

# Hudson Valley Magazine

## December 2015

**WOMEN IN BUSINESS**

A dozen movers and shakers

Holiday Gift Guide:  
Shop Local

# Hudson Valley

THE ULTIMATE

# FOOD LOVER'S GUIDE

From amazing meat to  
the freshest fish: where  
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# Contents

FEATURES

30

## Food Lover's Guide

It's common knowledge that the Hudson Valley is a four-star food destination. So whether you are searching for the best grass-fed beef, an exotic cheese, a top-notch olive oil, or the freshest pasta in town, we fill you in on where to get the good stuff.

By ALIA AKKAM, MARY FORSELL, AND AMY HALLORAN



**Italian Feast.**

Pickled wild mushroom salad from Rossi & Sons deli, Poughkeepsie

42

## Women in Business

From a cupcake queen to a money maven, meet 12 movers and shakers who have taken charge of their careers.

By DALE MCKNIGHT AND MARY FORSELL

52

## Holiday Gift Guide

Have you finished your holiday shopping yet? We have more than a dozen great ideas for gifts you can pick up right around the corner.

By JILLIAN PHIPPS

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# Contents

## DEPARTMENTS



28



92

CLOCKWISE FROM BOTTOM RIGHT: CHRIS REED, GAKETH FERRIS



113

128



**12**  
**Mailbox**

**16**  
**Editor's Note**

**128**  
**The Final Word**

A frostbitten tale from one Valleyite who endured the wrath of Old Man Winter — and lived to tell about it.

By JOHN ROLFE

## The Pulse

**20 Chatter**

We look back at the year's most memorable moments, get a glimpse of a thrilling new novel, and breakdown what Kwanzaa is all about. **PLUS:** Where in the Valley, Hudson Valley Hero, and On the Town

**26 Living Well**

'Tis the season for nonstop stress. But don't fear, we outline five ways to keep you happily humming along throughout the holidays. **By BARBARA BALLINGER**

**28 History**

Owner of the Union Pacific Railroad, E.H. Harriman was a titan of industry during America's Gilded Age.

By DAVID LEVINE

## Events

**88 Holiday Happenings**

The nationally acclaimed *Christmas with the Celts* comes to The Paramount; the City of Poughkeepsie hosts its annual Celebration of Lights Parade and Fireworks; and the New Paltz Theater Ballet performs *The Nutcracker*.

**92 Events Listings**

Dozens of exciting things to see and do, including our choice picks

**95 Playdates**

Delightful diversions for children of all ages **By CYNTHIA JAMES**

## Food & Drink

**113 Small Bites**

We've rounded up three classic holiday dessert recipes that will sweeten up the season. **PLUS:** The First Draft and Nibbles

**118 Eating Out**

A roundup of Valley restaurants

## Coming Next Month:

### People to Watch

From a young rabbi who has tripled his congregation in a few short years to the founder of one of the area's coolest breweries, we introduce you to 10 local hotshots you will want to keep your eye on in 2016.

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### Where in the Valley...?

*It's big; it's hairy; and it's the newest resident of New Paltz. A six-foot-tall Sasquatch statue has made its home the front yard of the New Paltz Hostel, captivating visitors with its cuddly features and brightly colored luggage.*

*For more than four months, Illinois-based home-and-garden company Design Toscano dreamed up the creation, researching, casting, and shaping the towering sculpture. Crafted from resin, it's hand-painted to most accurately resemble the ape-like beast immortalized in sci-fi films and other pop-culture references. Although the existence of Bigfoot/Yeti creatures has never been proved, tribal cultures have sworn for centuries that they've seen more than one lurking in the forest. Hooray for Joan Kimmel of Poughkeepsie for being the first to correctly identify the location of this hairy beast! Turn to page 21 to identify the name and location of a historic Hudson Valley outpost for weary travelers.*

Truthfully, I never noticed the Sasquatch in the many times passing to and from Main Street. But looking around and walking about on the way to a church dinner, I had a forehead-slapping realization that this statue is the picture featured in *Hudson Valley Magazine's* Where in the Valley contest.

**Camille (Cami) Fischer**  
New Paltz

I happened to witness the assembly of this creature, which made my jaw drop at first glance! As an artist, I can't help but admire the workmanship as I pass it on my daily commute. He certainly is an attention-grabber!

**Kayleen Mogren**  
Highland

I always stop to say "Hello" to this guy! Gotta love him.

**Leslie Rosen**  
New Paltz

It's the first Bigfoot I've ever seen!

**Melanie Wills**  
Ulster Park

I walk past the New Paltz Hostel all the time and enjoy having a stare-down with Bigfoot.

**Krista Miller**  
Pleasant Valley



### A True Valleyite

Sometimes, especially when you are familiar with a place, you can forget how magical, mysterious, and beautiful the place is. Like a longtime love, it's easy to take the place for granted. But whenever I read *Hudson Valley Magazine*, I fall in love again. I discover some amazing restaurant, or hiking trail, or ghostly happening that makes me yearn to learn more about the place. Yes, *Hudson Valley Magazine* is like falling in love all over again. It reveals the majesty of the Hudson Valley. It reminds me why I have chosen to stay in this area.

**Elizabeth Napp**  
Mount Kisco

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### Want more?

Go beyond the pages of the magazine with these brand-new web exclusives:

**Food Lovers' Guide** With its myriad fields and farms, it's no surprise that the Valley's homegrown culinary scene is flourishing faster than you can say "Got goat's milk?" On page 30, we profile our favorite (and the most unique) local food markets. For a full list of our region's specialty shops, bakeries, and orchards, visit [www.hvmag.com/food](http://www.hvmag.com/food).

**Recipes** Whether you're scouting for a new signature cocktail or you need the perfect punch recipe for your holiday party, we've got three words for you: Winter White Cosmo (pictured). Learn how to make it — and the local restaurant that serves it — at [www.hvmag.com/recipes](http://www.hvmag.com/recipes).



### Winter Fun Guide

Ignore all that squawking from silly snowbirds — we're all about wintertime, so we're staying right here when the temps start to dip. This season, we give you the lowdown on the best places to go skiing, skating, and snow tubing; where to dine by a roaring fire; how to shovel snow like a boss; and which gifts to buy for those on your holiday list. Find it all at [www.hvmag.com/winterguide](http://www.hvmag.com/winterguide).

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Delivered every Monday, Wednesday, and Friday, **Hudson Valley Today** presents our region's top stories, hot-ticket events, pop-culture buzz, recipes, restaurant reviews, and tips on living well. Sign up at [www.hvmag.com/newsletter](http://www.hvmag.com/newsletter).

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# James Lennon

Died on June 20, 2014.

Fifty-five minutes later he was born.

“It all began like this. When I woke up from my gallbladder operation I was in recovery. I was talking to the nurses and I was joking with them. I mean I really felt great. And I told them I’m going to go out and have myself a cup of coffee. And that was the last thing that I recall. I found out afterwards that I died. Sudden cardiac arrest it’s called. They rushed me to the cath lab. They cleared the 98% blockage in 55 minutes. Dr. Ahmad B. Hadid was the name of the doctor who did the catheterization. They saved my life. They brought me back to life. That’s my story.”

—James Lennon



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## For the Love of Food

**T**here are endless reasons to love living in the Hudson Valley. The spectacular scenery (living in a town that is nestled between the Hudson River and its own mountain still gives me a little thrill), the historic homes and sites, world-class cultural opportunities, and easy access to New York City are just some of the high points of life in the Valley.

And then there is the food scene.

From the explosion of farm-to-table eateries to the ever-expanding craft beer and distillery options, the Hudson Valley has arrived as an international foodie destination. All year long we keep you up-to-date on the latest: restaurant (and food truck) openings, the hottest trends, and can't-miss specials. But this month's cover story focuses on where to get the good stuff if you want to prepare some fabulous fare at home. More and more of us are becoming interested in where our food comes from and in preparing high-quality and healthy — yet tasty — meals.

I am one of these people. This comes as a shock to my family, considering that when I was well into my 20s and living on my own, I famously called my sister to ask how to hard-boil an egg. Was it three minutes? Ten minutes? Should the water be boiling first? I've come a long way since then. Like many others, I now enjoy experimenting with different ingredients and testing out new recipes.

I've also learned a lot about the importance of individual ingredients. For years, I kept a bottle of extra virgin olive oil in my cabinet, but I really

never gave it any thought. I picked it up much the way I bought toilet paper: as needed. Well I certainly had a lot to learn. Luckily, olive-oil tasting spots are popping up all around the region, and I live near one of them, Beacon's Scarborough Fare. Owner Donna Wirthmann says that on weekends at the shop, "It's like a party." Wirthmann went into business five years ago with her son, Cory, first opening a still-thriving shop in New Paltz, then adding the Beacon taproom a year later.

But it's a party with a purpose, as Wirthman teaches curious customers how to taste olive oil: Hold a tiny paper cup of it in your palms to warm it up; put your whole nose in the cup to get a good whiff; roll the liquid around in the front of your mouth, and then swallow. If it's good stuff (as are all 20 or so international offerings priced by the ounce and dispensed from Italian-made stainless-steel fusti), expect to feel a "bite."

"That is the common denominator of all good olive oil," says Wirthmann. "Bitter is better. The more bitter the olive oil, the fresher it is. Taste olive oil from the supermarket shelf and see if you get that bite."

There is much more to discover about the local food scene, and our Food Lover's Guide, which starts on page 31, is a good place to start.

Happy Holidays.

**Olivia J. Abel**  
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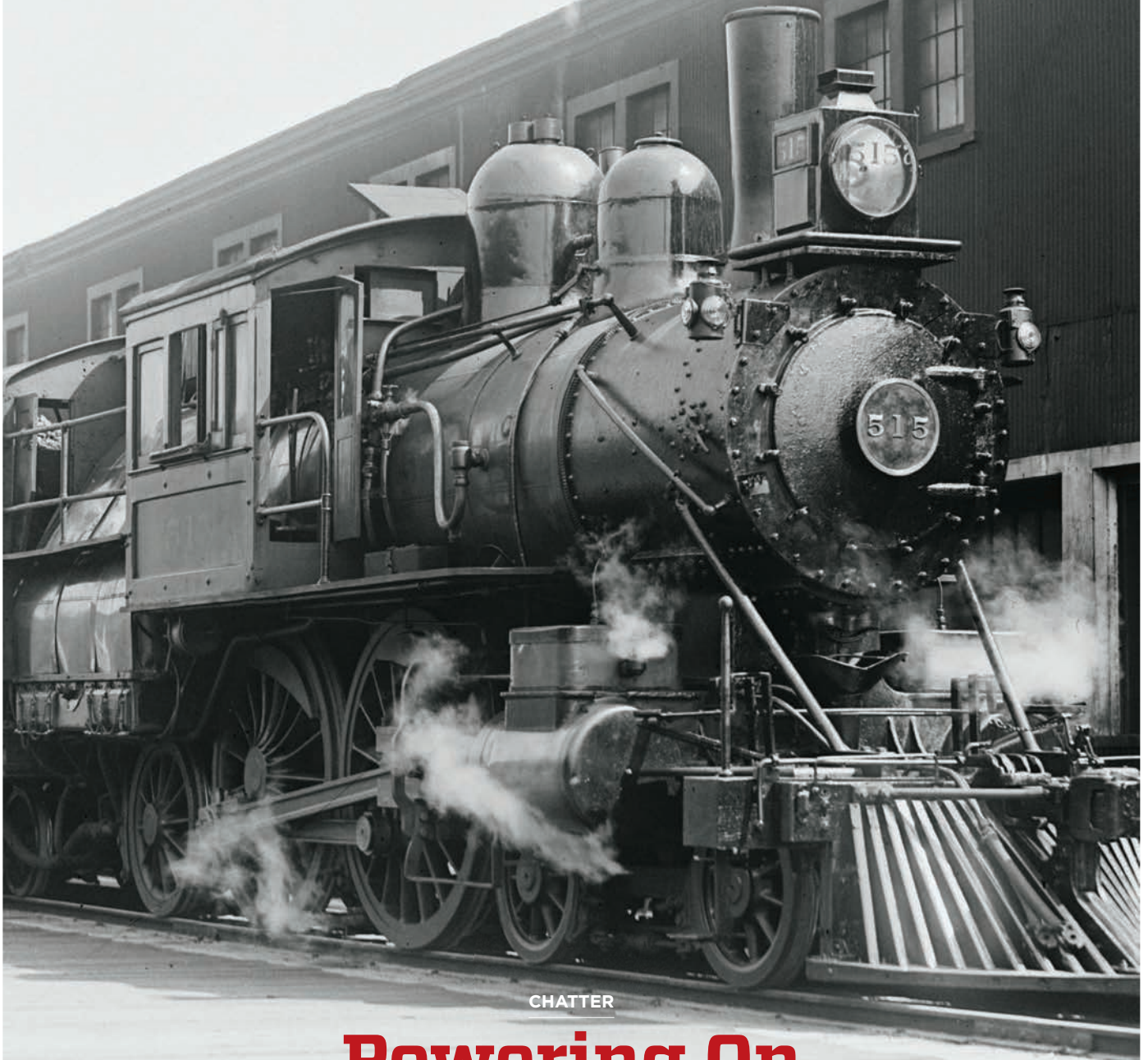


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# *The* **Pulse**

Where In The Valley? **21** Hudson Valley Hero **22** On The Town **25**



CHATTER

## **Powering On**

E.H. Harriman ran many of the nation's earliest railroads from his Hudson Valley home. **P. 28**

**By DAVID LEVINE**



# 2015 Year in Review

From tragic deaths to Hudson Valley firsts, we take a look back at the year's most memorable moments.

By DAVID LEVINE

## A Banner Year for Bannerman Castle

On Sunday, June 28, Bannerman Castle was transformed from mysterious water-bound derelict to magical light show when *Constellation*, a large-scale public art project, debuted over the ruins on Pollepel Island, just south of Beacon. The work of Melissa McGill — a Rhode Island School of Design grad who, in 2014, became the first artist-in-residence at Manitoga in Cold Spring — comprised 17 points of light, all at different heights, appearing one by one in the night sky, complementing the natural stars with a new constellation.

"My work has always been about absence and presence, what is there and what is not," McGill said. "So, these stars mark a path that refers to the original complete structure that was once there. It also refers to a Lenape belief [that spoke of] the White Road, or Milky Way, which connects this world to the next. The project connects the two sides of the river; it connects the sky to the water; it connects the past to the present. It acts as a path of stars connecting all these different ideas."



*Constellation*, which will remain in place for two years, wasn't the only "happening" at Bannerman Castle this year. On August 7 and 8, the Newburgh-based company Just Off Broadway presented the musical *Man of La Mancha*, and the Hudson Valley Shakespeare Festival offered *An Iliad* on August 22 and 23.



KENNETH C. ZIRKEL

## The Death of Mario Cuomo

He wasn't from the Hudson Valley, of course, and he never lived here (unless you count the Governor's Mansion in Albany), but Mario Cuomo left a legacy that touches every New Yorker. After all, he was longtime governor, would-be presidential candidate, inspiring orator, and father of our current governor, Andrew Cuomo. As President Barack Obama said, he "paired his faith in God and faith in America to live a life of public service — and we are all better for it. He rose to be chief executive of the state he loved, a determined champion of progressive values, and an unflinching voice for tolerance, inclusiveness, fairness, dignity, and opportunity. His own story taught him that as Americans, we are bound together as one people, and our country's success rests on the success of all of us, not just a fortunate few."

**"[Cuomo] paired his faith in God and faith in America to live a life of public service."**



## MOON SHOTS ^

We in the Hudson Valley sometimes like to think we're the center of the universe, but on September 27, the universe disabused us of that notion with one of the rarest and most spectacular celestial shows in recent memory — the total eclipse of the Harvest Moon. It occurred near the moon's perigee, the point on its orbit when it's closest to Earth, making it appear larger and redder and earning its nickname, the "Super Blood Moon." If you missed it, don't worry. You'll have another chance for another Supermoon eclipse — in 2033. Weather permitting.



PHIL MANSFIELD

## NEW BREW FOR YOU

Beer has grown up. Once the ugly stepchild of the food world, beer is now so snobbish-trendy, even the estimable Culinary Institute of America recognized its worth when it opened a new on-campus brewery this fall. Situated in the equally new student facility and recreation center known as The Egg, the sleek brewery will not only provide suds to the CIA's four on-campus restaurants, but it will serve as a classroom for students to learn the yeasty arts in a course called the Art and Science of Brewing. The CIA is teaching students how to craft their own brews, which you can take home in growlers to sample.

## KAYAKER DEATHS ON THE RIVER

It was a bad year for kayakers. On April 19, Angelika Graswald, 35, and her fiancé, Vincent Viafore, 46, were paddling back from Bannerman Castle when his kayak capsized and he drowned. Ten days later, she was arrested and charged with second-degree murder. The police say she tampered with his kayak, made conflicting statements about his death, pulled a potentially lifesaving paddle away from him and "felt happiness" about his death — perhaps because of the \$250,000 in life insurance she stood to collect. In August, Ian Jones, 32, the boyfriend of singer Annie Lennox's daughter, Tali Lennox Fruchtmann, drowned near the Poughkeepsie Yacht Club. Fruchtmann, 22, who is known as Tali Lennox, was rescued after their kayak capsized. There was no suspicion of foul play.



Ward Gate at Bard College, Annandale-on-Hudson

## Measles at Bard College

Measles, once thought to be eradicated in the US, returned with a vengeance in 2015, and Bard College was almost an epicenter. Between January 1 and September 18, 2015, the Centers for Disease Control and Prevention reported, 189 people from 24 states and the District of Columbia contracted measles, and one of those was a student at the Annandale-on-Hudson campus. The student, who had traveled to Penn Station by Amtrak, was put in quarantine, and local, county, state, and federal health officials responded effectively to contain the disease to this one case. In fact, the county Department of Health held a measles vaccination clinic for Bard students, faculty, and staff, vaccinating more than 120 people on campus. Vaccination is the best protection against the virus, which can lead to complications that include encephalitis and pneumonia, and is potentially fatal.

*Where in the Hudson Valley...?*

## Road Trip Reprieve

A popular Hudson Valley rest stop was a road-side haven for thousands of travelers during the 20th century **BY ALIA AKKAM**

**D**uring the Catskills' heyday, when lively bungalow colonies beckoned New Yorkers north, those unbearable hours of bumper-to-bumper traffic on the highway were often alleviated by one comforting ritual: paying a certain rest stop a visit.



ADAM MOSE

Motorists stopped in at this oasis in droves — active weekends brought in 135 buses. The vividly striped awning signaled that soon tired drivers (and restless passengers) would savor a hot meal. Here, they could fill their bellies with slabs of Yankee pot roast, pastrami, or a simple feel-good hot dog. Beyond the satisfying Americana-inspired grub, this 24-hour roadside attraction was known for its top-notch restrooms, bringing in hordes of Greyhound riders in search of clean facilities — and an ice cream cone.

Opened by a pioneering Russian immigrant in 1931, it survived the Depression, several wars, and the New York State Thruway. When a stretch of this speedy thoroughfare arrived in 1955 and bypassed the restaurant, sales inevitably dipped. Unlike competitors forced to shutter because of the new toll road, this landmark, fueled by nostalgia, was in operation until 1984.

Can you identify the name and location of this bygone eatery? The first reader with the correct response wins a prize. Submit your answer to [hvmag.com/WIVcontest](http://hvmag.com/WIVcontest). Good luck!



*Hudson Valley Hero*

# Horsing Around

Susan Wagner is the founder and president of a Chatham-based sanctuary for rescued horses.

**BY ALIA AKKAM**

**S**ince she was 3 years old, Susan Wagner was besotted with horses, riding them in Van Cortlandt Park in her native Bronx and in the Catskills, where she spent summers with her grandparents at their cottage. At a young age, she made an interesting observation about these contrasting locales: “In the city, I would see the horses tied up in stalls; upstate, I would see them roaming through pastures. These different images made a



profound impression on me,” recalls the founder and president of Chatham-based Equine Advocates.

These fond horseback-riding memories inspired Wagner to embark upon a 15-year career on the racetrack circuit — “not to be a breeder or to cash a bet, but because I loved horses” — most prominently at Belmont. Afterward, she started working at a zoological organization, where, in 1994, she heard disturbing news that would transform her life. Rumors swirled that Gandalf, a stubborn horse at a children’s zoo, was going to be slaughtered for meat. Wagner was aghast. “It was all so secretive. All those years I had worked at the racetrack, yet I had no idea these horses were going to the slaughterhouse after outliving their usefulness,” she says.

Taking matters into her own hands, Wagner bought Gandalf and provided him a safe haven at an ex-boyfriend’s 10-acre farm in Maryland. At the same time, she learned of a miniature horse on Staten Island slated to suffer a similar fate. Buoyed by these two successful rescues, Wagner knew she must devote her energy full-time to ending horse slaughter. She spent 18 months becoming acquainted with the nonprofit realm and then founded Equine Advocates out of her Queens apartment in 1996.

Those beginnings were rather humble, Wagner admits, but her fate changed when she discovered the Columbia County land that is now home to Equine Advocates. It allowed the organization to evolve into a full-blown bucolic sanctuary for more than 80 rescued horses (there are also ponies, donkeys, and mules) and an education center. Under Wagner’s leadership, the organization boasts a number of accomplishments — from having rescued 46 pregnant mares in Canada whose urine was meant to be used for the making of drugs like Premarin, to the 2012 launch of the American Equine Summit, an annual event that led to Vice President Joe Biden adding language to the 2014 Consolidated Appropriations Act to defund horse-meat inspectors.

“A big part of Equine Advocates’ mission is to teach people how to become responsible horse guardians and how to recognize cruelty and report it,” Wagner explains. “It’s the first step.”

Meet more of our local heroes — and nominate your own — at [www.hvmag.com/HVhero](http://www.hvmag.com/HVhero)

## KWANZAA By the Numbers

Part of the trifecta of holiday celebrations, Kwanzaa has one distinctive difference from Christmas and Hanukkah: It’s not a religious occasion. Instead, it is a celebration that allows millions of people to acknowledge their Pan-African and African American roots. In fact, it may be more apt to compare it with our American Thanksgiving since it celebrates early African harvests, and its name means “first fruits” in Swahili. Yet, it gets confused with the other holidays since it starts on Dec. 26 and extends through Jan. 1.

Founder Dr. Maulana Karenga, a professor at California State University at Long Beach, says, “It’s a time of sustained reflection on the moral and expansive meaning of being African in the world.”

The Black History Committee of the Hudson Valley (BHC) presents its Annual Kwanzaa Celebration, which includes singing, music, and refreshments, on Sunday, Dec. 17, at the Mt. Calvary Fire Baptized Church in Newburgh.



foods that might be part of a traditional feast include Koki, an appetizer made of black-eyed peas; peanut soup; the main dish, Jollof rice; okra and greens, a popular side dish; Chinua Achebe, another side dish made with sweet potatoes; a fruit salad for dessert; and ginger beer.

**3**

colors symbolize the holiday: black, red, and green.

**1997**

The year that the first US postal stamp honoring the holiday was issued.

**2**

gifts that are traditionally given to children: a book and a heritage symbol.



principles represent the holiday’s deepest values: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

**19**

years ago, in 1996, the holiday was first celebrated.



ingredients are key to the holiday’s traditional sweet potato pie: sweet potatoes, candied pecans, and coconut.



**Marathon Men, Women, and Children**

The Walkway became a runway on June 13, when the Walkway Over the Hudson State Historic Park hosted its first series of races — a marathon, half-marathon, and a 5K — each of which crossed the 1.28-mile-long pedestrian bridge. The event drew more than 2,500 athletes from 31 states and six countries, and an equal number of spectators, supporters, and volunteers. It also followed 13 “committed practices” set by Athletes for a Fit Planet, in order to be deemed the first “Green Race” in New York State. The event further demonstrates just how meaningful the Walkway is to the quality of life in the mid-Hudson Valley.



**The Metro-North Crash** ^

On Feb. 3 a passenger train on Metro-North’s Harlem Line crashed into an SUV at a grade crossing between the Valhalla and Mount Pleasant stations, killing six people and injuring 15 others. At that point in 2015, it was the deadliest passenger-train accident in the US since a crash on the Washington Metro in 2009. It’s also considered the deadliest collision in Metro-North’s history, though it came only 14 months after the first Metro-North train crash to result in passenger fatalities. So, what happened? After an accident earlier in the evening on the Taconic State Parkway, traffic was detoured to alternate routes, one of which was through the train crossing. The driver in the SUV became stuck inside the crossing gates when they descended. The crash tore loose more than 450 feet of third rail, which pierced the car and continued into the train.

  
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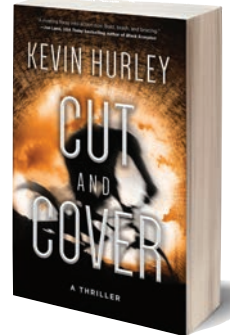
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## Reading Room

The fast-paced adventure in a debut novel takes place all around the region.

“**W**rite about what you know” is the conventional wisdom for first-time authors, and Kevin Hurley has followed that mantra in multiple ways in his debut novel, a thriller, *Cut and Cover* (Skyhorse Publishing, \$25.99). The setting is the Catskill



Mountains, where Hurley lives, as do his main characters, former Marine Major John Rexford and his girlfriend, Maggie. The subject matter also reflects the military history of the author's family (from the Korean War to Afghanistan) and his passion



Author Kevin Hurley

for martial arts. The suspenseful storyline is one many readers living near a big city may fear in real life: An international team of explosives experts is trying to contaminate New York City's water supply with chlorine gas and burn all five boroughs

to the ground. It's up to Rexford — who was recruited while he served in Afghanistan for seven years — to eliminate the terrorists and their money supply while he works as a blacksmith forging knives. In the end, Rexford must make a tough call that will keep you hanging on the edge of your seat. Hurley's prose style is tight and straightforward yet filled with colorful details that show his understanding of international intrigue. Those who love the Hudson Valley and the surrounding region will also enjoy the titles of his chapters, which range from “Brooklyn” to “Lower Hudson Valley,” “Kensico,” “White Plains,” “FDR,” and “Yonkers.”

— *Barbara Ballinger*



1. Guests sipped the night away at Greystone Programs' 26th Annual International Wine Showcase & Auction on Sept. 20 at The Grandview in Poughkeepsie. Greystone serves children and adults with autism and other developmental disabilities. From left: US Regional Director, Corporate Citizenship & Corporate Affairs at IBM **Sheila Appel**; Northeast Community Grants Administrator, Corporate Citizenship NE Business Controls Coordinator, Corporate Citizenship & Corporate Affairs at IBM **Carol Quaid**.

2. Safe Harbors of the Hudson held its annual gala on Sept. 17 in Newburgh. Chuck Thomas, director of

the Newburgh Free Library, was honored along with Unitek textile rental service as 2015 Cornerstones of the Community. From left: Head of Access Services at Newburgh Free Library **Anne Kennedy**, Safe Harbors Executive Director **Lisa Silverstone**, **Chuck Thomas**.

3. *Hudson Valley* Magazine publisher **Ralph Martinelli** was honored with the Visionary Leader Award at the Hudson Valley Economic Development Corporation's third annual Hudson Valley Beer, Wine, Spirits & Cider Summit. The event, which was held at The Culinary Institute of America on Oct. 14, attracted more than 400 food

and beverage entrepreneurs. From left: **Martinelli** accepts his award from HVEDC CEO **Laurence Gottlieb**.

4. The 12th Annual Bike for Cancer Care fundraiser brought in \$140,000 to benefit the Benedictine Health Foundation's Rosemary D. Gruner Memorial cancer fund on Sept. 28 in Kingston. Four hundred riders of all skills levels rode in either a 50-mile, 12-mile, or Round Robin family-fun ride. From left: **Matt Jankowski** and daughter **Bella**, **Jessica Oakley**, **Gabby Gallo**, **Andrew Scandariato**.

5. The Half Moon Theatre at The Culinary Institute of America kicked

off its second season with a gala and a performance by Sutton Foster on Sept. 26 in Hyde Park. From left: **Lynne Ryan**, two-time Tony Award winner **Sutton Foster**, President of The Culinary Institute of America **Dr. Tim Ryan**.

6. Guests flocked to Glynwood's 225-acre farm in Cold Spring for its annual **Farm Gala** on Sept. 12. The night celebrated the people, products, and landscapes that make the Hudson Valley so special. From left: President of NewYork-Presbyterian/Hudson Valley Hospital **John C. Federspiel**, Glynwood President **Kathleen Frith**, Chef **Peter X. Kelly**.



# Seasonal Stress Busters

'Tis the season for nonstop stress. Here's how to keep the "Ho ho ho" in your holidays. **BY BARBARA BALLINGER**

**T**he holidays are the time of year when family and friends gather for good food, good laughs, and good company. But with the endless parties and dinners, family reunions and gift exchanges, the happy holiday season can quickly turn hectic. Luckily, there are strategies to call on to cope with holiday stress. Psychologist Christine Ratto Ziegler, PhD, of the Hudson Valley Center for Cognitive Therapy in Upper Nyack, finds that advance prioritizing is useful. "Time and energy are finite resources and need to be budgeted in a similar way as you might budget your money during the holiday season. We can stretch ourselves too thin by saying 'yes' to every invitation we receive. Be selective and try to avoid taking on new commitments. The adage 'Less is more' is especially true in terms of enjoying the fewer things you choose to do," Dr. Ziegler says.

Taking some time to get physical is also likely to lessen the stress. "Regular physical activity is consistently shown to improve mood. Think about how you can adjust your exercise routine rather than eliminate it altogether during this time," says Dr. Ziegler. "Also try to spend some time in natural sunlight, which can help boost your mood." And if all else fails, says Dr. Ziegler, and you feel overwhelmed, engage in an activity that has nothing to do with holiday preparations. In addition, make a list of everything you need to do and break it down by week or day to make it more manageable.

Or, try one of these homegrown solutions to banish the humbugs.

## TAKE A GYROTONIC CLASS <sup>^</sup>

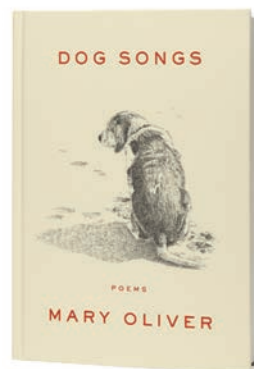
Siobhan Roberts, who opened Arch & Curl in March, offers a Gyrotonic class that makes use of a pulley tower and other specialized equipment. The practice enhances breathing, strengthens the abdomen and extends the length of the spine. "Many who sign up are hunkered down over their desks and computers and find they have lower-back challenges." While one class may help, multiple sessions offer improved results. A private class is \$85.

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## UNWIND WITH A CUPPA' TEA

There are hundreds of tea varieties at Harney & Sons, but we suggest the "Yellow & Blue," a mix of chamomile, lavender, and cornflower. It has a calming effect, particularly at bedtime. The tea comes in a tin of 20 sachets for \$5.99 and as loose tea leaves for \$22/pound.

Harney & Sons, Millerton  
518-789-2121; [www.harney.com](http://www.harney.com)



## READ SOME PRETTY POEMS <sup>^</sup>

Poetry can be relaxing, inspiring, contemplative, and a window into other worlds. At the Inquiring Minds Bookstore, one employee is studying to be a poet. His suggestion? Mary Oliver's book of poetry *Dog Songs* (Penguin, 2013) because "they're lighthearted, make you feel good and are wise." He also suggests Billy Collins' new collection, *Aimless Love* (Random House, 2013).  
Inquiring Minds Bookstore, New Paltz & Saugerties  
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**TAKE A COOKING CLASS**

Holly Shelowitz, owner of Hudson Valley Cooking Classes, hosts a variety of classes at Warren Cutlery's Kitchen and Bath Showroom in Rhinebeck. Classes feature recipes with fresh ingredients prepared to bring out maximum flavor, while Shelowitz gives helpful nutrition information and time-saving tips. Wannabe chefs help Shelowitz with preparations that end in a full meal or tasting. Plus, participants get to take home a recipe package. Her Delicious Desserts class on Dec. 17 will have you whipping up lemon almond cake with lemon curd, chocolate chip cookies, spiced pumpkin pudding, and dark chocolate bark with pistachios and cherries, all naturally gluten-free and made with natural sweeteners. Each class costs \$125. For more info, call 845-658-7887.

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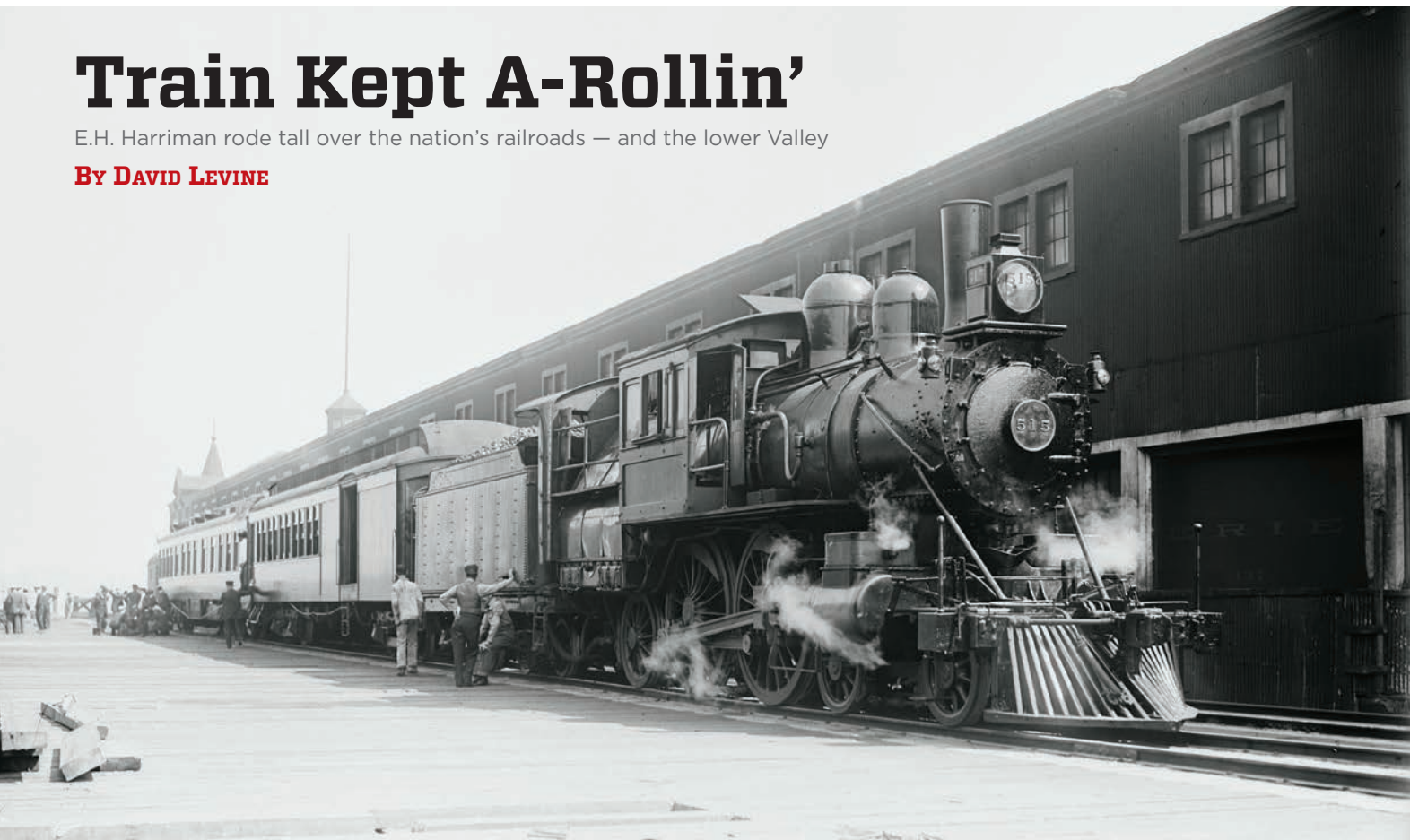
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# Train Kept A-Rollin'

E.H. Harriman rode tall over the nation's railroads — and the lower Valley

By **DAVID LEVINE**



**“[Harriman] was full of fight, full of energy...” full of confidence.”**

**T**hose in the vicinity of the eponymous town or park may know the name Harriman. So, too, might those who lived through the 1940s, '50s, and '60s, when the name was at the center of state, national, and international politics. The rest, though, most likely first heard the name proudly proclaimed in doomed defiance of Paul Newman in *Butch Cassidy and the Sundance Kid*. Woodcock (played by George Furth), of course, crawled from the wreckage, only to go through the same near-death experience later in the movie.

