson Valley Readers' Pick) with four locations, the Poughkeepsie outpost has soaring ceilings and Tuscan-style décor. The New World Italian menu features favorites such as arancini and seafood fra diavolo, in addition to wood-fired pizzas, soups, and salads. 120 Delafield St, Poughkeepsie; 845.485.7172. 620 Rte 211 E, Middletown;

845.692.3242. 1217 Rte 300, Newburgh; 845.567.1556. 100 State Rte 32, Central Valley (Woodbury location); 845.928.5222. \$\$-\$\$\$ www.cosimos.com

DAILY PLANET DINER This '50s-inspired diner serves up more than just flavorful flapjacks. Along with burgers, patty melts, blue-plate specials (Grandma's meatloaf, turkey with all the trimmings), and nearly a dozen specialty sundaes, the menu comprises a vast salad selection, including endive, pecan, and Gorgonzola cheese; chicken-walnut; and a steakhouse wedge. 1202 Rte 55, Lagrangeville; 845.452.0110. \$\$ www.dailyplanetdiner.com

ESSIE'S RESTAURANT At his restaurant, just minutes from the Walkway Over the Hudson, Chef/Owner (and CIA grad) Brandon Walker draws inspiration from global cuisines to create an eclectic menu that mixes jerk chicken and berbere-spiced steak with customer-favorite comfort foods, such as pork osso buco and chicken and dumplings. Closed Mon & Tues. 14 Mount Carmel Pl, Poughkeepsie; 845.452.7181. \$\$-\$\$\$ www.essiesrestaurantpk.com

KITCHEN SINK FOOD & DRINK Expect global twists on farm-to-table dining, such as Egyptian-spiced, pan-roasted chicken; honeynut squash soup with coconut, ginger, and kaffir lime; and seared scallops with kohlrabi and lemon brown butter. Closed Mon-Thurs. 157 Main St, Beacon; 845.765.0240. \$\$\$ www.kitchensinkny.com

LA CABAÑITA The Pinelo-Cardenas family runs this eatery, housed in a former church, spotlighting delicacies from the Oaxaca region of Mexico, such as tlayudas, memelitas, and, of course, mole negro. To drink are 40 types of mezcal. Their informal sister eatery, La Cabañita Express, is nearby at 739 Main St. Closed Tues. 763 Main St, Poughkeepsie; 845.452.7544. \$\$ www.lacabanitaaox.com

LOLA'S CAFÉ & GOURMET CATERING 131 Washington St, Poughkeepsie; 845.471.8555. 49 Main St, New Paltz; 845.255.6555. \$ www.lolascafeandcatering.com

LOLITA'S This bistro serves made-to-order Neapolitan-style, wood-fired pizza, plus homemade pastas and fresh salads. Dine inside for a romantic, relaxed atmosphere, or al fresco on the shaded patio in warm weather. Closed Mon. 129 Washington St, Poughkeepsie; 845.452.8100. \$\$ www.lolitaspizza.com

MCKINNEY & DOYLE With cozy atmosphere, McKinney & Doyle attracts diners for the award-winning brunch, as well as lunch, dinner, and cocktails. Don't miss the baked goods made from scratch at the adjoining Corner Bakery. Closed Mon. 10 Charles Coleman Blvd, Pawling; 845.855.3707. \$\$\$ www.mckinneyanddoyle.com

MILANESE ITALIAN RESTAURANT You'll find family-style dining at this establishment run by Santino and Rita Milanese. Homemade favorites range from classic lasagna and manicotti to eggplant parm and filet of sole with seafood stuffing in white wine-lobster cream sauce. 115 Main St, Poughkeepsie; 845.471.9533. \$\$\$ www.milaneserestaurant.com

MODERN TACO The majority of the menu is gluten-free, including the tacos —chipotle shrimp, guajillo chicken, spice-rubbed steak — on hand-made, cooked-to-order tortillas. The wine list features all Spanish and South American bottles, as well as a must-try avocado margarita. Closed Tues & Wed. 46 W Market St, Red Hook; 845.758.1414. \$\$\$ www.moderntacorestaurant.com

RED LINE DINER From the same owners as the Daily Planet Diner, Red Line boasts a convenient location, just off I-84. Menu standouts include all-

day breakfast, the Reuben sandwich, the double burger, and the Red Line combo — a surf-and-turf plate of stuffed shrimp and steak. 588 Rte 9, Fishkill; 845.765.8401. \$\$ www.dineatredline.com

