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The pandemic has convinced some prodigal Hudson Valley residents to come back

Taking it outdoors

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Backyard apples

Master Gardener Lee Reich provides tips on growing your own



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Beyond Red Delicious

Tips on growing your own apples

by Lee Reich

N MY BACKYARD grows an apple tree called Hudson's Golden Gem. "Golden Gem" truly describes the fruit, both visually and taste-wise. The "Hudson" part of the name has nothing to do with our Hudson Valley though. The variety was originally called Golden Gem, for its origination in Hudson's Nurseries, Tangent Oregon, about 100 years ago.

Hudson's Golden Gem is one of my favorite apples for flavor. The tree shares a row with some of my other favorite apple varieties: Liberty, Macoun, Ashmead's Kernel, Pitmaston Pineapple, Rubinette, and Egremont Russet.

No, I do not live on a fruit farm. None of my apple trees demand much space because they're grafted on dwarfing rootstocks. Although dwarf trees bear full-size fruits, they never grow more than five to 15 feet high. (Full-size apple trees are around 25 feet high.) Dwarf trees are easier to care for and bear their first fruits quickly, often within three years of planting.

In the list of apples that I grow, notice that there was no mention of Red Delicious, Honeycrisp, Empire, or other varieties commonly seen on supermarket shelves and at farmers' markets. These varieties have the combination of productivity, abil-



LEE REICH

ity to ship and store well, and eye-appeal demanded by commercial markets. But a backyard apple variety can be chosen with only one consideration in mind — flavor! With over 5000 varieties of apples to choose from why not grow the best?

Apples require cross-pollination to set fruit, so at least two different varieties are needed unless neighbors' trees are close enough to supply pollen. A GOOD SITE IS IMPORTANT FOR SUccess. At least six hours of direct sunlight each day is a must, as is reasonably well-drained soil. The ideal (which my site lacks) would be an open field on sloping ground so that heavier, cooler, damper air can just slide past downhill.

Fall is actually a very good time for planting apples and most other plants. Care in planting gets a tree off to a good start. Dig







PHOTOS BY LEE REICH

Left, Dwarf Macoun apple tree; right, Dwarf Liberty tree.

planting holes only deep enough so that your trees will be at the same depth as they were in the nursery or in their container, and two to three times the spread of the roots. If the tree is bare root, soak the roots in water for about 12 hours before planting. Splay out roots of bare root trees, loosen those on the outside of the root ball of container-grown trees, and back fill soil into the planting holes. Tamp the soil with your fingers or a stick as you back fill so that no air pockets remain.

Following planting, mulch with an inch of compost topped with an inch of wood chips, straw, or other organic mulch, keeping mulch no closer than within a couple of inches of the trunk. Then give the tree a good soaking. Additional watering will not be necessary until the growing season following fall planting.

Some dwarf trees require staking their whole life, in which case pound a sturdy metal or rot-resistant wooden pole next to the tree. Tie soft rope tightly around the stake, then loosely around the tree, adding more ties as the tree grows.

Furry animals will be the main threats to your trees when they are young. A two-foot-high by six-inch-diameter cylinder



Hudson's Golden Gem.

of ¼-inch mesh fencing around the base of the trunk will keep mice and rabbits from chewing on the bark. Push the cylinder into the soil to keep animals from burrowing beneath it. If deer are a threat, thwart them with fencing or repel them with sprays. These are available commercially. Alternatively, the web is rife with recipes for effective home-made sprays, most based on eggs and/or hot pepper.

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THE SPRING DAY WHEN YOUR TREES first burst into blooms, promising delectable treats to follow, will be an exciting one. Unfortunately, some insect and disease pests might also ogle those fruits.

Here in the Hudson Valley, some pest control is generally needed for harvestable fruits. The most laissez-faire approach to growing apples organically would be to do nothing except prune annually and hope for the best.