Who was this Mr. E.H. Harriman, this man who inspired such loyalty? Woodcock, for one, would not have been surprised to learn how he came to have a town, a park, and much more named after his family. After all, at that time—the turn of the 20th century—E.H. Harriman was as well known as J.P. Morgan, John D. Rockefeller, Andrew Carnegie, and other captains of American industry during its most prosperous, albeit gilded, age. He is less iconic today among the general public; according to his biographer, Maury Klein, that may be because, “he was a fairly colorless individual in terms

**All Aboard** E.H. Harriman had his hands in two of America's major paths to wealth - banking and railroads.

**WOODCOCK:** You're the Wild Bunch, Mr. Cassidy. I understand that, but you gotta understand that Mr. E.H. Harriman himself of the Union Pacific Railroad gimme this job, and I never had such responsibility before, and since he entrusted me to get the money through, I got to do my best, don't you see?

**BUTCH:** Your best doesn't include getting killed.

**WOODCOCK:** Mr. E. H. Harriman himself, he had the confidence in me —

**BUTCH:** Open the door. Or that's it... Ya think he'd die for you, ya lousy amateur? Now, Woodcock!

**WOODCOCK:** I work for Mr. E.H. Harriman of the Union Pacific Railroad...

—*Butch Cassidy and the Sundance Kid*

(1969)



At times, Harriman was viewed as a crazy man, but that didn't stop him from creating a new model for a new era of railroad history.

of personality, and he died fairly young of stomach cancer. But in his period, he was the undisputed titan of the railroads."

### **"Do as I say, and do it damn quick."**

Railroads, banking, oil, and steel were the major paths to great wealth from the end of the Civil War to the Great Depression, and Edward Henry Harriman had his hands in two of them. He was born February 20, 1848, in Hempstead, New York, the son of an Episcopal deacon. He had business in his blood, though; his great-grandfather, William Harriman, emigrated from England in 1795 and became successful in commercial trading.

E.H. quit school at age 14 to work as a Wall Street message boy. He soon became a managing clerk and, by age 21, he owned a seat as a stockbroker on the New York Stock Exchange. He saw the promise of railroads and invested his own money. He also saw the promise of merging railroads with banking, both professionally and personally; in 1879, he married Mary Williamson Averell, daughter of William J. Averell, a banker in Ogdensburg, NY who was also president of the Ogdensburg and Lake Champlain Railroad Company. They eventually had seven children.

Harriman was a "small, sort of bantam rooster type," says Klein, author of *The Life and Legend of E.H. Harriman* and professor emeritus of history at the University of Rhode Island. "He was full of fight, full of energy, full of confidence, pretty curt. He was also utterly and completely devoted to his family, but he was one tough guy who did not suffer fools and did not like his time

### **Captains of Industry**

At the turn of the 20th century, E.H. Harriman was as well known as J.P. Morgan, and John D. Rockefeller.

wasted." Indeed, one quote attributed to him is, "Cooperation means 'Do as I say, and do it damn quick.'"

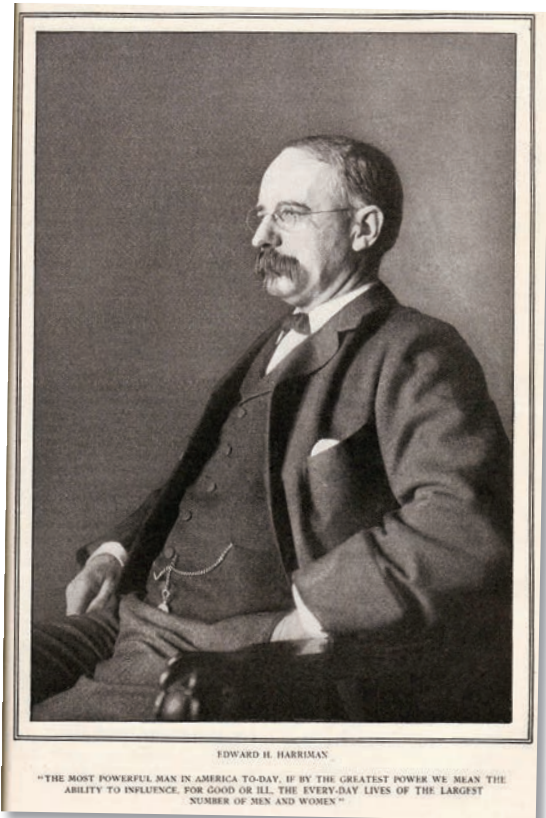
In 1881, he bought a small, bankrupt, 34-mile railroad company called the Lake Ontario Southern, reorganized management, renamed it the Sodus Bay & Southern, and sold it to the larger Pennsylvania Railroad—making a hefty profit. This, he realized, might be the start of something big.

And it was. Though still a banker by trade, he was invited to become a director on the Illinois Central at age 35, and by 39 was its vice president. "He got quite involved in its operations and management, and he began to think of that as something he would like to do," says Klein. He helped pull the line through a severe recession, the Panic of 1893, and his insightful management skills brought him wealth and acclaim. Both would grow exponentially, though, when he purchased control of the bankrupt Union Pacific (UP) in 1897. "He was asked to come in to manage the UP," Klein says. "He was not the lead man at all, but it became clear that, of all the financiers involved, he had the most time and interest in overseeing the railroad."

Harriman toured the entire western region that the UP ran through. "He talked to people everywhere, and came home convinced that times were brightening, and that the railroad would do well," Klein says. "If someone took over and upgraded it, he thought it would be a very, very good investment. Most people thought he was crazy, but he did it, and, in the process of reorganizing virtually every aspect of the company, he created the model for a new era of railroad history." In 1901, he merged the UP with his new purchase, the Southern Pacific Railroad, to create the largest railroad company in the nation, a source of jobs for men like Woodcock, and ill-gained cash for men like Butch and Sundance.

### **Parks and Recreation**

As with other titans of the era, Harriman needed a colossal estate. He had begun buying land near Tuxedo in 1885, and by 1900



EDWARD H. HARRIMAN  
"THE MOST POWERFUL MAN IN AMERICA TO-DAY, BY THE GREATEST POWER WE MEAN THE ABILITY TO INFLUENCE FOR GOOD OR ILL THE EVERY-DAY LIVES OF THE LARGEST NUMBER OF MEN AND WOMEN"

had acquired some 20,000 plus acres. In 1905, he decided that the top of a 1,300-foot ridge that overlooks the Ramapo River was just the place, and by the summer of 1909, the house, which he called Arden, was finished. Sadly, nearly so was he. On September 9, 1909, he died unexpectedly at Arden House. He is buried at the St. John's Episcopal Church cemetery in Arden. At the time of his death, he controlled not only the Union Pacific, the Southern Pacific, and the Illinois Central, he also owned the Saint Joseph and Grand Island, the Central of Georgia, the Pacific Mail Steamship Company, and the Wells Fargo Express Company.

His fortune went to his wife and their children, notably W. Averell, who worked in his father's railroad business until 1940, when he became the political force that we know about today.

The family legacy has never diminished from the area. "Once E.H. moved to the Hudson Valley, he became a leading benefactor of the era," Klein says. When the State wanted to build Sing Sing prison on his stretch of the river, he "persuaded" them not to by building a park instead. His family also gave to many local charities, especially those helping underprivileged children, for whom he had a soft spot in his heart. And in 1910, his widow donated 10,000 acres to the state of New York for Harriman State Park.

"The Hudson Valley owes a lot to him and his family," Klein says. •







# FOOD LOVER'S GUIDE

WHERE TO GET  
THE GOOD STUFF

By ALIA AKKAM, MARY FORSELL, AND AMY HALLORAN

# MIGHTY MEATS

EVERYBODY'S DOING IT: FROM NOSE-TO-TAIL TO UNIQUE CUTS. LAMB KIDNEYS ANYONE?

"I've always equated sustainability with the concept of 'leave no trace,' or as my father would tell us, 'Leave it in better shape than you found it,'" says Ryan Fibiger, CEO of the grass-fed and organic-meat mecca **Fleishers Craft Butchery**. While the "S" word might be greatly overused in culinary circles today, it's one Fleishers — which includes the beloved Kingston butcher shop — thoughtfully abides by, beginning with well-cared-for animals roaming on healthy land and leading to happy customers and a positive impact on the local community.

While Fibiger acknowledges there's been an increase in concerned carnivores seeking out grass-fed beef, he admits it's been slow-going despite the robust national dialogue surrounding the issue. "Our industrial meat system still dominates the industry. At the end of the day, it comes down to pricing. Even the least-discerning customer would prefer the better-tasting product that was humanely produced without the use of hormones or antibiotics. Unfortunately, people are used to paying artificially low prices for their meat, and the sticker shock on the pasture-raised products often turns them off," he explains.

Plenty of patrons do seek out more choice meats, however, and in colder weather Fibiger says it's braising cuts that get the limelight. "When the lamb shanks start selling out, we know that the fall/winter season is upon us," he points out. Fleishers encourages guests to try the less ubiquitous lamb and goat, but "this country has a love affair with beef and chicken. The only protein able to rival them is pork. I love what's happened with pigs in this country. Through campaigns to bring back heritage breeds that are raised on pasture, we've finally put the awful 'other white meat' campaign behind us," Fibiger says. That's why along with beef chuck roast, oxtail, and crosscut beef shanks for osso buco, Fleishers customers are also queuing up for the likes of pork shoulder and ham hocks.

As Fleishers is a whole-animal butchery, Fibiger is excited to see customers — many of them ex-pats homesick for the offal they were reared on — order more unconventional meats. "The bulk of our customers appreciate that their favorite chef can work magic with lamb liver or beef heart, but they feel intimidated to try this themselves. Our meat mongers are happy to offer advice and cooking-preparation suggestions. They take much more pride in selling a \$3 lamb kidney than a \$65 porterhouse."

In the midst of the holiday season, it's big birds — like turkey, goose, and pheasant — Fibiger seeks out. "We almost never eat these during the rest of the year, so for me the smell and taste have become inextricably linked to great memories with family and friends. The type of bird we choose has definitely changed over the years, though. Butterball doesn't cut it after you've had a pasture-raised, heritage one from Frank Reese or Bill Niman. It's like apples and oranges."



Fleishers' Ryan Fibiger (above) took the helm of the famed meat company in 2014. Lisa Hall (right), co-owner of Marbled Meats in Cold Spring, is taking charge of a growing business.

## THE WHOLE COW

It's becoming increasingly popular for adventurous customers to head to the butcher shop not just for two pounds of ground beef but to order a whole cow. At Fleishers Craft Butchery in Kingston, the request is made all the time. CEO Ryan Fibiger says an information sheet at the counter lets customers differentiate between cuts. "There are a lot of decisions to make, so our butchers are there to help them with this. For example, do they want steaks or roasts, tenderloin or porterhouse?" he says. "If they want it packaged for multiple people, we need to know that, as well." Typically, it takes two weeks to fill such mammoth orders.



## MAKING THE CUT

Fleishers' Ryan Fibiger offers helpful tips for the next time you visit the butcher.

1. Ask a lot of questions: Where are your animals raised? How are they raised? Who is the farmer? What do they eat?
2. Ask what they recommend. Appropriate responses include: "What do you like?" or "What type of meal do you want to cook?" or "How much time do you have?" Inappropriate responses include directing you to their most expensive cuts or anything that has been pre-marinated.
3. If they pass steps one and two, put your trust in them and keep an open mind.

### OTHER MEAT MUST-TRYS:

Barbara Fisher, a math teacher-turned-butcher, puts the spotlight on small farms found within a 200-mile radius of **Barb's Butchery**, her Beacon shop. In addition to grass-fed beef and locally pastured pork and poultry, she also stocks up on smoked goods, like sausages and hot dogs. Don't miss the highly touted beef jerky. [www.barbsbutchery.com](http://www.barbsbutchery.com)

Throughout the winter **Marbled Meat Shop** will continue to illuminate local pork, beef, lamb, chicken, rabbit, and duck, but there's another reason to high-tail it to this Cold Spring shop: Marbled Meals. On Thursday and Friday evenings, pre-order comforting dinners of pork and garlic ramen, or meatloaf with pimento mac 'n' cheese and roasted Brussels sprouts. [www.marbledmeatshop.com](http://www.marbledmeatshop.com)

Smoked and fresh kielbasa, plump knackwurst, and from-scratch bologna are among the delicacies found at **Quaker Creek Store**. The Goshen delicatessen also turns out freshly ground meat, cut-to-order Black Angus steaks, and homespun treats like farmer's cheese and mashed-potato pierogi alongside sausage-stuffed mushrooms. [www.quakercreekstore.com](http://www.quakercreekstore.com)

An Italian-inspired mainstay, **Frank's Village Market and Deli**, in Marlboro, is known for its trifecta of housemade sausages: sweet Italian, hot Italian, and cheese & parsley. It also serves up the likes of hefty subs, roasted peppers, and filled-to-order cannoli. [www.franksvillagedeli.com](http://www.franksvillagedeli.com)



## THE RIGHT METHOD

Knowing the differences between cuts of meat, like ribs and cheeks, is certainly important, but Fibiger says it's far more useful for people to understand the cooking methods that suit them best. "Grilling steaks — rib-eye, strip, tenderloin — typically come from seldom-used muscles in the middle of the animal. Because these muscles aren't used often, they have weak links between their collagen fibers and don't need a long cooking process to break them down to make them tender. A quick sear on the stove or grill is sufficient," he explains. "Beef shanks and chuck roasts, by comparison, are heavily worked muscles with dense, strong links between collagen fibers. They would be incredibly tough if cooked quickly on a grill, but braise them in moist heat for several hours, and the collagen turns into gelatin, and the muscle will fall apart into tender, juicy threads."

# A FISH TALE



## Swimming Along.

Sal Aulogia Jr. (above left) is the second generation to run his family's longtime Newburgh business, Sally's Fish Market. (Above and right) Gerald Viverito sources a wide variety of fish for his clients.



## BUYING FRESH FISH

It can seem overwhelming to pore over all the fish options, but seafood-guru Gerard Viverito makes it easier with these tips for buying whole fish:

- ◆ The temperature should be between 28-32° F, or it should be lying atop layers of crushed ice.
- ◆ The eyes should be clear and bulging.
- ◆ The scales should adhere tightly to the body.
- ◆ The gills should be maroon in color and smell like the sea.
- ◆ The flesh should respond to light pressure.
- ◆ The general appearance should be good. Fins should be pliable, and there should be a light slime coating on the fish.
- ◆ The overall smell of the fish should be sweet and briny.
- ◆ There should be an absence of belly burn in the stomach cavity from bile.

For pieces, rather than a whole fish, look first for discoloration or spots. Fish should have an opalescent, translucent look. Also, look for gaps in flesh, as there shouldn't be any; look to see if they are moist (another good sign), and ask for a whiff before it's wrapped, so you know it's free of odor.

Gerard Viverito grew up next to lakes, first in New Jersey and then in Maryland. He spent the majority of his weekends on his father's boats, savoring the Hudson River, Chesapeake Bay, and Atlantic Ocean. "I always had a fishing pole in my hands," recalls the Rhinebeck-based chef and fishmonger. "From the time I was in second grade, I would come home with fish I caught after school and ask my mother to cook them for dinner." He went on to spend more time near water: living in the Caribbean for four years, then along the Mediterranean coastlines of France, Italy, and Spain; and, finally, back in the States, in San Diego, where he worked with purveyors to learn why fish were coming in smaller yet more expensive.

Sustainability has long been an important issue for Viverito, now an associate professor at The Culinary Institute of America, where he teaches a seafood class, and the director of culinary education for Passionfish, a nonprofit organization based in San Diego that promotes environmentally sound alternatives to endangered seafood species. At dinner parties, when fellow guests would ask him where they could purchase sustainable fish such as swordfish or cod, he'd grow frustrated, knowing that local grocery stores usually didn't make the cut. He started speaking with eco-minded small-boat fishermen, eventually convincing them to start selling to him directly. Via FedEx or UPS overnight delivery, the fishermen shipped

their catches to Viverito in special containers accompanied by cold-gel ice packs. Nowadays, at food gatherings, he knows exactly where to share locations for concerned guests. "Six years ago I created the Hudson Valley Fishmonger Program so that I could speak with commercially licensed fishermen all over the country, find out what they were landing, blast an email to my customer base (now 400 and growing), and pre-order what they would like based on availability," he says. "This solved another problem: There was no waste." And he hopes to have a brick-and-mortar store in Hudson in the future, hopefully by spring. But for now, the fish guru personally delivers orders to various locations throughout the Valley.

Fish sustainability is not something that can be defined so easily, Viverito says. "One species may not be looked at as sustainable, but what if you live in a country and that is all that's there? There are many factors to consider. One thing that I look for when sourcing is the reduction in by-catch, or the amount of fish not targeted that are killed and thrown back into the sea as innocent bystanders. I prefer fish caught on hand-lines and fishing poles." Purchasing seafood from Alaska, which has incorporated sustainability into its state constitution, is one way of ensuring such thoughtfulness. But a big problem, he says, is that 91 percent of the fish consumed in the States is imported.

Just like produce, seafood is at its

## IN THE KITCHEN

Some fish, like salmon, are typically grilled. But Viverito encourages home cooks to embrace other preparations. Stumped? Seeing how much a fish moves is an indication of how it should be cooked, he says. “Low-activity swimmers that are lower in oil greatly benefit from the addition of fat in a solute, pan-fry, deep-fry, or even poaching. High-activity, high-fat fish should be grilled, roasted, or seared, to render out some of the fat and add flavor that may otherwise overwhelm a delicate species.” One of Viverito’s personal favorite methods: “Salt crust and roast it in an oven. It’s a perfect way to lock in flavor and moisture, and it makes for a dramatic table-side presentation to guests.”

### OTHER FABULOUS FISH FINDS:

Since the 1920s, family-owned **Sally’s Fish Market** has been a mainstay for fresh seafood. Today, its Newburgh shop features daily catches sourced from the Bronx’s famed Hunts Point Market. Wander in for the likes of tuna steak, scallops, swordfish, red snapper, lemon sole, and halibut fillets. Ninety-nine percent of its catches are wild, except for its rainbow trout. [www.sallysfishmarketinc.com](http://www.sallysfishmarketinc.com)

An institution since 1945, **Gadaletto’s Seafood Market** — originally in Highland, now with a restaurant in New Paltz — has an expansive selection of wild-caught and sustainable fish, including occasional fresh Georges Bank flounder and Florida rock shrimp. If you don’t feel like cooking, head to the restaurant, where the menu features specialty preparations like fiery Lobster Diablo. Lobster rolls are always a bestseller, along with fish tacos. [www.gadaletos.com](http://www.gadaletos.com)

Alaskan king crab and littleneck clams are among the delicacies found at **Rick’s Seafood & Gourmet Specialties**. But this Mahopac market and restaurant also tempts with from-scratch crab corn chowder, Cajun catfish, and a gourmet taco menu with selections of Asian calamari, citrus shrimp, pineapple-&-mango pulled pork, and others. [www.ricksseafood.co](http://www.ricksseafood.co)

## OUT OF THE BOX

While the vast majority of Americans favor shrimp and salmon for dinner or lunch, Viverito encourages shoppers to step outside their comfort — and flavor — zones to try something new. Currently, he’s smitten with the textures of sardines, mackerel, and albacore tuna. “They tend to be what we call high-activity fish,” he says. “That gives them darker flesh, higher fat content, and stronger flavor.”



prime during certain seasons. Right now, Viverito can’t get enough of oysters. “This is their time to shine — on the half shell, roasted, or in a stuffing. When it gets cold and they stop spawning, their flavor gets concentrated rather than expended,” he says. But if bivalves don’t appeal, sardines, mussels, lobsters, line-caught cod, seabreams, and red mullets are suitable cold-weather alternatives. And you should try to pick fish as you would an apple or tomato, by smelling and touching

it, though most purveyors don’t want you poking and prodding their fish, he says. “But if you can smell it from 12 inches away, and it doesn’t smell fresh, it’s probably not, and that could be a problem,” he says. While the majority of fish sold in grocery stores has been previously frozen, that’s not necessarily a bad thing if it was flash or cryogenically frozen at sea, which preserves its freshness, he says. To get on the email list for the Hudson Valley Fishmonger Program, visit [www.chefgerard.com](http://www.chefgerard.com).

# CHEESE, PLEASE

Do you know how to make a 70-pound wheel of Gruyere disappear? For Rick Regan and Megan Sam McDevitt, owners of the five-year-old Kingston shop **Cheese Louise!**, the answer is simple: Just put out a sample tray for customers, and the stuff will fly out of the shop in a matter of days. “We have people who walk in and haven’t eaten anything but New York State cheddar,” says McDevitt. “But with sampling and chatting and having fun with trying new things, they expand their palates.”

Both world travelers, the co-owners know all about exposing themselves to new foods. Fortunately, Ulster’s large contingent of Europeans and its lively cultural scene produce an environment conducive to cheesy experimentation. “Our customer base is adventurous home cooks,” says Regan.

This shop carries about 300 cheeses, including top New York names, like Nettle Meadow and local-powerhouse Sprout Creek Farm, known nationally for its excellent sheep-milk cheeses. And there’s also no shortage of European gems, like Manchego and Iberico from Spain, Saint Angel Triple Cream and Cremeux de Bourgogne from France, and blue cheeses from far and wide. We ask the experts to fill us in on some of their hard-earned knowledge.

## What’s a safe bet for a gift or to bring to a party?

The so-called bloomy rind cheeses, like creamy Camembert or Brie, are crowd-pleasers and, yes, the rind is edible.

## Why you should learn to love stinky cheese

“Sometimes, what’s rough on the nose is delightful on the palate,” says Regan. Start with a milder one, like Italian Taleggio, and work your way through the spectrum to the ultimate room clearer: Stinking Bishop from England. “It’s full flavored and bold, but if you get it on the palate, it’ll take to you another place.”

## It’s not necessarily wine & cheese

Fruit beverages, like pear juice, cherry juice, and sparkling cider, are nonalcoholic options that work nicely with cheese. “You want a little bit of acidity, to bring the flavor out of the cheese,” says Regan.

## Blue cheese 101

As with stinky cheese, start with a mild one, like Borgonzola with a B: It’s a blue Brie-type cheese, so it’s creamy and gentle on the taste buds. Then work your way up to Maytag blue (yes, made by the famous washing-machine people), which people have been enjoying since the



1940s. It crumbles nicely in a salad. Or try a nice British Stilton. On the extreme end, the pungent French Roquefort could put you in the blue-cheese beyond.

## Why this cheese is \$40/per pound

“Truffle cheese is like black licorice,” says McDevitt. “You either love it or hate it.” Even if you like the taste, the price tag might put you off, as it averages \$40 a pound. That’s because of the complex process and expensive ingredients used to produce it. For example, Moliterno, from the island of Sardinia, is a raw sheep’s milk cheese that comes in 12-pound wheels injected with black-truffle paste. Then the wheels are rubbed with vinegar and local olive oil, resulting in a highly perfumed product with deep truffle veins.

## The hottest cheese that you can’t get your hands on

If \$40/per pound sounds like a lot, try \$209. That’s what a 20-year cheddar made by the Hook’s Cheese Company out of Wisconsin goes for. “It’s something that hasn’t been tried before,” says McDevitt. “They made something like 450 pounds of it, and it’s all been spoken for.”

## A cheese that even some foodies don’t know about

Scandinavian alpine skiers fuel up on this stuff, but Norwegian Gjetost is little known here. Dark brown and sweet, with a caramel-like taste, it’s made with whey and works great as a dessert cheese, or pair it with dishes that are completely the opposite, like a briny fish.

## ONE MORE CHEESY FIX

**Bimi’s Cheese Shop**, Chatham

No need to get intimidated here. Reviving the tradition of the neighborhood cheese shop, this laid-back oasis has regulars who drop in a few times a week. No one cares if you can’t pronounce something, just as long as you try it. Just ask and they’ll cut you a chunk. There’s a big representation of uncommon European *fromage*, like Brillat-Savarin, a triple cream dessert cheese, Râclette for melting, and goat Gouda from Holland, as well as kitchen classics like aged Parmigiano and homemade mozzarella. It’s a café too, so treat yourself to something from the Grilled Cheese Bar. Closed Wednesdays. 518-392-8811; [www.bimischeese.com](http://www.bimischeese.com)

For more cheese shops, visit [www.hvmag.com/foodloversguide](http://www.hvmag.com/foodloversguide)



# BREAD FOR THE MASSES

DESPITE THE GLUTEN-FREE TREND, OR MAYBE BECAUSE OF IT, GOOD BREAD IS ENJOYING A HEYDAY.

In the Hudson Valley, people have been finding good alternatives to mainstream bread for decades. **Bread Alone** began introducing European-style hearth breads to the area in the early 1980s. The bakery pioneered appreciation for wood-fired loaves with admirable crusts and was at the forefront of what is now known as the American Bread Movement. Now, you can find wood-fired bakeries and pizza ovens all over the country; in fact, the word *artisan* has become so popular, it sometimes appears on breads that aren't particularly handcrafted at all.

But now another new food wave is burgeoning: the spreading revival of regional grain production. Across America, people are growing and milling grains outside the Wheat Belt. In the 1990s, Alton Earnhart, a Millbrook farmer, began growing grains for his own use. Baker Don Lewis of **Wild Hive Community Grain Project** milled some of Earnhart's crop and incorporated it into his products.

Now, the Farm Hub in Hurley is in the midst of a multiyear investigation, seeking varieties that do well in the climate and soils. These two factors are key for farmers to be aware of when they consider switching to grain production, since it involves a lot of land, labor, a good infrastructure, and time. Cornell Cooperative Extension in Ulster County is helping farmers take advantage of this market opportunity.

Today, freshly milled grains and flours from Wild Hive Farm in Clinton Corners are transformed into the very authentic French-tasting baguettes and loaves at Café Le Perce

in Hudson, Pane Rustico loaves and focaccias at Eataly NYC, and polentas at many restaurants. The grains — hard red, winter and spring wheat, soft wheat, corn products, ancient and heritage spelt and einkorn, and more — are grown by farmers in the Northeast, then stone ground in Clinton Corners. The milling process keeps the nutritious elements of wheat and other kernels intact. They become more than 30 different flours.

"We are milling fresh every week, to help insure that consumers have access to very fresh product at the peak of its nutrient value," says Lewis, who closed his bakery and café a few years ago, to focus on producing more fresh-milled flour to sell.

Currently, you can buy Wild Hive goods in the bulk section at select natural-food outlets. The famous polenta will soon be easier to find, as distribution of 1.5- and 5-pound bags will start in stores throughout the region. Look also for a full line of flour for baking, ancient and heritage grains, as well as hullless barley and oats. Although the farm in Clinton Corners doesn't sell retail, Lewis is starting to take orders via email. With a three-month window to use them, these lively foods differ vastly from their shelf-stable supermarket cousins.

## 32 Years of Blissful Bread

Bread Alone just opened a new café in Lake Katrine that replaces the old Boiceville outlet (three other Bread Alone cafes are found in Woodstock, Kingston, and Rhinebeck). The new eatery — open for breakfast and lunch until 6 pm — offers a full line of its



**Rising to the Top.** Mario Terronova creates Italian-style bread at Mario's Brick Oven Breads in Hopewell Junction. Bread Alone (middle picture) offers a wide variety of baked goods at their four locations.



well-known breads, such as certified-organic French sourdough, nine mixed grain, and raisin-and-walnut levain, plus pastries, sandwiches, and salads, with indoor and outdoor seating. The shop's interior is light and spacious, indicative of the large bakery behind it.

While the café is brand-new, the bakery is having its 32nd birthday. Still, it took time and more staff for the Bread Alone operation to expand locations and inventory. Help came in the form of Nels Leader, son of founder Dan Leader, who joined the company three years ago as COO. "For the last 15 years, I've been



## BREAD FOR THE MASSES

visiting the coolest bakeries in Europe,” says Dan. He knew the kind of ovens he wanted, and fortunately a German company, Hueft, decided to stretch its reach into the United States just as Leader was ready to begin his expansion. “Now our colleagues are following in our footsteps because this is the finest artisan baking equipment in the world,” he says.

The very sophisticated thermal oil ovens mimic brick ovens but offer a more controllable environment. Programmable tubes hold heated oil and work much like radiant floor heating. Unlike a wood-fired oven, the temperature in these ovens is easier to maintain or change.

The ability to control different parts of the baking process is a theme evident throughout the bakery, from the fermentation rooms, which need to be cold and humid, to the main production room, which is air-conditioned. The brick ovens in Boiceville won't be cold for long, however. Dan is excited to explore the milling end of his profession. His wife and business partner, Sharon Burns-Leader, has worked in local-flour baking trials with researchers and food advocates in the Northeast. Plans are underway to retool the former location into a milling bakery, to produce different regional breads.

—Amy Halloran, author of *The New Bread Basket* (Chelsea Green Publishing).

### The old-fashioned way

**Mario's Brick Oven Breads** in Hopewell Junction is an old-world Italian-style bakery with a brick oven that owner Mario Terronova imported from Italy and had constructed on-site when he opened more than 24 years ago. Originally from Sicily, Terronova longed to replicate traditional Italian and French loaves, and today he does, as well as rolls, pizza dough, and focaccia from a variety of King Arthur flours he brings in from Canada. Terronova sells both finished breads or dough that customers can pop in the oven at home for a really fresh, warm taste. At holiday time, lines often wind out the door, with customers favoring oval-shaped batons with sesame seeds and longer French baguettes. On Thursdays, the store also sells homemade rigatoni, penne, fettuccine, linguine, and ravioli, “but they sell out quickly,” an employee said. For any purchase, bring cash or a personal check; no credit cards are accepted.

For more amazing bread bakeries, visit [www.hvmag.com/foodloversguide](http://www.hvmag.com/foodloversguide)

## MADE IN THE HUDSON VALLEY

WHEN YOU PEEK INSIDE THE KITCHENS OF OUR EDITORS, HERE ARE SOME OF THE LOCALLY MADE FAVORITES THAT YOU MIGHT BE LUCKY ENOUGH TO FIND.



not fully fermented, owing to a shorter stay in the brine); horseradish pickles that bite you back (nicely) — it's all here and ready for gobbling. Sweet bread and butters and spicy sliced pickle chips are a specialty. They also carry street-fair-style pickles on a stick. Join the pickle club: Get your card punched every time you buy a quart, and the seventh one is free! 845-247-3016; [www.brinebarrel.com](http://www.brinebarrel.com)

### Hudson-Chatham Winery Black Currant Caviar, Ghent

Dress up your next brunch or wine-and-cheese soiree with this thick, jammy spread, which pairs beautifully with a cheese plate. It not only resembles true caviar in its glistening blackness, it also contains whole currant berries, which feel like tiny beads of Beluga on your tongue. Grown all over Europe but only recently introduced to New York State, currants outdo even blueberries in antioxidant value, and they're also loaded with vitamin C, so you can always say you're eating this strictly for medicinal purposes. 518-392-9463; [www.hudsonchathamwinery.com/black-currant-caviar](http://www.hudsonchathamwinery.com/black-currant-caviar)

### Greenfield Ice Cream Company artisanal ice cream, Tuxedo

If you're going to do a calorie splurge on one thing, this is it. Free of weird gums or other suspect ingredients, this freezer-find incorporates Hudson Valley Fresh milk and local eggs. In fact, the company actually *wants* you to read the label. The makers churn out classic signature flavors, like Chocolate and Salted Caramel. Think vanilla is boring? Try the Vanilla Honey Crumble, a creamy mix with veins of sweet nectar, bite-size oats, light brown sugar, and cinnamon. We challenge you not to eat the whole pint in one sitting. 855-486-3587; [www.greenfieldicecream.com](http://www.greenfieldicecream.com)

### Healthy soda syrups at Drink More Good, Beacon

Riding the crest of the craft beverage wave, these soda-syrup concentrates are trending right now. But they're also old-fashioned at heart, made from herbs and spices crushed with a mortar and pestle — just like back in the day when sodas were “tonics.” We like the Cassia Kream flavor, somewhere between a cola and a cream soda and made with classic soft-drink ingredients like star anise,

### Maya Kaimal fresh Indian foods, Rhinebeck

If you've only tasted Indian food in restaurants, hold on to your pakoras: This 12-year-old company headed by Julia Child Award-winning author and chef Maya Kaimal specializes in fresh Indian home cooking that you can buy in stores and prepare in your own kitchen. Coconut Curry simmer sauce is our first love: a Southern Indian recipe spiced with ginger and curry leaves. Use it to wake up meat and vegetables (there are recipes on the website). For those who like it hot, try the chili-laden vindaloo with pork, lamb, or beef. Try it on a taco! 845-876-8200; [www.mayakaimal.com](http://www.mayakaimal.com)

### Pickles from the Brine Barrel, Saugerties

When the uncontrollable urge to nosh on a good pickle hits, hightail it over here. These barrel-cured gleaming green goodies put supermarket pickles to shame. Tangy, fat, garlic dills; extra-crispy half-sours (which means they're



roasted kola nut and citrus, with a twist of vanilla and cinnamon. Use with a soda machine or just mix with seltzer and add a little sparkle to your day. 845-797-1838; [www.drinkmoregood.com](http://www.drinkmoregood.com)

### Vinegar made by Brother Victor-Antoine d'Avila-Latourrette

Peek into the cellars of the Our Lady of the Resurrection Monastery in Lagrangeville, and you'll find a sea of fermenting red, white, and rose wine vinegars — that is, if you turn on the lights. That's because Brother Victor-Antoine strictly follows medieval recipes that call boiling brews with herbs, fruits, and spices and then letting them breathe for months in the dark. Our fave is the sherry vinegar, which has a lively acidity and is perfect for combining with brown sugar in a glaze for duck or salmon, or for splashing over berries in a sweet-and-sour dessert. [www.ourladyoftheresurrectionmonastery.webs.com/monasticvinegars.htm](http://www.ourladyoftheresurrectionmonastery.webs.com/monasticvinegars.htm)

### French-style tarts at the Art of the Tart, Clinton Corners

Call her the Queen of Tarts. Kate Weiner revives the almost-forgotten art of flaky puff pastry made with European butter and combines it with intriguing combinations of fruits and flavors. Slow-roasted herbed cherry tomatoes with toasted cashews or asparagus-gruyere are two to try. Apricots in saffron syrup and Mirabelle plums poached in sweet Marsala are deeply decadent ways to end a meal. You can feed a crowd with these, but now Weiner is making individual tartlets so that you can have one all to yourself. Yes, the butterfat content is off the charts, but then again, so is the taste. 845-868-7107; [www.kateweiner.blogspot.com/p/art-of-tart.html](http://www.kateweiner.blogspot.com/p/art-of-tart.html)

### Healthy frozen desserts at the New Confectioner, Lagrangeville

Pinch us, please. Velvety ice-cream-style desserts and scrumptious sorbets that are actually healthy and not loaded with fat or artificial ingredients? These fab frozen treats from purveyor Jay Spica are made with coconut milk and organic soy milk instead of cow's milk, so they're vegan. The two best-selling "ice creams" are peanut butter-chocolate and strawberry rhubarb (minus about 50 calories per four-ounce cup compared to mainstream brands). The sorbets are loaded with real fruits: Two top flavors are blueberry and oh-so-sophisticated pears poached in Chardonnay. 845-661-4902; [www.newconfectioner.com](http://www.newconfectioner.com)

### Fresh pasta from La Bella Pasta, Kingston

You got stuck late at work and need to feed the kids quickly. Here's the plan: Pick up a fresh pasta made daily; grab some sauce and a loaf of bread, and head home. The kids will love a five-cheese ravioli or some linguini for twirling. And because it's tender and lighter in texture than dried, this fresh stuff cooks up fast and will be on the plate long before the local delivery guy gets in his car. For more adult tastes, we like the spinach dough ravioli with spinach filling. A few grates of fresh parm, and you're done! 845-331-9130; [www.lbpasta.com](http://www.lbpasta.com)

### Duck eggs from John Fazio Farms, Modena

Duck eggs have gone from humble to haute, appearing in daring dishes on top restaurant menus. It's about time. Everything they're quacked up to be, they are the perfect



yolk for foodie folk. Larger than chicken eggs, with a richer, smoother, creamier consistency, and higher protein content, these thick-shelled wonders can be used in exactly the same way as chicken eggs — and often without setting off allergies. Duck eggs Benedict, anyone? Get your stash from this Modena farmer, who feeds his birds an antibiotic- and hormone-free diet. 845-590-7108; [www.johnfaziofarms.com](http://www.johnfaziofarms.com)

### Locally Made Goodness.

Vinegar by Brother Victor-Antoine d'Avila-Latourrette (top), fresh Indian food specialties by Maya Kaimal (middle) and freshly made pasta from La Bella Pasta are sought-after local favorites.