ROSTICCERIA ROSSI & SONS A Poughkeepsie staple since 1979, this family-owned deli brings customers authentic flavors of Italy via homemade mozzarella and imported meats and cheeses. Among favorites, including the gnocchi Bolognese and prime rib, don't miss the roast pork shoulder panini on focaccia. Closed Sun. 45 S Clover St, Poughkeepsie; 845.471.0654. \$\$ www.rossideli.com

SHADOWS ON THE HUDSON This riverfront restaurant features a modern interior and prime outdoor seating. The menu stresses seafood, but landlubbers are kept happy with a handful of other options, including indulgent prime rib (Fri to Sun only). 176 Rinaldi Blvd, Poughkeepsie; 845.486.9500. \$\$\$\$ www.shadowsonthehudson.com

SMOKY ROCK BBQ A signature, 16-spice rub is the hallmark of this self-proclaimed New York-style 'cue joint, serving slow-smoked meats (grass-fed brisket, St. Louis-cut ribs) and down-home sides. The pet-friendly patio is a popular spot for outdoor dining in warmer months. Closed Wed. 6367 Mill St, Rhinebeck; 845.876.5232. \$\$\$ www.smokyrockbbq.com

SUKHOTHAI Expect authentic renditions of its namesake cuisine like pad Thai, panang curry, and crispy duck, served in a renovated, circa-1818 building with a hip, downtown atmosphere. 516 Main St, Beacon; 845.790.5375. \$ www.sukhothainy.com

TERRAPIN A regional favorite since it opened in 1998, Chef/Owner Josh Kroner's restaurant, housed in a circa-1825 former church, blends New American farm-to-table cuisine with influences from Asia, Italy, and the Southwest. 6426 Montgomery St, Rhinebeck; 845.876.3330. \$\$\$\$ www.terrapinrestaurant.com

THE BEACON DAILY Fans of all-day breakfast flock here for their trademark English muffin sandwiches in variations including egg and cheese, house bacon, fried chicken, and chorizo-spiced tofu. You'll also find pastries, vegan choices, salads, and a popular Carolina-style pulled-pork sandwich. 29 Teller Ave, Beacon; 845.831.5274. \$\$\$ www.thebeacondaily.com

THE ROUNDHOUSE Floor-to-ceiling windows showcase waterfall views in the elegant dining room. The not-too-fussy fine-dining menu features dishes like prime rib-eye with togarashi-citrus butter and Meyer lemon bars with prickly pear sorbet. 2 E Main St, Beacon; 845.765.8369. \$\$\$-\$\$\$\$ www.rhbeacon.com

ZEUS BREWING COMPANY Pair craft beers with small plates, grain bowls, and hand-tossed pizzas. The signature Zeus pie features three cheeses, red onion, pistachio, oregano, and hot honey. The warm-weather rooftop boasts views of the Hudson River and Mid-Hudson Bridge. 178 Main St, Poughkeepsie; 845.320.4560. \$ www.zeusbrewingco.com

Orange

BROTHERS BARBECUE True, vinegar-based Carolina pulled pork, pepper-crusted beef brisket, and wings are among the slow-smoked meats at this New Windsor eatery. Made-from-scratch sides, include collards, candied yams, and Brothers famous mac 'n' cheese. Closed Mon. 2402 Rte 32, New Windsor; 845.534.4227. \$\$-\$\$\$ www.smokenallday.com

CITY WINERY Located at historic Montgomery Mills, this is the first non-urban site for the brand. In addition to 15 wines by the glass for tasting, the

Barrel Room restaurant serves local cheese and charcuterie and shareable plates with a multi-level patio overlooking the Wallkill River. 23 Factory St, Montgomery; 845.424.0222. \$\$-\$\$\$ www.citywinery.com/hudsonvalley

CLEMSON BROS. BREWERY Pair an IPA, imperial milk stout, or sour ale with bar foods, like Black Dirt onion dip, wings, or fried cheese curds, and a Big Bad Wolf burger with applewood-smoked bacon, onion jam, and smoked gouda. 22 Cottage St, Middletown; 845.775.4638. 3 Main St, New Paltz; 845.256.1700. \$ www.clemsonbrewing.com