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Abit more proactive would be to control the apple maggot, a common pest that tunnels throughout the fruit, leaving it inedible. Excellent control of this pest can be achieved by trapping beginning in mid-June. Purchase some firm Red Delicious apples, push a stiff wire through each fruit so it can be hung, and then coat each one with sticky Tangletrap, an enduringly sticky material available from garden centers or the web. Hang one or two traps in each tree about should height and where they are readily visible. The traps are good until harvest; just don't reach for one of the traps as you pick!

Even more proactive? Another major insect pest, the plum curculio, attacks fruit very early in the season, and is active until about the middle of June. A plum curculio lays eggs just beneath an apples skin, leaving a tell-tale, crescent-shaped scar. The damage is only cosmetic on ripe fruit. Problem is that many young fruits fall from Ms. Curculio's doings.

Pest severity varies from season to season and site to site. Here in the Hudson Valley, spraying is usually necessary. An organic approach is to use a material called Surround, which is nothing more than specially processed kaolin clay. Spraying begins early, just before the trees bloom, with three sprays, each allowed to dry, to

lay down the powdery coating that repels curculios. From then on, sprays need to be repeated ever week or two, to cover new growth, or after a quarter of an inch or more of rainfall.

Sprayed trees will have a whitish cast that gives them a very Mediterranean look. Visitors often ask me what kinds of trees they are. I tell them that they are olive trees. (Ha, ha)

A still more proactive approach would address one of the most prevalent diseases of apple trees, apple scab. Adding finely powdered sulfur, a naturally mined mineral that has been used for plant diseases for thousands of years, helps control apple scab. It is widely available at garden centers.

The culmination of the backyard or chard experience comes with eating the fruits. Do the fruits justice by harvesting at the right time. As harvest time approaches, watch for the background color of the fruit to lighten or redden. When ready for harvest, the fruit will part easily from the tree when lifted up with a slight twist. Close your eyes, take a bite, and savor your wealth.

New Paltz writer Lee Reich, PhD is a garden and orchard consultant, and also hosts workshops at his New Paltz farmden and, currently, via Zoom. For more information, go to www.leereich.com.







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Cold comforts

How to keep your outdoor spaces warm and cozy as temperatures fall

by Melissa Dempsey

HEN THE PANDEMIC first forced closures and shelter-in-place orders, we didn't know how long this whole catastrophe would last; we still don't. But the extra days at home have provided the chance to consider ways to better utilize the spaces where we've suddenly been spending so much time.

In the beginning, decluttering became a productive way to cure boredom, or at least get our minds off the latest news; curbs became lined with decades-old junk marked "free." Retailers jumped on the opportunity for a captive audience, catering their marketing to home-office efficiency. The lines to get into home-improvement stores exceeded those of supermarkets.

Spring became summer and as case numbers bobbed along, vacation plans withered. But gardens sprung up, as more homeowners took to fixing their landscapes and outdoor spaces. The mindset became, "If we can't fly away on vacation, how can we bring that getaway feeling to our home?" Front porches received a fresh coat of paint and a hanging basket or two, while backyard living rooms became an alfresco extension of the home, featuring hardscaped patios with comfortable seating made for socially distant conversation, plus cozy firepits, sleek wetbars, and more. Water features, like garden ponds, waterfalls, or even large-scale babbling brooks further established the summer oasis setting.

As summer warmth fades and the leaves and air become crisp, there's no need to forgo your backyard retreat—but there are ways to ensure it stays comfortable and inviting in cooler weather.

"One of the things we try to do when designing and proposing an outdoor living space is keep colder weather in mind," explains Mark Masseo, owner of Masseo Landscaping, Inc. in New Paltz. "There are options like fire pits and fireplaces, but also some less obvious choices you can make to really extend your patio time into

the cooler months, and then get it started earlier in the coming year."

To start, Masseo suggests ensuring your space is outfitted with outdoor lighting.

"With the sun going down earlier, you're going to need the extra light and a fire feature might not cut it," he says. "We always recommend something low-voltage





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with a timer or photocell so it just pops on automatically when it's time."