# ETHNIC MARKETS

GLOBAL GROCERIES ARE ON THE MAP. EXPLORE THESE INTERNATIONAL FOOD PURVEYORS, WHETHER FOR WHIPPING UP YOUR OWN INTERNATIONAL MEAL OR JUST PICKING SOMETHING UP IN YOUR TRAVELS.



### Straight from the Motherland

Global groceries, like Jolly's British Food & Good Grub (*below*) and Rossi & Sons deli (*above*), give ex-pats a taste of home.

### Jolly's British Food & Good Grub, Saugerties

This UK outpost midway between Woodstock and Saugerties is a culinary lifeline for British ex-pats who crave their old comfort foods, like Marmite and Weetabix. If your shopping list includes Devon cream, Digestive biscuits, fruit shortcake, imported clotted cream, and spotted dick (steamed pudding with suet and raisins), then you've come to the right place. Patrons can also stock up on Irish and Scottish specialties, including Barry's Tea (the Lipton Tea of Ireland) and Walkers shortbread tins, which fly off the shelves whenever a new shipment comes in. Fresh-baked savories such as Cornish pasty, sausage rolls, and pork pies keep customers chuffed all winter long. 845-810-0461

### Krishna Indian Grocery, Poughkeepsie

You've probably buzzed by this place on Route 9 many times, noticed its front windows decorated with golden Hindu deities and wondered what's inside. Just the best selection of Indian groceries around, rivaling any Bombay bazaar! For starters, there are ginger pickles, aged basmati rice, curry leaves and other spices, cooking pastes, mung bean snacks, and a smattering of unusual fresh produce, like karela (bitter gourd). If you feel overwhelmed by the se-

lection, just bring a recipe and let the friendly owners help you put together an authentic Indian meal. Or, skip the shopping and visit on Mondays and Fridays for masala dosa, a fermented crêpe made from rice batter and black lentils filled with spicy potatoes and served with lentil "soup" and green coconut chutney — served to-go only and priced appealingly at \$3.99. 845-463-4330

### Welcome Oriental Market, Poughkeepsie

A global village of Asian ingredients, this small store is chock-full of Vietnamese, Filipino, Chinese, Japanese, and Thai specialties. Preserved duck eggs, prawn-flavored chips, kimchi (Korean fermented vegetables and a variety of seasonings), miso paste, bubble tea mix, pickled leeks, lotus in brine — the list goes on and on. You don't have to be an experienced cook to shop here: The frozen section has ready-made vegetarian and pork buns, as well as wontons, not to mention bamboo shoots, great for a quick stir-fry with your favorite veggies. Patrons quickly snap up bok choy and Chinese celery from the small fresh vegetable rack. Hot tip: A pop-up section of freshly prepared foods appears in the front of the store every Saturday morning. Roast chicken, duck and pork, wonton noodle soup, and traditional dim sum Chinese shumai dumplings sell out fast, so get there before noon! 845-462-6433

### Rossi & Son's Deli, Poughkeepsie

The lunch line may look long, but they have a system going at this popular spot opened by Italian immigrants in 1979 on a Poughkeepsie side street. First, you place your order in the back. Most people go for a big fat sandwich on the deli's own focaccia: House favorites include the Imports Mix (prosciutto, sopressata, coppa, mozzarella, baby arugula, and roasted peppers) and Roast Beef and Gorgonzola, served with mix-and-match condiments like herb mayo and basil pesto. Next, get on line and wait for your number to be called. It just takes a few minutes, but in that time you'll have a chance to ogle the display cases and suddenly want more — even though your sandwich is enough for two lunches. Pecorino Sardo (sheep's milk cheese from Sardinia), mortadella with pistachios, tortellini salad with fresh balls of mozzarella, tantalizing roasted peppers, mega artichoke hearts... all you have to do is ask. Closed Sundays. 845-471-0654 [www.rossideli.com](http://www.rossideli.com)

For more ethnic markets, visit [www.hv-mag.com/foodloversguide](http://www.hv-mag.com/foodloversguide)



# MULTIPLYING MARKETS

FARM-TO-TABLE HAS FOUND ANOTHER VENUE IN A BURGEONING NUMBER OF SMALL, MOM-AND-POP-STYLE GROCERY STORES THROUGHOUT THE REGION. MANY OF THE SHOPS ALSO PROVIDE A LIMITED NUMBER OF TABLES.

## Emmanuel's Marketplace, Stone Ridge

Opened in 1997, this long-running small grocery store features shelves of local and organic products arranged in shops within the shop: a butcher with organic beef and lamb from the Josef Meiller Farm & Slaughterhouse in Pine Plains; a fresh salad area with more than 30 different options prepared on the premises, including sweet potato, orzo feta, bacon-maple-potato, and cranberry chicken; artisan bread and dessert departments with Emmanuel's well-touted pies (think pumpkin at this time of year); locally produced cheeses and milk; a gift area with made-to-order fruit and gift baskets; and sushi department, run by Moe from Burma, who makes at least 10 types of rolls on any given day. 845-687-2214; [www.emmanuelsmarketplace.com](http://www.emmanuelsmarketplace.com)

## Tivoli General, Tivoli

This new addition to Tivoli was started by 2011 Bard graduates Kazio and Natalie Sosnowski, who each majored in photography and learned about food preparation and farming from on-the-job training beyond the classroom. The couple also own the Five Maple Farm in Elizaville, where they grow or make many of the ingredients for products they sell at the market, such as free-range eggs, jams, seasonal produce, local cheeses, charcuterie, and maple syrup. They also pride themselves on providing a venue for merchandise from area farmers and craftspeople. Students and others can pick up favorites, such as a sandwich with freshly made mozzarella with tapenade on a homemade baguette. There are indoor tables for sitting but no wait-staff service. Open every day except Tuesdays. 845-757-2690; [www.tivoli-general.com](http://www.tivoli-general.com)

## Provisions Woodstock, Woodstock

The raves are outstanding for this six-month-old delicatessen "with a difference," according to its Facebook page. And the shout-outs focus on the sandwiches, many filled with meats butchered on the premises. Forget heading to the iconic Katz's Deli in lower Manhattan for its pastrami, since the duo who owns Provisions, Anthony Heaney and Emily Sherry-Bonilla, prepare their pastrami Reuben using the same cut of the navel. Another bestseller is their Hedonist sandwich, with roasted pork belly with hoisin barbecue sauce and pickled vegetables.

The co-owners met years ago in sixth grade, pursued different passions and got together to share their dedication for quality foods and preparations, especially top-notch butchered cuts of meat. The shop is open every day except Wednesday and does not currently offer table service. 845-546-3354

## The Taste NY wMarket, the Taconic Parkway, Poughkeepsie

Talk about a twist on drive-through eating. This roadside shop, located in the restored Todd Hill Service Station on the Taconic State Parkway, south of the Route 55 exit, features produce from at least 15 local farms in Dutchess County, plus honey, maple syrup, frozen meats, and ice cream in pints from local creameries. The Cornell Cooperative Extension service opened the market in June 2014 with a grant from New York State's Department of Agriculture and Markets. It offers motorists a nice break in their travels every day except Tuesday. There are no tables indoors, but benches outside the market permit picnicking. 845-849-0247; [www.taste.ny.gov](http://www.taste.ny.gov)

## The Grange, Warwick

Owner and chef Jim Haurey opened his farm-to-table market and restaurant two years ago. There, he sells organic products and foods to take home, such as Lowland Farm beef, Mead-owburn Farm cheeses, Tonjes Dairy's cheeses and yogurts, Pine Island honey, local eggs, and more. But Haurey and his team also make all the breads, pastas, and even the condiments that go on a sandwich-to-go — including ketchup, mustard, mayonnaise, and tartar sauce — in-house. "There are no store-name products for sale on our market list," he says proudly. And what's even better is that anything that's on the menu in the restaurant can be ordered to-go if you check the market's website. Call ahead 45 minutes, and the market will have your meal packaged up. You may be able to choose wild-caught fish and chips with the homemade tartar sauce, a spicy fish taco with homemade tzatziki, country-sausage sandwich with pesto and farmer's cheese, or an heirloom tomato risotto. Haurey studied food preparation at Johnson & Wales University, but got his "real" training outside the classroom. The market and restaurant are closed on Tuesdays and Wednesdays. 845-986-1170; [www.thegrangearwick.wordpress.com](http://www.thegrangearwick.wordpress.com)



**Farm-to-Table Fresh.** Provisions Market (top two photos), and Tivoli General (below) serve up locally prepared foods.

# Women in Business

## The Farmers

Jenny Parker, Lauren Jones, and Aliyah Brandt of Ironwood Farm are sowing the seeds of success.

**F**arming ain't what it used to be. The image of pitchfork-wielding menfolk in overalls has gone to seed, replaced by a new generation not to the haystack born. Educated but willing to get their hands dirty while they experiment with new ideas, they are making their mark right here in the Hudson Valley. Just pay a visit to the two-year-old, women-owned venture Ironwood Farm in Ghent and see for yourself.

All in their early 30s, co-owners Jenny Parker, Lauren Jones, and Aliyah Brandt met while working at Little Seed Gardens in Chatham, a member of the Collaborative Regional Alliance for Farmer Training (CRAFT).

"There are a lot of young women nowadays managing farms; it's becoming more common," says Jones. "Most of the farms that aren't in that category are run by couples. Still, it feels special to us to be running the business as women."

The trio pool their talents to work their seven-acre organic plot. Even though each has her own principal role, all three jump in and do whatever needs doing, whether it's bookkeeping, tractor work, greenhouse managing, or vegetable processing for wholesale and restaurant clients, as well as their CSA (Community Supported Agriculture), which allows residents direct access to fresh produce grown locally by regional farmers.

"The hardest thing I had to learn was how to drive a tractor straight," Jones laughs. "It has to do with not overthinking it. Tiny little turns of the wheel can create pretty big shifts, so you have to find a bit of

Meet 12 local movers and shakers who are outstanding in their fields.

By Mary Forsell and Dale McKnight | Photographs by Ken Gabrielsen



*"The Farmers" continues on page 98*

**Growing Wild.** From left: Parker, Jones, and Brandt sell their hardy veggies to major resellers, including Field Goods.



## The Ad Exec

Deborah Garry's advertising agency melds New York City sophistication with country charm.

**W**hen Deborah Garry and her business partner, June Musollino, launched the BBG&G Advertising & Public Relations agency back in 1997, their goal was to offer New York City-caliber services right here in the Hudson Valley.

"Our vision was to create a full-service agency that was just as creative and professional — if not more so — than you'd find in Manhattan but without the 'attitude' you get at some city agencies," says Garry.

Garry grew up in Bergen County, New Jersey, then went on to study at the School of Visual Arts in Manhattan. "It was great having the whole city as my campus," she says.

Setting out as an illustrator, she did magazine assignments, a stint in the ad department of a corporate real estate firm, and worked for an educational publishing company, among other jobs.

When she moved to the Hudson Valley in

1984, Garry began freelancing part-time. "By then, I had plenty of corporate experience, and I said to myself, *I think I can do this on my own.*"

She honed her entrepreneurial skills by first establishing a small ad agency, then teamed up to launch BBG&G with Musollino and Gene Bové, a former executive art director for the BBDO agency in New York City (the inspiration for *Mad Men*'s Sterling Cooper).

The *Mad Men* similarities end there, laughs Garry. "The 1980s and '90s weren't anything like the 1950s or '60s for women in advertising. Although, because we were newcomers to the market, we did have to work hard to break in."

Bové retired a few years ago, so the two women run the agency themselves.

When Garry and Musollino first started, they each had small children, yet they were confident they could deliver the goods to cli-

ents while keeping their business structure flexible enough to address family needs, too.

"We've always wanted to create a work environment where everyone on our team could succeed as a professional yet maintain a balance with their personal life," she says. "And, as women in this field, I think it's helped a lot that we're comfortable collaborating and sharing ideas."

In its early days, the agency began by offering print, radio, and TV advertising, marketing, graphic design, and other services.

"In 1997, very few businesses were even considering building websites. It really started to hit a year or two later, and we added web services, and later, social media and public relations, for clients."

### The BBG&G staff pays it forward, too

The agency, based in Campbell Hall, Orange County, with a satellite office in Poughkeepsie, has an in-house team of 13. Though BBG&G has clients nationwide, Garry says the majority are in the Northeast, with many in the Hudson Valley, as well. Their client roster includes everything from those in the healthcare industry to the Dutchess County tourism office — even a company that refurbishes propane cylinders. "Part of the fun is working with so many different industries," Garry says. The company, she adds, is the only regional agency certified in marketing automation: "It's a computer-based tool that allows us to create very targeted, customized ad campaigns for our clients."

The BBG&G staff pays it forward, too, says Garry, who lives in Orange County and serves as choirmaster at her Bullville church. They've organized and participated in events and fundraisers for groups that include the Boy Scouts, Cornell Cooperative Extension, the Women's Leadership Fund, and others, and this past spring organized a motorcycle ride to benefit the Wounded Warrior Project.

"We all love living here, and we think it's important to be an active part of the community," she says. And, as BBG&G's company website puts it, when describing the Hudson Valley: "Where else can you experience such beauty, history, and culture in such a quaint setting and still enjoy such an easy commute to New York City?"



**Full-service Fun.**  
"Part of the fun is working with so many different industries," says Garry.

## The Journalist

Mariel Fiori is a radio host, bilingual business counselor, and managing editor of the Spanish-language publication *La Voz*.

**W**hen Argentine-born Mariel Fiori first came to the Hudson Valley in 2003 from Spain with her then-husband, she wasn't legally allowed to hold a job or take classes for credit. Just a year later, she'd become the driving force behind *La Voz*, the Spanish-language monthly that has become a lifeline for 120,000 Latinos who live in the Mid-Hudson Valley.

Getting from point A to point B was a big jump, but then again, Fiori has always been good with leaps of faith. She'd left her radio and TV journalism job in Buenos Aires to follow her former love to Galicia, Spain; when she landed with him here, she wasn't sure what to do next.

"I wasn't raised to stay at home," says Fiori, who already held degrees in journalism and legal and commercial English-Spanish translation. So she started auditing classes through Bard's continuing-education program.

The first few months were rough going: Though she had studied English, Fiori spoke in a formal textbook style. In 2003, when Bard student Emily Schmall approached her for help to launch a Spanish-language magazine, she jumped at the opportunity.

"When I arrived in this country and opened anything written in Spanish, it was always so badly written," she recalls. "There were typos, Spanglish, and basic spelling errors that made it look like someone who'd only gotten to second grade wrote it. I felt outraged because it made it look like Latinos are illiterate."

The publication started with only 500 copies printed on a quarterly basis. "Then we started getting phone calls asking for advice on things like information on where to take English classes or how to get a job; how to navigate the system," says Fiori. Meanwhile, Fiori was able to change her legal status, which enabled her to work and earn a degree at Bard. She had a meeting with Bard president Leon Botstein, to present her case to continue *La Voz*, even through she and Schmall had graduated, because she felt there was a clear need in the community. Fiori was hired as the managing editor, got a small office on campus and expanded the publication's reach, eventually distributing 5,000 cop-



### LATINA ADVOCATE.

One of the main missions of *La Voz* is to help Hispanics take pride in their language.

ies to 20,000 people in four counties.

Fiori makes an effort to include practical articles on topics like knowing your civil rights or how to navigate the local public transportation system.

While she was pregnant with her first child, Fiori, now married to Bard mathematics professor Japheth Wood, commuted to NYU's Stern School of Business to earn her MBA so that she could better manage the business side of *La Voz*. Today, the publication organizes panel discussions that tackle Latino issues, such as human trafficking and domestic violence. Fiori also gets the word

out through the NPR radio show she co-hosts with journalist Antonio Flores-Lobos on WHDD 88.1 FM, *¿Qué Cocinaré Hoy?* ("What Is Cooking Today," which is not a cooking show). If you listen closely, you may hear Fiori's new baby crying in the background, as she records the show in her home.

One place she won't return to — at least not permanently — is Argentina. "I was first a woman and then a journalist in Argentina, but in the US, I am first a journalist and then a woman, and that makes a huge difference," she reflects. "In this country, doors were opened to me."



**Cherry on Top.** Eriele's customers range from parents with cupcake-gobbling toddlers to business types having power meetings.



## The Cupcake Queen

Moxie Cup founder Josie Eriele has jazzed up her already successful business.

Some people spend years just thinking about starting a business before they actually do it. Not Josie Eriele. Her New Paltz cupcake operation sprang into being five years ago. “I realized that there was nowhere to get a great cupcake around here,” she recalls. “So, I resolved to open a cupcake business that would be awesome.”

This mother of two honed her baking and decorating skills with her kids’ birthday parties and was soon whipping up from-scratch batches for wholesale clients in her home kitchen. “My motto was — and is — ‘If I wouldn’t make it for my kids, I wouldn’t sell it.’”

She soon moved operations to a small space on Main Street and then opened a satellite shop at nearby Water Street Market. Clients went crazy for her imaginative creations, often named for songs, like “Salt Away My Sugar,” a salted caramel cupcake, and “Linus and Lucy,” a chocolate/peanut butter/caramel confection. Her catering busi-

## Clients went crazy for her imaginative creations

ness boomed, too. “By the second year, I was doing 60 weddings and setting up cupcake towers all over creation.”

In 2013, Eriele was ready to tweak her business model: no more wholesale. She took over a former Jack in the Box location on Main Street for more visibility and, realizing that the sugar-induced cupcake high inevitably was going to fade, changed the name of the business from Moxie Cupcake to Moxie Cup, a reference to her sleek, new espresso bar featuring homemade syrups. She also diversified the menu, adding more savory fare, like feta-and-spinach scones. “I wanted it to be a community shop location where people can come sit and enjoy themselves.” Also look for coffee-brewing technique and tasting classes, as well as live entertainment (including performances by Eriele herself, a jazz singer who has performed at many local venues) in the drive-through-area-turned-patio-garden. Eriele has been singing for as long as she can remember. “I sang my first song at 5 years old,” she says. “I was singing semi-professionally, but it was difficult to travel while raising a family, so I looked at what my other passion was, which is baking.

“I love all the things that go into making a business, like doing the social media and interacting with people,” adds Eriele, who has close to 10,000 likes on her Facebook page. “Sometimes, when people find something they love to do, they are disappointed by what it takes to run a business. But for me it’s the opposite.” And with countless Best of Hudson Valley wins under her belt, Eriele’s hard work hasn’t gone unnoticed.

In fact, Moxie Cup is not her first venture. When she was just 22, she opened a nail salon in Albany. “It was great. I’m creative; I’m a risk taker. That’s where the ‘moxie’ in my business name comes from.”

One of the most fun things about owning a business, says Eriele, is that you never know who’s going to walk through the door. One day, actor Mandy Patinkin (*Homeland*, *The Princess Bride*), came in looking for donuts, to feed hungry construction workers at his house, but, finding none, ended up getting cupcakes and coffee instead. As he sampled one and turned to go, he said, with dramatic flair to anyone listening, “I shall never go to Dunkin’ Donuts again!”

# The Money Maven

Financial advisor Rita Gaffney uses insight, skill, and savvy to help clients plan for their financial futures.

In 1991, Rita Gaffney, a young woman with a degree in finance, landed a job at the Merrill Lynch Fifth Avenue office in NYC, ready to take on Manhattan. She started out as a junior trader, supporting head advisors. “I was doing the grunt work of the financial world,” she laughs.

It was an exciting, fast-paced life, but with a long commute and a young son, Gaffney decided that she needed to look for work as a financial advisor closer to her Cold Spring home. “It took the manager of the Merrill Lynch Poughkeepsie office about a year to hire me,” she recalls. “But I was very persistent. I remember his words when he finally gave me the offer: ‘I don’t think you’re going to make it. You’re not money-hungry enough, but I’ll give you a shot anyway.’”

Determined to prove him wrong, Gaffney plunged wholeheartedly into wealth management in 1994. With colleague Jim Walker, she formed The Walker/Gaffney Group at Merrill Lynch in 2000 — one month before the peak of the markets in the technology bubble. “We were able to rebalance portfolios ahead of that and reset allocations, so clients didn’t get hurt that badly,” says Gaffney. In 2008, after the Bank of America purchased Merrill Lynch, the pair decided to partner with Morgan Stanley, also in Poughkeepsie, where she lives today.

With complementary skills — her specialty is financial analysis and cash flow; his is liability, business development, and working with estate-planning attorneys — the team today counts some 190 households, half of them in the Hudson Valley, as clients.

That’s a lot of moolah to manage, but Gaffney is unfazed. “I plan ahead,” she says simply. “A favorite quote of mine is: ‘Hope is not a strategy.’ We try to put the most emphasis on the retirement goal,” which Gaffney says seems to be the “most important area” and the area for which the fewest families are prepared.

“I need to have those tough conversations with clients,” says Gaffney. “I equate it to when you go to the doctor. If you have aches and pains, you need to tell them everything so that they can do a thorough analysis. And you get poked and prodded, and it’s not comfortable, but if you really want to know what the diagnosis is and how to stay healthy, you need to go through that process.”

For Gaffney, the financial version of the process involves asking lots of questions about life goals. “Define what that looks like

to you. Allow me to feel it. Do we know how you are going to achieve [those goals]?”

“When we started doing planning in the ’90s, and I would do a life expectancy of 85 — because, actuarially, that was the life expectancy at the time — I remember individuals saying, ‘I’m not going to live that long.’ And I’d say, ‘For kicks, let’s just plan for it.’ And now those people are 80 and 81. Now we’re factoring in 92 as life expectancy because that’s where we are right now.”

The biggest pitfall for most people, Gaffney believes, is that they don’t realize the impact of inflation and taxes down the line.

“But it’ll be okay,” she says. “I tell people: ‘Don’t be afraid to have the conversation. Let’s just get real and get it done.’ Then they won’t have to think about it for a while, be-

cause the plan is going to be on autopilot. We’re going to be checking on it every now and then, making sure it is growing.”

Gaffney definitely practices what she preaches. When she was 42, she bought a retirement home in Florida. “A little early,” she admits, “but it was a great investment and great time to buy.” And she already knows she is going to retire in 15 to 17 years.

That is, if her clients let her. She has been invited to their weddings, to sit at the honor table, watched their kids go off to college and held their hands as they made the transition to retirement and left their former lives behind.

“In so many instances, I’ll be invited by a client to an event, and someone will ask the person who I am. It’s hard to just say, ‘financial advisor’ instead of ‘friend.’”



**The Power Broker**

“I need to have those tough conversations with clients,” says Gaffney.

# The Duchesses of Driving

After years of driving-instruction experience, sisters Maria Dominijanni and Isa Marinaro put their pedals to the metal and started their own driving school.

**W**hen Maria Dominijanni (then Maria Marinaro) was just 17, her family, including her 12-year-old sister, Isa, immigrated to America from Italy and settled in the Bronx. Little did she know that the part-time job she soon found, in the office of a nearby driving school, would lead to a career.

"I couldn't speak much English," Maria recalls, "so I couldn't answer the phones or deal with customers at the front counter. I stayed mostly in the background, helped the owners and did paperwork."

Eventually, she moved to Westchester, and her office experience landed Maria a

position managing a driving school. "By then I was married, and when I was expecting my first baby, I told the owner I needed to take maternity leave. He asked if I knew anyone reliable to fill in for me, and I suggested my sister."

Isa took the job and immediately loved it. "I liked this kind of business, so I got licensed to teach driving," she says. A year or so later, Isa popped a life-changing question to her sister: Why not start their own driving school? In 1988, they opened the Formula One Driving School in Mamaroneck, the first driving school in the state owned and oper-

ated by women, according to Maria.

The early days were challenging, she recalls. "We'd hear sarcastic comments around town like, 'Those two little girls, they're going to close down before they even open,'" she says. "But that just gave us more motivation to move forward."

They started with a staff of two — Maria behind the counter and Isa as the sole driving instructor. As the business grew, they hired staff and began to get contracts to run local drivers-ed classes, even offering driving instruction at private schools such as Horace Mann and the United Nations International School in New York City, among others.

The sisters settled in Dutchess County, and, in 2002, they opened their Hopewell Junction location, selling the Mamaroneck office in 2010. They stopped teaching in Manhattan and concentrated on offering drivers-ed courses for Valley high schools, Dutchess Community College, and other clients, as well as teaching individual teens and adults.

Maria's son Daniel, who now works alongside the sisters, encouraged them to add commercial drivers license training, or CDL, to the school's offerings; CDL is now a major part of their business.

"In these struggling economic times, a lot of people have been laid off or are looking for extra work. More and more want to learn to drive trucks and others want to get licensed to drive school buses part-time," Maria says.

The ranks of female students training for tractor-trailer licenses are growing, says Isa, who was also a motorcycle-license instructor until a knee injury forced her to give it up.

The school now has 15 part- and full-time employees and boasts a fleet of four tractor-trailers, plus one straight truck, two buses, and seven cars.

Adaptive vehicles are also available to train people who've suffered strokes or have other physical impairments. Some cars feature hand controls for the gas and brake pedal for those who can't use their feet. Many of the school's alumni keep in touch after graduation. "Some become truck drivers who travel cross-country," Isa says. "They post photos on our Facebook page showing us where they're traveling. And when they're back in town, they like to stop by and say hello. We're like one big family that's always on the road."



**Cruising to Success.**  
The sisters' driving school continues to attract new students.



**Municipal Matchmaker.** Holt helps businesses and employees get connected.

## The Matchmaker

Ulster County Office of Economic Development Director Suzanne Holt is all about bringing business to the county — and helping it grow.

No two working days are ever the same for Suzanne Holt, who heads the Ulster County Office of Economic Development in Kingston. “Today, I got to my desk by 8 am,” she says. “I’ve already spoken with a farmer who is partnering with a nearby bed-and-breakfast; we discussed financing incentives. Then I had a conversation with a nonprofit group in Woodstock that’s looking for financing for an anti-bullying campaign. Next, I’ll be meeting for coffee with a small local advertising agency to discuss their needs.” All that before noon.

Holt says her wide-ranging responsibilities tend to fall into three categories: encouraging new companies to open in the area; helping current businesses thrive; and boosting networking among Valley business owners and entrepreneurs.

“I do a lot of what we call ‘business concierge services,’ things like introducing companies to each other,” she says. “For instance, I’m working with two local food manufacturers who both regularly deliver to New York City, but neither has a full truckload. By

introducing them, they may be able to work out a viable truck-sharing arrangement.”

Holt is originally from Philadelphia and lived in New York City for 11 years. Trained as an attorney, she got a job out of law school working for the New York City legislature, and has also served in nonprofits. “When my husband and I decided to move from the city, we first drew an enormous circle on a map — a 100-mile circle radiating out from White Plains, where my husband was then working one day a week,” Holt says. In 2002, they began their search in earnest. “We spent about 13 months looking around this region and in New Jersey, Pennsylvania, and Connecticut.” Then they discovered New Paltz. “We knew it was the place for us,” Holt says. “New Paltz had the quality of life we wanted; there was biking, hiking, good food, the college.” They’ve lived there ever since.

Holt did a stint practicing Social Security disability law in Newburgh, and, in 2009, Ulster County Executive Mike Hein hired her as an assistant deputy county executive. After four and a half years in that spot, she was

tapped for the Office of Economic Development post. In a way, it was a natural leap, she notes. “I already knew a lot of the businesses and was familiar with other issues in the community.” Among the most rewarding of her office duties: helping match local businesses with ideal employees. One successful project, dubbed the Guaranteed Jobs Program, helps Ulster residents train for specific jobs.

Working with SUNY Ulster, BOCES, and the Office of Employment and Training, Holt mapped out an employment-training pilot program that resulted in jobs for 13 people. Another county initiative that Holt says will help Ulster shine is known as The Ellenville Million, which allots \$1 million to assist the economically struggling Ellenville/Wawarsing area.

She notes, too, a current campaign that focuses on encouraging “techpreneurs” to relocate to Ulster County from Manhattan — just as she was drawn to the Valley herself.

“Our proximity to New York City and Boston, and the daily quality of life here, I think, are two of the Valley’s strongest selling points,” she says.



**The Personal Touch.** “People still like to browse for unique things they won’t find anywhere else,” says Whittingham.

## The Designing Woman

Boutique owner and community activist Maria Whittingham’s formula for entrepreneurial success combines fearlessness, talent, and a staunch work ethic.

**M**aria Whittingham, owner of Maria Luisa Boutique and ML by Maria Luisa, which has two Nyack locations, credits her family with playing a key role in the shaping of her career path. Born in the South Bronx, Whittingham was 3 years old when she moved with her family back to her parents’ homeland of Puerto Rico. “My family always worked hard,” Whittingham says. “My father was an orphan, and my mother lost her own mother when she was only about 13; she had to quit school to get a job and help support the family.”

By the time Whittingham’s mother was 17, she was managing a general store in Puerto Rico. “She was also a dressmaker,” Whittingham recalls. “Of her three daughters, I was most interested in that and started learning to make clothes myself.”

Her family moved back to New York when she was 10. After high school, Whittingham attended the Fashion Institute of Technology in New York City, where she majored in design, then began working for a business that

provided garment samples for companies like Anne Klein Studio.

During that time, Whittingham became friends with a young designer, Narciso Rodriguez, who remained a steadfast supporter. (Rodriguez later became known for creating the wedding dress worn by Carolyn Bessette when she married John F. Kennedy Jr. in 1996.)

After working in design and production in the garment industry for several years — and following marriage, the birth of a son, and a move to Rockland County — Whittingham was faced with a sudden health scare. “It was the first time I realized you don’t automatically have a guarantee that you’re going to grow old. It really turned me around,” she says.

Fortunately, the health scare was resolved, but it inspired Whittingham to take a leap by opening her own business. In 1987, she launched the Maria Luisa Boutique in a 400-square-foot space downstairs in Nyack’s YMCA building. The store featured designer clothing, shoes, toys, “and I carried hand-painted T-shirts made by Narciso Rodriguez.

He was so supportive when I began the business,” she says. Whittingham later moved the shop to its current South Broadway location.

By then, raising her son as a single mom, she focused on expanding the store and creating a one-of-a-kind shopping experience. In 2007, she opened a second shop, ML by Maria Luisa. Her brick-and-mortar stores and online shop offer a variety of handmade, eco-friendly items made in the US and around the world. “I can usually tell customers exactly where an item has come from; we focus on a lot of fair-trade items.”

Maria, who lives in Upper Nyack, has served in organizations ranging from the local chamber of commerce to the NAACP. She’s received community and business awards and was named the 2014 Rockland County Entrepreneur and Community Activist of the Year by Nyack College. Last year, Maria started a scholarship fund. “It’s for a female high-school student in the Rockland County area,” she explains. “The first winner went on to music school, and I was so pleased to be a part of it.”

# The Legal Eagle

Attorney and TV/radio personality Jonna Spilbor is as charismatic — and effective — in the courtroom as she is on the air.

**Y**ou could call it a meteoric rise. Over the last 13 years, attorney Jonna Spilbor has appeared — with increasing frequency — on national news networks like Fox News and MSNBC, commenting on high-profile legal issues as varied as the Boston Marathon bomber trial and the Bill Cosby debacle. In March 2008, she started her own law firm in Poughkeepsie, which quickly outgrew its quarters and moved into a 7,500-square-foot building to house 11 employees as well as a basement gymnasium and rooftop tiki bar.

But back in early 2002, Spilbor was relatively unknown and didn't even have a stick of furniture to call her own, let alone a palatial office. After moving back home to the Hudson Valley from California, where she earned her law degree and distinguished herself as an up-and-coming criminal defense attorney, the Poughkeepsie native found herself without any of her worldly possessions.

They'd been held hostage by a national moving company scam to the tune of \$20,000. *Dateline* interviewed her, then Fox News in Florida covered the story and asked the attorney to do a broadcast from its Manhattan studio. "I was so pumped up, and I was so mad — and this is in real time," she recalls. "I walked out of Studio N, which is now my home away from home, and a producer said, 'We watched you. You were great. Would you come back and talk about other things?' And I said, 'Twist my arm.'"

It was a dream come true for Spilbor, who had been obsessed since her teens with being in front of a camera, preferably anchoring the six o'clock evening news. After graduating from Marist with a degree in communications, she tried unsuccessfully to get a job in news. Her dad noted her interest in the TV show *LA Law* and suggested Plan B: law school. So off she went to the Thomas Jefferson School of Law in San Diego, where she worked for the US Attorney's Office and the City Attorney's Office, unexpectedly falling in love with the practice of criminal law.

"If I rewind the movie of my life and think back to how I got to where I am, the universe had a foot on my butt and was pushing me all along. You don't realize it at the time," reflects Spilbor.

So now that she has the best of both worlds — a thriving law practice combined with regular on-camera gigs — the challenge is pulling it all together. Mondays and

Wednesdays are reserved for Fox in Manhattan. Tuesdays and Fridays are dedicated to her practice, which specializes in criminal defense, personal injury, DWI/DUI, civil rights, and matrimonial law. Fridays are open to whatever pops up.

But there's more: Tuesday mornings at 7, she sneaks in her *Law Street* gig on Fox Radio (101.3 FM), a call-in at 8 am show that demystifies legalese on Fox Oldies 98.9 FM. Thursdays at 8 am find her on WPDH, 101.5 FM, as "Judge" Jonna, answering write-in questions about noisy neighbors, underage drinking, and other need-to-know topics. Then she's back on the air on Thursdays at 6 pm, co-hosting *Happy Hour with Jonna & Keryl* on Mix 97.7 FM with self-help author and wine entre-

preneur Keryl Pesce. "We call it group therapy without the really uncomfortable chairs," jokes Spilbor. Their "sessions" cover a range of women's topics, such as coping with divorce and building self-confidence.

And the invitations and opportunities keep pouring in: She recently auditioned for the wildly popular crime drama series *The Blacklist*, starring James Spader; she was approached by Clear Channel for another radio program; and she was booked on Katie Couric's new Yahoo News web-based show.

Still, Spilbor has a business to run, and she does it with style and wit: wearing trademark pink stilettos, decorating for holidays, and displaying a sign in her waiting room that encourages her clients to "live your dream."



**Dual Purpose.**  
Spilbor is making waves in two different careers.

# 2015 Holiday Gift Guide

No need to wait five to seven business days for your holiday gifts to arrive in the mail. We've compiled more than a dozen goodies you can pick up right around the corner — and you won't even need a reindeer to help you carry them home.