EDDIE'S ROADHOUSE Noted for its craft beer selection, you can also savor a meal at this tavern and grill, where the focus is on fresh ingredients sourced from local farms and markets. Popular, monthly beer dinners pair dishes with brewery-recommended drafts and/or cans. Closed Mon–Wed. 18 Main St, Warwick; 845.986.7623. \$\$-\$\$\$ www.eddiesroadhouse.com

FIDDLISTIX CAFÉ Make a beeline here for breakfast or lunch in a casual, hometown-style eatery. Breakfast quesadillas, create-your-own omelets, house-recipe Belgian-style waffles, wraps, paninis, and grilled sandwiches are all on the menu. 319 Main St, Cornwall; 845.534.3866. \$ www.fiddlistixcafe.com

HUDSON TACO Housed in the historic 1909 West Shore Train Station (designed by the architects of NYC's Grand Central Station), this eatery offers a modern twist on tacos, such as chilled tuna tataki with Asian slaw, fried chicken, crab cake, and Korean barbecue short rib. 27 S Water St, Newburgh; 845.565.8226. \$ www.hudsontaco.com

LIBERTY STREET BISTRO* Cornwall native and CIA grad Michael Kelly opened this standout spot



Goosefeather,
Tarrytown

in 2016, featuring a menu of globally influenced American fare. Everything is made in-house; ingredients highlight the Valley; and technique takes center stage. 97 Liberty St, Newburgh; 845.562.3900. \$\$\$-\$\$\$\$ www.libertystreetbistro.com

LOVEBITES CHOCOLATE SHOPPE Gourmet chocolates are just part of the offerings at this sweet shop, where a new café menu features paninis, wraps, salads, smoothies, and more than 30 types of milkshakes. Closed Mon. 2 Lake St, Ste 4, Monroe; 845.238.5511. \$\$ www.lovebiteschocolateshoppe.com

MAMA ROUX Enter this remodeled storefront with welcoming décor, and you'll find Southern-style cooking with a French accent. Loyal customers praise the wild-mushroom poutine, fried chicken, and blackened catfish on Wild Hive polenta. Closed Mon-Wed. 96 Broadway, Newburgh; 845.561.5363. \$\$\$ www.mama-roux.com

OAK & REED Locally sourced, elevated comfort food comprises the menu at this Middletown spot, named for one of Aesop's Fables. Popular dishes include buttermilk fried chicken with Finding Home Farms maple syrup, pan-seared organic salmon, and gemelli Bolognese. Closed Mon. 45-53 North St, Middletown; 845.775.4200. \$\$-\$\$\$ www.oakandreedowntown.com

PAMELA'S ON THE HUDSON Casual riverside dining is the scene here, where a modern menu shakes up classic meals. Live music, happy hours, and a recently renovated interior and deck add to the appeal. Closed Mon & Tues. 1 Park Place, Newburgh; 845.562.4505. \$\$-\$\$\$ www.pamelasny.com

THE HELM Chef Jennifer Abelton offers contemporary American cuisine with a focus on local ingredients at this eatery situated alongside Greenwood Lake. The popular hard-cider-brined brick chicken is served with whipped mashed potatoes, skillet cornbread, and maple drizzle. Closed Mon-Wed. 649 Jersey Ave, Greenwood Lake; 845.477.3073. \$\$\$-\$\$\$\$ www.thehelmsny.com

Ulster

A TAVOLA TRATTORIA Seasonal farm-to-table fare is the centerpiece of this rustic eatery. Favorites include the seven-hour Bolognese and Mediterranean sea bass, plus decadent desserts like salted chocolate budino and Venetian-style carrot cake with mascarpone frosting. An Italian street food menu features regional snacks, such as Sicilian arancini, Genovese chickpea pancakes, and house-made gelato and sorbet. 46 Main St, New Paltz; 845.255.1426. \$\$\$\$ www.atavolany.com

BREAD ALONE Launched as an organic-bread bakery in 1983, Bread Alone has since expanded with four cafés, including its original Boiceville site and its main bakery in Lake Katrine near Kingston. The menu consists of sandwiches, toasts, salads, soups, and, of course, freshly baked pastries and breads. 3962 Rte 28, Boiceville; 845.657.6057. 2121 Ulster Ave, Lake Katrine; 845.481.4759. 45 E Market St, Rhinebeck; 845.876.3108. 22 Mill Hill Rd, Woodstock; 845.679.2108. \$ www.breadalone.com