As for keeping your space warm enough for those flannel-weather evenings, heating options abound. A firepit can be

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Fire pits can be a great way to extend the season for outdoor socializing.

enjoyed year-round as either a permanent or portable fixture. "Traditional stone or concrete fire pits are sweet because they create a central gathering point; they're round with space on every side, so they facilitate conversation while you're roasting marshmallows and warming your hands on chilly fall nights," Masseo explains.

"With chimineas, or smaller fire pits that come with a stand, the nice thing is that you've got a portable heating element—it's ideal if you use your space dynamically with lots of changing-up."

For a larger living space or one with elegantambiance, a hardscaped fireplace can add a dimension of coziness that



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truly establishes an outdoor room as an extension of the home. "Fireplaces give an outdoor-living setup a formal feel, almost making it like another room in the house," he says. "There are also so many fantastic precast-concrete products out there now that make a traditional outdoor fireplace more attainable, easier to build, and more flexible for different spaces and styles. What we recommend depends entirely on the space and what the client envisions for that space."

To ensure heat stays within the space, one option is to add a line of evergreen plantings or thick surrounding shrubbery; it creates a natural barrier that serves as a windbreak and keeps heat somewhat contained. Not to mention, placing ornamental plants in or around the space can help to create a sense of atmosphere and a coziness. For decorative greenery, farmstand mums in decorative planters are an autumnal classic, but there are many seasonal annuals that are hardy enough for colder weather like ornamental peppers, black-eyed Susans, or millet in fall, and evergreens like spruce, cedar, holly, or boxwood in winter. Keeping them in planters is an easy way to switch your decor to fit changing seasons, but if you intend to plant shrubs or trees, Masseo suggests early fall as the ideal time. "Plan



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to install those new trees in September; the cooler mornings and nights, the warm sunny days, and the extra precipitation give any new plants a perfect window to get established before winter," he says.

For those who have opted for a backyard kitchen space, designs can vary from a simple setup with a grill and counterspace, to full-on luxury including plumbing, a gas range, and appliances. While these options are still usable in fall, special care and attention is needed to ensure your appliances are protected and that pipes don't freeze as temperatures

drop. "The only way to keep your outdoor kitchens functional through the winter is to bury your water, electric, and utility lines at least 48 inches below

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ground, where the frost won't get to it," Masseo explains. "Otherwise, it's just not an option. If you're only using the space seasonally, just make sure you get the utilities shut off and the water lines pumped clear. We recommend marking your calendars for some time between Halloween and Veterans Day to be safe." He suggests buying properly fitting covers for grills, burners, sinks, and appliances, and giving them a thorough cleaning before covering for the season.

Although it's uncertain whether these homebound days will have us yearning for a true getaway next summer, or preferring to stay at our cozier-than-ever homes, either way, the final months of this year are an ideal time to start or expand an outdoor space for use in warmer weather. "If you're planning a new hardscape project like an outdoor kitchen, late fall is a great time to get started," Masseo says. "Getting the construction done in November or December means you'll be ready to go when it warms up next spring."





Prodigal sons

As Covid restrictions negate the advantages of city life, erstwhile Hudson Valley residents return, some for good

by John Burdick

HERE IS A legend regarding the village of New Paltz and the sleepy Wallkill river: spend three nights by a north-flowing river and you are destined to return. It is reputed to be native in origin, but even if that is apocryphal, the pattern of eternal return has been played out so often by locals and by SUNY grads, it has become a resonant modern myth for the entirety of the Mid-Hudson valley and Catskills, never more active than at this moment.

Much of the story has to do with the MHV's paradoxical proximity to New York City and opportunity. It is close enough to be an idyllic place to escape to, close enough that our own cultural engine hums with urban influx and influence, but iust too far to be convenient for any but the most economically untethered, who are more likely to live and play here than do their business in any locally engaged way. An ordinary commuter from

here spends nearly a quarter of the day in transit, too heavy a life toll for most. That final, forbidding remove—30 miles of it or so—may be the buffer that has allowed the region to maintain its strange character and its precarious cultural balances.