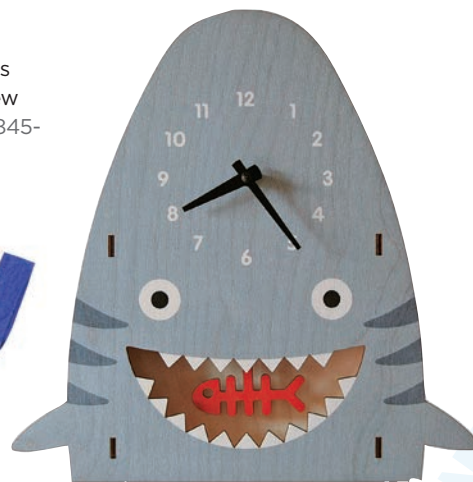
BY JILLIAN PHIPPS

Ring in the New Year with the serene peal of chimes. With Woodstock Chimes' **Starlight Chime collection**, you can wish upon a star even when the sun is out! \$10.95. Woodstock Chimes, Shokan. 845-657-6000; [www.chimes.com](http://www.chimes.com)



100% **All Natural Beeswax Honeypot Luminaries** are embedded with dried flowers and, when lit, emit a golden glow throughout the room. And the best part, they smell like honey! Perfect for allergy sufferers, beeswax is known to help clean the air of impurities. \$22. Handmade & More, New Paltz. 845-255-6277; [www.handmadeandmore.com](http://www.handmadeandmore.com)

These adorable **onesies** prove that it's never too early to show off a little New York pride. \$24. Cocoon, New Paltz. 845-255-6862; [www.cocoonathome.com](http://www.cocoonathome.com)



**Modern Moose's collection of colorful clocks** features animals and characters children adore, including smiling sharks, pirates, princesses, owls, and trucks. \$44. Land of Oz, Rhinebeck, 845-876-1918; [www.landofoztoys.com](http://www.landofoztoys.com)



Live up your next cup of tea with these **tea-time companions by Fred & Friends**. Fill the hull of the infamous ocean liner with loose tealeaves or throw a few in Mr. Tea's trousers. \$10. Play, Beacon 845-838-2134; [www.iloveplaytoys.com](http://www.iloveplaytoys.com)

These scrumptious **jams by LunaGrown Jam** didn't last long in our office. The holiday varieties are available through January. Flavors include Cranberry, Apple, Razzelberry, Raisin, Spiced Fig, Lemon Lavender Marmalade, and Orange Marmalade with Crystallized Ginger, all handmade in small batches. \$9.75/jar. LunaGrown, Cud-backville. 914-586-2526; [www.lunagrown.com](http://www.lunagrown.com)



These **eco-friendly pillows** are sure to brighten up a dreary day with colorful creatures that add just the right amount of animal energy to any room. \$52-\$55. Nectar, High Falls/Rhinebeck. 845-687-2870/ High Falls. 845-516-4791/Rhinebeck; [www.shopnectar.com](http://www.shopnectar.com)



The rocks featured in **handcrafted pieces by Jennifer Rutheny** were all collected in Croton Point Park, along the banks of the Hudson River. "I love to beach-comb with my dog, Theo," says Rutheny. I look for rocks and imagine what each one would look like in a handmade silver or gold frame." \$100-\$150. Rutheny Jewelry & Sculpture, Croton-on-Hudson. 914-271-0980; [www.ruthenyjewelry.com](http://www.ruthenyjewelry.com)



Get ready to brave the chilly Valley winter with **Hestra's Power Heater Gloves**. The rechargeable battery will last all day, and three temperature settings ensure your hands stay toasty no matter the temperature. \$400. Potter Brothers Ski & Snowboard Shop, various locations; [www.potterbrothers.com](http://www.potterbrothers.com)



Mindfulness expert Dr. Nina Smiley guides recipients through experiences using a carefully crafted set of cards tied to each of the box's 10 items. **Moments of Mindfulness in a Box** is filled with all sorts of goodies, including locally-crafted chocolate by Oliver Kita, a journal, a stationery set, Harney & Sons Chamomile Tea, and *The Three Minute Mediator*, co-authored by Dr. Smiley. \$98. 855-421-4101; [www.mohonkgiftshops.com](http://www.mohonkgiftshops.com)



For a warm and stylish New Year, designer Marsha Fleisher creates **art-to-wear scarves, hats, and jackets**. Each piece is hand-woven by skilled weavers. \$150-\$1,295. Loominus Woodstock, Woodstock. 845-679-6500; [www.store.loominus.com](http://www.store.loominus.com)



Ooh la la! This **Tahitian Leaves set by Imperial** features natural Tahitian pearls highlighted with delicate leaves and white topaz, all set in sterling silver. Pendant \$249. Earrings \$205. De'S Jewelers, Poughkeepsie. 845-452-0026; [www.desjewelers.com](http://www.desjewelers.com)





Give the gift of drama. A night out on the town at the Culinary Institute of America's Marriott Pavilion for **Half Moon Theatre's *A Christmas Carol*** is sure to get you in the holiday spirit with no humbuggery. And while you're there, grab a bite at one of CIA's many on-campus restaurants. Head to the website for performance schedules. Tickets \$25-\$45. Half Moon Theatre, Poughkeepsie. 845-235-9885; [www.halfmoontheatre.org](http://www.halfmoontheatre.org)



Don't be surprised if people "oooh and aahh" over these custom pieces at your next holiday party. **Lenny & Eva sentiment jewelry** allows you to mix 'n' match between cuffs, bangles, leather wraps, pendants and charms, and necklaces with a variety of inspirational sayings from the likes of Ralph Waldo Emerson, Shakespeare, and more. \$40-\$60. Sierra Lily, Poughkeepsie 845-297-1684; [www.sierralily.com](http://www.sierralily.com)

This **alabaster hibiscus bowl** with jewel finish is perfect for a fresh-fruit display or to hold delectable holiday sweets. Hudson Beach Glass, Beacon. 845-440-0068; [www.hudson-beachglass.com](http://www.hudson-beachglass.com)



Channel your inner Marilyn Monroe! Created by 22-year-old Paris Manning, **Velvet 59 cosmetics** are made from 100% vegan ingredients. Malibu Sunset Lipstick Collection: \$18.00 each. [www.velvet59.com](http://www.velvet59.com)



Spice up the holiday season with **hot sauces by Poor Devil Pepper Co.** Gift your bold friend with Green Gypsy. Warning: This hot sauce is a blend of green chili, garlic, onion, lime, and cumin, and is known to have addictive qualities. \$7. Poor Devil Pepper Co. [www.poordevilpepperco.com](http://www.poordevilpepperco.com)

Relaxing never looked so good. The **Yogibo Max beanbag** functions as a chair, recliner, sofa, or bed. Weighing less than 20 pounds, Yogibo Max contains microbeads that perfectly conform to your body, eliminating pressure points. \$239. Yogibo, Palisades Center, West Nyack; 845-358-5868. [www.yogibo.com](http://www.yogibo.com)





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From healthcare to entertainment, Hudson Valley excels thanks to the county's top professionals in every field who bring experience, expertise, and heart. Turn the page to meet the Faces of Hudson Valley—the standout individuals and businesses that make the Hudson Valley shine in every facet of work and play.

***Meet the exceptional  
Faces of the Hudson Valley!***

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## THE FACE OF HUDSON VALLEY REAL ESTATE

**DIANNE MINOGUE, ASSOCIATE REAL ESTATE BROKER, SRES, ABR,  
HOULIHAN LAWRENCE**

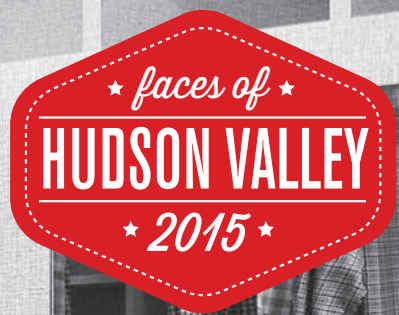
Dianne Minogue and Robert Piper

A Dutchess County native (yes, born at Vassar Hospital), Dianne Minogue has been selling the Hudson Valley for over 13 years and has earned a reputation as the Valley's "go-to" Realtor. A consistent industry leader, in 2014 she earned the title of #1 Houlihan Lawrence Agent in Dutchess County. Over the years, Dianne and fellow Realtor and significant other Rob Piper have been responsible for matching up hundreds of homebuyers and sellers. A love of the Hudson River developed naturally into a specialty niche in Hudson River view properties. "Whether a small cottage or a magnificent Hudson River estate, we enjoy the challenge of selling all types of properties."

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Virginia Cocca, Designer

At California Closets New York, we take pride in being the original innovators of closet systems. As the closet organization pioneers and leaders in the industry, California Closets can help you simplify your life. We believe that customer satisfaction is our number-one priority. At California Closets New York, it is our goal to help you create the peaceful oasis you've always dreamt of. Let us help you turn your dreams into reality.

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## THE FACE OF BOUTIQUE TRAVEL EXPERIENCE

### BUTTERMILK FALLS INN + SPA/HENRY'S AT THE FARM

General Manager CJ Hartwell-Kelly with her management team at the 1764 Main Inn Garden

Ulster County's Tourism Business of the Year 2015, Buttermilk Falls' extraordinary 75-acre Hudson River estate, offers a remarkable selection of lodgings, a farm-to-table restaurant, an organic kitchen garden and orchard, and a world-class spa. Buttermilk is the very definition of hospitality. Whether it's a weekend retreat or your wedding day, you'll have the personalized attention of our staff—a team of seasoned professionals—to ensure every aspect of your visit or event is perfect. Our home becomes your home, providing you with the ultimate Hudson Valley Getaway.

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## THE FACE OF AUCTIONEERS

GEORGE COLE AUCTIONS

George Cole, Owner

George Cole Auctions, Inc. has been in business 40 years serving Dutchess, Ulster, and surrounding counties and selling everything including furniture, glassware, china, rugs, coins, stamps, toys, cars, boats, planes, and real estate. In other words, "The earth and everything attached" to quote Guillermo Fesser, author of *One Hundred Miles from Manhattan*. "In nearby Red Hook, George Cole Auctions, Inc. compete in entertainment value with any good show on Broadway." For more information, call (845) 758-9114 or visit [www.georgecoleauctions.com](http://www.georgecoleauctions.com). Just be part of a Hudson Valley tradition, whether buying or selling or just a great evening out. You owe it to yourself to see what all the excitement is about!

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## THE FACE OF FARM BREWING

### WESTTOWN BREW WORKS

Rich Coleman, Owner

"The idea for Westtown Brew Works began in 2003 on a road trip my wife and I took through California," says Rich Coleman, Owner. "We were especially inspired by the smaller wineries, vineyards, farms, and artisan food producers—the places where you actually spoke to the growers and producers. We decided we wanted to create that experience for the beer lover; a place where beer is not only brewed, but 'where it is grown.'"

Growing up in the Hudson Valley, Coleman could feel that what he experienced in California was starting to emerge right here in the Hudson Valley. One day on a drive through Orange County, he and his wife happened upon a spot in Westtown that was perfect. He took on a sweat-equity partner to run the hop growing operation, planted the hop yard, and three years later built and opened the brewery. Coleman says, "After an 11-year process, we finally had our place 'where beer is grown.'"

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**THE FACE OF  
INSURANCE AND RISK MANAGEMENT  
MARSHALL & STERLING, INC.**

Back row: Brad Palmiter, Dillon Fontaine, Betty Fanelli, Dean Lysenko, Tim Dean  
Front row: Hope Still, Marissa Barrington, John O'Shea, Monica Valentin, Keesha Taylor.

Marshall & Sterling has been the face of insurance and risk management in the Hudson Valley for more than 150 years. Whether you need insurance to cover you and your family, or you're a CEO seeking to protect your business or the health of your employees, Marshall & Sterling delivers the insurance and risk solutions to meet your needs and protect your future.

"Marshall & Sterling helps individuals, families and businesses manage their total cost of risk by providing unparalleled home and auto insurance, business insurance, group benefits, loss control, wealth management, and financial planning," states Tim Dean, president of Marshall & Sterling. "As the most admired and knowledgeable provider of Risk Management, Insurance and Financial Services, we guide our clients safely through a world of risk and opportunity."

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## THE FACE OF ALL THINGS BASEMENTY

BASEMENT SYSTEMS OF NEW YORK

Jessica Hennig, Marketing Manager; Dustin Rockwell, Installation Specialist; Jared Fersko-Weiss, Installation Specialist; Dale Giraudin, Owner/Partner

“Quality Home Comfort That Lasts A Lifetime” is the philosophy at Basement Systems of New York. Your home is where your life happens, where you welcome family and friends, and create cherished memories. “That’s why we’re dedicated to creating a safe, clean, and comfortable environment for every home,” says Dale Giraudin, Owner/Partner. “Since 1993, we’ve been tackling ‘All Things Basementy’ in the Greater Hudson Valley by offering a tremendous line of industry-leading services, which include: Waterproofing, Foundation and Crawlspace Repair, Humidity Control, Insulation Services, Concrete Leveling, Radon Mitigation, and yearly maintenance Care Packages. Choose our family to help keep your family happy and healthy!”

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Dr. Michael Koumas

Michael Koumas, DDS, combines old-fashioned values with modern technology in a relaxed setting to give each patient a healthy, radiant smile.

Offering a wide variety of services for all ages, from preventive and basic measures to advanced restorative procedures, Dr. Koumas provides dental care plans that are tailor-made to fit the needs of individual patients. Patients can count on Dr. Koumas for dental cleanings, fillings, crowns, or dental implants, as well as smile enhancement through teeth whitening, veneers, and/or Invisalign clear aligners.

Dr. Koumas believes, "A healthy mouth is the cornerstone to a healthy body and a healthy life."

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## THE FACE OF HUDSON VALLEY WEDDINGS

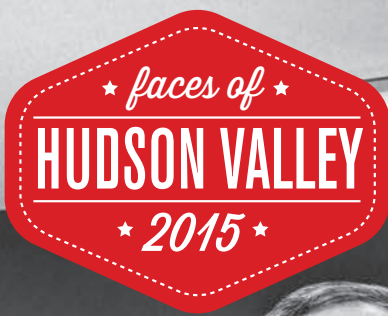
BONURA HOSPITALITY GROUP

Joseph Bonura Jr., Michael Bonura, and the BHG Wedding Team

It's simple—Bonura Hospitality Group (BHG) loves what it does, and no one does it better. For more than three decades, BHG has been turning wedding dreams into dream weddings. And while BHG has award-winning venues on both sides of the Hudson, it's the team that will blow you away. BHG is dedicated to creating spectacular weddings that people never stop talking about—it's in their DNA.

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## THE FACE OF COSMETIC DENTISTRY

COSMETIC DENTISTRY ASSOCIATES

Dr. Peter Auster and Dr. Frances Tang

Dr. Peter Auster and Dr. Frances Tang are renowned masters in cosmetic dentistry. Dr. Auster is founder of the New York affiliate of the prestigious American Academy of Cosmetic Dentistry and was selected as the 6,500-member AACD Humanitarian of the Year in 2015. He co-creates Smiles by Auster with world-class ceramists—exquisite porcelain veneers and smile makeovers, which simultaneously eliminate lifetime migraines and headaches. He teaches dentists nationally and publishes articles in peer-reviewed dental journals.

Dr. Tang has received a fellowship in Implant Dentistry. Her state-of-the-art smile reconstructions have given patients new hope and excitement as their smiles look and feel better than ever before.

Meet the Face of Cosmetic Dentistry in the Hudson Valley: [www.cosmeticdentistryassociates.com](http://www.cosmeticdentistryassociates.com).

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# THE FACE OF COMPLEMENTARY VETERINARY SERVICES

HUDSON VALLEY ANIMAL WELLNESS &  
RONDOUT VALLEY VETERINARY ASSOCIATES

Shondelle Luba, LVT, CRP on the lower left.  
Eileen Tran, LVT, CRP on the lower right and Eric Hartelius, DVM, CRP

Eric Hartelius, DVM, CRP is the medical director of Hudson Valley Animal Wellness; a referral-level pet rehabilitation center located in Kerhonkson, NY. The state-of-the-art facility is 100% solar powered and will be opening in December 2015. Advanced treatments will include Class IV LASER therapy, ultrasound, and therapeutic exercise including hydrotherapy. Patients will also receive total wellness services, including herbal/nutritional and behavioral counseling, chiropractic, acupuncture, and Reiki healings. All practitioners are certified in laser therapy and low-stress handling techniques, and will become Certified Canine Rehabilitation Practitioners in 2016.

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## THE FACE OF ARCHITECTURE

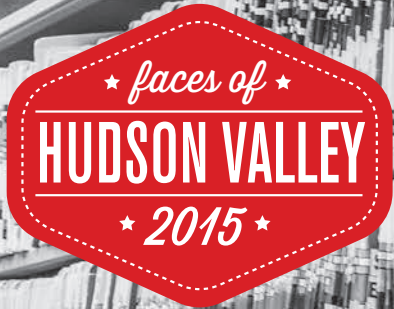
### WRIGHT ARCHITECTS

Andrew Wright, Principal

In 1986 Wright Architects opened with an unusual concept: Design/Build. The Client now could have one responsible party for their project. One voice that was not afraid to wear a tool belt. As the firm's projects grew in size and complexity, it was able to work with some of the greatest artisans in the area. Wright has grown into Sustainable Energy Design as well, making our projects not only successful, but environmentally friendly as well. "I have always been passionate about solving problems, especially with built structures," says Andrew Wright. "Becoming an Architect made a lot of sense, but as I worked in different Firms, I saw an established disconnect between Client, Contractor and Architect. The conventional format was not Client friendly."

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**THE FACE OF  
A CONFIDENT SMILE**  
WINDSOR DENTAL CENTER

Steven P. Stern, DMD and Jigisha Tamakuwala, DDS

When Dr. Steven Stern founded Windsor Dental Center, his goal was to create a family practice where every patient could enjoy a healthy, bright, confident smile. Now, 25 years later, his multi-specialty practice offers the most technically advanced dental services in the region.

Smile makeovers are Windsor Dental's specialty; they offer the most progressive techniques in cosmetic dentistry, including porcelain veneers, teeth whitening, and All-on-4™ teeth restoration. Windsor Dental has multiple specialists on staff, including highly regarded, board-certified endodontists, oral surgeons, orthodontists, and periodontists, all in one convenient location. Flexible early-morning, late-evening, and Saturday appointments are available to make scheduling easy for families.

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## THE FACE OF SMART HOME TECHNOLOGY

GLOBAL CUSTOM INTEGRATIONS

Daniel Hong, Owner

Global Custom Integrations is committed to integrating the homes—and offices—of the future. The award-winning New York-based company provides full consultation, design, implementation, and maintenance services for home automation and corporate control technologies, including everything from automated lighting and whole-house A/V to security and robust “smart house” features. The company was founded by Dan Hong, a serial entrepreneur with several successful businesses to his name, plus 20 years in the electronics industry. Hong established Global Custom Integrations in 2010, and since then the company has provided countless clients with heightened comfort, convenience, efficiency, and ease.

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DODGE JEEP RAM

William Camastro, GM/Partner

Hudson Valley Chrysler Dodge Jeep Ram is about teamwork and the culture it is building. Located in the town of Newburgh, it is nestled between Albany and New York City, and within 30 minutes of most Hudson Valley locations. "I have learned that contributing back to the community, being visible and available to my community, and working alongside my team inspires growth and success," says William Camastro, a GM/Partner, with 30 years of experience. "Every customer receives a 'Thank You' letter with my direct number. I encourage my employees to do the same. I believe in being upfront and out front which allows valuable feedback from our customers. Our new facility symbolizes our belief in the Renaissance of the area. We believe we can help the Hudson Valley grow."

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## THE FACE OF INTERIOR DESIGN

### FW INTERIORS DESIGN

Seated from L to R: Perry Joel Sasser, Darron Michael, Deborah Shae Javier, Lynn Waldron, Deana Della Cioppa, Roscoe P Coltrane

FW Interiors Design is the premier sought-after design firm in the Hudson Valley. FW is a full-service interior design firm specializing in both residential and commercial interiors. Clients have relied upon FW to facilitate their vision by creating highly unique interiors, while considering both the form and function of the environment. With an active private residential and commercial practice, FW's design team delivers quality interiors while honoring each of their client's needs and budgets. These principles are the key to FW's success and what sets this successful company apart from others. The firm's diverse and imaginative portfolio has been featured in numerous publications and recognized in national awards.

2781 WEST MAIN STREET • WAPPINGERS FALLS • 845.632.3735 • [WWW.FWINTERIORSDESIGN.COM](http://WWW.FWINTERIORSDESIGN.COM)

A black and white portrait of Daniel Murphy, a bald man in a suit and tie, smiling slightly. His hands are clasped in front of him, and his reflection is visible on a surface below. The background is a dark, textured wall.

## THE FACE OF RETIREMENT PLANNING

### MURPHY WEALTH MANAGEMENT GROUP

Daniel Murphy, Founder/President

Daniel Murphy is the founder and president of Murphy Wealth Management Group. As a Certified Financial Planner™ (CFP) with almost 30 years of industry experience, he has learned some incredibly valuable lessons—most importantly, “It’s not how much money you make, it’s how much you keep!”

That concept has stuck with Murphy every day as he and his firm strive to help hundreds of people fulfill their dreams for retirement, fund their children’s education, pay off debt, and pass assets to family members without delay or substantial court and attorney fees. He takes the time to learn about all aspects of your life: family, personal goals, retirement goals, and tolerance for risk. He strongly believes that “people come first . . . strategies second.”

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Securities offered through LPL Financial, Member FINRA/SIPC.



## THE FACE OF PROSTHODONTICS AND ANTI-AGING DENTISTRY

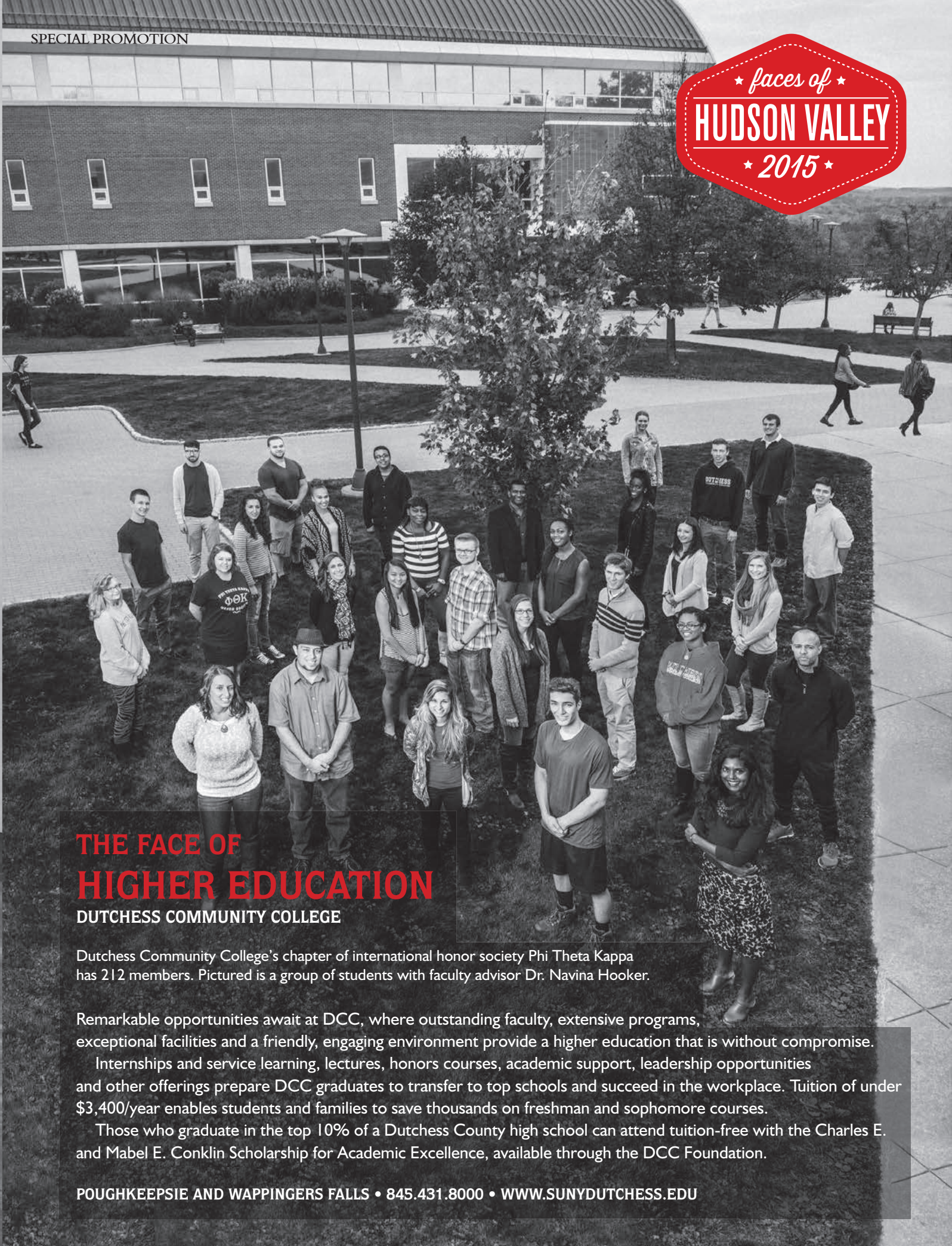
DR. MARY ANNE SALCETTI

Experience a World Class Smile

A graduate of Georgetown University's School of Dentistry, Dr. Mary Anne Salcetti has been transforming smiles throughout the Hudson Valley for the past twenty-five years. Dr. Salcetti's practice offers a wide range of cosmetic and anti-aging dental services that treat all of a patient's restorative needs including veneers, crowns, bonding, bridges, teeth whitening and complete smile makeovers. Dr. Salcetti is committed to prosthodontic excellence by continuing advanced education. She is a visiting faculty member of the prestigious Spear Institute at Scottsdale Center for Dentistry and a co-leader in the Spear Education Study Club that provides continuing education for other dentists throughout the tri-state area.

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**THE FACE OF  
HIGHER EDUCATION**  
DUTCHESS COMMUNITY COLLEGE

Dutchess Community College's chapter of international honor society Phi Theta Kappa has 212 members. Pictured is a group of students with faculty advisor Dr. Navina Hooker.

Remarkable opportunities await at DCC, where outstanding faculty, extensive programs, exceptional facilities and a friendly, engaging environment provide a higher education that is without compromise.

Internships and service learning, lectures, honors courses, academic support, leadership opportunities and other offerings prepare DCC graduates to transfer to top schools and succeed in the workplace. Tuition of under \$3,400/year enables students and families to save thousands on freshman and sophomore courses.

Those who graduate in the top 10% of a Dutchess County high school can attend tuition-free with the Charles E. and Mabel E. Conklin Scholarship for Academic Excellence, available through the DCC Foundation.

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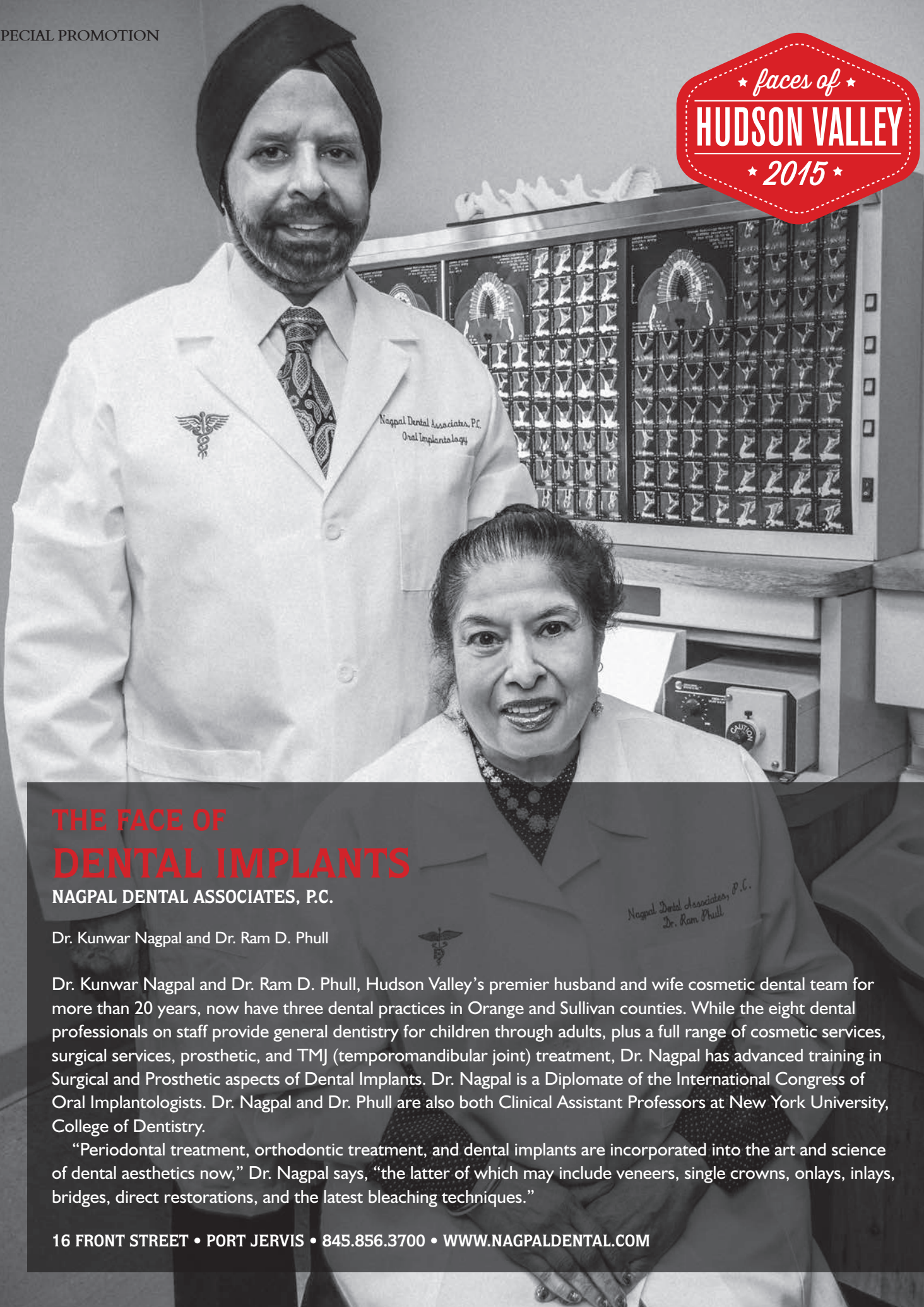
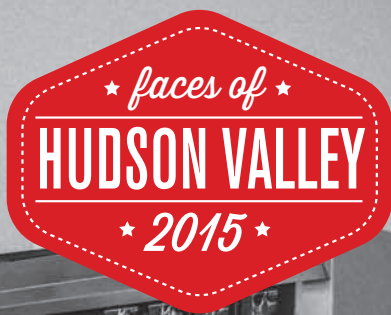
## THE FACE OF CATHOLIC EDUCATION IN THE HUDSON VALLEY

### OUR LADY OF LOURDES HIGH SCHOOL

Proud students and faculty at Our Lady of Lourdes High School

Exceptional Academics. Extraordinary Futures. Continuing its tradition of excellence in Catholic education for almost 60 years, Lourdes provides exciting and innovative learning experiences to a diverse student population. The final phase of a technology initiative has enhanced teaching and learning in “next generation” classrooms. Students have opportunities for inquiry-based learning with tablets combined with a commitment to a traditional literacy focus. Lourdes focuses on educating the “whole” student: spiritually, intellectually, physically, and emotionally. Graduates move on to many fine institutions such as Yale, Georgetown, Vassar, Columbia, Notre Dame, and Brown. Lourdes builds the foundation for bright and prosperous futures.

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## THE FACE OF DENTAL IMPLANTS

NAGPAL DENTAL ASSOCIATES, P.C.

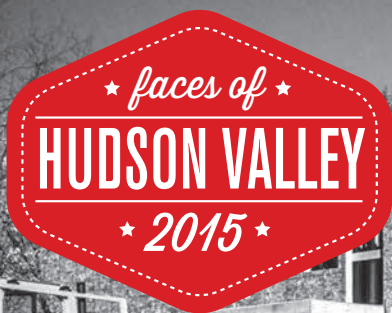
Dr. Kunwar Nagpal and Dr. Ram D. Phull

Dr. Kunwar Nagpal and Dr. Ram D. Phull, Hudson Valley's premier husband and wife cosmetic dental team for more than 20 years, now have three dental practices in Orange and Sullivan counties. While the eight dental professionals on staff provide general dentistry for children through adults, plus a full range of cosmetic services, surgical services, prosthetic, and TMJ (temporomandibular joint) treatment, Dr. Nagpal has advanced training in Surgical and Prosthetic aspects of Dental Implants. Dr. Nagpal is a Diplomate of the International Congress of Oral Implantologists. Dr. Nagpal and Dr. Phull are also both Clinical Assistant Professors at New York University, College of Dentistry.

"Periodontal treatment, orthodontic treatment, and dental implants are incorporated into the art and science of dental aesthetics now," Dr. Nagpal says, "the latter of which may include veneers, single crowns, onlays, inlays, bridges, direct restorations, and the latest bleaching techniques."

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# THE FACE OF INNOVATIVE DESIGN AND CREATIVE BUILDING

TINKELMAN ARCHITECTURE

Full-Service Architecture and Planning Firm

In 1992, Steven Tinkelman returned to his hometown of Poughkeepsie, NY, to set up shop in the community that he loves. Tinkelman Architecture, a full-service architecture and planning firm, has grown to a staff of 12, including five registered architects. This award-winning firm has a broad resumé of successful commercial, institutional, residential, and land planning projects. Adams Fairacre Farms, the Vassar College bookstore, Ransley Square in Fishkill, Rocking Horse Ranch in Highland, and the Upper Landing Park in the City of Poughkeepsie are all products of Tinkelman Architecture. Innovative architecture, craftsmanship, advanced technology, sustainability, and a well-managed process are fundamental to all of the firm's commissions.

25 VAN WAGNER ROAD • POUGHKEEPSIE • 845.473.0200 • [WWW.TINKARCH.COM](http://WWW.TINKARCH.COM)





## THE FACE OF GENERAL DENTISTRY

DR. SETH HORN

Aesthetic Family Dentistry

“Dentistry is a unique combination of medicine, technology, and art,” says Seth I. Horn, DMD. “We as dentists have an opportunity to improve form and function for our patients and change lives for the better every day.”

Dr. Horn received his Bachelor of Arts Degree in International Affairs from Lafayette College in Easton, Pennsylvania, and his Doctorate of Dental Medicine from Tufts University School of Dental Medicine in Boston, Massachusetts. In addition to his formal education, he continues to stay current on the newest advancements in dentistry, including The Center for Advanced Dental Study and The Northern California Institute of Cosmetic Dentistry.

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## THE FACE OF METABOLIC AND BARIATRIC SURGERY

ST. LUKE'S CORNWALL HOSPITAL

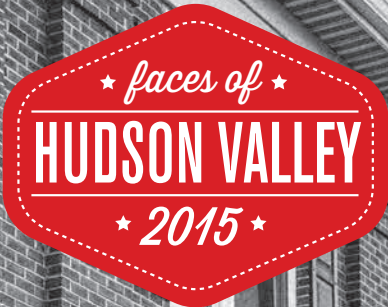
Wayne Weiss, MD, FACS, Medical Director, The SLCH Institute for Metabolic and Bariatric Surgery;  
 Jody MacHugh, FNP-BC, RNFA, and Jennie N. Drexler-Ferraioli, RN, MSN, CCRN, Director of Bariatric,  
 Critical Care, Thoracic & Urology Services

Bariatric Surgery is a life changing event that requires a team approach for long term success. The team at *The St. Luke's Cornwall Hospital Institute for Metabolic and Bariatric Surgery, including Wayne Weiss, MD, FACS, Medical Director, and Ramon Rivera, MD, FACS* works with each individual patient to ensure that the proper pre and post procedure support is provided.