GARDEN CAFÉ This vegan restaurant boasts an all-organic and GMO-free menu. Customers adore dishes like the bean-sweet-potato-rice burger, served with chipotle aioli and roasted potatoes, and the daily soup, salad, and sandwich specials. The garden provides seasonal outdoor seating. 6 Old Forge Rd, Woodstock; 845.679.3600. \$ www.thegardencafe-woodstock.com

GARVAN'S GASTROPUB Housed in a historic



Main St Goodness,
Chatham

building from 1759, the restaurant reflects the eclectic tastes of Executive Chef Josh Paige. Choices range from brown-sugar-glazed duck breast to a Gorgonzola burger served with caramelized onions and truffle fries. Closed Mon. 215 Huguenot St, New Paltz; 845.255.7888. \$\$\$\$ www.garvans.com

HENRY'S AT THE FARM An emphasis on local farms, including Buttermilk Falls' own Millstone Farm, drives the menu, featuring plates like roasted little neck clams with thyme, lemon, and drawn butter; wood-fired pizzas; and pork shank with Hudson Valley bourbon-barbecue sauce. Closed Tues & Wed. 220 North Rd, Milton; 845.795.1500. \$\$\$-\$\$\$\$ www.buttermilkfallsinn.com/henrys

HUCKLEBERRY Enjoy a pub-style bite at this restaurant, situated in a converted house with a chill backyard for outdoor dining. The menu focuses on shareable appetizers (zhoug hummus, elote, rosemary-Parmesan fries) and casual mains like Korean pulled pork tacos, Nashville hot chicken sandwiches, and grass-fed burgers. 21 Church St, New Paltz; 845.633.8443. \$ www.huckleberrynewpaltz.com

LIS BAR Polish-inspired small plates are the ethos at Jonathan and Patty Rich's cozy Kingston spot with indoor and outdoor seating. Sip skin-contact wine alongside dishes like summer borscht, vegan pierogi, and kielbasa kebabs. Closed Sun-Tues. 240 Foxhall Ave, Kingston; 845.514.2350. \$-\$\$ www.lisbar.com

MAIN COURSE At this casual eat-in or takeout spot, offerings on the New American menu include cedar-plank salmon salad with crumbled blue cheese, candied walnuts, and a roasted-grape vinaigrette; open-faced tartine sandwiches; house-made soups; and assorted paninis. Closed Mon. 175 Main St, New Paltz; 845.255.2600. \$ www.maincoursecatering.com

RÛNA French cuisine is alive and well at Clare Hussain's bistro in an 1870 building. Chef Ryan McClintock relies on locally sourced meats and produce to craft dishes such as rainbow trout amandine or mushroom-vegetable Bourguignon. Closed Mon-Thurs. 10 Plattekill Ave, New Paltz; 845.419.5007. \$\$\$-\$\$\$\$ www.runabistro.com

SILVIA This stylish-yet-casual restaurant with an open kitchen and wood-burning grill is run by sisters Doris and Betty Choi. An emphasis on local sourcing spans New American dishes, like mushroom-lentil

pâté and roasted beets with jalapeño-cashew crema, and a smattering of Asian plates, including bibimbap and Vietnamese smoked pork chops. The pergola-shaded deck is particularly inviting in the warmer months. 42 Mill Hill Rd, Woodstock; 845.679.4242. \$\$\$\$ www.silviawoodstockny.com

THE DUTCH ALE HOUSE A favorite haunt for locals, this restaurant and beer garden features a solid craft beer selection and upmarket bar bites, such as dry-rubbed, smoked wings; fried chicken sandwiches slathered with spicy mayo; truffle fries; and empanadas with jalapeños and Tickler cheddar. Closed Mon & Tues. 253 Main St, Saugerties; 845.247.3337. \$\$\$-\$\$\$\$ www.dutchalehouse.com

THE SHIP LANTERN INN Open since 1925 and run by three generations of the Foglia family, you'll find New American cuisine served in a lovely building dating back to the Revolutionary War. Savor dishes such as porcini-dusted sea bass or chateaubriand for two. The \$34.50 prix-fixe Twilight Menu is an excellent deal. Closed Mon & Tues. 1725 Rte 9W, Milton; 845.795.5400. \$\$\$\$ www.shiplanterninn.com