The upriver pressure is now the greatest it has been since 9/11, with many experts predicting that the Covid era will signal a far more lasting and significant change



DION OGUST

Nick Pattison with wife Katherine Ambia and daughter Luna Pattison.

in the distribution of bodies and the movement of properties here than did the attacks of 20 years ago. Local social media is ablaze with the implications, dire prophecy, us vs. them lines drawn.

Here we look at the unique case of three returning natives, dual citizens of sorts who made a life and an identity elsewhere and are now in various states of return, perhaps driven here by urban hellscapes and the loss of sustaining work, perhaps pulled back by the place and the past. The question for them, as for us all, has never been why live here but how to make it work here. The traumatic Covid era is one in which societal and personal transformations intertwine. It is a time of reinvention.

Origins

Nicholas Pattison

Founder and creative director of Volume (www. volumenyc.com), a brand and web agency

I was born in Woodstock in 1980. I attended Woodstock Day School, Woodstock Elementary, and Onteora. I still look back on it fondly, the tight-knit community of warm, connected parents who seemed to all know each other. The kids I met in Woodstock have been my closest friends throughout my life. Artistic from an early age and encouraged that way, I attended Kathy Anderson's School for Young Artists and then eventually the Woodstock School of Art as well. (Since I have been

back in Woodstock, I am now reconnected with Kathy, and have been working with her to come up with solutions for her business to thrive amidst Covid). I now look back and see these early experiences in the artistically-inclined Hudson Valley as the springboard for my current career as a designer.

Once high school ended, I ended up going to Macalester in Minnesota for one



WILL DENDIS

Stephan Hengst (center) during a training session at his office in New Paltz. Jamie Corts is to his left and Jesse Chason is to his right.

year. Ultimately, Minnesota wasn't for me and my love for the Hudson Valley pulled me back, and I transferred to Bard. I spent all of my college years up here too, I just couldn't shake it.

Stephan Hengst

Licensed Real Estate Salesperson, Clements, Brooks & Safier Team at Berkshire Hathaway HomeServices Hudson Valley Properties

My parents first moved to the Hudson Valley when they emigrated to the US when I was just a little kid. I spent a lot of time in Tarrytown, and then Fishkill. I learned to love the Hudson Valley at a very early age. Then my parents moved to the Washington DC area for a while. I decided I wanted to attend the Culinary Institute of America so I came to the CIA when I

was 18. I got my associate's and bachelor's there and grew to love the region.

After graduating, I moved away and then in 2005 I moved back to take a job as the director of communications for the college. For 11 years, I worked at the and lived in Poughkeepsie. In 2005 I met my husband who was also a student at the CIA. Sixteen years later he and I are married. we run a website called BIG GAY HUDSON VALLEY. For twelve years we've been producing events for the LGBTQ community in the region.

Joel Feinberg

Chief Executive Officer, de Wolfe Music USA Inc.

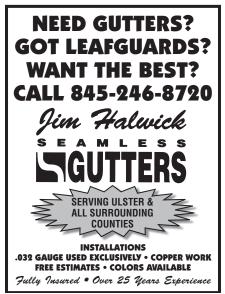
I went to music school, SUNY Purchase, where I studied performance, guitar, education, all that stuff. But I knew it wasn't

for me to be just a performer, so I left and finished a degree in my hometown of New Paltz in communications. I was feeling insurmountable pressure to know exactly what I was going to do with all this stuff when I graduated. Classical guitar was a dead end for me. I moved to New York City and found my way through a mish mosh of jobs in television—it was about leaving, letting go, and exploring, all of that good stuff. It was a beginning of a balancing act that I now see has never stopped, and has now continued to work through Covid, propelling me to a much better situation than most.

Departures

Nicholas Pattison

I moved to NYC to go to Pratt to get my master's degree. I found myself in the city for the next 15 years. I started my career at Pentagram design, the largest and most prominent design agency in the world, working for one of my design heroes, Paula



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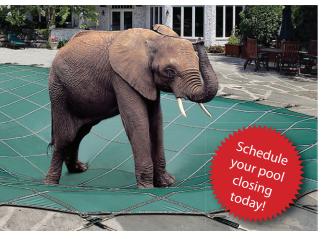


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Scher. A few years later, I then was lucky enough to be able to go work for my other true design hero Milton Glaser, designer of I Love NY, the Brooklyn Brewery identity, the creator of New York Magazine, and many more iconic works.