The SLCH Center for Metabolic and Bariatric Surgery offers Sleeve Gastrectomy, Gastric Bypass and Lap-Band procedures. Our team of expert surgeons will help you choose the right operation for you. To learn more about Metabolic and Bariatric Surgery at SLCH, please visit [www.stlukescornwallhospital.org](http://www.stlukescornwallhospital.org) or call 1-855-EAT-RITE.

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SPECIAL PROMOTION



WALLKILL VALLEY  
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SAVINGS & LOAN

## THE FACE OF COMMUNITY BANKING

WALLKILL VALLEY FEDERAL SAVINGS & LOAN

Michael Horodyski, President & CEO

Michael Horodyski, President & CEO of Wallkill Valley Federal Savings & Loan, is dedicated to putting community first. Since 2011, he has worked to ensure that when you visit Wallkill Valley Federal Savings & Loan, it is more than an errand—banking becomes an experience. With an emphasis on personal interaction, education, and modern technology, Michael has brought the bank's unique approach to surrounding communities. Wallkill Valley Federal Savings & Loan now has four branches, each invested within their community. Whether they are giving back to not-for-profit organizations, providing capital for small business through local approvals, or helping families reach their goals, Horodyski and his team always put *Community First*.

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## THE FACE OF HOME HEATING

BOTTINI FUEL

Steve Paino, Delivery Man

With seven locations throughout the Hudson Valley, Bottini Fuel's red trucks bring comfort to more homes and businesses than any other independent fuel company. They deliver oil and propane, install heating and cooling equipment, and keep customers safe and warm. In business over 60 years, the Bottini family has built a team of terrific employees who pride themselves on coming through for customers no matter what mother nature throws at us. That's why they can say with confidence, "We've Got You Covered." Learn more at [www.Bottinifuel.com](http://www.Bottinifuel.com) or call 800.836.3835.

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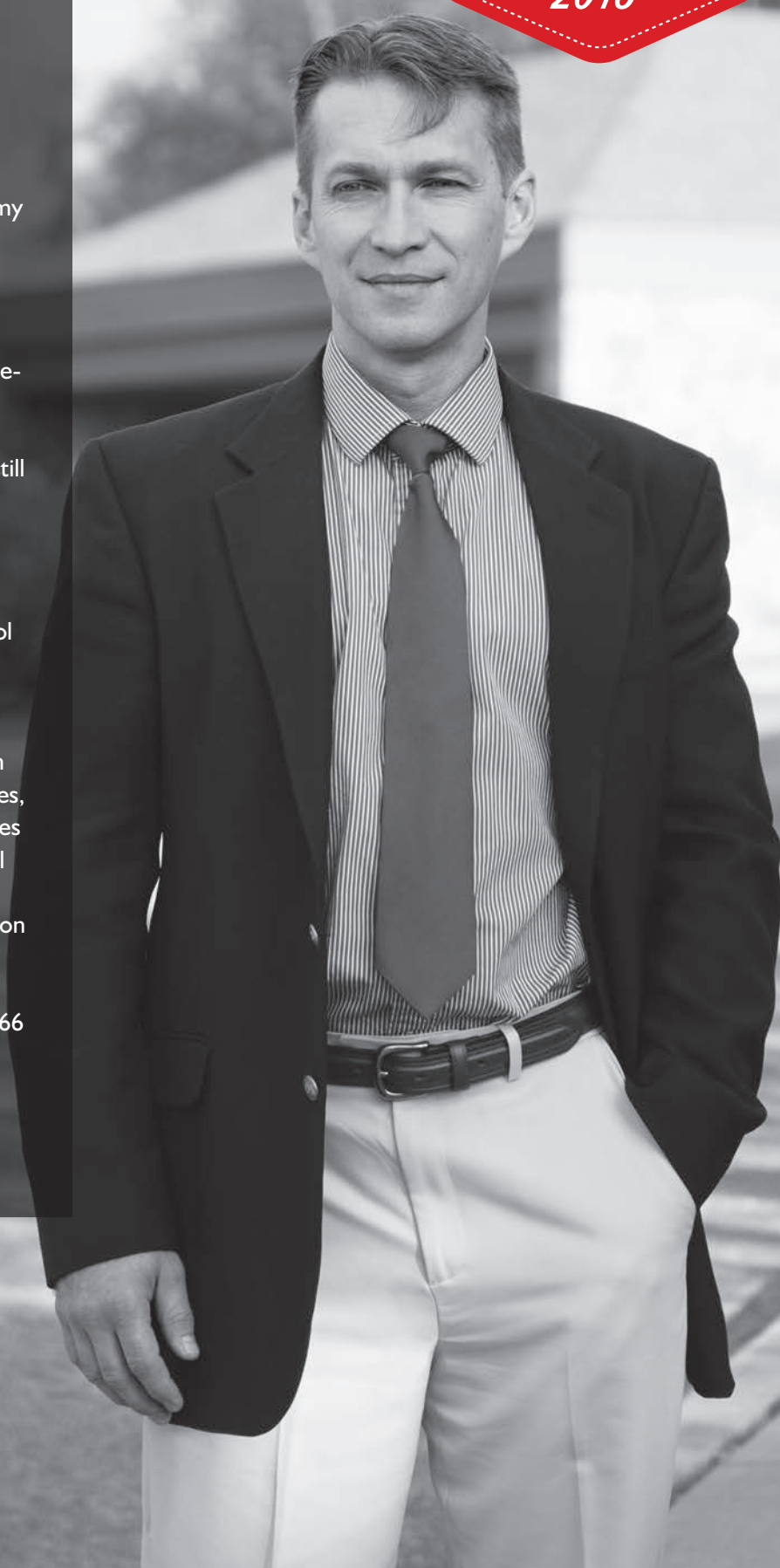
## THE FACE OF CHRISTIAN EDUCATION

### FAITH CHRISTIAN ACADEMY

Alexander Averin, Headmaster

Founded in 1976, Faith Christian Academy (FCA) is a private Christian school for grades Pre-Kindergarten through 12. Located on 27 acres in the heart of the beautiful Hudson Valley, FCA provides competitive academic programs in a state-of-the-art facility and safe environment. Dedicated faculty and staff emphasize personal attention to each student to instill passion for learning and ensure effective spiritual and academic growth of each child. In our commitment to academic excellence, FCA offers engaging and challenging elementary and middle school curricula as well as rigorous high school college preparatory programs, including advanced math and science, AP, college credit courses through partnerships with Marist and Dutchess Community Colleges, as well as exciting extracurricular activities in sports, student clubs, and music. Small class sizes and low student-teacher ratio are maintained through a careful admission process and limited enrollment. To learn more about Faith Christian Academy or schedule a tour, please call (845) 462-0266 or visit [www.faithchristianacademy.org](http://www.faithchristianacademy.org).

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## THE FACE OF NEURODEGENERATIVE CARE

THE CENTER FOR NEURODEGENERATIVE CARE AT ARCHCARE AT FERNCLIFF

Back row (standing, left to right): Maria Pistritto, RN, Assistant Director of Nursing; Melanie Zinderman, RN-BSN; Joanna Klima, Admission Managed Care Coordinator; Emily Alsdorf, RN-BSN; Christina Detweiler, RN, Clinical Care Coordinator. Front row (seated, left to right): Sandra Perrotta, RN, Director of Nursing; Kyanne Oquendo, RN; Charissa Brown, Program Manager/Director; Jenene Pabon, OTA, L (Rehabilitation); Alicia O'Keefe, Social Worker/Outreach Coordinator

Together, we can.

When it comes to caring for people with Huntington's disease, ALS, and other neurodegenerative disorders, it takes much more than skill and compassion. It takes teamwork. The new 38-bed Center for Neurodegenerative Care, at ArchCare at Ferncliff in Rhinebeck, brings the expertise of its renowned Huntington's Disease Center in Manhattan right to the Hudson Valley. It offers compassionate, world-class medical and psychiatric care, an engaging array of social and recreational opportunities, plus a wealth of support programs for individuals and families. Because when it comes to caring, none of us is as strong as all of us together.

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## THE FACE OF VASCULAR SURGERY

**STEPHANIE SALTZBERG, MD**  
**THE VASCULAR GROUP PLLC**

Dr. Stephanie Saltzberg

Stephanie Saltzberg, MD, FACS, nominated as a "Top Doctor of the Hudson Valley 2015," is a board certified vascular surgeon delivering excellence in all aspects of vascular care, including open surgery, endovascular techniques, and venous procedures. With a group of 19 board certified vascular surgeons, The Vascular Group PLLC is one of the most clinically respected vascular surgery practices in the country. The doctors work collaboratively to meet their mission to advance vascular health by delivering the highest level of vascular care, education, and research.

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# [photorazzi]

Hudson Valley Magazine's Marketing Team On the Scene

## Hudson Valley Magazine's Annual Best of Hudson Valley® Party

On Thursday, October 15, *Hudson Valley Magazine* hosted its annual Best of Hudson Valley® Party, a celebration of the area's finest businesses, services, and eateries as voted by readers and editors. Guests gathered at the Poughkeepsie Grand Hotel for three hours of noshing, mingling, and dancing. For more pictures from this year's Best of Hudson Valley® Party, visit [bestofhudsonvalley.com](http://bestofhudsonvalley.com).



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Photos by Te Caché Photography

1: Guests posed with the painted ladies by Kelly Torres from NY Face and Body Art

4: Amanda Serroukas and Dana Miller from Best Caterer, Main Course Catering

their hearts out while guests sampled and danced the night away

9: Stylist Evelyn Velazquez with Beth Madsen, Owner of Elizabeth's Boutique

2: Jamie Ridgeway, Jeannine Ridgeway, Jessica Ridgeway from Tantillo's Farm Market serving their award winning apple cider doughnuts

5: Melissa Peterson, Cassidy Scalzo, Susan Scalzo, Heather Iannucci, Colleen Lippert and Peter Iannucci from Two By Two Zoo, winner of Best Kid's Party For Animal Lovers

7: Guest had fun at the Music Speaks Volumes photo booth

10: Kassey Renza, Steven Byrne, Heidi Selteneck served up sweet treats from the Pastry Garden

3: Paul Green Rock Academy students gathered for a picture after rocking out all night

6: Hal Prince Music & Entertainment performed

8: Partygoers enjoyed the evening experiencing the BEST

11: Lisa Cortijo and Rachel Cortijo of the Getaway Girls

For more photos of Hudson Valley events go to [hvmag.com](http://hvmag.com) - To get your event featured in Photorazzi contact [pr@hvmag.com](mailto:pr@hvmag.com)

# 12/15 Events

Calendar of events 92 Playdates 97

OUT & ABOUT

## Holiday Happenings

Whether you celebrate Christmas, Hanukkah, the solstice, or just enjoy the cold weather, the Valley is packed with events that make the best of the chilly season.

BY ROSEMARY O. FERNANDEZ



The nationally-acclaimed show, Christmas with the the Celts comes to The Paramount Hudson Valley



## Holiday on the Emerald Isle

**R**ic Blair, one of the most respected purveyors of Celtic Music, presents **Christmas with the Celts**. This nationally-acclaimed show combines both traditional and contemporary music. A hybrid of Irish and Scottish tunes and more recognizable holiday songs like “Silent Night,” “Little Drummer Boy,”

and “I’m Dreaming of a White Christmas,” the performance features supreme vocalists, uilleann pipes, Irish whistles, drums, mandolins, banjos, and — naturally — step dancers. *Dec. 10, 7 pm. \$30. 1008 Brown St., Peekskill. 914-739-0039 ext. 2. www.paramounthudsonvalley.com*

# Let There Be Light!

**T**he City of Poughkeepsie’s annual holiday festival returns for the 22nd year. At the **Celebration of Lights Parade and Fireworks**, thousands line the streets of the Queen City for a parade that features musical performances from members of the Hudson Valley Philharmonic and an appearance by Santa Claus (who rides atop a fire engine). Aside from two tree lightings, there is also a festive fireworks display, which can be seen from the Walkway. The Bardavon continues the tradition of screening a holiday film following the parade; this year is the 1947 classic *Miracle on 34th Street*. The New York Theater Organ Society provides musical entertainment prior to the film. *Dec. 4, Parade: 6:30 pm. Film: 8 pm. \$5. Downtown Poughkeepsie. 845-473-2072. www.bardavon.org*



The City of Poughkeepsie’s annual **Celebration of Lights Parade and Fireworks** features two tree lightings.



A Scene from the 20th Century Fox Production "MIRACLE ON 34th STREET"

## Shine On

**A** beloved Hudson Valley holiday event, Boscobel’s **Sparkle** never disappoints. Returning favorites include visits from Mr. and Mrs. Claus and the Snow Queen stilt walker. Adults and kids alike delight in the ice carving demonstrations, sparkle garden, hoop dancers, and the Taghkanic Chorale’s caroling. New this year are puppet shows by internationally acclaimed ventriloquist Jonathan Geffner and holiday jazz music from the Libby Richman Trio. Always popular are the tours of the 1804 mansion itself, which is decked out in Christmas cheer. Guests interested in touring the house should book their spot in advance. *Dec. 4-5, 11-12, 18-19; 5-9 pm. Grounds only: \$15, \$10 ages 3-11, under 3 free; Grounds and tour: \$25, \$20 ages 3-11, under 3 free. Boscobel House and Gardens. 1601 Rte. 9D, Garrison. 845-265-3638. www.boscobel.org*



### OUR PICKS

The beloved ballet, **The Nutcracker**, is brought to the stage by the New Paltz Ballet Theater’s 17th season. Featuring dancers from the New York City Ballet, the story follows young Marie as she ventures to a dreamland where she and her nutcracker, a gift she received for Christmas, battle giant mice and toy soldiers and venture through the Land of Snow and Kingdom of Sweets. *Dec. 12, 2 & 7:30 pm; Dec. 13, 3 pm. \$30, \$27 seniors and students, \$25 members. Bardavon 1869 Opera House. 35 Market St., Poughkeepsie. 845-473-2072. www.bardavon.org*





## Ba, Humbug!

**D**arrell James, acting professor at Vassar College, takes on the role of Ebenezer Scrooge in Half Moon Theater's production of *A Christmas Carol*. The company uses the highly theatrical adaptation by Patrick Barlow, the mastermind behind the Tony Award-winning show *The 39 Steps*. A scrumptious dinner from the acclaimed Culinary Institute of America preceding the performance makes for a unique holiday memory. *Dec. 4-6, 10-13, 16, 18-19, Wed. 7 pm, Fri. & Sat. 8 pm, Sun. 2 pm. \$45, \$40 seniors, \$25 under 18. Marriott Pavilion, 1946 Campus Dr., Hyde Park. 845-235-9885. www.halfmoontheatre.org*



# More Holiday Hoopla

## Holiday Houses

**Dec. 5: Winding Through Warwick** The holiday tradition continues with numerous historic Warwick houses ornamented for the holidays. Guests take a self-guided tour of the properties (which are kept confidential until the day of the event), each of which features music played by Warwick Valley High School students. All proceeds benefit the Mount Alverno Center, which is also where registration takes place. 9 am-5 pm. \$40. • 20 Grand St., Warwick. [www.bschs.org/windingthroughwarwick](http://www.bschs.org/windingthroughwarwick)

**Dec. 5-6, 12-13, 19-20, 26-27: Wilderstein** Talented florists and interior designers transform the circa 1852 estate into a winter wonderland. Guests take self-guided tours and staff members are stationed in each room to answer any questions. 1-4 pm. \$11, \$10 seniors and students, under 12 free. • 330 Morton Rd., Rhinebeck. 845-876-4818. [www.wilderstein.org](http://www.wilderstein.org)

**Dec. 5-31: Locust Grove** The home of Samuel F. B. Morse and the Young family is decorated to the nines for the holidays. Tour guides show guests the 25 rooms and three floors of the historic home. On Sundays, families scour the museum to locate some of the lavish gifts the Young family exchanged during Christmases past. Cider and cookies are available at the conclusion of the tour and an expert storyteller entertains with holiday tales. Sat. 10 am-5 pm, Sun. 12-4pm. \$11, 4 and under free. • 2683 South Rd., Poughkeepsie. 845-454-4500. [www.lgny.org](http://www.lgny.org)

**Dec. 12, 19: Christmas with the Ellisons** The circa 1754 mansion is illuminated by candlelight and staffed with costumed guides who detail what a Colonial Christmas was like. Call for pricing. 4-7 pm. *Knox's Headquarters State Historic Site, 289 Forge Hill Rd., New Windsor. 845-561-1765 ext. 22. www.nysparks.com*

**Dec. 11: A Gilded Age Christmas** Guests experience how the other half celebrated Christmas. The Gilded Age riverside mansion is decked out in all its splendor, and costumed guides lead tours throughout the evening. 6-8 pm. Call for pricing. • *Staatsburgh State Historic Site, 75 Mills Mansion Dr., Staatsburg. 845-889-8851. www.nysparks.com*

**Dec. 12: Home of Franklin D. Roosevelt** Experience the holidays just as FDR did when he was home at Springwood, his Hyde Park residence. Revelers are invited to tour the gaily decorated mansion and enjoy refreshments. Call for pricing. 9 am-4 pm. • 4079 Albany Post Rd., Hyde Park. 845-229-9300 [www.nps.gov/hofr](http://www.nps.gov/hofr)

**Dec. 12: Val-Kill** Around the corner from Springwood is Eleanor's cottage retreat, Val-Kill, which is also decked out in holiday cheer and available to tour. Call for pricing. 4-7 pm. • 56 Valkill Park Rd., Hyde Park. 845-229-9422. [www.nps.gov/elro](http://www.nps.gov/elro)

**Dec. 13: Candlelight Tour of Homes** Spend the afternoon visiting more than a dozen historic Newburgh homes. Begin at the 1830s residence of Captain David Crawford, where you'll receive an illustrated booklet and map of the sites on the tour (which includes seasonally decorated homes from several time periods). 12-5 pm. Call for pricing. • 189 Montgomery St., Newburgh. 845-561-2585 or [www.newburghhistoricalsociety.com](http://www.newburghhistoricalsociety.com)

## Theater

**Dec. 4-6, 11-13, 18-20: Miracle on 34th Street** Based on the 1947 classic film, this stage adaptation brings holiday joy to life. When a bearded man claiming to be Santa Claus tries to spread joy throughout New York City, he is initially dismissed and even declared insane by a hotshot attorney. Soon however, it becomes clear that he has worked a real Christmas miracle on 34th Street. Fri. & Sat. 8 pm, Sun. 3 pm. \$24, \$22 seniors, \$15 children under 12. • *The Center for Performing Arts at Rhinebeck, 661 Rte. 308, Rhinebeck. 845-876-3080. www.centerforperformingarts.org*

**Dec. 8-13: Northern Lights** This new play by Mona Z. Smith takes five of Hans Christian Andersen's greatest works — *The Little Match Girl*, *The Tinderbox*, *The Wild Swans*, *The Steadfast Tin Soldier* and *The Snow Queen* — for a staged reading. Dec. 8-11 performances: 7 pm. \$50. *The Howland Cultural Center, 477 Main St., Beacon. Dec. 12-13 performances: Sat. 7 pm, Sun. 2:30 pm. • St. Mary-in-the-Highlands, 1 Chestnut St., Cold Spring. 845-809-5750. www.hvshakespeare.org*

**Dec. 4-6: A Christmas Carol** Presented by the Ulster Ballet, this dance adaptation of the beloved story is now in its 20th year and features 65 dancers, actors, and stage professionals. Fri. 7:30 pm., Sat. 4 pm., Sun. 2 pm. \$22, \$18 seniors and members, \$15 children 12 and under. • *UPAC, 601 Broadway, Kingston. 845-339-6088. www.upac.org*

## Music and Dance

**Dec. 6: Vassar Service Lessons and Carols** Take part in a traditional service at the Vassar College chapel. Performing groups include the Vassar College Choir, Women's Chorus, Madrigal Singers, Cappella Festiva Chamber and Treble Choir. 7 pm. Call for pricing. • 124 Raymond Ave., Poughkeepsie. 845-437-7319. [www.music.vassar.edu](http://www.music.vassar.edu)

**Dec. 6: New York Philharmonic Principal Brass Quintet** Formed in 1986 after joining with the Canadian Brass, this group has garnered international acclaim and played in venues across the United States and Canada. This group, which is composed of a trombone, tuba, horn, and two trumpets, play a **Holiday Concert** in Rockland County. 2 pm. \$22-\$28, \$15 student. • *The Reform Temple of Rockland, Nyack Campus, 330 N. Highland Ave., Nyack. 845-278-7762. www.artsrock.org*

**Dec. 6: The Magic of Christmas** In this family-oriented concert, the Albany Symphony Orchestra is joined by young singers and dancers who call the Capital Region home, and also by the big man in a red suit. 3 pm. \$25-\$39. • *Palace Theater, 19 Clinton Ave., Albany. 518-465-4755. www.albanysymphony.com*

**Dec. 12: The Many Moods of Christmas** Albany Pro Musica's festive program not only includes Robert Shaw's collection, *The Many Moods of Christmas*, but

also Ralph Vaughan Williams's *Fantasia on Christmas Carols*. 7:30 pm. \$25-\$35, \$10 students. • *Troy Music Hall*. 30 Second St., Troy. 518-273-0038. [www.troymusicall.org](http://www.troymusicall.org)

**Dec. 14: Neil Berg's Broadway Holiday** Some of the best talent on Broadway gather for an evening of beloved holiday tunes by the likes of Lerner and Lowe, Andrew Lloyd Webber, Rodgers and Hammerstein, and Irving Berlin. 11:15 am and 6:15 pm. \$64-\$84. **Dec. 15: Andy Cooney's Classic Irish Christmas** Named "Irish America's Favorite Son" by the New York Times, Cooney delights both American and Irish audiences alike. This holiday show captures the spirit of Celtic celebration. • *Westchester Broadway Theatre*. 1 Broadway Plaza, Elmsford. 914-592-2222. [www.broadwaytheatre.com](http://www.broadwaytheatre.com)

**Dec. 19: Messiah** Last year, when the Hudson Valley Philharmonic played Handel's most famous and beloved work — which includes the Hallelujah Chorus — it nearly sold out last year; this season, the monumental work is back by popular demand. 2 pm. \$25-\$50. • *UPAC*. 601 Broadway, Kingston. 845-339-6088. [www.upac.org](http://www.upac.org)

**Dec. 20: Advent Lessons and Carols** The Kairos Consort of Singers returns for its annual Christmas service. Readings from the Old and New Testaments of the Bible are bookended by seasonal holiday tunes as well as classical compositions like Bach's *Advent Cantata No. 140*. 3 pm. Free admission. • *Holy Cross Monastery*. 1615 Rte. 9W, West Park. 845-256-9114. [www.kairosc Consort.org](http://www.kairosc Consort.org)

**Dec. 20: Winter Pops** The Westchester Philharmonic's seasonal favorite has sold out since its beginnings eight years ago. Ted Sperling conducts and Ashley Brown (a regular headliner for the Boston Pops) joins the group with a repertoire that includes compositions from the likes of Gershwin and Bernstein. After the show, hors d'oeuvres and wine are served and audience members can mingle with performers. 3 pm. \$30-\$97; \$25 for after-party. • *The Performing Arts Center, Purchase College*. 735 Anderson Hill Rd., Purchase. 914-682-3707. [www.westchesterphil.org](http://www.westchesterphil.org)

**Film**

**Dec. 5-6: The Muppet Christmas Carol** Kermit and the gang — as well as Michael Caine — delight in this wild rendition of Charles Dickens's classic cautionary tale. In this 1992 flick, Miserly Ebenezer Scrooge is visited



Ted Sperling (left) conducts the Westchester Philharmonic while actress Ashley Brown (below) joins the group.

by the ghosts of Christmas past, present, and future, in order to change his selfish ways before it is too late for him. 4 pm. \$8, \$6 members, \$5 children. • *Bethel Woods Center for the Arts Museum Theater*. 200 Hurd Rd., Bethel. 866-781-2922. [www.bethelwoodscenter.org](http://www.bethelwoodscenter.org)

**Special Events**

**Dec. 2: Wreath Making** This hands-on workshop takes participants through the art of creating evergreen and boxwood wreaths using 19th-century methods. Preregistration required; participants are asked to bring their own pruning shears. Recommended ages 12 and up. \$20. **Dec. 26: Jingle Jangle** In the 1800s, when Olana was the working home of Frederic Edwin Church, the staff members usually celebrated Christmas the day after; the Olana Partnership now continues the tradi-



tion with craft-making, music, ice carvings, and horse-and-carriage rides. \$10, \$25 carload. • *Olana State Historic Site*. 5720 State Rte. 9G, Hudson. 518-828-0135. [www.olana.org](http://www.olana.org)

**Dec. 4-6: Gallery of Wreaths** Now in its 30th year, this annual silent auction sells wreaths — both real and artificial — that are made by local artisans, businesses, and community members. Proceeds benefit the Columbia County Historical Society. Fri. & Sun. 12-4 pm, Sat. 10 am-4 pm. • *Vanderpoel House of History*. 16 Broad St., Kinderhook. 518-758-9265. [www.cchsny.org](http://www.cchsny.org)

**Dec. 5: Winter Walk** Now in its 19th year, this popular festival transforms trendy Warren Street in Hudson into an old-fashioned holiday extravaganza. Santa and Mrs. Claus lead a parade down the mile-long stretch and musicians, stilt-walkers, and face painters entertain throughout the evening. The night is topped off with a fireworks display. 5-8 pm. Free admission. 518-822-1438. • [www.hudsonoperahouse.org/winter-walk](http://www.hudsonoperahouse.org/winter-walk)

**Dec. 5: Yuletide Tea** Nibble on festive finger sandwiches and cookies and sip some tea in a historic riverside mansion. Tours of the site are included and reservations are required. 1 pm. \$30, \$20 children. • *Wilderstein Historic Site*. 330 Morton Rd., Rhinebeck. 845-876-4818. [www.wilderstein.org](http://www.wilderstein.org)

**Dec. 5: Sinterklaas** Rhinebeck recalls its Dutch heritage with this annual festival. This all-day event celebrates the arrival of St. Nicholas with music, theater, dance, and a parade that commemorates Dutch holiday customs. 11 am. Free admission. • [www.sinterklaashudsonvalley.com](http://www.sinterklaashudsonvalley.com)



**OUR PICKS** Clermont State Historic Site decks their halls for the **Candlelight Tours**. Guests get a glimpse of what Christmas celebrations were like in bygone times by strolling among the glittering decorations. Old-fashioned treats prepared in the historic kitchen helps set the mood as well. Dec. 13, 3-6 pm. \$12, \$5 children under 12. 1 Clermont Ave., Germantown. 518-537-4240; [www.friendsofclermont.org](http://www.friendsofclermont.org)



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**Dec. 5-6, 12-13: Wreath Fineries at the Wineries** The Shawangunk Wine Trail offers merrymakers the chance to visit local wineries, enjoying a festive welcome at each one. At the first winery they visit, participants receive an etched wine-tasting glass and a handmade grapevine wreath. They then proceed to the other wineries along the trail, sampling holiday foods and picking up a unique wreath ornament at each stop. 10 am-6 pm. \$38-\$60. 845-256-8456. • [www.shawangunkwinetrail.com](http://www.shawangunkwinetrail.com)

**Dec. 5-6: Holiday Market at Bethel Woods** Crafters, specialty food vendors, and artists all gather to sell their winter wares as hundreds of shoppers peruse the local goods and get into the holiday spirit. 11 am. Free admission. • [Bethel Woods Center for the Arts Museum Theater. 200 Hurd Rd., Bethel. 866-781-2922. www.bethelwoodscenter.org](http://BethelWoodsCenterfortheArtsMuseumTheater.200HurdRd.,Bethel.866-781-2922)

**Dec. 5-6, 12-13, 19-20: Dickens's A Christmas Carol** Listen to a unique recounting of the holiday favorite by a local favorite, storyteller Jonathan Kruck. The yarn-spinner delivers the story of Scrooge and Tiny Tim dressed in full 19th-century costume. 3:30, 4:45, 6 pm. \$24, \$20 under 18. • [Christ Episcopal Church. 43 S. Broadway, Tarrytown. 914-366-6900. www.hudsonvalley.org](http://ChristEpiscopalChurch.43S.Broadway,Tarrytown.914-366-6900)

**Dec. 6: Troy Victorian Stroll** The largest free holiday festival in the Northeast is back for the 33rd year. The

day features more than 100 live performances, 35 boutiques, and annually attracts more than 25,000 visitors. 11 am.-5 pm. Free admission. • [Downtown Troy. 518-274-7020. www.victorianstroll.com](http://DowntownTroy.518-274-7020)

**Dec. 6: Taste NY Holiday Market** Back for its second year, this expo features "made in New York" specialty foods (like cheese, chocolate, apple, and maple products) and beverages (like hand-crafted wine, spirits, and beer). 11 am-4:30 pm. \$5, under 12 free. • [New York State Museum. 260 Madison Ave., Albany. 518-474-5877. www.nysm.nysed.gov](http://NewYorkStateMuseum.260MadisonAve.,Albany.518-474-5877)

**Thru Jan. 2: Salon 2015. Small Works & Handmade Holidays** The annual event features artwork created in various media, which is available for purchase at wallet-friendly prices. New this year: books, CDs, and films by local writers, musicians, and filmmakers. Mon.-Fri. 10 am-5 pm, Sat. 12-5 pm. • [Greene County Council of the Arts Catskill Gallery. 398 Main St., Catskill. 518-943-3400. www.greenearts.org](http://GreeneCountyCounciloftheArtsCatskillGallery.398MainSt.,Catskill.518-943-3400)

**Thru Jan 3: Price Chopper Capital Holiday Lights in the Park** Cruise around Washington Park marveling at 125-plus light displays. Stop by the Lake House for crafts, refreshments, and a visit with Santa and his reindeer pals. Sun.-Thurs. 6-9 pm, Fri.-Sat. 6-10 pm. \$15 per car. 518-435-0392. • [www.albany.com/holiday/capital-lights.cfm](http://www.albany.com/holiday/capital-lights.cfm)



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# Calendar

Unless otherwise noted, events are free.  
Listings are also available at [www.hvmag.com](http://www.hvmag.com)

## Art

**Thru Dec. 6: In Secluded Corners** Artist Pamela J. Wallace creates work that she says “intersects the space between the things we can make, the things we used to make but can no longer identify, and the way things change over time.” Thurs.-Mon. 11 am-5 pm. • *John Davis Gallery, 362 1/2 Warren St., Hudson, 518-828-5907. [www.johndavisgallery.com](http://www.johndavisgallery.com)*

**Thru Dec. 12: Bordering Utopia** This exhibit brings the early works of Brian Tolle, the artist behind the Irish Hunger Memorial. Tues. 10 am-8 pm; Wed.-Fri. 10 am-5 pm; Sat. 12-4 pm. • *University Art Museum at Albany, 1400 Washington Ave., Albany, 518-442-4035. [www.albany.edu/museum](http://www.albany.edu/museum)*

**Thru Dec. 13: Reading Objects 2015** Part of an ongoing, interdisciplinary series, this exhibit displays both works from the museum’s permanent collection and texts created by SUNY New Paltz faculty and staff in response to them. Also on view is **Jervis McEntee: Painter-Poet of the Hudson River School** With the aim to redefine the 19th-century artist’s place among other Hudson River School landscape painters, this is the museum’s first examination of his 40-year career. Wed.-Sun. 11 am-5 pm. \$5. • *Samuel Dorsky Museum of Art, 1 Hawk Dr., New Paltz, 845-257-3844. [www.newpaltz.edu/museum](http://www.newpaltz.edu/museum)*

**Thru Dec. 13: Gordon Parks: The Making of an Argument** The first African-American photographer to work for *Life* magazine, Parks made a name for himself as one of the foremost social commentators of the 20th century through photos, film, and writings. One of his most evocative projects consists of the gang wars that dominated Harlem in the 1940s. Selections of his myriad works are on display. Tues., Wed., Fri., Sat. 10 am-5 pm; Thur. 10 am-9 pm; Sun. 1-5 pm. • *Frances Lehman Loeb Art Center, 124 Raymond Ave., Poughkeepsie, 845-437-5632. [www.flac.vassar.edu](http://www.flac.vassar.edu)*



## OUR PICKS

When **Brandi Carlile** debuted her first album in 2005, she immediately landed on *Rolling Stone*’s list of “Top Ten Artists to Watch.” Since then, she’s grown a very loyal fan-base with hit songs like “The Story,” (the tune was featured on a General Motors commercial and an episode of the hit ABC drama *Grey’s Anatomy*) “That Wasn’t Me,” and “Keep Your Heart Young.” Her album *Live at Benaroya Hall with the Seattle Symphony*, reached number 14 on the Top Rock Albums chart. Dec. 5, 8 pm. \$50-\$100. *Bardavon 1869 Opera House, 35 Market St., Poughkeepsie, 845-473-2072 [www.bardavon.org](http://www.bardavon.org)*

**Thru Dec. 27: Radical Inventions** This exhibit features the works of David Konigsberg, Shawn Snow, Ralph Stout, Stephen King, and Juan Garcia-Nunez. **Thru Feb. 7: Photography** Nine artists display their photographic images. Mon.-Sat. 11 am-5 pm.; Sun. 12-5 pm. • *Carrie Haddad Gallery 622 Warren St., Hudson, 518-828-1915. [www.carriehaddadgallery.com](http://www.carriehaddadgallery.com)*

**Thru Dec. 31: Adrift** Photographer Carolyn Marks Blackwood, who is based in Rhinebeck, presents a series of photographs featuring the Hudson River’s water and ice in vibrant, abstract colors. Free admission. Call for times. • *The Fisher Center for the Arts at Bard College, 60 Manor Ave., Annandale-on-Hudson, 845-758-7900. [www.fishercenter.bard.edu](http://www.fishercenter.bard.edu)*

**Thru Dec. 31: Threads: Connecting the ‘60s & Modern Rockwear** More than 40 vintage outfits — all taken

from the personal collection of designer, musician, and collector Andy Hilfiger — represent 1960s clothing and how they continue to influence modern styles. Call for regular hours. \$15, \$13 seniors, \$11 ages 8-17, \$6 ages 3-7, under 3 free. • *The Museum at Bethel Woods, 200 Hurd Rd., Bethel, 866-781-2922. [www.bethelwoodcenter.org](http://www.bethelwoodcenter.org)*

**Thru Dec 31: Represent: Contemporary Native American Art** The exhibition features 21 artworks created by 18 artists from Native American Nations in New York State. **Thru Jan. 17: Empire State Plaza at 50** Commemorating the iconic building’s 50th anniversary, this exhibit explores how Albany became a hubbub of government, culture, and community. **Thru Feb 21: The Coast and the Sea** More than 50 paintings, all done between 1750 and 1904, along with a bevy of artifacts displays how closely connected early American history and culture is to the Atlantic Ocean. **Thru Mar. 6: A Promising Venture: Shaker Photographs from the WPA** In 1936, Noel A. Vicentini and George Herlick were sent by the Works Progress Administration to document the Shakers and their way of life. The striking images capture the Shaker culture and helped inspire a national design aesthetic. Tues.-Sun. 9:30 am-5 pm. • *New York State Museum, 260 Madison Ave., Albany, 518-474-5877. [www.nysm.nysed.gov](http://www.nysm.nysed.gov)*

**Thru Feb. 28: Moments in Manhattan** The city that never sleeps — the good, the bad, and the ugly — is captured by artist Claudia Gorman’s lens. Mon.-Fri. 10 am-5 pm. Call for pricing. • *Locust Grove Estate, 2683 South Rd., Poughkeepsie, 845-454-4500. [www.lgny.org](http://www.lgny.org)*

**Thru Mar. 13: After 1965** The 1960s were undoubtedly a turbulent political time. This exhibit features works from the year 1965 onward that examine the social problems and cultural changes of the era. Tues.-Sun. 12-5 pm. \$5, seniors and students \$3, \$6 parking fee. • *Neuberger Museum of Art at Purchase College, 735 Anderson Hill Rd., Purchase, 914-251-6110. [www.neuberger.org](http://www.neuberger.org)*



Artist Claudia Gorman captures the good, the bad, and the ugly of the city that never sleeps.