THE TAVERN AT DIAMOND MILLS With a stunning setting overlooking Esopus Falls, The Tavern also impresses diners with dishes such as crab cakes with mango emulsion and a custom-blend burger with 5 Spoke cheddar and bacon jam. 25 S Partition St, Saugerties; 845.247.0700. \$\$\$\$ www.diamondmillshotel.com/tavern

TOP TASTE A 2020 James Beard semi-finalist, Chef Albert "Sammy" Bartley and his wife, Malenda, bring a genuine taste of Jamaica to Kingston. Island favorites include jerk chicken, curried goat, red snapper, beef patties, and Malenda's coconut-rum cake. Closed Sun. 446 Hasbrouck Ave, Kingston; 917.915.1310. \$ Find them on Facebook

WOODNOTES GRILLE AT THE EMERSON RESORT & SPA Named for Ralph Waldo Emerson's literary work, Woodnotes offers contemporary, locally sourced cuisine with a classic flair. Closed Tues & Wed. 5340 Rte 28, Mount Tremper; 845.688.2828. \$\$\$\$ www.emersonresort.com/dining

Westchester

APROPOS At Abbey Inn & Spa, located in a renovated convent overlooking the Hudson, Executive Chef John Paidas crafts a Mediterranean menu of house-made fresh pasta, seasonal starters, and juicy, dry-aged rib-eye with anchovy butter and cauliflower agrodolce. 900 Fort Hill Rd, Peekskill; 914.739.3546. \$\$\$\$ www.aproposrestaurant.com

CRABTREE'S KITTLE HOUSE Chef Beau Widener uses locally sourced ingredients to create seasonal dishes in the formal dining room and elevated bar food at the Old World Tap Room. The Grand Award-winning wine cellar houses 40,000-plus bottles. Closed Mon. 11 Kittle Rd, Chappaqua; 914.666.8044. \$\$\$\$ www.crabtreeskittlehouse.com

GOOSEFEATHER Situated in the 1840s King Mansion at the Tarrytown House Estate, you'll find modern takes on Cantonese cuisine (dry-aged beef pot stickers, Hunan lamb shank, watermelon shaved ice) from Top Chef favorite Dale Talde. Closed Mon. 49 E Sunnyside Ln, Tarrytown; 914.829.5454. \$\$\$\$ www.goosefeatherny.com

PURDY'S FARMER & THE FISH Chef/Owner Michael Kaplan sources many of the ingredients for his seafood-and-produce-heavy menu from the restaurant's surrounding four-acre farm. Seating on

the restored 18th-century house's cozy front porch is particularly charming. 100 Titicus Rd, North Salem; 914.617.8380. \$\$\$\$ www.farmerandthefish.com/purdys

RIVERMARKET BAR & KITCHEN This Rivertown favorite sources primarily local, sustainable ingredients for its menu, exceptional craft cocktails, and on-premises market. 127 W Main St, Tarrytown; 914.631.3100. \$\$\$\$ www.rivermarketbarkitchen.com

THE WHITLOCK Matt and Christiana Safarowicz serve seasonal, locally sourced fare, including silky pastas, bone-marrow-laced French onion soup, and crispy pork belly at this neighborhood restaurant. Their new, all-day café, Jay Street, is just around the corner. Closed Mon. 17 Katonah Ave, Katonah; 914.232.8030. \$\$\$ www.thewhitlockny.com

X20 XAVIARS ON THE HUDSON Venerated chef Peter Kelly's restaurant sits on the historic Yonkers Pier, offering breathtaking views of the Hudson River and his famous cowboy rib-eye for two. The casual-chic Dylan Lounge boasts its own menu. Closed Mon & Tues. 71 Water Grant St, Yonkers; 914.965.1111. \$\$\$ www.xaviars.com

Putnam

CATHRYN'S TUSCAN GRILL This trattoria offers Northern Italian cuisine along with an extensive wine list. Entrées include pan-seared scallops with pancetta and a different risotto every day. Closed Tues & Wed. 91 Main St, Cold Spring; 845.265.5582. \$\$\$\$ Find them on Facebook