I worked for Milton for five years on a tight knit team of only three designers. Milton was a Woodstocker the majority of his life as well, shuttling back and forth from Manhattan for decades, and he is the designer behind a number of iconic Woodstock identities, from the Bear Cafe logo to Bob Dylan's album cover artwork. His typical pattern was to leave Manhattan Thursday and return to the city Sunday-pretty much the life I would hope for should we eventually decide to split time. A year or so into me being there I actually started driving Milton and his wife up here since my parents were still here too, and we both lived and worked in the city, but kept a foothold in Woodstock on the weekends.

In 2011 I left Milton's to focus more on digital work with websites and apps. I became the creative director of a startup incubator, overseeing the brand building and digital design for over 30 startups. I also built two startups of my own, both ecommerce platforms. My primary career for the last decade, however, has been my own design consultancy focused on branding and web design. My clients include The Brooklyn Brewery, Peloton, Asana, and Zogsports—to name a few—and Woodstock brands Bread Alone and Fruition have remained clients to this day.

Stephan Hengst

The whole time that I was working at the CIA my husband had a job working in Manhattan. He commuted every day for nine years, back and forth on the train. We really realized it wasn't a sustainable life for us. He wasn't here and I I didn't get to see him a lot. So we moved to Philadelphia and then to New York City.

In the city, I was the director of marketing for Rosa Mexicano restaurants. We were still very connected to the Hudson



Valley. We kept producing events in the Hudson Valley, the place that we always loved. We appreciate the community here, the arts and culture, just the beauty of the area. We always knew we wanted to come back. But obviously conditions with the pandemic created a very different situation for so many people and we ended up coming back a lot earlier than we thought we would.

Joel Feinberg

I went to New York in the nineties to test my legs and make my way in the real world, to stumble along. Music would never die for me, so I immediately started in with bands and artists, and then someone said, hey why don't you do this to make some money during the day, and that was a sales gig, for Internet recruiting, the beginning of the dotcom explosion in the Clinton years. There was money everywhere, and I ended up making a lot of it really fast, faster than I should've, all while playing in bands. Blew it all on gear and living the life.

But then I started realizing I had a plan. I was building a longer term plan than everyone else and I didn't even realize it. I wanted everything. I knew you can't have everything. You're either going to be a performer or you're going to make

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WILL DENDIS

Joel Feinberg at his New Paltz home.

money. I couldn't let go of either. I've always been an active martial artist. That was a guidance and a grounding force for me to build time and space to come up

with ideas. I learned how to think and develop myself through physical activity, in a spiritual and practical way. So I was playing music, making a shit ton of money and practicing martial arts as if I was going to be opening a school someday.

9/11 changed all that. I lost everything. I lost people that, as a recruiter, I had convinced to work in those buildings, people who would have been better served by other jobs. It was an incredible challenge, but like Covid, it was evolutionary, knowing that I am going to learn something through the sacrifice and pain. I took a year off and trained martial arts non-stop, 12:00 to 8:00 every day. You know those martial arts schools, there is always some whacko living there. That was me.

So many Covid similarities then. Everyone is trying to go backwards into this old world that doesn't exist. Same thing after 9/11. I got back into sales. I did well because I am good at it but I was hanging out with frat boys, people with no identity, no will to look in the mirror at the painful parts of themselves. I worked two years in a boiler room with assholes, selling shit that wasn't even legal. No Internet. The only mental retreat I had was Microsoft Paint. They forgot to uninstall that. They loved me and I hated them. I got good at caring about people I couldn't stand.

In 2004, I started at De Wolfe Music. Founded in 1909 in the silent film era, De Wolfe is one of the first companies

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to publish music for the sole purpose of licensing it, reusing it. De Wolfe is a pillar of what is now known as production music, library music, sync. All of it originated with British composer and conductor Meyer De Wolfe and a few others. The difference with De Wolfe is that we're still here, we're modern, still growing and evolving.