## Music & Dance

**Dec. 3: Vanessa Carlton** Known for her smash hit “A Thousand Miles,” this songstress makes her Music Hall debut. 7:30 pm. \$27-\$36. **Dec. 4: Eric Owens** This powerful singer has been called “one of the greatest bass-baritones in the world” by the *New Yorker*. 8 pm. \$25-\$35. **Dec. 13: The World Famous Glenn Miller Orchestra** One of the most popular big bands in the



**OUR PICKS**

Celebrating its 25th season with a commitment to “create, collaborate, educate, and partner,” the **Ellen Sinopoli Dance Company** ventures out of its home city of Albany to the Kaatsbaan International Dance Center in Tivoli with another energetic and unique performance. Since founding the company back in 1991, artistic director Ellen Sinopoli has created more than 75 dances. *Dec. 4. 7:30 pm. 120 Broadway, Tivoli. 845-757-5106 ext. 10. www.sinopolidances.org*

world, this energetic group plays the likes of “In The Mood,” “Chattanooga Choo Choo,” “A String of Pearls,” “Moonlight Serenade,” and “Tuxedo Junction.” 3 pm. \$28-\$34. • *Troy Music Hall. 30 Second St., Troy. 518-273-0038. www.troymusicall.org*

**Dec. 3: Sharon Jones and the Dap-Kings** The group — which has toured all over the globe for the last decade — snagged a Grammy nomination for Best Album in 2014. 8 pm. \$38-\$68. **Dec. 9, 13: Squeeze Acoustic: “The At Odds Couple”** Chris Difford and Glenn Tilbrook reflect on their careers. Wed. 8 pm.; Sun. 7 pm. \$48-\$88. **Dec. 11: The Marshall Tucker Band** After more than 40 years of recording and touring, the band best known for hits like “Heard it in a Love Song” is still led by founding member and lead singer Doug Gray. 8 pm. \$50-\$65. • *Tarrytown*

*Music Hall. 13 Main St., Tarrytown. 914-631-3390. www.tarrytownmusicall.org*

**Dec. 3: Edgar Winter** The iconic rocker and his band play sets that include both new tracks as well as old favorites like “Frankenstein” and “Free Ride.” 8 pm. \$38-\$48. • *Sugar Loaf Performing Arts Center. 1351 Kings Highway, Sugar Loaf. 845-610-5900. www.sugarloafpac.org*

**Dec. 6: Bard College Conservatory Orchestra** Guest conductor JoAnn Falletta — music director of the Buffalo Philharmonic Orchestra and Virginia Symphony Orchestra — leads Bard students in a program that includes Ernest Bloch’s *Suite for Viola and Orchestra*, VitĎzslav NovĎk’s *V TratĎch*, and the Brahms Symphony No. 2 in D major. 3 pm. \$15-\$20.



**OUR PICKS**

For this month’s exhibit, Gallery 66 presents **The Web of Life**. Artists Anita Jacobson and Jane Soodalter explore how all things on earth are connected, whether they realize it or not. The exhibit focuses on living things — like humans, plants, and animals — and endeavors to raise awareness about and make viewers more committed to the preservation of all life forms. *Dec. 4-27. Thurs.-Sun. 12-6 pm. 66 Main St., Cold Spring. 845-809-5838. www.gallery66ny.com*

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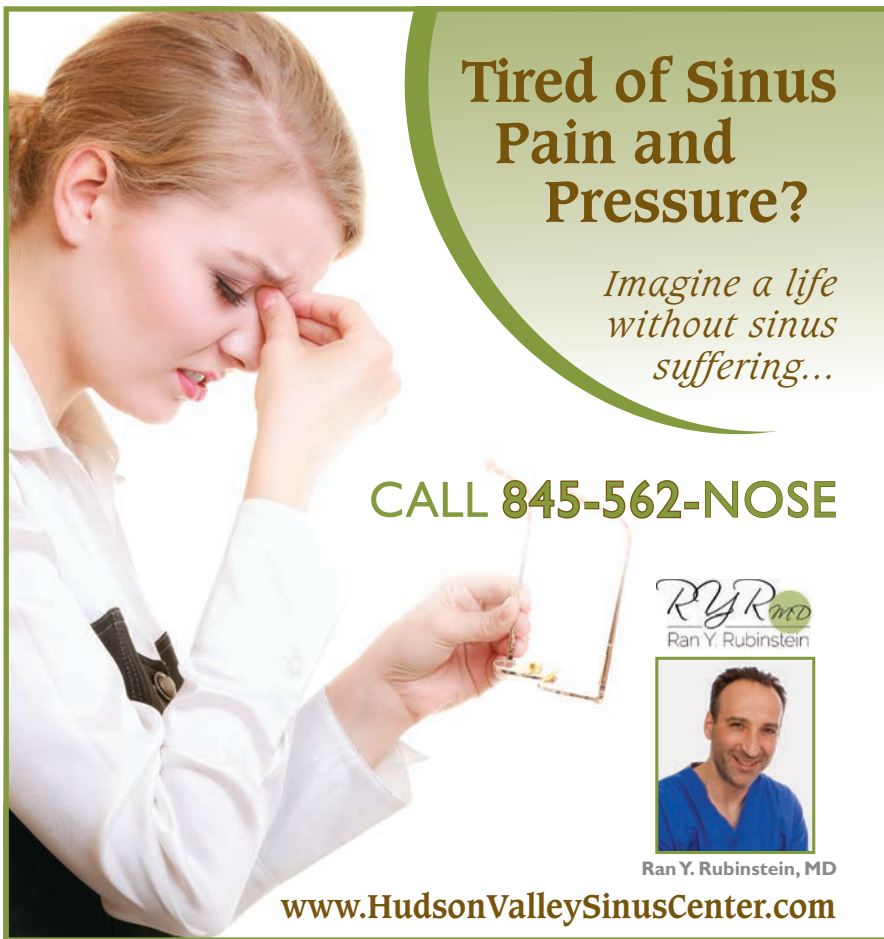
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Edgar Winter performs at Sugar Loaf Performing Arts Center.

**Dec. 11-13: Senior Dance Concert** Students in the college's dance program showcase what they have learned over their four years of study. Fri.-Sat. 7:30 pm.; Sat. 2 pm.; Sun. 4 pm. Free admission, reservations required. **Dec. 13: Winter Songfest** The singers of the Bard College Conservatory Graduate Vocal Arts Program — and special guest performers — present an afternoon of winter celebration; a reception with the artists follows. 3 pm. \$15-\$20. **Dec. 15: Bard College Symphonic Chorus** Students sing a repertoire that includes motets from the English, Spanish, and Italian Renaissance plus Mozart's *Mass in C Major*, K. 317. 8 pm. \$5. • *The Fisher Center for the Arts at Bard College*. 60 Manor Ave., Annandale-on-Hudson. 845-758-7900. [www.fishercenter.bard.edu](http://www.fishercenter.bard.edu)

**Dec. 13: All Baroque** Violinists Alexander Abayev and Benjamin Hellman perform solos in this evening of Bach and Arcangelo Corelli. 3 pm. \$50, \$35 seniors, \$15 students. • *Iona College*. Christopher J. Murphy Auditorium. 715 North Ave., New Rochelle. 914-654-4926. [www.thesymphonyofwestchester.org](http://www.thesymphonyofwestchester.org)

**Dec. 18: New York Polyphony** Regarded as one of the world's premier vocal chamber groups, this ensemble puts a modern twist on repertoire that includes medieval chant and contemporary compositions alike. 8 pm. \$30, \$15 students, 12 and under free. • *Trinity-Pawling School*, Gardiner Theater, Rte. 22, Pawling. 845-855-3100. [www.pawlingconcertseries.org](http://www.pawlingconcertseries.org)

**Theater**

**Dec. 4-6, 11-13: Show White: House of Dwarfs** Beloved players the Pantaloons put a hilarious and zany twist on the classic fairy tale. Fri.-Sat. 8 pm.; Sun. 2 pm. \$20, \$10 students. • *The Ghent Playhouse*. 6 Town Hall Place, Ghent. 518-392-6264. [www.ghentplayhouse.org](http://www.ghentplayhouse.org)

**Dec. 4-6, 10-12: Good People** Set in Southie, a predominantly Irish neighborhood of Boston, this show examines how good people sometimes make bad choices and how circumstances they can't control affect their lives. \$24, \$21 seniors and students. • *Elmwood Playhouse*. 10 Park St., Nyack. 845-353-1313. [www.elmwoodplayhouse.com](http://www.elmwoodplayhouse.com)

**Dec. 17: The Object Lesson** This simultaneously poignant and funny show examines humans' relationships with the material things we purchase. 7:30 pm. \$5, \$15 students and children • *The Fisher*

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Center for the Arts at Bard College, 60 Manor Ave., Annandale-on-Hudson, 845-758-7900. [www.fishercenter.bard.edu](http://www.fishercenter.bard.edu)

**Dec. 30-Jan. 31: Showboat** With beloved music like "Ol' Man River" from Oscar Hammerstein, the show follows a group of performers on a Mississippi steamship and examines the cultural changes that were making waves during the turn of the 20th century. Call for exact schedule and times. \$59-\$91. • *Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford, 914-592-2222. [www.broadwaytheatre.com](http://www.broadwaytheatre.com)*

## Film

**Dec. 8: Jane Eyre** Charlotte Bronte's beloved Gothic tale of a resourceful young woman who fights for survival — and the love of Mr. Rochester — is staged live by the UK's National Theater, and is screened across the globe as part of the World Stage on Screen series. 2 pm. \$35. • *Jacob Burns Film Center, 364 Manville Rd., Pleasantville, 914-747-5555. [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org)*

## Special Events

**Dec. 3, 10, 17: Sunset Sensations** Renowned local chefs — like Laura Pensiero of Gigi Hudson Valley, Charles Fells of The Artist's Palate, and Anthony Moustakas of Gourmet to Go — present samplings of their scrumptious creations. 5:30-7:30 pm. \$35. • *Locust Grove Estate, 2683 South Rd., Poughkeepsie, 845-454-4500. [www.lgny.org](http://www.lgny.org)*

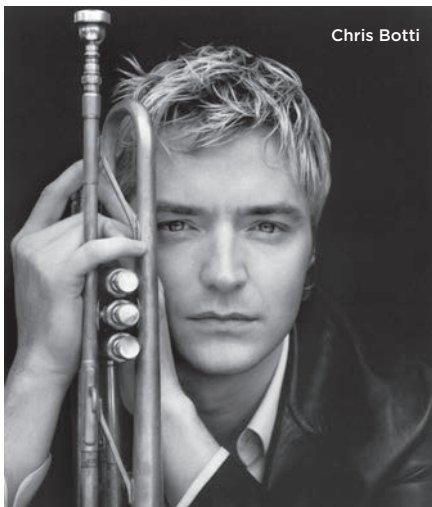
**Dec. 4-6, 13-15: Festive Holiday Weekends** Stroll the quaint, historic streets of Cold Spring — which are all decorated for the season — and pick up a unique gift for a loved one at one of the local shops. • *Main St., Cold Spring. [www.explorecoldspringny.com](http://www.explorecoldspringny.com)*

**Thru Dec. 19: Christmas Craft Fair** Various local craftspeople present their items of jewelry, candles, chocolate, preserves, ornaments, dips, toys, mixes, stained glass, and home decor. 10 am.-4 pm. Free admission. • *25 Meeting House Rd., Albany, 518-456-7890. [www.shakerheritage.org](http://www.shakerheritage.org)*

## OUR PICKS

In 2004, Chris Botti's album *When I Fall in Love* achieved much acclaim and catapulted him into stardom.

Since then, he's become one of the largest-selling American instrumental artists, selling more than four million albums. The artist's jazz albums have reached the number one slot four times, and he has bagged multiple awards. In 2013, he took home the prize for Best Pop Instrumental Album at the Grammys. During **An Evening with Chris Botti** he performs with his signature jazz style. Dec. 12, 8 pm. \$60-\$80. *Paramount Hudson Valley, 1008 Brown St., Peekskill, 914-739-0039. [www.paramounthudsonvalley.com](http://www.paramounthudsonvalley.com)*



Chris Botti

# Playdates!

Get into the holiday spirit with some theater, an old-fashioned celebration, and good music. **BY CYNTHIA JAMES**



The Puppet People present their version of *A Christmas Carol* at The Center for Performing Arts at Rhinebeck.

## Old-Fashioned Fun

**Dec. 5-6: A Child's Christmas** Take a tour of a historic house — in your stockinged feet! The Clermont mansion is decorated for Christmas, and the kitchen is well-stocked with holiday treats. Listen to stories and sing songs in the oak-paneled library with staff members, who are dressed in full 19th-century garb. Recommended ages 3-10. 10 am. \$4. *Clermont State Historic Site, 1 Clermont Ave., Germantown, 518-537-4240. [www.friendsofclermont.org](http://www.friendsofclermont.org)*

## All Aboard

**Dec. 4-6, 11-13, 18-20, 26-27: The Polar Express** Hop on the Catskill Mountain Railroad train and pretend you're one of the characters from the popular Christmas book. Riders — who are encouraged to wear their pajamas like the kids in the story do — are taken through the Catskills while the conductor punches tickets, serves hot chocolate, leads a sing-along, and reads from the book. At the end of the ride, Santa comes aboard and gives a special sleigh bell to children who believe. Fri. 4:30, 6:15, 8 pm; Sat.-Sun. 2, 4, 6, 8 pm. \$45, \$35 ages 2-11, under 2 free. *Westbrook Station, 149 Aaron Court, Kingston, 845-688-7400. [www.catskillmtrailroad.com](http://www.catskillmtrailroad.com)*

## History Mystery

**Dec. 6, 13, 20, 27: Holiday Whodunit** Something is amiss at Staatsburgh — and it's up to you to figure out what! Throughout the

Gilded Age mansion, costumed interpreters lead the exploration and provide holiday-themed clues to help the junior sleuths crack the case. 1 pm. Call for pricing. *Staatsburgh State Historic Site, Old Post Rd., Staatsburgh, 845-889-8851. [www.nysparks.com](http://www.nysparks.com)*

## Don't Be A Scrooge

The Center for Performing Arts at Rhinebeck present two versions — both charming and heartwarming, though vastly different — of Charles Dickens's classic story. **Dec. 5: The Puppet People** This well-known group shows Scrooge and his ghostly cronies in the form of beautiful marionettes. **Dec. 12, 19: Kids on Stage** Young actors and actresses display their budding talent in this musical rendition of the tale. 11 am. \$9, \$7 children. *661 Rte. 308, Rhinebeck, 845-876-3080. [www.centerforperformingarts.org](http://www.centerforperformingarts.org)*

## I'll Be Home for Christmas

**Dec. 12, 19: Santa Claus and the Magical Moon Dragon** On Christmas Eve, a young boy, who just so happens to be a prince, travels to another planet on his trusty magical moon dragon — but things take a turn for the worse and he winds up trapped in Mr. Mooney's Department Store with no way out. Soon he finds out he's not alone — a little girl named Hope, some friendly elves, and Mrs. Claus are all stuck with him. They soon hatch a plan to escape in time for the big day — by calling Santa himself. There is no food served at these performances. 11 am, 1 pm, 3 pm. \$17. *Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford, 914-592-2222. [www.broadwaytheatre.com](http://www.broadwaytheatre.com)*

## New Years Noisemakers

**Dec. 28: Bossy Frog** What better way to ring in the new year than with a six-foot-tall dancing — and music making — frog. The award-winning children's band celebrates the season by playing all sorts of snazzy tunes on the banjo, bass, and fiddle. As a part of the popular Milk and Cookies series, the performance ends with scrumptious snacks for attendees. 11 am. \$15. *Nyack Center, 58 Depew Ave., Nyack, 855-278-7762. [www.artsrock.org](http://www.artsrock.org)*



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12

# CULINARY Creators



## Yolo Bistro

260 North Road  
Poughkeepsie, NY 12601  
845.345.9230  
[www.yolobistro.com](http://www.yolobistro.com)

**About Chef Joseph Barlow**

**Where were you born?**  
Salford "England"

**What is your chef training?** Self taught

**What would you do if you weren't a chef?** Not sure, food has always been a part of my life. Probably a bodyguard or a MMA fighter.

**Besides where you work, what is your favorite restaurant in the Hudson Valley?** Schatzi's Pub Bier Garden

**What is the best kept secret about being a successful chef?** Have fun with what you do!

**What are three ingredients you can't live without?** Pork, salt, and oil

**What is your favorite beverage?** Any kind of beer or bourbon – well alcohol

**When did you start working at this establishment?** Opened April 16th

**What is the best thing about working at your establishment?** Being the chef/ owner. Also having a great staff!

**What is your signature dish?** Salmon Napoleon, Bonsai Tree Appetizer, Crab Rangoons, Graham Cracker Calamari – Take your pick.

*Continued from page 42*

a Zen mind space and focus on the distance and not think about anything else.”

With a major in anthropology and a minor in studio art from the University of Virginia, Jones didn't seem destined for farming but took the plunge when she realized she preferred being outside to having a desk job. “Growing food is a primal activity,” she says.

Similarly, Brandt, who previously worked on the Poughkeepsie Farm Project and on a farm in her native Connecticut, earned a BA in environmental science. When she broke the news to her parents that she wanted to go into farming, they were taken aback at first. “They were like, ‘Why do you want to be a manual laborer?’” she recalls. “But now they're proud.”

Parker grew up in southern Virginia and North Carolina and always thought she'd be a sculptor, having earned her BFA from University of North Carolina at Chapel Hill. When she went to teach art at a charter school in DC, part of the job involved gardening with the kids. “It was life-changing,” she says. “I had a lot of friends who were working on farms — it was kind of hip, a young move-



ment.” She then went to work on a farm in Virginia, spent time with farmers in Guatemala and worked at a farmer's market in Brooklyn prior to heading upstate, to work on a sheep farm in Washington County. “I don't even feel like I could do sculpture anymore,” she says while digging potatoes out of the dirt and gesturing to her dog Loretta, the Brittany spaniel mix by her side. “She's the farm's morale officer.”

Loretta is a big help when it comes to chasing down farm pests like groundhogs and mice. And this is definitely a plus when you're running an organic farm and can't just spray away your problems. Instead, deer fencing and row covers (made of synthetic fabric that allows light and water penetration but keeps pests off) are key parts of the solution.

Such a smooth-running venture doesn't happen overnight. The partners spent a year crafting a business plan that would qualify them for a loan, then it was imperative that they turn a profit right away.

“If people want to buy it, then we try to figure out a way to grow it organically,” says Jones. But sometimes they take a chance, by growing something unique, hoping it'll catch on. “Right now, we're growing pea and radish shoots for wholesalers who buy big amounts. But for our own CSA and winter CSA, that's a different market. People want hardy, delicious, basic stuff they can cook with.”

“Having the market of New York City is unique,” says Parker. “And that's key to how we can grow our business.”



Jonathan Lipkin, Professor of Digital Media, working with a Ramapo College student on a digital film project.

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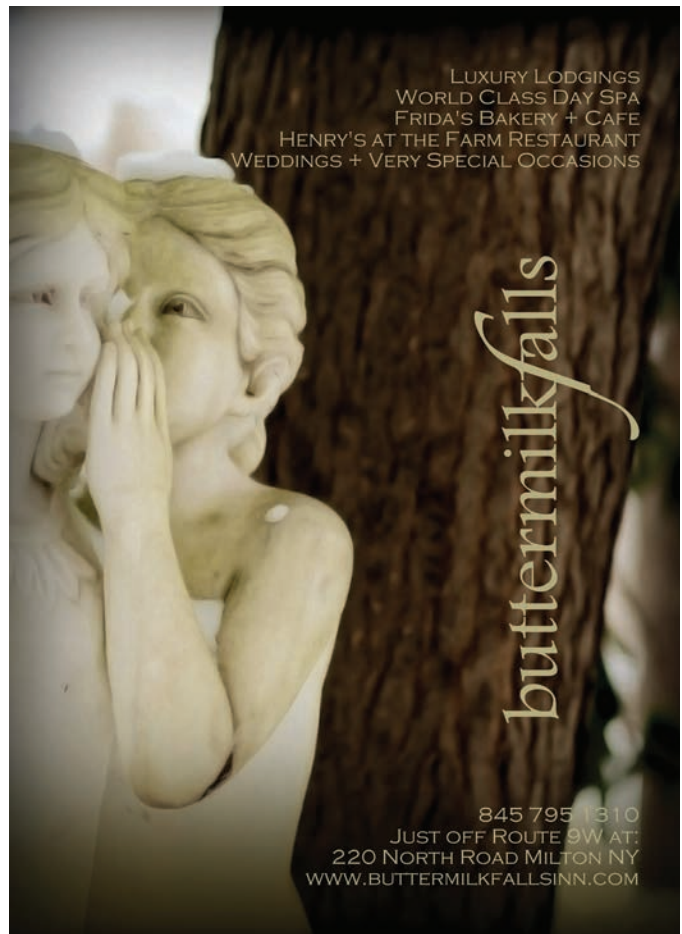
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**When it comes to holiday parties, making it unique is what makes it memorable.**

*Take advantage of what is local*

“Go back to the true traditions of the holidays by making the most of what the Hudson Valley has to offer,” suggests George Gorsky, General Manager of Tuthill House at the Mill. “At Tuthill House, the menu is inspired by American country cooking, featuring fresh, local artisan products and ingredients. It harkens back to the holidays of yesteryear while celebrating the bounty of today’s harvests right here in the valley, everything from vegetables and fruits for every course to your wine with the meal.”

*Sweeten the mood*

“In our house we go by the saying ‘Just Add Crown Maple Syrup’ and your party will be ‘sweet,’” says Crown Maple Syrup’s Lydia Turner. “Plenty of tasty food offerings always set the proper mood for guests. Try a new twist on a classic cocktail like ‘Maple Old Fashioned’ made with a ½ ounce of Crown Maple Syrup. You can also try one of our ‘Maple in a Minute’ recipes from our website. These are extremely tasty recipes that will make any party better!”

When the holiday parties begin to feel like they will never stop, people start worrying about enjoying all the goodies at the party. “Mix it up with some healthier options like a fresh fruit arrangement,” suggests Aislinn Smith of Edible Arrangements in Kingston and Poughkeepsie. “The Edible Grand Collection features a variety of ultra-elite arrangements to impress and feed large parties. This provides choices for those with gluten restrictions or just those who want a fun and exciting way to eat healthy while still celebrating.”

*Fun doesn’t have to go over budget*

The motto at SOHO Bar and Grill in Middletown is “Deliciously casual, absolutely affordable.” Scott Rowe, General Manager, encourages party planners to think outside the box and consider a brunch instead of a dinner or a collection of appetizers rather than a sit-down meal. “At SOHO’s, we have menu items to tantalize everyone’s taste buds without breaking the bank. Explore our options of gourmet pizza, innovative burgers, seafood, steak, and more.”

*Delegate*

“The holidays can get hectic. Juggling work, social gatherings, and family obligations can be overwhelming,” says C.J. Hartwell-Kelly, General Manager of Frida’s Bakery & Café in Milton. “Don’t be afraid to delegate! Let your favorite restaurant or bakery help you make the perfect meal. Many Hudson Valley restaurants and cafés offer pre-ordered breads, pastries, and meals that can allow you to spend more time enjoying the season with your loved ones and out of the kitchen. Frida’s will have treats, pies, and breads available for pre-order so be sure to check us out!” “Let our family treat you like family,” says Roy Benich of Le Chambord. “In Hopewell Junction for more than 25 years, we have become a tradition. Some celebrate right on the holiday. Others gather throughout the month to bring extended families together. Be sure to book early. Our Open House Holiday Party for small businesses and good friends is on December 5. Our New Year’s Eve Gala will be in the Grand Ballroom.”

*Add some bling*

“For the perfect party you need bling—diamonds, diamonds, and more diamonds,” quips Michael Halpy of Hannoush Jewelers in

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Hudson Plaza  
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(845) 463-3900

www.ediblearrangements.com

### Frida's Bakery & Café

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### Hannoush Jewelers

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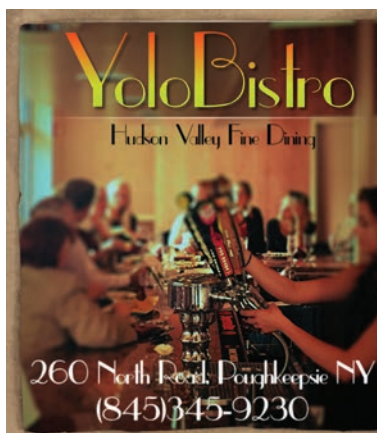
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Welcome to our popular **Ask the Experts** program, an annual feature showcasing some of the area's most respected doctors and dentists. In fact, our panel of experts features only those professionals who have the distinction of being recognized as a *Top Doctor* by *Castle Connolly Medical Ltd* as a *Top Dentist* by *topDentists, LLC™*. Each panelist will provide meaningful insights into their medical specialty, as well as answers to the questions that matter most to our readers. This exciting feature will be available online **December 1, 2015** and throughout the year by visiting:

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## BREAST SURGERY

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Dyson Breast Center  
21 Reade Place, Second Floor  
Poughkeepsie, NY 12601  
845-214-1840  
[www.healthquest.org/breastcancer](http://www.healthquest.org/breastcancer)

**Q&A TOPIC: Breast Cancer Surgery**



## CARDIOLOGY, CRITICAL CARE, INTERNAL MEDICINE

### Simon Gorwara, MD, FACC

Vassar Brothers Medical Center  
The Heart Center  
1 Columbia Street  
Poughkeepsie, NY 12601  
845-473-1188  
[www.healthquest.org/heartcenter](http://www.healthquest.org/heartcenter)

**Q&A TOPIC: Interventional Cardiology**



## CARDIOLOGY, INTERNAL MEDICINE

### John T. Respass, MD, FACC

Vassar Brothers Medical Center  
Northern Dutchess Hospital  
The Heart Center  
1 Columbia Street  
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**Q&A TOPIC: Cardiac Electrophysiology**



## CARDIOLOGY, INTERNAL MEDICINE

### Lawrence W. Solomon, MD, FACC

Vassar Brothers Medical Center  
Northern Dutchess Hospital  
The Heart Center  
1 Columbia Street  
Poughkeepsie, NY 12601  
845-473-1188  
[www.healthquest.org/heartcenter](http://www.healthquest.org/heartcenter)

**Q&A TOPIC: Heart Valve Disease**



## CARDIOLOGY, INTERNAL MEDICINE

### David J. Weinreich, MD, FACC

Vassar Brothers Medical Center  
Northern Dutchess Hospital  
The Heart Center  
1 Columbia Street  
Poughkeepsie, NY 12601  
845-473-1188  
[www.healthquest.org/heartcenter](http://www.healthquest.org/heartcenter)

**Q&A TOPIC: Nuclear Cardiology**



## CARDIOTHORACIC SURGERY

### Mohan R. Sarabu, MD, FACS, FACC

Vassar Brothers Medical Center  
Health Quest Medical Practice  
1 Columbia Street  
Poughkeepsie, NY 12601  
845-483-0100  
[www.healthquest.org/hearthealth](http://www.healthquest.org/hearthealth)

**Q&A TOPIC: Cardiothoracic Surgery**



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**Q&A TOPIC: Cosmetic/Smile Makeovers**



**GENERAL SURGERY,  
 COLORECTAL SURGERY**

**John Choi, MD**  
 Vassar Brothers Medical Center  
 Northern Dutchess Hospital  
 Health Quest Medical Practice  
 21 Reade Place, Third Floor  
 Poughkeepsie, NY 12601  
 845-214-1800  
 www.healthquest.org/davinci

**Q&A TOPIC: Robotics in Cancer Care**



**INTERNAL MEDICINE**  
**Michelle L. Abis, MD**

Northern Dutchess Hospital  
 Health Quest Medical Practice  
 31 Springbrook Park  
 Rhinebeck, NY 12572  
 845-876-4432  
 www.healthquest.org/primarycare

**Q&A TOPIC: Lifestyle Changes for Diabetes**



**MATERNAL AND FETAL MEDICINE,  
 OBSTETRICS & GYNECOLOGY**

**Kimberly A. Heller, MD**  
 Vassar Brothers Medical Center  
 Health Quest Medical Practice  
 21 Reade Place, First Floor  
 Poughkeepsie, NY 12601  
 845-214-1821  
 www.healthquest.org/obgyn

**Q&A TOPIC: Maternal Fetal Medicine**



**NEUROLOGY**  
**Fabio Danisi, MD**

MidHudson Regional Hospital  
 241 North Road  
 Poughkeepsie, NY 12601  
 845-483-5951  
 www.midhudsonregional.org

**Q&A TOPIC: Movement Disorders**



**OBSTETRICS & GYNECOLOGY,  
 ONCOLOGY**

**Patrick F. Timmins III, MD**  
 Vassar Brothers Medical Center  
 New York Oncology Hematology, PC  
 319 South Manning Boulevard, Suite 301  
 Albany, NY 12208  
 518-458-1390  
 www.healthquest.org/obgyn

**Q&A TOPIC: Gynecologic Oncology**



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# Food & Drink

Open for Business **115** Nibbles **116** The First Draft **117** Restaurant Listings **118**



**Fondant Fun!** Elevate your holiday cupcakes by adding fondant decorations.

SMALL BITES

## Holiday Treats

Sure, we all like getting presents, but one of the best parts of the entire season is the opportunity to indulge in some traditional sweet treats. Here, we've rounded up three classic holiday dessert recipes that will have you singing "Fa la la" in no time. Happy Baking!



# Gigi's Gingerbread With Whipped Cream

**GINGERBREAD:**  
SERVES EIGHT

- 1½ cups all-purpose flour (plus more for the baking pan)
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon fine salt
- ½ cup (1 stick) unsalted butter, softened (plus more for the baking pan)
- ½ cup granulated sugar
- 1 large egg
- ½ cup molasses
- ½ cup boiling water

**WHIPPED CREAM**

- ½ cup chilled heavy cream
- 2 tablespoons confectioners' sugar

**Fuller's Fave**

Hudson Valley resident Nancy Fuller, star of the popular Food Network show *Farmhouse Rules*, shares a recipe for gingerbread — which she dubs a forgotten favorite — from her new cookbook.



**“When warm, the gingerbread is light and cakey—delicious. If you let it cool and cover it for half a day or so, it becomes very moist, and the spicy flavor stands out even more — equally delicious but a different cake altogether.”**

**— Food Network star Nancy Fuller**

**For the Gingerbread**, preheat oven to 350°F. Butter and flour an 8-inch-square baking pan and line the bottom with parchment paper. Sift flour, baking soda, ginger, cinnamon, cloves, nutmeg, and salt onto a piece of parchment paper. In a mixer fitted with the paddle attachment, beat the butter and granulated sugar on medium-high speed until light and fluffy, about one minute. Add the egg and beat until combined. Add the molasses and beat until combined. Reduce speed to low and pour in the flour mixture in three additions, alternating with the boiling water, beginning and ending with the flour. Mix on medium-high for 10 seconds, to smooth out batter. Scrape mixture into the prepared pan. Bake until a toothpick inserted into the center of the gingerbread comes out clean, 30–35 minutes. Let cool for 15 minutes.

For the **whipped cream**, beat the cream in a clean mixer bowl with the whisk attachment on medium-high speed until frothy. Add the confectioners' sugar and beat until soft peaks form, about one minute. Serve the squares of gingerbread with dollops of whipped cream.



## OPEN FOR BUSINESS

A Haverstraw favorite is back and better than ever after Hurricane Sandy.

By **JILLIAN PHIPPS**

**R**ocklandites rejoice! Hurricane Sandy may have washed away one of your favorite Haverstraw eateries, Civile's Venice on the Hudson, but after a little elbow grease and some TLC, the Haverstraw mainstay is back — with a brand-new name. 16 Front Street was a work in progress throughout the first half of 2015, undergoing a complete overall after Sandy's devastating romp through the



restaurant. This riverfront eatery, which opened in June, is more than double the size of its predecessor, with a lively dining room that seats 70 for lunch and dinner, a family-friendly outdoor patio for 60, and a bar that serves 20 (we're dying for another Mojito!).

Diners enjoy casual American fare, like seafood tacos, the always-popular coconut shrimp, and the mighty 16 Front Street Burger, topped with goat cheese, spinach, roasted red peppers, red onions, and basil mayo. Sprawling views of the Hudson make it the perfect locale for a date-night rendezvous, drinks with the girls, or family sit-downs. Don't miss the live music on weekends. 845-942-1616

# Linzer Cookies

These nutty cookies, a traditional European Christmas treat, can be made with a wide variety of jams.

MAKES ABOUT THREE  
DOZEN COOKIES

¾ pound (3 sticks) unsalted butter  
1¼ cups granulated sugar  
¼ teaspoon pure vanilla extract  
Pinch of salt  
2 eggs  
3 cups cake flour  
2½ teaspoons ground cinnamon  
2 cups fine cake crumbs or plain dry bread crumbs  
2 teaspoons baking powder  
2½ cups hazelnuts, toasted, skins removed, and ground  
Confectioners' sugar, as needed, for garnish  
Raspberry jam, as needed, for filling

**1.** In the bowl of a stand mixer fitted with a paddle attachment, cream the butter, sugar, vanilla, and salt on medium speed until light and fluffy, about 5 minutes.

**2.** Gradually add the eggs, scraping down the bowl after each addition. Reduce the speed to low.

**3.** Sift the flour, cinnamon, cake crumbs, and baking powder together into a medium bowl. Add to the creamed mixture all at once and mix just until incorporated. Scrape down the bowl as needed.

**4.** Add the hazelnuts and mix just until combined. Divide the dough into two equal pieces, wrap in plastic wrap, and refrigerate until chilled, about 15 minutes.

**5.** While the dough is chilling, preheat the oven to 350°F. Line two baking sheets with parchment paper.

**6.** On a lightly floured surface, roll out the chilled dough to about ¼-inch thick. Cut rounds of dough using a fluted circular cookie cutter. Use a smaller cutter to cut a hole in half of the rounds. Transfer the cookies to the prepared baking sheets, spacing them about 1½ inches apart. As you are working, reserve the scraps so that they may be rolled again and cut.

**7.** Bake until lightly golden brown, 8 to 10 minutes.

**8.** Allow the cookies to cool for a minute on the baking sheets, then transfer, using a spatula, to a cooling rack and allow to cool completely.

**9.** Sift confectioners' sugar over the cooled cookies. Coat the cookies without holes lightly and the ones with holes thoroughly. Pipe or spread a thin layer of jam on the cookies without holes. Top with the remaining cookies and press gently to secure.

**10.** Store the cookies in an airtight container.

Pistachio Linzers: Substitute an equal amount of pistachios for the hazelnuts.

This recipe is from *Cookies at Home With the Culinary Institute of America* (Wiley, 2011). It is available for purchase at bookstores nationwide or at [www.ciaprochef.com/fbi.books/CookiesAtHome.html](http://www.ciaprochef.com/fbi.books/CookiesAtHome.html)



## Cool Christmas Cupcakes

Wow your friends with flavorful cupcakes decked out with fancy fondant.

Get creative this holiday season by decking the halls with fondant ornaments and cupcake toppers. Chef Kate Cavotti, an instructor at the Culinary Institute of America, suggests making carrot cake cupcakes with fondant or cream cheese icing as a base for the decorations.

Purchase ready-made fondant from your local craft store, and use a cookie cutter to cut out fondant shapes. Remember, the fondant will need a few hours to dry and harden. Dip the cupcake in a bowl of powdered sugar or shredded coconut to make it look like glistening snow before placing the fondant decoration on top. Chef Cavotti suggests sticking a toothpick in back of each decoration to ensure that it stands up straight.