CLOCK TOWER GRILL Owners Rich and Cassie Parente are dedicated to sourcing sustainable, organic, non-GMO ingredients from local farms and markets. The menu features refined comfort foods, like buttermilk-fried chicken nuggets, house-made pastas, and a popular shrimp and grits. Closed Mon. 512 Clock Tower Dr, Brewster; 845.582.0574. \$\$\$-\$\$\$\$ www.clocktowergrill.com

HUDSON HIL'S At this café, the dining room is cozy and the New American breakfast is served all day. Patrons rave about the biscuits and gravy, babka French toast, and the grilled cheese with fig paste. Closed Mon & Tues. 129-131 Main St, Cold Spring; 845.265.9471. \$\$ www.hudsonhills.com

Rockland


DPNB PASTA & PROVISIONS After honing his skills at an impressive roster of NYC's top Italian restaurants, Chef Tony Scotto and his wife, Louiedell, opened this small restaurant serving flawless fresh pasta. The market sells fresh pasta, prepared foods, imported Italian goods, and Hudson Valley-sourced provisions. Closed Mon & Tues. 21 N Broadway, Nyack; 845.353.2167. \$\$\$ www.dpnbpastashop.com


GREEKISH At this recent rebrand of his 8 North Broadway space, Chef Constantine Kalandris infuses the flavors of Greece and the Mediterranean into small plates. The menu is focused on mezze, including a sizeable selection of raw bar and vegetarian offerings. The Greek Style Special deal features four mezze for just \$25. 8 N Broadway, Nyack; 845.353.1200. \$\$-\$\$\$ www.thegreekish.com

OSCAR'S Chef Oscar Romano presents classic Italian fare, including homemade pappardelle with wild mushrooms and garlic oil, chicken al limone, and veal Sorrentino. The prix-fixe Sunday menu offers 12 entrée choices. 589 Rte 303, Blauvelt; 845.359.0608. \$\$\$ www.oscarsblauvelt.com



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ROOST Though it recently relocated to the Union Arts building, Latin and Mediterranean influences still rule the roost here. Favorites include shrimp with plantains and dried peppers, pan-crisped chicken with chimichurri, and a can't-miss Sunday brunch. Closed Tues. 2 Union St, Sparkill; 845.359.6700. \$\$\$-\$\$\$\$ www.roostinsparkill.com

Columbia

BACKBAR At this Malaysian-style eatery, the menu skews toward small, shareable plates, including chicken-lemongrass dumplings, romanesco laab, and crispy rice with shrimp, and ginger sambal. To drink, go for one of the signature cocktails or a selection from the minimal-intervention wine list. Closed Mon & Tues. 347 Warren St, Hudson; 518.828.0567. \$\$ www.backbar-hudson.com

BARTLETT HOUSE Expertly executed baked goods anchor the menu at this bakery/café. Along with sandwiches (hot chicken, smoked ham and Gruyère on baguette), the café offers Sightglass Coffee and milkshakes, made with Jane's Ice Cream. 2258 Rte 66, Ghent; 518.392.7787. \$\$ www.bartlettthouse.com

MAIN ST GOODNESS Comfort food made from scratch lures diners, who dig into all-day breakfast offerings, including pancakes, breakfast sandwiches, and CK's Texas scramble. Pastries and pies from their on-site PieconicNY bakery draw raves. Breakfast and lunch only. 20 Main St, Chatham; 518.392.2988. \$ www.mainstgoodness.com

SWOON KITCHENBAR This stylish restaurant features affordable farm-to-table fare. Menus change

seasonally, and the weekly Meatless Monday specials are not to be missed. Closed Mon-Wed. 340 Warren St, Hudson; 518.828.8938. \$\$\$-\$\$\$\$ www.swoonkitchenbar.com

THE MAKER Executive Chef Michael Poiarkoff oversees three dining spaces. Grab a pastry and cappuccino at the European coffeehouse-inspired Café; Quaff cocktails with bar bites in the Gatsby-esque Lounge; or dine on elegant, locally sourced New American cuisine at the Restaurant, housed in a stunning glass conservatory. 302 Warren St, Hudson; 518.509.2620. \$\$-\$\$\$\$ www.themaker.com