I worked for the company that ran my way, learned the ins and outs of the industry. I composed music through films through it. I ran for the family that ran the portion of De Wolfe in the United States, a sub-publisher for 50 years. Their daddy had given it to them—handed them this music company, and they were not musical people. And here I was, ready to eat nails. I was biding my time and developing myself, and they quit without telling anyone, ten years later.

Returns

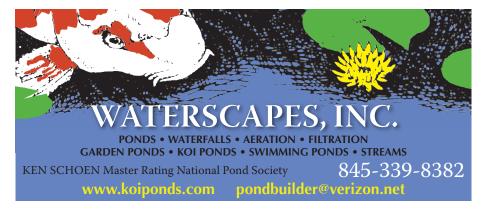
Nicholas Pattison

When Covid hit, we moved up here immediately in mid-March, thinking it would be for a couple of weeks. I had five t-shirts and two pairs of shorts. Now we have committed to being up here for at least one year. I have been fortunate to have my childhood home still here and

Woodstock to immediately retreat to, and fortunate with how the timing of this lined up with my work life. Just as March came and Covid hit NYC in a big way, I had finished a number of big jobs, so money was less of an issue than if Covid happened even months earlier. Most importantly, I was just about to pivot my design business to be a larger operation, and needed to strategize how I was going to bring the business to market. Coming up here amidst a pandemic amidst these health concerns, as well as the changing landscape of my business, gave me the opportunity to have space to shift gears.

When we got up here, my wife had to begin work immediately, and was fulltime right away five days a week. This left me to take care of our four-year-old daughter every day. Since I had some time on my hands and needed to back away from work, I was able to do this fairly effortlessly. I was excited to do it too—we were finally back in Woodstock where I had grown up, and I could show my daughter what it was like to live in the country.

Woodstock was once a true community. Our parents moved here in the sixties when they were in their 20s and 30s with the intention of settling here with friends and living here permanently. There were shared values socially and politically. They were all hippies, artists, musicians. The new crowd is mostly just city people who aren't here for community, but just to temporarily





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escape. And it has a "finance guy" vibe. I doubt many of them know each other.

Over the years I've been wondering what might bring a generation of young people back here. My friends and I have often talked about it, but always arrived at: "Yeah, but what would we all do?" Now that Covid hit, people are buying more permanent property, and can work remotely, I wonder if there might be enough people here to restart what I parents did, just in a different way. Perhaps the silver lining to all of this (if there even is one) is that this is one of the few ways Hudson Valley could truly revive itself. The changing landscape of Kingston is also attractive. Even if lots of young people aren't all moving to Woodstock, it seems to be happening in Kingston.

I've seen lots of young people my age are slowly moving back here and starting new, hip businesses. It's good to know people in their 30s see opportunity here and are trying to make it happen. Woodstock has miraculously managed to keep its "vibe."

Stephan Hengst

I was furloughed from my job as director of marketing for Rosa Mexicano in March and then in April my job vanished as with a lot of restaurant jobs. We had bought a home here in 2018 when we moved back to NYC and we Airbnb'd it two weekends a month and that paid for it. Oddly enough we had planned a major bathroom renovation in March and April of this year, long before we knew the pandemic was coming. So it was open. We left our apartment in Harlem and came up here.

I found myself going, "what do I do next?" In years of producing events for BGHV and partnering with organizations like Ulster County Tourism, Dutchess County Tourism, we always have people ask us for real estate referrals. They want to know what community we lived in and what communities we would recommend and what we liked about living here. They would say, "it looks like the queer life that you live in the Hudson Valley is a great

one. I can't wait to move there. Can you help me?"

So I took the opportunity while on unemployment to go to real estate school. I took all the 75 hours of classes I needed for NYS. Spent a few months studying and getting ready for the exams and once the exams were opened again post-lock down in July, I took my test, passed it on the first try, got my license and three weeks later now I'm officially signed as a real estate agent here.