### CARROT CAKE

MAKES 24 CUPCAKES

4 cups cake flour  
4 teaspoons baking soda  
2 teaspoons iodized salt  
2 teaspoons ground cinnamon  
2½ cups canola oil  
3½ cups sugar  
8 large eggs  
4 teaspoons vanilla extract  
10 medium carrots, peeled and grated (about 6 cups grated)

Preheat the oven to 350°F. Prepare pans with cupcake liners. Sift the flour, baking soda, salt, and cinnamon together and reserve. Mix the oil, sugar, eggs, and vanilla together with a handheld beater or paddle attachment on medium speed until all ingredients are thoroughly combined, about one minute. Add the sifted ingredients and mix on low speed until just incorporated. Stir in the carrots by hand. Divide batter evenly. Bake the cupcakes until a skewer inserted near the center comes out clean, about 25 minutes. Let the cupcakes cool in the liners for a few minutes before turning out onto wire racks to finish cooling. The cupcakes are ready to fill and frost now, or they can be wrapped and stored at room temperature for two days or frozen for up to three weeks.

### BUTTERCREAM ICING

MAKES ABOUT 4 CUPS

1 cup (2 sticks) unsalted butter, at room temperature

4 cups confectioners' sugar, sifted, plus extra as needed  
1 teaspoon vanilla extract  
¼ teaspoon salt  
¼ cup heavy cream or whole milk, plus extra as needed

In a stand mixer fitted with the paddle attachment, cream the butter on medium speed until it is very light in texture, about two minutes. Add the confectioners' sugar, vanilla extract, and salt and mix on a low speed until the sugar and butter are blended, scraping down the bowl with a rubber spatula as needed. Increase the speed to medium and, with the mixer running, add the cream in a thin stream. Increase the speed to high and whip the buttercream until very smooth, light and with a good spreading consistency. Adjust the consistency if necessary by adding a bit more confectioners' sugar or cream. Note: Once blended, buttercreams can be stored in the refrigerator for up to two weeks. To use after refrigeration, let the buttercream soften at room temperature for about 15 minutes. Transfer it to the bowl of a stand mixer and beat with the paddle attachment until it has a smooth, light spreading consistency, three to four minutes.

### CREAM CHEESE ICING

MAKES ABOUT 4 CUPS

2 eight-ounce packages of cream cheese, softened  
8 ounces (2 sticks) unsalted butter, softened  
1¼ cups confectioners' sugar, sifted  
1 tablespoon vanilla extract

Mix cream cheese in a stand mixer fitted with the paddle attachment on medium speed until very smooth. Add butter in stages and continue to mix until very smooth, about 3 minutes. Scrape down the bowl as needed to blend evenly. Add the confectioners' sugar and mix on low speed until blended. Beat on high speed until light and fluffy, about 5 minutes. Add vanilla and mix until completely blended. Chef's Note: To make lemon cream cheese icing, add the grated zest of one lemon to the icing with the vanilla.

Cream Cheese Icing recipe courtesy of The Culinary Institute of America. For more decorating tips, check out the CIA's *Cake Art* cookbook (2008, Lebharr-Friedman).



## Nibbles

**The Holiday Market at Bethel Woods** is back on Dec. 5-6. Browse through various specialty food, craft, and art vendors, and finish up your holiday shopping. ([www.bethelwoodscenter.org/events/detail/holidaymarket](http://www.bethelwoodscenter.org/events/detail/holidaymarket))

The Ristorante Caterina de' Medici at the CIA hosts its **Black and White Truffle Dinner** on Dec. 9. Join the experts from Sabatino Truffles and Italian wine specialists to learn about the pairing of these two delights, and enjoy a five-course meal featuring Northern Italy's most rare ingredients. ([www.ristorantecaterinademedici.com/events](http://www.ristorantecaterinademedici.com/events))

It's the most wonderful time of the year — to spice up your soups, that is. Learn how to perk up your soup repertoire at Home Cooking NY – Beacon's, **The Best Winter Soups** on Dec. 9. Incorporate the flavors of Mexico, India, and Italy to create soups like Tuscan Ribollita and curried butternut squash with parsnip and pear. ([www.homecookingny.com/beacon](http://www.homecookingny.com/beacon))



JENNIFER MAY

Enjoy Christmas dinner the French way. The CIA's **A French Champagne Christmas** on Dec. 10 at the Bocuse Restaurant on campus will serve up a bevy of Champagnes while guests savor traditional French dishes like foie gras terrine, duck pithivier, roast lamb, and more. Bon appétit! ([www.bocuserestaurant.com/events/#afcc](http://www.bocuserestaurant.com/events/#afcc))



*The First Draft*

# SPREADING THE BEER

Craft brewers toast the holidays with heartier brews. **BY DEREK DELLINGER**



“Our normal Beanhead is one of our best-selling beers,” says Dan Hitchcock, owner and brewmaster of Rushing Duck. “We figured for the coldest months of the year, it would make sense to bump the alcohol up to 9.5%, so it could be a little more warming.”

To commemorate the holidays and its 200th batch brewed, Poughkeepsie’s Mill House Brewing Co. is releasing *Dos Cien Cerezas* — Spanish for “two hundred cherries.” In a strong beer, fruit can make for a perfect winter treat, forming a contrast between rich, boozy malts and the tart, vibrant juice character. While the batch may not have used exactly 200 cherries, the 14 kilos of sour morello cherries and 10 different malts that went into the beer make for a “hearty body and just enough alcohol for the cooler days and nights,” says brewer Jamie Bishop. Such a complicated grain bill — most beers are only brewed with a handful of different grains — will add a hefty richness and stone fruit-like character. The cherries will steer it in an even more fruity direction.

With its catchy name, Schmalz Brewing Co. in Clifton Park would be expected to light up Hanukkah and other holiday celebrations with a collection of cleverly named kosher beers. Available for a limited holiday release (although longer than the Festival of Lights’ eight nights), the beers are crafted to go well with such chosen specialties as fried latkes (potato pancakes) but also with many other comfort foods, says company founder Jeremy Cowan. Among the holiday beers available locally to celebrate all miracles are its “Hanukkah, Chanukah Pass the Beer,” a dark ale brewed with eight malts and eight hops; a holiday variety 12-pack “Shtick in a Box”; and the company’s annual debut of a new “Jewbelation” ale, which this year, its 19th, is brewed with 10 malts and 9 hops. “Come on bubbe, light my fire!” as one of its labels urges.

**I**n winter, most of us are in need of beverages that are a little heartier; a Pilsner that’s perfect at the beach doesn’t quite hold up to two feet of snow and frigid temperatures.

Though there’s no historic definition of what a winter beer actually is, craft brewers have been happy to shape their own. The end of the year sees beer shelves stocked with many holiday ales, in a dozen different shades. The typical holiday beer — like its fall seasonal cousin, pumpkin beer — is often sweet, malty, and heavily spiced with seasonal flavors like cinnamon and nutmeg. Many smaller brewers take a broader approach, finding that a variety of flavors hold up to the cold. The perfect winter beer for some may be as straightforward as a roasty stout or malty strong ale.

At Peekskill Brewery, new head brewer Matt Levy has quickly put his own spin on the eclectic offerings at this waterfront brewpub, churning out a remarkable number of new beers. Levy says that he’s been excited to brew *Howling Fantods*, an imperial stout utilizing an overnight boil. A second new release for the season is *Hangry Bock*, a traditional bock using all German malts and Peekskill’s house German lager yeast. Levy utilized German malts to add a classical sweetness appropriate for the style



**Holiday Brews**  
Local breweries are gearing up for the holidays with a variety of seasonal beers.

but brewed the beer to ferment out with very little residual sugar. The result is a beer that’s rich and hearty without being cloying.

“At the brewery we describe this beer as a ‘monastery-style bock,’ brewed for sustenance,” says Levy. “It’s protein rich and full-bodied enough to keep you warm, too.”

Chester’s Rushing Duck Brewing Co. is already known for one winter offering, its *Ded Moroz Imperial Stout*. This winter we will see another big, roasty contender from the brewery, as well: Rushing Duck is releasing a “double” version of its popular *Beanhead Coffee Porter*.



# Eating Out

The following list represents a selection of Hudson Valley restaurants, many of which are our advertisers. Specialties and hours are subject to change. Call ahead to check reservation policies and times. \$ Average entrée under \$10 \$\$ Average entrée \$15 \$\$\$ Average entrée \$20 \$\$\$\$ Average entrée \$25 or more

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## Dutchess

**ALOY'S ITALIAN RESTAURANT** Getting a slice of pizza at this establishment is equivalent to eating a slice of history: Opened in 1929, it is the oldest pizza parlor in the Valley. But it isn't limited to pies — the eatery is a full Italian restaurant that serves everything from chicken Gorgonzola to traditional pasta Bolognese that is prepared with veal, beef, and pork. Dinner Wed.-Mon.; lunch Thurs.-Fri. • *Poughkeepsie* — 157 Garden St. 845-473-8400. \$\$ [www.aloysrestaurant.com](http://www.aloysrestaurant.com)

**ANOTHER FORK IN THE ROAD** This diner/restaurant derives its name from the 31-foot-tall dinner fork stuck in the ground at a nearby intersection. Dishes like scallops with corn salad, tomato panzanella, handmade mozzarella, and the Fork Burger satisfy many a hungry customer. All meals Thurs.-Mon. • *Milan* — 1215 Rte. 199. 845-758-6676. \$\$\$-\$\$\$ **review** Sept. 2012

**AROI THAI RESTAURANT** Bright, airy rooms with hardwood floors create an ideal environment for traditional Thai cuisine. Popular entrées include Panang duck, pad Thai, and red curry chicken — all prepared with fresh and authentic ingredients. Lunch Thurs.-Mon., dinner daily. • *Rhinebeck* — 55 E. Market St. 845-876-1114. \$\$-\$\$\$ [www.aroirestaurant.com](http://www.aroirestaurant.com)

**AROMA OSTERIA** From the crusty bread served with olive oil; through the hearty pastas and inventive meat, fish, and seafood dishes; to the perfect tiramisu, Chef Eduardo Lauria's rustic fare is as authentically Italian as it gets. Lunch & dinner Tues.-Sun. • *Wappingers Falls* — 114 Old Post Rd. 845-298-6790. \$\$\$ [www.aromaosteriarestaurant.com](http://www.aromaosteriarestaurant.com)

**AVOCADOS** Housed in a bright orange building, this eatery serves up family-friendly Mexican cuisine with a modern twist. Naturally, avocados reign supreme with tableside guacamole and avocado fries emerging as fan favorites both here and at their sister location in Cornwall. Lunch & dinner daily. • *Fishkill* — 213 Rte. 82. 845-896-3020. \$\$-\$\$\$ [www.avocadosfishkill.com](http://www.avocadosfishkill.com)

**BABYCAKES** A favorite of Vassar students and local residents alike, this neighborhood hang-out earned its loyal following through its strong New American menu. Thyme-roasted chicken and goat cheese rounds share the spotlight with the likes of Babycakes' famous burger and rigatoni Bolognese. Customers also enjoy the full bar and six beers on tap. All meals Tues.-Sat., Sun. breakfast & lunch. • *Poughkeepsie* — 1-3 Collegeview Ave. 845-485-8411. \$\$-\$\$\$ ✦ [www.babycakescafe.com](http://www.babycakescafe.com)

**BABETTE'S KITCHEN** "Simply good food" is the mantra at this gourmet market/coffee shop. Enjoy shepherd's pie, oven-fried chicken with hoppin' John,

or focaccia pizza; the locally roasted organic coffee pairs well with fresh baked muffins and biscuits. All meals Wed.-Mon. • *Millbrook* — 3293 Franklin Ave. 845-677-8602. \$ [www.babetteskitchen.com](http://www.babetteskitchen.com)

**IL BARILOTTO** An offshoot of Aroma Osteria, this more-intimate spot is set in a 19th-century brick building and offers Italian dishes (pappardelle with duck confit, sausage and pine nut-stuffed quail) with a contemporary flair. Lunch & dinner Mon.-Sat. • *Fishkill* — 1113 Main St. 845-897-4300. \$\$\$ [www.ilbarilottorestaurant.com](http://www.ilbarilottorestaurant.com)

**THE BLUE FOUNTAIN** With an illuminated outdoor fountain and authentic Mediterranean dishes and décor, this restaurant allows guests to feel as if they've been transported to Italy. Sole fiorentina, veal Sinatra, chicken marsala, zuppa di pesce — along with other favorites — dominate the menu. Lunch Tues.-Fri., dinner daily. • *Hopewell Jct.* — 826 Rte. 376. 845-226-5570. \$\$\$ ✦ [www.thebluefountain.com](http://www.thebluefountain.com)

**BIG W'S ROADSIDE BAR-B-Q** Fancy it's not, but those in search of tasty comfort food will rejoice in Big W's beef brisket; sloppy ribs; and the popular Slow Chicken, which is smoked for up to six hours. Traditional homemade sides and huge portions add to the down-home appeal. • *Wingdale* — 1475 Rte. 22. 845-832-6200. \$-\$\$\$ [www.bigwsbbq.com](http://www.bigwsbbq.com)

**BRASSERIE 292** With its white tile walls and restored tin ceiling, this hip new spot on Poughkeepsie's "Restaurant Row" offers French-influenced bistro cuisine in a casually elegant environment. The raw bar features oysters and clams along with lobster, mussels, and shrimp. But the ribeye and steak frites have their fans, too. And the white marble bar offers a fine selection of wines and craft beers. Lunch weekdays, dinner Mon.-Sat., brunch Sun. • *Poughkeepsie* — 292-294 Main St. 845-473-0292. \$\$\$-\$\$\$\$ [www.brasserie292.com](http://www.brasserie292.com)

**CAFÉ AMARCORD** Italian-inspired dishes — Parmesan tempura green beans with herb aioli, seared foie gras with cranberry-apple chutney — offer a taste of the boot with a global scope. The ochre-colored interior and low lights make for a romantic atmosphere. Lunch & dinner Tues.-Sun. • *Beacon* — 276 Main St. 845-440-0050. \$\$\$ ✦ [www.cafeamarcord.net](http://www.cafeamarcord.net)

**CAFÉ MAYA** The family-friendly atmosphere complements this spot's regional Mexican menu. Authentic cochinita pibil (a traditional meal of slow-roasted pork) and steak fajitas are customer favorites. Sister restaurant Maya Café can be found in Fishkill. Lunch & dinner daily, brunch on weekends. • *Wappingers Falls* — 2776 W. Main St. 845-632-3444. \$\$ ✦ [www.mayacafecantina.com](http://www.mayacafecantina.com)

**LE CHAMBORD RESTAURANT-INN** A Valley mainstay for more than a quarter century, this romantic Georgian Colonial-style restaurant has kept up with the times with its recently revamped menu, which offers American-Continental fare (rack of lamb, short ribs, souffles) a new bistro menu (soups, salads and sandwiches), and a special anniversary three-course dinner. Lunch Mon.-Fri., dinner daily, Sun brunch. • *Hopewell Junction* — 2737 Rte. 52. 845-221-1941. \$\$\$ [www.lechambord.com](http://www.lechambord.com)

**CHARLOTTE'S** The country European menu changes daily, and emphasizes fresh produce. Popular favorites include rack of lamb, venison medallion with potato gratin, and salmon in a lime dill beurre blanc. Lunch Fri.-Sun., dinner Wed.-Sun., Sunday brunch. • *Millbrook* — 4258 Rte. 44. 845-677-5888. \$\$\$ ✦ [www.charlottesny.com](http://www.charlottesny.com)



**Brothers Barbecue** Gavin, Jamie, and Chris Farella know a thing or two about down-home cooking. The brothers learned all about Eastern Carolina barbecue during summers spent with their family in Beaufort, NC. And after a road trip that had them sampling the finest BBQ from Kansas City all the way to Texas, the boys ventured back to NY to develop their own recipes. Brothers Barbecue in New Windsor showcases the boys' recipes, dishing out everything from smoked beef brisket to St. Louis and baby back ribs, wings, and smoked chicken. The made-from-scratch sides, like the Brothers Famous Mac-n-Cheese and Big Jay's Collard Greens, go perfectly with the chopped BBQ pulled pork. *New Windsor* — 2402 Rt. 32. 845-534-4227. \$\$-\$\$\$ [www.thebrothersbarbecue.com](http://www.thebrothersbarbecue.com)

**CINNAMON INDIAN BISTRO** Mixing the delicacies of India and Sri Lanka, this eatery offers spicy creations typical of those regions, like bagari jinga (shrimp flavored with garlic, mustard seeds, and curry leaves) and the ever-popular tandoori chicken. Lunch and dinner daily. • Rhinebeck — 8556 Rte. 9. 845-876-7510. \$\$-\$\$\$ www.cinnamoncuisine.com

**CLANCY'S CAFE AND CREAMERY** This casual eatery combines two of humanity's favorite things: ice cream and wine. Five of its 29 ice cream flavors feature wines like Zinfandel, Riesling, and Pinot Grigio. Dishes that go along with these treats include quesadillas, roast beef melts, BLTs, and salads. All meals daily. • Hyde Park — 815 Violet Ave. 845-229-9866. \$\$ www.clancyscafeandcreamery.com

**THE CORNER** Located inside the century-old Hotel Tivoli, this Mediterranean farm-to-table eatery serves up the best of the Valley's produce. Chef Devon Gilroy has provided an ever-changing seasonal menu, which includes such delicacies as cumin roasted chicken breast with preserved lemon and olives, as well as seared arctic char with razor clams, maitake mushrooms, and parsnip. Dinner Sun.-Fri.; brunch Sat.-Sun. Closed Tues. • Tivoli — 53 Broadway. 845-757-2100. \$\$\$\$ www.hoteltivoli.org

**COSIMO'S TRATTORIA** This casual eatery has five big rooms, soaring ceilings, and Tuscan-style décor. The New World Italian menu features favorites such as grilled chicken penne, skillet-seared salmon, and wood-fired pizza. Winner of 2004 Sonnenschmidt award for best restaurant. Lunch & dinner daily, Sunday brunch. • Poughkeepsie — 120 Delafield St. 845-485-7172. \$\$-\$\$\$ www.cosimospoughkeepsie.com

**COYOTE GRILL** Bring your appetite to this eatery, which highlights eclectic New American fare — from Tex-Mex egg rolls and nachos to "big bowls" of pasta and rice dishes. Lunch & dinner daily, brunch on weekends. • Poughkeepsie — 2629 South Rd. 845-471-0600. \$\$-\$\$\$ www.coyotegrillny.com

**CRAFTED KUP** Grab a just-brewed coffee or tea (or a fruit smoothie) and a fresh pastry at this comfortable coffee house that offers a congenial sitting area and complimentary Internet access. Favorite offerings include the Cafe Miel (a latte with honey and cinnamon) and gluten-free selections. An added bonus: All coffees are certified organic and locally roasted. Open daily. • Poughkeepsie — 44 Raymond Ave. 845-483-7070. \$ www.thecraftekup.com

**CRAB RESTAURANT & LOUNGE** Exposed brick and decorative lighting give this restaurant a chic Manhattan look. The menu offers seasonal local foods prepared in unusual ways. Braised octopus with chorizo and smoked tomato vinaigrette, and New York strip steak with roasted eggplant and wild mushroom bread pudding are just a few of the specialties. Dinner Tues.-Sun., Sunday brunch. • Poughkeepsie — 129 Washington St. 845-452-3501. \$\$\$\$ review Oct. 2010 www.craverestaurantandlounge.com

**CREW RESTAURANT & BAR** Casual dining in a sophisticated atmosphere makes this eatery inviting for all ages. The diverse menu offers Continental American cuisine — with favorites like veal saltimbocca and pan-seared catfish — for both dine-in and take-out. Lunch & dinner daily, Sunday brunch. • Poughkeepsie — 2290 South Rd. 845-462-8900. \$\$-\$\$\$ www.crewrestaurant.com

**CULINARY INSTITUTE OF AMERICA** Students at the internationally renowned cooking school staff four on-campus restaurants and a bakery café. Closed most of July and during school breaks; reservations a must. **BOCUSE RESTAURANT** Traditional French cuisine with an updated, modern touch. Lunch & dinner Tues.-Sat. \$\$\$\$ **RISTORANTE CATERINA DE' MEDICI** Regional Italian dishes. Lunch & dinner Tues.-Sat. \$\$\$\$ **THE AMERICAN BOUNTY RESTAURANT** Regional specialties prepared with the Valley's freshest ingredients. Closed Sun.-Mon. \$\$\$ **APPLE PIE**

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**BAKERY CAFÉ** Scrumptious desserts and café fare served in a relaxed setting. Weekdays 8 a.m. - 6:30 p.m. \$ • Hyde Park — Rte. 9. 845-471-6608 [www.culinary.edu](http://www.culinary.edu)

**THE DAILY PLANET** Think your mouth is watering now? This '80s-inspired diner serves up more than just flavorful flapjacks. Appetizers, burgers, paninis — you name it, they've got it. The menu also comprises a vast salad selection, including an endive pecan & Gorgonzola cheese, a chicken walnut, and a steakhouse wedge. And for dessert? Everything you can imagine, including a bevy of locally sourced ice cream with overflowing — and overwhelming! — sundaes to match. Open daily. • LaGrangeville — 1202 Rte. 55. 845-452-0110. \$ ☼ [www.dailyplanetdiner.com](http://www.dailyplanetdiner.com)

**DARYL'S HOUSE** If you think the name sounds familiar — you're right. Legendary musician Daryl Hall has had so much success with his TV series *Live at Daryl's House*, that he opened a restaurant and concert venue with the same name — and even used the rustic location to film the series. Savory pastas, sizzling burgers, and mouth-watering steaks dominate the menu. However, you don't need to be a "Rich Girl" to chow down — the reasonably priced entrées and concert tickets make Daryl's House a go-to destination for stellar music and delectable dishes. Dinner Wed.-Sun. • Pawling — 130 Rte. 22. 845-289-0185. \$\$\$ [www.darylshouseclub.com](http://www.darylshouseclub.com)

**EVEREADY DINER** Classic diner fare: freshly roasted meats, home-baked pies, and milkshakes with ice cream produced at a local farm. Visitors to the village's historic sites come here for great service and



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can't-beat-'em prices. All meals daily, breakfast at any hour. • Hyde Park — 540 Albany Post Rd. (Rte. 9). 845-229-8100. \$-\$☼ [www.theevereadydiner.com](http://www.theevereadydiner.com)

**FLATIRON STEAKHOUSE** The dark wood floors and bluestone bar provide a relaxed setting for this steakhouse/fine dining spot. Besides a selection of prime steaks, the menu boasts options like caramelized sea scallops, molasses-braised pork belly, and duck burgers. Closed Mon.-Tues. • Red Hook — 7488 S. Broadway. 845-758-8260. \$\$\$ **review** Dec. 2008 [www.flatironsteakhouse.com](http://www.flatironsteakhouse.com)

**GIGI TRATTORIA** The stylish interior sets the stage for traditional and innovative Italian-Mediterranean fare that ranges from flatbread skizzas and panini to dishes like baby chicken roasted under brick with sausage. Open daily for lunch & dinner. • Rhinebeck — 6422 Montgomery St. 845-876-1007. \$\$ ☼ [www.gigitrattoria.com](http://www.gigitrattoria.com)

**THE HOP** Located in the heart of trendy Beacon, this hot spot serves country French cuisine — like chicken liver pâte — and myriad local cheeses and charcuterie. Customers also appreciate the tasting room complete with 250 craft beers, including nine on tap. Lunch & dinner Wed.-Mon. • Beacon — 554 Main St. 845-440-8676. \$-\$☼ [www.thehopbeacon.com](http://www.thehopbeacon.com)

**HUDSON'S RIBS & FISH** Let the nautical décor catch your eye as you choose from some of the Valley's freshest seafood. Meat lovers can try the hand-cut steaks or baby back ribs. Be careful not to fill up on their signature hot popovers served with strawberry butter. Dinner daily. • Fishkill — 1099 Rte. 9. 845-297-5002. \$\$\$ [www.hudsonsribsandfish.com](http://www.hudsonsribsandfish.com)

**HYDE PARK BREWERY** This all-American eatery pays homage to Hyde Park history with favorites like the FDR Grilled Garlic Steak Sandwich and Eleanor's Blackened Chicken Wrap. The menu is specially designed to complement the eight flavors of house-brewed beer, many of which are used as ingredients in the dishes on the menu. Lunch Wed.-Sun., dinner daily. • Hyde Park — 4076 Albany Post Rd. 845-229-8277. \$\$-\$☼ [www.hydeparkbrewing.moonfruit.com](http://www.hydeparkbrewing.moonfruit.com)

**LEO'S ITALIAN RESTAURANT** Leo's boasts a "menu to please all tastes," with signature dishes like grilled filet mignon with sautéed baby shrimp and portobello mushrooms. Chow down on gourmet pizza while enjoying the contemporary Tuscan setting. Lunch & dinner daily. • Wappingers Falls — 1475 Rte. 9D. 845-838-3446. \$\$\$-\$☼ [www.leospizzeria.com](http://www.leospizzeria.com)

**THE LOCAL RESTAURANT & BAR** Created by locals for locals, Chef Wesley Dier's dual-level restaurant focuses on regional recipes made from Valley products. Guests of the "country-chic" eatery enjoy signature dishes like sweet potato ravioli, grass-fed beef sliders, and banana bread pudding — as well as an all-American beer and wine list. Dinner Tues.-Sun. • Rhinebeck — 38 W. Market St. 845-876-2214. \$\$\$☼ **review** Apr. 2011 [www.thelocalrestaurantandbar.com](http://www.thelocalrestaurantandbar.com)

**LOLA'S CAFÉ & CATERING** Casual, modern American fare makes this the spot to go to for a fast lunch. Homemade soups, panini, and vegetarian sides are just some of the offerings available, although Thai spicy peanut noodles are a regular favorite. Off-premises catering is also available. Lunch Mon.-Fri. • Poughkeepsie — 131 Washington St. 845-471-8555. \$ [www.lolascafeandcatering.com](http://www.lolascafeandcatering.com)

**MAHONEY'S IRISH PUB & RESTAURANT** This two-story restaurant is housed in the former Vassar Brothers Brewery. Regulars love the Irish and American dishes, including marinated sirloin steak and Moira's Shepherd's Pie with Irish stout gravy. Lunch & dinner daily, brunch on weekends; entertainment four nights a week. • Poughkeepsie — 35 Main St. 845-471-3027. \$\$\$☼ [www.mahoneysirishpub.com](http://www.mahoneysirishpub.com)

**MAYA CAFÉ** Venture south of the border and savor favorites like en-chiladas de mole poblano and tacos de pescado. A mariachi band adds even more spice to the Mexican flavor on Friday and Saturday nights. Lunch & dinner daily, brunch on weekends. • Fishkill — 448 Rte. 9. 845-896-4042. \$\$ [www.mayacafecantina.com](http://www.mayacafecantina.com)

**McKINNEY & DOYLE FINE FOODS CAFÉ** This cozy storefront café, housed in an old brick building, attracts diners from the tri-state area who come for the award-winning brunch (the strawberry cream cheese pancakes draw raves), as well as lunch and dinner. Don't miss the desserts, pastries, and breads made from scratch at the adjoining Corner Bakery. Closed Mon., bakery open daily. • Pawling — 10 Charles Coleman Blvd. 845-855-3707. \$\$\$ [www.mckinneyanddoyle.com](http://www.mckinneyanddoyle.com)

**MILL HOUSE BREWING COMPANY** Brilliant brewing meets creative cuisine at this Poughkeepsie locale. The interior exudes a simultaneously rustic and classy vibe with its reclaimed wood features. Large glass windows give diners a peek into the brewery where several beer varieties are prepared. Patrons love the house-made sausages, BBQ brick-oven pizza, and buffalo fried oysters. Lunch & dinner Wed.-Mon. • Poughkeepsie — 289 Mill St. 845-485-2739. \$\$\$-\$☼ [www.millhousebrewing.com](http://www.millhousebrewing.com)

**PALACE DINER** Open 24/7, this family-friendly diner features a 1920s-style ambiance and a menu with something for everyone. All food is made from scratch daily; customer favorites include chicken walnut salad with cranberries and Gorgonzola, and the Red Fox Wrap (chicken tenders with smoked bacon and cheddar cheese). • Poughkeepsie — 194 Washington St. 845-473-1576. \$-\$☼ [www.thepalacediner.com](http://www.thepalacediner.com)

**POUGHKEEPSIE ICE HOUSE** Dine between the Mid-Hudson Bridge and the Walkway Over the Hudson

on Poughkeepsie's waterfront. This cozy restaurant serves sophisticated yet casual dishes, like spiced molasses filet mignon and blueberry almond bread pudding, making use of both international and local inspiration. Lunch and dinner daily. • *Poughkeepsie* — 1 Main St. 845-232-5783. \$\$\$ ✨ [www.poughkeepsieicehouse.com](http://www.poughkeepsieicehouse.com)

**LA PUERTA AZUL** Mexican fare with a modern twist is featured at this vibrant restaurant that sports a waterfall, hammocks, and a cantina. Tableside guacamole, coffee rubbed filet mignon, and sizzling fajitas are some of the most popular dishes. The daily happy hour (4-7 p.m.) and Friday night music keep the atmosphere lively. Lunch & dinner daily, Sun brunch. • *Millbrook* — 2510 Rte. 44. 845-677-2985. \$\$\$ [www.lapuertaazul.com](http://www.lapuertaazul.com)

**RED DEVON RESTAURANT & MARKET** The Valley's first "green" restaurant features muted colors and white tableclothes; the menu includes produce and meat from sustainable farms in the area. Lighter favorites include toasted hazelnut and goat cheese salad. Heartier appetites go for the handmade pastas: tagliatelle with creamy pesto, or mushroom and leek ravioli. Breakfast & lunch Thurs.-Sun. • *Bangall* — 108 Hunns Lake Rd. 845-868-3175. \$\$\$ [www.reddevonrestaurant.com](http://www.reddevonrestaurant.com)

**RED LINE DINER** From the Vanikiotis family comes this sleek, modern diner, which boasts an extensive menu of both traditional and contemporary dishes. Standing out above the rest are the Reuben sandwich, the double burger, and the Red Line Combo — an enticing blend of stuffed shrimp and steak. Open 24 hours every day. • *Fishkill* — 588 Rte. 9. 845-765-8401. \$\$ [www.dineatredline.com](http://www.dineatredline.com)

**ROSTICCERIA ROSSI & SONS** A Poughkeepsie staple since 1979, this family-owned deli brings customers authentic flavors of Italy through homemade mozzarella and imported meats and cheeses. Earning prime spots on the menu are the roast pork shoulder on focaccia, gnocchi bolognese, and prime rib roast with sautéed onions. Lunch and dinner Mon.-Sat. • *Poughkeepsie* — 45 S. Clover St. 845-471-0654. \$\$ [www.rossideli.com](http://www.rossideli.com)

**THE ROUNDHOUSE** This chic Beacon hotspot, housed in an old factory which overlooks the picturesque Beacon Falls, has recently streamlined its menu. While the focus remains on locally-inspired, seasonal entrées, they have added a variety of fun, smaller plates and sandwiches. Dig into the cassoulet: duck confit with bacon, white beans, chorizo, and jus. Another popular dish is the scallops a la plancha, with a butternut squash purée and roasted celery root. Dinner Wed.-Sat. Brunch Sun. Closed Mon. and Tues. Lounge open daily. • *Beacon* — 2 E. Main St. 845-765-8369. \$\$\$ [www.roundhousebeacon.com](http://www.roundhousebeacon.com)

**SCHATZI'S PUB & BIER GARDEN** German and American comfort food are seamlessly blended at this Potown hot spot. Patrons adore eating in the outdoor bier garden. Grown-up tater tots (the potato dumplings are stuffed with braised pork belly, aged cheddar cheese, and green onions) are crowd-pleasers, as are Kartoffelpuffer (potato pancakes), the bier cheese pretzel, and the Schatzi burger — blended burger meat topped with crispy pork belly, melted cheddar, potato and green onion rösti on a toasted pretzel bun. Lunch & dinner daily. • *Poughkeepsie* — 202 Main St. 845-454-117. \$\$\$ ✨ [www.schatzis-pubpk.com](http://www.schatzis-pubpk.com)

**SEREVAN** Chef Serge Madikian's restaurant combines Middle Eastern and Mediterranean flavors in inventive ways (try fillet of branzino with cumin-scented hummus, chickpea salad, and fresh dill). Dine indoors or outside on the garden patio. Dinner Thurs.-Mon.; catering available. • *Amenia* — Rte. 44. 845-373-9800. \$\$\$ ✨ [www.serevan.com](http://www.serevan.com)

**SHADOWS ON THE HUDSON** This riverfront restaurant — with its modern interior, indoor and outdoor seating, and spectacular views of the Hudson — has everybody talking. The Continental menu stresses

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seafood, and the raw bar is a big draw. Landlubbers are kept happy with prime rib and a variety of steaks and chicken. Lunch & dinner daily, Sunday brunch. • *Poughkeepsie* — 176 Rinaldi Blvd. 845-486-9500. \$\$\$ ☼ www.shadowsontheudson.com

**SOUL DOG** A Potown favorite, this casual eatery offers a seasonal menu focusing on hot dogs and sausages — but milkshakes, cookies, and cupcakes also shine. Patrons clamor for the Soul Dog (a Sloppy Joe-topped beef dog with the restaurant's signature Soul Sauce and chipotle cream) and fish tacos (crispy tilapia, coleslaw, onions, and cilantro all encased in a corn tortilla). Lunch & dinner Mon.-Sat., lunch Sun. • *Poughkeepsie* — 107 Main St. 845-454-3254. \$\$ ☼ www.souldog.biz

**STISSING HOUSE** Built in the 1700s, this renovated inn has cozy dining rooms with fireplaces. Pick from a selection of mainly French favorites, such as the signature brandade of cod and potato, or mussels Normandy steamed with cream, Calvados, and bacon. Dinner Thurs.-Mon., lunch Sun. • *Pine Plains* — Intersection of Rtes. 199 & 82. 518-398-8800. \$\$\$ ☼ www.stissinghouse.com

**SUKHOTHAI** This Beacon restaurant scene offers authentic Thai food like pad Thai, Panang curry, and ped yang (a crispy duck dish). Located in a circa-1818 building (which sports its original bare brick walls), the spot has a hip, downtown atmosphere. Lunch & dinner daily. • *Beacon* — 516 Main St. 845-790-5375 \$-\$\$ ☼ www.sukhothainy.com.