Greene

CROSSROADS BREWING COMPANY Specializing in playful takes on bar food, the brewery's Athens pub emphasizes Hudson Valley and NYS ingredients. And while an entire section of the menu is dedicated to local, Kilcoyne Farms grass-fed burgers, the salads are not only craveable, but equally hearty. Closed Mon & Tues. 21 Second St, Athens; 518.945.2337. \$\$ www.crossroadsbrewingco.com

GRACIE'S LUNCHEONETTE Serving scratch-made, diner-style fare, this homey restaurant offers freshly baked breads and pastries, as well as favorites like fried chicken and waffles and the Gracie burger. Closed Tues-Thurs. 969 Main St, Leeds; 518.943.9363. \$\$ www.graciesny.com

MERMAID CAFÉ The eclectic mélange of American, Mexican, and ramen works surprisingly well at this family-friendly café. Don't skip the latter, made with miso-seaweed or Atticus Farm pork-bone broth and

homemade toasted rye noodles. Closed Sun & Mon. 374 Main St, Catskill; 518.217.8811. \$-\$\$ Find them on Facebook

NEW YORK RESTAURANT A tribute to owner Natasha Witka's Polish roots, the menu comprises traditional Polish dishes and contemporary American cuisine. Customer favorites include the pork chop with maple butter, apple sauce, kraut, and creamy mashed potatoes; house pierogi; and Polish hunter's stew. Closed Mon-Wed. 353 Main Street, Catskill; 518.943.5500. \$\$-\$\$\$ www.nyrestaurantcatskill.com

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\$ Average entrée under \$10

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It's Not Easy Being Green

London. Paris. Los Angeles. New York. Beacon. Who would have thought it? Having always lived in large cities, I find myself transported to a small one that, a year ago, I didn't even know existed. I have become a country bumpkin.

While the word 'bumpkin' today implies a stupid person, it was originally the name that the English had for the Dutch, whom they portrayed as small, comic, and tubby which, despite my being from Wales, is kind of accurate. Although I lost weight during lockdown, I have a round middle, I am 5 feet tall, and I have been told I am very comic (although maybe they mean it in the sense of being laughed at).

I'm not very good being surrounded by greenery; even the lettuce section in a supermarket has me running for cover. I crave late nights, meeting people from out of town, and having a wide choice of food, drink, and ambience.

Coronavirus and subsequent lockdown changed all that, so I started to look for an escape Upstate — an area I did not know well, having visited Beacon just three times.

I haven't taken to wearing dungarees, chewing on straw, and belting out Tammy Wynette numbers just yet, but here are my thoughts so far.

1. There are no single, successful, heterosexual men looking for a Dutch-like, small, comic, and tubby woman of a certain age, just as there were none in London, Paris, Los Angeles, or NYC. I am fast running out of countries.

2. Why would I go apple picking? There is a thing called a supermarket, where they have fruit for you, thereby allowing you more time to spend at the local bar. Picking apples takes a lot of effort: peeling, getting the maggots out, coring them. A ring-pull on a lager can be as much work as I ever want to put into an evening.



We highly suspect we may see the author at an apple-picking farm next fall, despite what she says.

3. I am the All You Can Eat Buffet for every insect.

4. There are no 24-hour stores in which to buy a pint of milk for my essential morning cup of tea. It is quicker to find a cow and pull on its udders than wait for Key Foods to open.

5. Everyone knows who you are and where you came from within a week. "Oh, you're British Jaci," I get in tones that might mean "Great to meet you," or "So you're the nut job we've heard about."

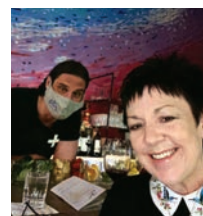
6. People are breathtakingly nice — so much so, that I think they must be bag snatchers, warming me up for the big SWAG descent. After just one visit to my local wonderful Italian, Brothers Trattoria, I was greeted like a long lost relative, "Jaci! My friend!" And even though neither brother is Italian, I greet them with the enthusiasm of Don Corleone after a successful hitjob.

7. Everyone's a damned hiker. I have no interest in the prospect of being trapped on a mountainside drinking my own urine until rescue services arrive.

8. Alcohol in my local wine shop is close on double the price of what I pay in NYC. But, I believe in supporting local businesses, and Artisan Wine Shop really knows their stuff. On my first visit they must have thought all their Christmases had come at once. The number of boxes in my apartment also made it look as if all my Christmases had come at once. All 61 of them.