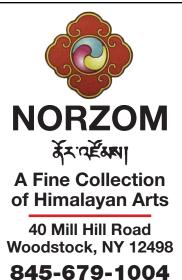
I sold my first house three weeks ago. As a 43-year-old who has worked in communications my whole life, the pandemic caused me to take a step back and say, what transferable skills can I take from my previous career in marketing and communications and public relations and how can I apply that to helping people buy homes and sell homes in a place that I love and understand?

Everyone's trying to get into a space where there's a little more room and they don't feel like they're in a literal Petri dish. Everyone deserves a place to live and everyone needs a safe community that speaks to them, in which they feel comfortable. I was glad that I was able to identify the transferable skills and pivot very quickly.

New York City is a very strong culturally vibrant place. It will recover but it's going to recover in a different way. 2020 has taught many individuals, many businesses, and many communities how to be nimble, the key to success right now. I'm thankful that I'm living in a commu-











nity that gives me that opportunity and hopefully I'll be able to take that and be successful with it.

Joel Feinberg

Covid gave me two things on my journey, very spiritual and very practical, fundamentals of the universe: time and space. There are people who have had these Covid tools before Covid, and they're all flourishing. The ones who are corporate, who are trying to fit square pegs in round hole, they're dropping like flies.

Through decisive action, I'm where I want to be. I closed my office in New York on March 2. I've got the business here now and we don't pay overhead. Without bills, who cares if we have a bad week? We're already about 2021, 2022 man. We're doing great. Never looking back. It's a spiritual thing. I'm taking meetings at Kenneth Wilson Park [in Mount Tremper]. I do business in the woods, as long as I've got a signal and I've got Microsoft Teams. I was tripping out on spider webs for a while, and it led to a great business idea, it was like "Holy sh*t, I have to call Fat Beats [a record company] and talk about this new deal that a spider web showed me."

I started a program called Fight for Music. It's an organization I created with the rapper Chip Fu from Fu Schnickens. We're educating African-American kids in disadvantaged schools in the music industry, the psychological things, the tricks, the business side, and we're giving them all the hookups. Chip works is the creative side. We've got all kinds of people coming into teach; [composer/producer] David Baron, people from NBC.

We're taking it across the country. Phase one, we teach them the industry and how to dress up their tracks. Phase two, we license it. I've already got all the green lights from Hollywood, interest from Netflix and LeBron James' school. Every penny we get goes back to those schools to buy instruments, but computers, and get moving.

And then the kids that stay and develop the program at their schools, we're going to hire them for real in the music industry, and they're off and running, never having to worry about getting the hookup that the white kids get. One of our pilot schools is in Poughkeepsie. Helping these kids is all about the big plan.

I'm watching New York die. There's no personality. It is a conglomerate of conveniences. New Paltz, for me, is the giver of everything, and the taker of everything I thought I needed but don't. To me it is the most beautiful jagged edge. I'm proud of where I am because I suffered to get here.



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Pandemic exodus

Unprecedented Ulster County real estate boom changes landscape

by Robert Burke Warren

N EARLY APRIL, Mark Kanter knew a real estate sea change was coming, even as Covid-19 cases were spiking in the New York City area and locally. A member since 2016 of the Maverick Team at the Woodstock division of Berkshire Hathaway Home Services. Kanter had just been designated an essential worker, and was helping a family sell their West Hurley home. He describes the one-acre parcel as "a nicely renovated 70s split level Brady Bunch house with an art studio out back." He'd counseled them to sell at \$449,000, the high end of market expectations. Kanter says they would've been delighted to get \$429,000.

But those market expectations were pre-Pandemic Exodus.

"On Wednesday, we listed it at 449," he says. "By Sunday we had eight offers, and the sellers accepted just over \$500,000. If they listed today, they could probably sell it for \$560,000."

Kanter says this sale was "a trumpet blast" to the Ulster County marketplace. Even though the Maverick Team had been sweating a \$2 million dollar loss of gross sales following the March shutdown and subsequent panic, as soon as protocols were in place, a new normal was suddenly afoot. Overnight, even with Covid-19 restrictions – masks, self-directed house tours, virtual closings – Ulster County real estate became a high pressure playing field of routine bidding wars, multiple offers over a short time period – usually

forty-eight hours – and sellers netting significantly more than asking price, as much as \$100,000 over. This trend continues, with no sign of letup.