**TABLE TALK DINER** This spot exudes a cozy neighborhood vibe from the first minute you walk through the door. The menu features classic diner fare with a contemporary twist. The California chicken wrap, Philly cheese steak, and Table Talk Sampler (barbecued chicken, ribs, and shrimp) garner much praise from satisfied customers. All meals daily. • *Poughkeepsie* — 2521 C South Rd. (Rte. 9). 845-849-2839. \$\$ www.tabletalkdiner.com

**THE TAVERN AT THE BEEKMAN ARMS** This former stagecoach stop has been serving patrons since 1766. The Regional American menu ranges from prime rib and Black Angus steaks to pan-seared scallops and pumpkin ravioli in a leek cream sauce. Lunch & dinner daily, Sunday brunch. • *Rhinebeck* — Rte. 9. 845-876-1766. \$\$\$ www.beekmandelamaterinn.com

**TOMAS TAPAS BAR LOUNGE & RESTAURANT** Tapas abounds at this hot spot, whose sleek interior exudes a sophisticated vibe. The small plates blend Mediterranean and European flavors. Local ingredients are used whenever available; favorite dishes include zucchini squash flowers stuffed with Gorgonzola and caperberries; paella; and truffle and Parmesan fries. Lunch & dinner Mon.-Sat. • *Wappingers Falls* — 900 Rte. 376. 845-447-1776. \$\$\$-\$\$\$\$ www.tomasrestaurantgroup.com

**NEW! TRATTORIA SAN GIORGIO** Known for its freshly made pastas and brick oven pizzas, Trattoria San Giorgio offers a warm and welcoming Italian dining experience. Daily specials feature a variety of Italian favorites that can be enjoyed al fresco or in the dining room. Head over Saturday night for live music. *Millbrook* — 3279 Franklin Ave. 845-677-4566. \$\$ ☼ www.trattoriasangiorgio.com

**UMBERTO'S OF MAMMA MARISA** This neighborhood restaurant offers Italian-American fare at down-to-earth prices. The extensive menu features traditional favorites as well as specialties like grigliata di pesce misto (skewers of grilled seafood in a lemon thyme sauce). Lunch & dinner daily. • *Poughkeepsie* — 2245 South Rd. (Rte. 9). 845-462-5117. \$\$ www.umbertos.org

**UNION SQUARE** Serving up American cuisine in a renovated building — which boasts a main dining room, three bars, a dance floor, and a heated outdoor patio — Union Square draws peckish diners as well as a lively late-night crowd. The menu offers plenty of choices including salads, wings, and sand-

wiches; standouts include the portobello fries, macadamia-nut chicken, and Union Burger (served with house-made potato chips). Lunch & dinner daily. • *Poughkeepsie* — 51 Market St. 845-232-5675. \$\$\$-\$\$\$\$ ☼ www.unionsquarepok.com

**Orange**

**BISTECCA ITALINA STEAKHOUSE AND WINE BAR** With a menu hand-picked by the famous Bonura family, and prepared by Culinary Institute grads, this Italian steakhouse offers the finest cuts of meat, as well as the freshest ingredients from local farms. House favorites include the bistecca alla Fiorentina, a 24 oz. rib-eye steak, finished with roasted garlic compound butter, as well as the Sicilian Feast, a trio of chicken parmigiana, meatballs, and lasagna. Indulge in some vino to complement your meal; the wine bar has an extensive selection. Dinner daily., brunch Sun. • *Newburgh* — 16 N. Plank Rd. 845-561-3400. \$\$\$ www.bisteccanewburgh.com



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**BILLY JOE'S RIBWORKS** Situated on the Newburgh waterfront, this restaurant gives off a fun-loving vibe — but would you expect anything less from an establishment whose mascot is a cool goat wearing sunglasses? Meats are the specialty here, particularly the three varieties of ribs, numerous sliders, beef brisket, and pit-smoked chicken. Lunch & dinner daily. • *Newburgh* — 126 Front St. 845-565-1560. \$\$-\$\$\$ www.ribworks.com

**BLU POINTE** Set on the Newburgh Waterfront, this farm-to-table restaurant — the latest from the renowned Bonura family — focuses on fresh seafood (including an interactive raw bar station) and prime beef. Get ready to be wowed by the dramatic space, featuring a 3,200-bottle glass temperature-controlled wine room, and retractable glass wall that opens one of the dining areas to the Hudson River. • *Newburgh* - 120 Front Street. 845-568-0100. \$\$\$\$ ☼ www.blu-pointe.com

**CRAFT 47** Tapas with a twist. That's what you'll find at Craft 47 where diners enjoy American-style, small-plate tapas like slow roasted wild boar tacos, or one of the many flatbreads topped with delicacies like black truffles. Pair your meal with one of the 12 craft beers on tap — or opt for a glass of craft wine from their interesting selection — while listening to some of your favorite local acts. Tues.-Sun. • *Goshen* — 47 W. Main St. 845-360-5253. \$-\$\$ www.craft47.com

**GLENMERE MANSION** This circa 1911 manse is home to a luxury hotel with two eateries. The supper room offers fine dining on favorites like short ribs, veal chops, and roast duck with mushrooms; daily specials and homemade desserts are also big draws (dinner Thurs.-Sat., Sunday brunch, jackets preferred; prix fixe \$85). Diners at the Frogs End Tavern feast on Angus burgers, artichoke chicken salad, and similar lighter fare (lunch & dinner daily; \$-\$\$). • *Chester* — 634 Pine Hill Rd. 845-469-1900; www.glenmeremansion.com

**NORTH PLANK ROAD TAVERN** When customers dine at this restaurant, they're eating amid history: The building dates back to 1801, originally serving as a tavern and boarding house for weary stagecoach travelers; during Prohibition it functioned as a speakeasy. Modern-day patrons can enjoy dishes made

from locally-sourced ingredients, like the braised pork shoulder with maple- and sherry-glazed carrots. For dessert, don't miss out on the always popular beignets with cinnamon sugar. Go back in time with the 1900s decor in the dining room or enjoy a meal alfresco among the flowers on the patio. Lunch and dinner Tues.-Sat. • *Newburgh* — 30 Plank Rd. 845-562-5031. \$\$\$-\$\$\$\$ ☼ [www.northplankroadtavern.com](http://www.northplankroadtavern.com).

**SCHLESINGER'S STEAKHOUSE** This steakhouse offers mouthwatering meals for the hearty diner. Owner Neil Schlesinger pays close attention to detail, aging his beef himself to get the prime quality for each cut. And don't miss the Rocky Mountain mashed potatoes. Lunch & dinner weekdays, dinner only weekends. • *New Windsor* — 475 Temple Hill Rd. 845-561-1762. \$\$\$-\$\$\$\$ [www.schlesingerssteakhouse.com](http://www.schlesingerssteakhouse.com)

**THAYER HOTEL** All-American cuisine is served in the regal dining room of this National Landmark building at the Military Academy at West Point. A signature dish: Thayer pasta (fettuccine with artichokes, black olives, and tomatoes). The elaborate Sunday brunch is fit for a general. All meals daily, music and dancing on weekends. • *West Point* — Thayer Rd. 845-446-4731. \$\$\$\$ [www.thayer-erhotel.com](http://www.thayer-erhotel.com)

**VINUM CAFÉ** Located at the Brotherhood Winery, this restaurant/café offers a diverse French/American menu. Traditional favorites (French onion soup, foie gras, mussels in white wine) as well as familiar dishes with a twist — such as pan-seared filet mignon “Stroganoff style” — share the spotlight. Lunch & dinner Wed.-Sun. • *Washingtonville* — 84 Brotherhood Plaza Dr. 845-496-9001. \$\$\$ ☼ [www.vinumcafe.com](http://www.vinumcafe.com)

**TREANGELINA** Northern Italian fare is offered at this elegant, romantic restaurant. Specialties include veal Donita (veal medallions in a white wine sauce with fresh herbs) and Pollo con Avellino (Parmesan-battered chicken breast pan-seared with white wine). Lunch Tues.-Fri. & Sun.; dinner daily except Mon. • *Monroe* — 355 Rte. 17M. 845-238-5721. \$\$\$ [www.treangelinany.com](http://www.treangelinany.com)

**WILDFIRE GRILL** This cozy, candlelit restaurant serves up an American menu. The dining area has a view of the kitchen, where you can watch chefs prepare dishes like herb goat cheese-crust rack of lamb and Black Angus prime rib. Lunch & dinner daily except Tues. • *Montgomery* — 74 Clinton St. 845-457-3770. \$\$\$ [www.wildfireny.com](http://www.wildfireny.com)

**ZOILA'S** Specializing in comfort food, this bistro fosters a casual, friendly environment. Using locally sourced ingredients, the menu features both American classics — like burgers and seared sea scallops — as well as Latin staples like mofongo con chicharron (fried and mashed plantains with pork skin) and carne de res guisada (Dominican-style stewed beef). All meals daily. • *Circleville* — 2092 Rte. 302. 845-361-2222. \$-\$\$ [www.zoilasrestaurant.com](http://www.zoilasrestaurant.com)

## Putnam

**ABRUZZI** Classic Italian-American fare — pasta, pizza, and grilled items — is the order of the day at this inviting neighborhood trattoria. Friends gather here for penne with crumbled sausage and Parmesan cream, and pork chops with escarole and cipollini. Lunch & dinner daily. • *Patterson* — 3191 Rte. 22. 845-878-6800. \$\$\$-\$\$\$\$ [www.abruzzitrattonia.com](http://www.abruzzitrattonia.com)

**CATHRYN'S TUSCAN GRILL** This trattoria offers Northern Italian cuisine along with an extensive (and fairly priced) wine list. Entrées include pan-seared scallops with pancetta, and a different risotto every day. Lunch & dinner daily, Sun. champagne brunch. • *Cold Spring* — 91 Main St. 845-265-5582. \$\$\$ ☼ [www.tuscangrill.com](http://www.tuscangrill.com)

**CLOCK TOWER GRILL** Chef Richard Parente sources the ingredients for Clock Tower's farm-

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**YOLO BISTRO** With modern and refreshing decor, Yolo Bistro (an acronym for “you only live once”) offers diners American cuisine in a chic, city-like atmosphere. Customers have been known to salivate over the pan roasted duck breast with plum and port wine sauce (you’ve been warned), while the more adventurous look to the infamous YOLO Burger, Black Angus ground beef stuffed with bacon and Brie. This Poughkeepsie eatery enchanted our editors so much so that we just had to award it “Best New Bistro in the Hudson Valley.” *Poughkeepsie* - 260 North Rd. 845-345-9230. \$\$\$ www.yolobistro.com

to-table American fare locally, sustainably, and organically. Inside, decor evokes the farms that supply it — rustic wooden tables, sliding barn doors, and fading painted wood. Menu items include sherry-cured and applewood-smoked Long Island duck, and elk osso buco. There’s a large selection of craft beer on tap. Open for lunch and dinner, Tues.-Fri; Sat.-Sun., dinner only. • *Brewster* — 512 Clock Tower Commons Dr. 845-582-0574. \$\$\$\$ www.cloktowergrill.com

**THE COLD SPRING DEPOT** This converted train station features steaks and seafood as well as comfort-food favorites like meat loaf and barbecued ribs. Dine on the patio while watching the trains go by. Live jazz on weekends. Lunch & dinner daily, Sunday brunch. •

*Cold Spring* — 1 Depot Square. 845-265-5000. \$\$\$ ✪ www.coldspringdepot.com

**HUDSON HIL'S** Located in the heart of Cold Spring, this eatery serves creative breakfast and lunch concoctions with New American flair. Patrons rave about the biscuits and gravy, babka French toast, and the grilled cheese sandwich with pig paste. Breakfast & lunch Wed.-Mon. • *Cold Spring* — 129-131 Main St. 845-265-9471. \$-\$\$\$ ✪ review Aug. 2012 www.hudsonhills.com

**HUDSON HOUSE RIVER INN** An upscale steakhouse that features dry-aged steaks and fresh fish. Complement your meal with a wine from their extensive list, and make sure to catch the picturesque views

from the riverfront porch. Lunch & dinner daily except Tues., Sunday brunch. • *Cold Spring* — 2 Main St. 845-265-9355. \$\$\$\$ ✪ www.hudsonhouseinn.com

**VALLEY RESTAURANT AT THE GARRISON** Seasonal American dishes using local and organic ingredients. The dining room and World’s End bar open onto a large deck with fine river views. Lunch Mon.-Sat., dinner Thurs.-Sat., Sunday brunch; bar menu available daily. • *Garrison* — Rte. 9 at Snake Hill Rd. 845-424-2339. \$\$\$\$ ✪ www.thegarrison.com

## Ulster

**ASIA RESTAURANT** This restaurant delivers an authentic Asian experience, with Chinese, Japanese, and Thai elements in everything from the décor to the menu. Favorites include sesame chicken, sushi, Singapore rice noodles, and pad thai. • *Stone Ridge* — 3407 Cooper St. 845-687-9800. \$-\$\$ www.asiastoneridge.com

**A TAVOLA TRATTORIA** This rustic-but-chic spot uses fresh ingredients to produce creative Northern Italian fare inspired by the classics. Chef/owners Nathan and Bonnie Snow — formerly of popular Manhattan outpost Sfoglia — serve poached octopus, duck breast, pappardelle Bolognese, and other equally enticing dishes. Dinner Thurs.-Mon. • *New Paltz* — 46 Main St. 845-255-1426. \$\$\$-\$\$\$\$ review Oct. 2011 www.atavolany.com

**AROMA THYME BISTRO** The health-conscious menu at this New American spot (featuring Thai curries, seitan cutlets, and hanger steak) appeals to a diverse range of tastes. Great wine list, too. Dinner daily. • *Ellenville* — 165 Canal St. 845-647-3000. \$\$ www.aromathymebistro.com

**NEW! CAFÉ MIO** At this cozy Gardiner hotspot Chef/Owner Michael Bernardo uses locally sourced ingredients and purveyors to create farm-to-table fare. Diners flock to the charming eatery for the corned beef hash breakfast and the 9-oz Hereford burger — and don’t miss out on the hand-cut fries! Dine alfresco while sipping on one of the house iced teas. Open for breakfast, lunch, and Sunday brunch. *Gardiner* - 2356 Rte 44/55. 845-255-4949. \$ www.miogardiner.com

**CATAMOUNT RESTAURANT** Located at the Emerson Resort and Spa, this restaurant serves classic American fare in a family-friendly atmosphere. The extensive menu features homestyle favorites (shepherd’s pie, slow-cooked pot roast, meatloaf, pasta puttanesca) and nightly specials. Dinner daily, Sun. buffet. • *Mount Tremper* — 5340 Rte. 28. 877-688-2828. \$-\$\$\$ ✪ www.emersonresort.com

**CUCINA** CIA faculty member Gianni Scappin is in the kitchen at this Woodstock eatery. Guests enjoy fig and goat cheese pizza or “the best ravioli outside Italy,” all served in a “country modern” space featuring a 24-foot communal table. Dinner Tues.-Sun., brunch weekends. • *Woodstock* — 109 Mill Hill Rd. 845-679-9800. \$\$\$ www.emersonresort.com

**DUO BISTRO** It’s no wonder that our readers voted for this Kingston bistro as both “Best New Restaurant” and “Best Bistro” in 2013. The menu features creative New American fare with some international flair that takes advantage of local bounty when preparing fan favorites, like the bread pudding French toast, and grilled rib eye with Parmesan fries. Grab a seat in the comfortable, friendly dining room (think Williamsburg, Brooklyn) for breakfast, lunch or dinner. Or enjoy a specialty cocktail on the cozy patio. Thurs.-Tues. • *Kingston* — 50 John St. 845-383-1198. \$\$\$-\$\$\$ ✪ www.duobistro.com.

**FRANK GUIDO'S LITTLE ITALY** As traditional as you can get: This Neapolitan trattoria serves pizza, pasta, seafood, veal, using recipes that have been passed down for generations. Customer favorites include eggplant parmigiana, linguine aragosta, and braciolo — all served individually or family style. Lunch

Tues.–Sun., dinner daily. • Kingston — 14 Thomas St. 845-340-1682. \$\$\$  
www.frankguidoslittleitaly.com

**FROGMORE TAVERN** Located in Kingston's stockade district, this popular watering hole serves up a variety of American fare, including salads, small plates and burgers. Indulge in such dishes as chicken and waffles with honey jalapeño butter (above), or our lunchtime favorite: the oyster po'boy sandwich. With a few house cocktails, a dozen or so wines by the glass, and several draft beers on rotation, you have the makings of a modern pub. Lunch and dinner daily. • Kingston — 63 NFront Street, 845-802-0883; www.frogmoretaVERN.com.

**HENRY'S AT THE FARM** Located at the Buttermilk Falls Inn, this restaurant is an intimate space with barnwood tables and a pond view. The seasonal menu offers cuisine made from local ingredients; dishes include vegetarian shepherd's pie, braised half chicken, and honey and chipotle braised Hereford beef short ribs. Lunch Fri.–Sun., dinner Wed.–Sun., brunch Sun. • Milton — 220 North Rd. 845-795-1500. \$\$\$-\$\$\$\$\$ ♦ www.henrysatbuttermilk.com

**JOSHUA'S CAFÉ** This Woodstock standout provides eclectic world cuisine centered around Middle Eastern specialties. The menu includes a selection of meat, seafood, and vegetarian dishes — such as zucchini flatcakes, homemade falafel balls, and bedouin mixed grill. Brunch, lunch, & dinner daily except Wed. • Woodstock — 51 Tinker St. 845-679-5533. \$\$\$ www.joshuascafe.com



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**KINGSTON INDIAN GRILL** This restaurant offers simple décor and a varied selection of regional Indian dishes. Menu items include chana bhaji (chickpeas and tomatoes served with puffy fried poori) as well as chicken tikka masala (chicken marinated in yogurt, lightly spiced, and baked with a creamy red sauce). Lunch & dinner daily. • Kingston — 579 Broadway. 845-331-3611. \$\$-\$\$\$ review Feb. 2010

**MAIN COURSE** Locally recognized for his catering, chef/owner Bruce Kazan's inventive ways with local ingredients also can be sampled at this casual eat-in or take-out spot. Offerings on the New American menu include cedar-planked salmon, house-made soups, and assorted paninis. Closed Monday. • New Paltz — 175 Main St. 845-255-2600. \$\$\$ ♦ www.maincoursecatering.com

**McGILLICUDDY'S RESTAURANT & TAP HOUSE** Children and sports fans love this spot for its varied menu of sandwiches, pastas, burgers, and other pub favorites. The 14 TVs keep the little kids entertained, and the big kids up-to-date on the latest scores. Daily 11–4 a.m. • New Paltz — 84 Main St. 845-256-9289. \$ www.cuddysny.com

**MOHONK MOUNTAIN HOUSE** Savor a unique dining experience in this grand Victorian castle with great views. The ever-changing menus reflect seasonal trends and dishes use local ingredients whenever possible. Diners following specific diets — vegetarian, vegan, kosher — or those with allergies can rest easy: the menu offers several options that cater to those preferences. All meals daily, prix fixe. • New Paltz — 1000 Mountain Rest Rd. 855-421-4101. \$\$\$♦ www.mohonk.com

**MOXIE CUP** Formerly known as Moxie Cupcake, this New Paltz staple has expanded into a full-blown coffee house. The eatery serves numerous blends of coffee, espresso, and tea as well as myriad baked goods — including their to-die-for cupcakes — in a casual, friendly atmosphere. All meals daily. • New Paltz — 184 Main St. 845-255-2253. \$-\$\$ www.moxiecup.com

**RED ONION** Chef Kevin Katz's rendition of New American cuisine includes dishes like squid-ink spaghetti with puttanesca, and Thai beef salad. For dessert, indulge in the chocolate mousse cake filled with liquid caramel. Dinner daily. • Saugerties — 1654 Rte. 212. 845-679-1223. \$\$\$-\$\$\$\$ review Oct. 2009 www.redonionrestaurant.com

**ROCK & RYE TAVERN** Located at the former Locust Tree Inn, this casual spot offers a New American menu that highlights seasonal and local items; diner favorites include Hudson Valley Cattle Company steaks and burgers, panko-breaded portobello steak fries, and pan-seared Alaskan halibut with sweet corn and white bean succotash. Dinner Wed.–Sun., Sunday brunch. • New Paltz — 215 Huguenot St. 845-255-7888. \$\$\$ ♦ www.rockandrye.com

**NEW! SHINDIG** Another amazing addition to the Woodstock restaurant scene, Shindig dishes out thoughtful comfort food in a small, yet warm and inviting space that was formally home to the Corner Cupboard. We give an A+ to the pickled-vegetables plate and the delicious Buffalo chicken melt; the Cookies and Milk ice cream sandwich is the perfect way to end the meal. • Woodstock - 1 Tinker St. 845-684-7091. \$\$ www.woodstockshindig.com

**SHIP TO SHORE** This Victorian storefront eatery blends steakhouse favorites with progressive American cuisine. Indulge in surf and turf or sesame-crusted ahi tuna. And the Godiva chocolate cake is to die for. Half-priced wine bottles on Wed., live jazz on Sat. nights. Lunch & dinner daily. • Kingston — 15 W. Strand St. 845-334-8887. \$\$\$-\$\$\$\$\$ ♦ www.shiptoshorehudsonvalley.com

**THE TAVERN AT DIAMOND MILLS** Featuring contemporary American cuisine, this rustic-style tavern impresses with dishes like filet mignon wrapped in roasted bacon and house-made flatbread. Diners are treated to views of the Esopus Creek falls. In addition to the main dining room, the building boasts both a library and mezzanine for those looking for a more private setting. Lunch Wed.–Fri., dinner daily, weekend brunch. • Saugerties — 25 S. Partition St. 845-247-0700. \$\$\$ ♦ review June 2012 www.diamondmillsotel.com

**VIVO RISTORANTE** Nestled among the picturesque property of the Lazy Swan Golf and Country Club Village, this upscale eatery fosters an elegant ambiance. Masterfully crafted Italian dishes along with options to dine either on a patio overlooking the grounds or indoors by a snug fireplace excite savvy customers. Dinner Tues.–Sun. • Saugerties — 1754 Old Kings Highway. 845-247-0075. \$\$\$ ♦ www.thelazyswan.com

**THE WOULD RESTAURANT** Complete with a picturesque garden pavilion and a warm indoor fireplace, this eatery offers seasonal new American fare. Traditional favorites like grilled skirt steak and braised beef short ribs share the spotlight with seafood like cashew encrusted sea scallops in cilantro sauce. The restaurant is also available for event catering. Dinner Tues.–Sat. • Highland — 120 North Rd. 845-691-9883. \$\$\$ ♦

## Albany

**MARCHÉ 74 STATE** Contemporary American cuisine — prepared using classic techniques — is what you'll find at this upscale spot. The market-fresh menu boasts beef short rib empanadas, applejack-braised escargot, and yellowfin tuna poke. The bistro menu has simpler fare, like burgers, salads, and sandwiches. All meals daily. • Albany — 74 State St. 518-434-7410.

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## Columbia

**AMERICAN GLORY BBQ** American barbecue and all the fixins' are the hot-ticket menu items at this firehouse-turned-eatery. Ribs, brisket, and pork are smoked on-site; the mountainous "Glorious Feast" is piled high with pulled pork, Texas hash, brisket, ribs, turkey drumsticks, and sides galore. Lunch, dinner and late night snacking available daily. • Hudson — 342 Warren St. 518-822-1234. \$\$\$ [www.americanglory.com](http://www.americanglory.com)

**BLUE PLATE** With its wooden floors and tin ceilings, this New American bistro exudes comfort. The menu features traditional hearty meals served with a touch of flair. Locals rave about their famed Blue Plate Meat Loaf, served with garlic-mashed potatoes and topped with bacon. Dinner Tues.-Sun. • Chatham — 1 Kinderhook St. 518-392-7711. \$\$\$-\$\$\$\$ [www.chathamblueplate.net](http://www.chathamblueplate.net)

**CAROLINA HOUSE** Satisfy your craving for Southern cuisine at this 30-year-old eatery. In summertime, patrons enjoy dining outdoors; during the winter, they vie for a table near the warm fireplace. Crowd-pleasing dishes include the fried onion loaf, blackened catfish, baby back ribs, and the 1,000-spice Caribbean Chicken. Lunch, Mon.-Fri., dinner daily. • Kinderhook — 59 Broad St. 518-758-1669. \$\$\$-\$\$\$\$ [www.carolinahouserestaurant.com](http://www.carolinahouserestaurant.com)

**HUDSON PARK RESTAURANT** This spot blends our two favorite pastimes: baseball and food. Fans can choose from among 14 varieties of hot dogs, each cleverly named with a ballgame reference. The menu also features burgers, wraps, steaks, and salads. Big-screen TVs and arcade games provide entertainment in a baseball-themed environment, and warm weather brings out an ice cream stand. Breakfast and lunch daily; dinner Thurs.-Sun. • Hudson — 3521 Rte. 9. 518-851-2228; [www.hudsonparkbaseball.com](http://www.hudsonparkbaseball.com).

**VICO RESTAURANT & BAR** Housed in a 19th-century building decorated with paintings by area artists, Vico serves authentic northern Italian fare. The menu includes a variety of pastas, seafood, and a succulent Black Angus steak. Lunch Sat. & Sun., dinner Thurs.-Mon. • Hudson — 136 Warren St. 518-828-6529. \$\$\$ [www.vicorestaurant.com](http://www.vicorestaurant.com)

For additional Columbia listings, visit [www.hvmag.com](http://www.hvmag.com).

## Greene

**THE BASEMENT BISTRO** Chef-owner Damon Baehrel serves his original regional cuisine in a unique environment: his basement. His dishes make use of local ingredients, many of which are from his garden. Call ahead for hours and details of prix-fixe tasting menus. • Earlton — 776 Rte. 45. 518-269-1009 [www.sagecrestcatering.com](http://www.sagecrestcatering.com)

**BAVARIAN MANOR COUNTRY INN** This inn and restaurant has been a Catskills landmark since 1865. Their CIA-trained chef blends German cuisine (wiener schnitzel and sauerbraten) with familiar American favorites like prime rib and roast duck. Dinner Thurs.-Sun., lunch. • Purling — 866 Mountain Ave. 518-622-3261. \$\$ [www.bavarianmanor.com](http://www.bavarianmanor.com)

**BISTRO BRIE & BORDEAUX** Stéphane and Claudia Desgaches have created an authentic French bistro in a renovated Catskills Victorian building. From smoked trout salad to warm apple tatin, there is plenty for Francophiles to rave about. Three-course prix fixe (Wed., Thurs., & Sun.) \$14.95. Open for dinner; call for days and times. • Windham — 5386 Rte. 23. 518-734-4911. \$\$\$ [www.bistrobb.com](http://www.bistrobb.com)

**CAVE MOUNTAIN BREWING COMPANY** This comfortable restaurant combines a family-friendly feeling with a casual pub atmosphere. Traditional American favorites — burgers, pulled pork sandwiches, and Southern-style fried chicken — dominate the menu, and live entertainment energizes the room on Thursday nights. Dinner daily, lunch Mon.-Fri. • Windham — 5359 Rte. 23. 518-734-9222. \$-\$\$ [www.cavemountainbrewing.com](http://www.cavemountainbrewing.com)

**CROSSROADS BREWING COMPANY** Specializing in pub-style comfort food, this warm and friendly eatery prepares the majority of its meals with locally sourced produce and meats. Plates like the Catskill mushroom casserole, grilled flatbread pizza, and hefty portions of mac 'n cheese fill many empty bellies. Dinner Wed.-Mon; lunch & dinner Sat.-Sun. • Athens — 21 Second St. 518-945-2337. \$-\$\$ [www.crossroadsbrewingco.com](http://www.crossroadsbrewingco.com)

**DEER MOUNTAIN INN** With its mountain-view patio and fireplace in the dining room, this country eatery exudes a cozy yet sophisticated vibe. The menu relies on local ingredients wherever possible and features dishes like "soup of the moment" (a trendy take on the standard "soup of the day"); smoked trout toast with deviled egg yolk, crème fraîche, and pickled vegetable salad; and cauliflower risotto with zucchini, bunapi mushrooms, and pistachios. Dinner Thurs.-Mon. • Tannersville — 790 Rte. 25. 518-589-6268. \$\$\$\$ [www.deermountaininn.com](http://www.deermountaininn.com)



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**MOUNTAIN VIEW BRASSERIE** This eatery serves up scrumptious continental cuisine. The menu features many classic crowd-pleasers like steaks, panini, pasta and hamburgers, but many patrons clamor for the more illustrious options like veal chicken, wiener schnitzel, and roasted shrimp with vegetable risotto. Lunch and dinner Wed.-Mon. • Greenville — 10967. 518-966-5544. \$\$\$\$ [www.mountainviewbrasserie.com](http://www.mountainviewbrasserie.com)

## Rockland

**EMMETT'S CASTLE** Step back in time in this restored 1900s mansion, which feels like an Irish castle. Located on the Blue Hill Golf Course grounds, the restaurant serves Irish-American fare in three dining rooms, which accommodate casual diners as well as private parties. Menu favorites include the Jameson BBQ burger, prime rib, and — naturally — shepherd's pie. All meals daily. • Pearl River — 285 Blue Hill Rd. 845-735-3504. \$\$\$-\$\$\$\$ [www.emmettscastle.com](http://www.emmettscastle.com)

**FREELANCE CAFÉ & WINE BAR** The American menu mixes café, bistro, and trattoria cooking with specials like fried green tomatoes with poached shrimp rémoulade; the setting is intimate and friendly. Lunch & dinner Tues.-Sun. Credit cards and reservations not accepted. • Piermont — 506 Piermont Ave. 845-365-3250. \$\$\$ [www.xaviars.com](http://www.xaviars.com)

**NEW MAURA'S KITCHEN** After originally opening four years ago as a traditional Spanish deli, Maura's Kitchen quickly transformed into a Peruvian hot spot. The family-owned Latin bistro has a homey-café vibe where diners can discover Peruvian culture and tradition through dishes like Pollo a la

Brasa — rotisserie chicken, marinated in a highly classified mixture of vinegar, Peruvian beer, soy sauce, chili and brine. Or try coastal favorites, and Peruvian staples, like Ceviche and Jalea. • Nyack — 248 Main Street. 845-535-3533. \$\$\$ [www.mauraskitchen.com](http://www.mauraskitchen.com)

**SAKANA JAPANESE FUSION** This contemporary spot serves modern Japanese/fusion cuisine. Menu choices range from abundant sushi and sashimi selections to fusion dishes. The popular Yellow Curry Chicken is simmered in a coconut milk curry sauce, while the Spicy Tuna Tortilla combines tuna, avocado, tobiko, and scallions on a toasted tortilla. Lunch Mon.-Fri., dinner daily. • Nanuet — 25 Rockland Plaza, Rte. 59 W. 845-623-2822. \$\$\$-\$\$\$\$ [www.sakanafusion.com](http://www.sakanafusion.com)

**THE OLD '76 HOUSE** One of America's oldest restaurants (it was built in 1668), this tavern played an important role in the American Revolution. But its American Continental menu is full of up-to-date fare, such as alligator empanadas, wild-boar sausage, and red deer medallions with a lingonberry reduction. Live music seven days a week. Lunch & dinner daily. • Tappan — 110 Main St. 845-359-5476. \$\$\$ [www.76house.com](http://www.76house.com)

**QUINTA STEAKHOUSE** The owners offer dishes from their native Portugal (like pork braised in white wine with clams); for traditionalists, there's a T-bone with hand-cut French fries. Red banquettes are part of the classic décor. Lunch Mon.-Fri., dinner daily. • Pearl River — 24 E. Central Ave. 845-735-5565. \$\$\$-\$\$\$\$ [www.quintasteakhouse.com](http://www.quintasteakhouse.com)

**RESTAURANT X AND BULLY BOY BAR** Enjoy the fireplace in winter, or the duck pond in summer, while feasting on American cuisine with international seasoning. Choices include grilled squab with apple and barley risotto, or feel-good classics like beef Wellington. Lunch Tues.-Fri., dinner Tues.-Sun., Sunday brunch. • Congers — 117 N. Rte. 303. 845-268-6555. \$\$\$ [www.xaviars.com](http://www.xaviars.com)

**UNION RESTAURANT & BAR LATINO** Spice things up with a visit to this vibrant venue. The innovative American-Latin menu features dishes like sautéed rainbow trout with broccoli rabe and Spanish rice. Complement your meal with one of their legendary mojitos. Lunch & dinner Tues.-Sun. • Haverstraw — 22-24 New Main St. 845-429-4354. \$\$\$ [www.unionrestaurant.net](http://www.unionrestaurant.net)

**WASABI** This hot spot — with black ceiling and a tiled sushi bar — provides a hip atmosphere in which to enjoy chef/owner Doug Nguyen's Japanese cuisine. Sushi is popular, but so are unusual dishes like tuna topped with strawberries. Lunch Tues.-Fri., dinner daily. • Nyack — 110 Main St. 845-358-7977. \$\$\$ [www.wasabichi.com](http://www.wasabichi.com)

**XAVIARS AT PIERMONT** Chef-owner Peter X. Kelly dazzles with flawless New American cuisine. From caviar to Grand Marnier soufflé, foodies will leave happy. Closed Mon.-Tues., lunch Fri.-Sat. only. No credit cards accepted; reservations and jackets required. Prix fixe menus: 10 courses \$90, five courses with wine \$100; or à la carte. • Piermont — 506 Piermont Ave. 845-359-7007. \$\$\$\$ [www.xaviars.com](http://www.xaviars.com)

## Westchester

**MORTON'S STEAKHOUSE** Beef connoisseurs feel right at home at this national chain. The décor features lots of mahogany, and the inviting bar has a special "Bar Bites" menu. Entrée steaks come in regular and "slightly smaller" sizes; there's also fresh seafood, and don't miss the Hot Chocolate Cake. Dinner daily. • White Plains — 9 Maple Ave. 914-683-6101. \$\$\$\$ [www.mortons.com](http://www.mortons.com)

For additional Westchester listings, visit [www.hvmag.com](http://www.hvmag.com).

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# Frozen Solid

A Valleyite chills out with Old Man Winter...literally **By JOHN ROLFE**

**A**s far as personal predicaments go, I must admit that this one was what you might call a doozy: Lying flat on my back in my slowly freezing car, unable to sit up and with no one around. Not exactly my idea of chillin' out, but that's what it was.

Near dawn on a frigid, snowy morning, I was on my way to work when I pulled into my usual parking space, a 10-minute walk from the Poughkeepsie station. As I stepped out of my car, I slipped on a patch of ice. Although I didn't fall, I felt a searing bolt shoot from my caboose up the left side of my back. It was painfully familiar from the times I'd run afoul of shoveling my driveway. Despite the Klondike-esque winters we've been having here in the Valley, I remain snow blowerless, based on the unfortunate theory that manual labor is good exercise...until you wrench your back, crawl into the house on all fours, and have your daughter fork-feed you scrambled eggs while you groan piteously on the sofa.

Barely able to stand, I clung desperately to

the roof of my car and managed to slowly, and awkwardly, collapse back inside. I was hurting way too much to sit upright, so I lowered the seat all the way back. Major mistake. After lying there until the pain subsided enough to remove the stars from my eyes, I tried to sit up but couldn't. Every attempt made me wince.

Deciding it was probably wise to alert my boss to my plight, I rummaged in my backpack and grabbed my phone, only to have it slip through my cold, frostbitten fingers and fall to the floor, out of reach. My car keys followed, thanks to my next fumbling attempt, leaving me without any way to generate heat.

So there I was, stuck in a quiet neighborhood, out of sight of passersby. Not that there were any. And there likely wouldn't be any for quite a while. The odd thought *In the dead of winter, no one can hear you scream* crossed my reeling mind.

Too embarrassed to honk the horn or set off the car alarm (I also wasn't keen on being hauled to a local hospital at considerable expense), I figured I'd eventually be able to

move. Worst-case scenario: My thawing carcass would be found in the spring.

After more than an hour of contemplating the clouds of my breath, the heavy workload at the office I would not be able to address, and my sad, sad fate, I summoned the strength (at great cost to my tooth enamel and with less than dignified sounds) to pull myself up by the seatbelt strap hanging next to my shoulder. Gasping, I managed to get the seatback up just enough that I was able to reach the keys. I could also see through the steering wheel and out the windshield. So I drove home on Route 9, reclined at a 45-degree angle. Had a law enforcement vehicle been in my vicinity, I surely would have become a person of interest. Reaching my driveway, I spied my wife's car, but rather than summon her assistance I decided to play it stoic, somehow managing to lurch into our house like a zombie from *The Walking Dead*.

Now, I shudder as I watch the Valley's temperature drop again, bringing snow and ice and the memory of that morning. Old Man Winter, it seems, always has my back. ●

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**“Peekskill is my home, and keeping us safe is my job.”**

Kaitlyn Corbett  
**Nuclear Engineer**

Kaitlyn Corbett has always called New York home. Born and raised in Buffalo, she earned her degree in nuclear power engineering at SUNY College of Technology and moved to Peekskill to start her career at Indian Point. Safety is the single most important mission for Kaitlyn and her 1,000 colleagues at the plant, and it’s been the focus of her years of study and training in the nuclear power industry. Every day, engineers are graded on their performance by inspectors from the Nuclear Regulatory Commission. The NRC recently gave Kaitlyn and the team at Indian Point its highest safety rating — for the fifth year in a row.

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