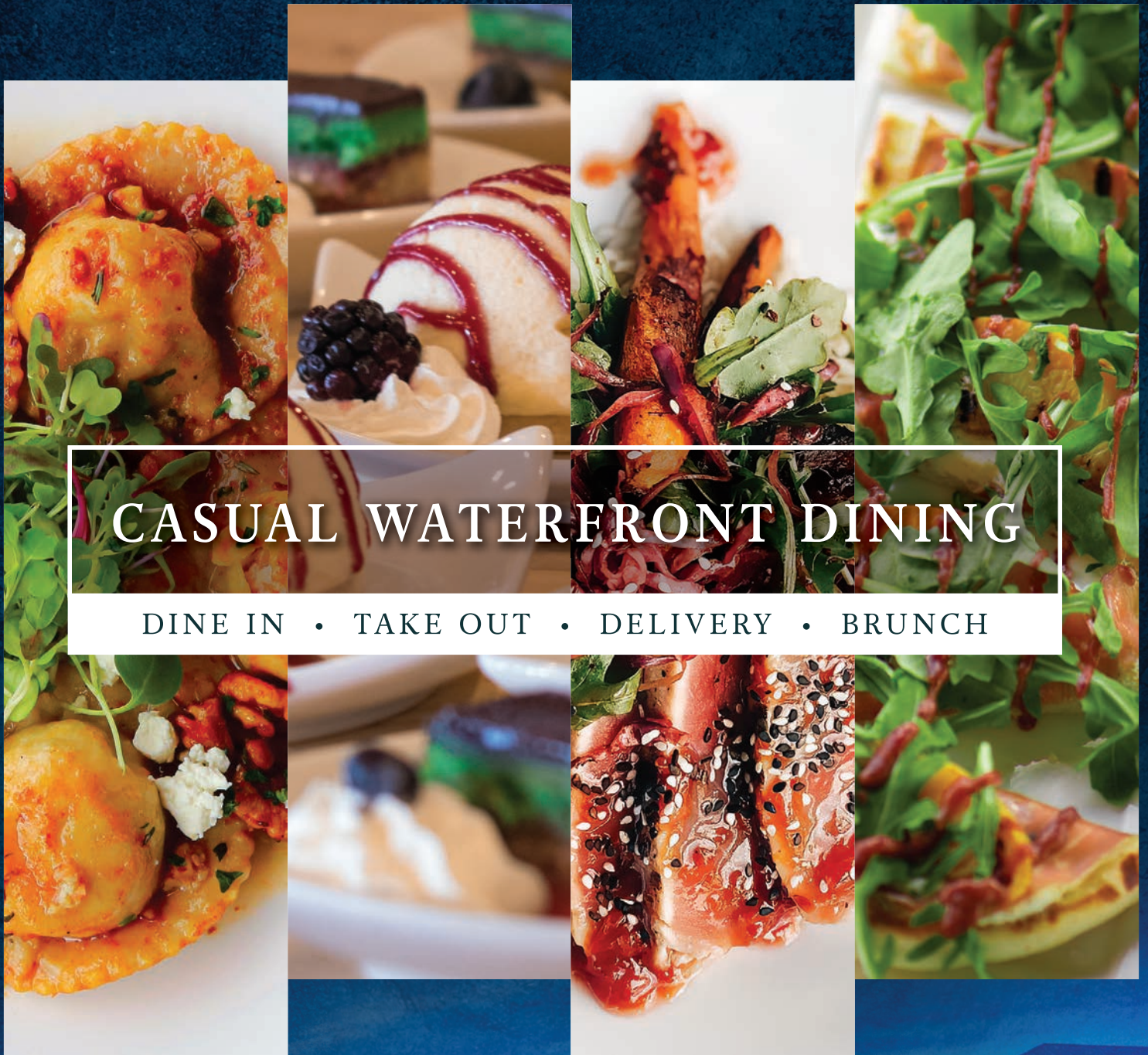
My head may still be in the city, but I'm fast discovering that, at heart, I may be a country bumpkin after all.

Jaci Stephen is a Welsh broadcaster, writer, and columnist for the UK's Daily Mail. Read more at jacistephen.com and [@welshjaci](https://www.instagram.com/welshjaci) on Instagram and Twitter.



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