"It's very intense," says fellow Maverick Team realtor of almost two years Laurie Osmond. "I've been talking to agents who've been doing this for twenty years, and they've never seen anything like it. It's just crazy."

Ellen Osgood concurs. In 15 years of selling homes with the Woodstock branch of Coldwell Banker Village Green Realty, she maintains nothing compares to the current frenzy. "Buyers are even waiving inspections!" she says.

Osgood's clients are routinely breaking leases to escape New York. One had lived in a Manhattan building with 300 apartments, where 40 broke leases in May



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alone. Not surprisingly, Ulster County rentals that haven't been snapped up have dramatically escalated in price.

As of this past April, according to the National Association of Realtors, Ulster County house prices were - and remain - 17.6 percent higher than April of 2019. That's the biggest year-over-year price increase in the United States. Not coincidentally, after years of struggling to maintain enrollment, local private schools are at or near capacity, even as schooling methods (remote, half-remote, one day a week on-site, etc.) remain in question, and subject to sudden change. Osmond, also president of the Onteora School Board, says an uptick in public school enrollment is expected. And for parents who must work away from home while children learn via computer screen, ads seeking au pairs are becoming commonplace.

"It's like Williamsburg in the 90s," says realtor Amy Rosen, in her third year at Phoenicia's Ruth Gale Realty. "Potential



DION OGUST

buyers ask me if they will be paying too much, and if the value will hold, and I tell them: 'Put it this way, I've received over ten times as many calls as I usually do, I've sold a lot of houses this year, and I still have a long list of interested buyers."

Although real estate business typically slows down in winter, no realtor thinks that will be the case going forward. Says Rosen, "Even if we get a second wave of Covid, and things shut down again, I still expect to be taking calls and setting up showings, even if virtual."

Rosen, who recently helped a buyer navigatean unheard-of 22 bids on a West Hurley property (which she ultimatelywon), says buyers nowlargely comprise millennials, young families, couples just starting out, and, for the first time in her career, single people. Most, but not all, are from the New York City area, and not looking for a second home, but want to put down roots. Or, as she calls it, "Green Acres-ing it."

"Since they're skipping the usual 'weekender phase," she says, "I make sure to tell them how to keep bears out of their trash,to avoid dramawith their neighbors. Some don't know what a septic is."

Osgood sees a notable increase in couples with young children looking for homes in the \$350,000 to \$550,000 range, and they're far less choosy. "Buyers used to be much more selective," she says. "But now they're not as demanding, just to get a home up here."

The closest analogue to the Pandemic Exodus is the Post-9/11 Exodus, when New Yorkers fearing terrorism headed for the hills (and the suburbs). Since April, that shift has paled in comparison to the Pandemic Exodus. According to a study by the NYC Department of City Planning, about 4,500 people fled New York after 9/11. Whereas the New York





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Times recently reported that, between March 1 and May 1, roughly 420,000 people – mostly the wealthiest – left the Big Apple. Quite a few headed straight for the Catskills, and they've kept coming.

For a lot of these home-seekers, the combination of wealth and, crucially, technology aided their flight, specifically Zoom, Google Hangout, Skype, FaceTime, et al. Such platforms did not exist in 2001.

Osmond says the newfound ability to work efficiently – sometimes more efficiently – from a WiFi-enabled home has allowed many more buyers to not only leave cramped apartments and offices, but to completely reboot in houses farther afield from – and cheaper than – the Woodstock area; towns like Catskill, Athens, Durham, and Coxsackie. "People are finding a couple more Thruway exits more acceptable now," she says. "Especially when they're not just looking for a weekend place, but a chance to resettle."

Time was, realtors were accustomed to a more leisurely pace. As Osmond says, "You would map out an itinerary with potential buyers, who would then come up, and you see maybe 12 homes over a weekend. Maybe bid on one. But now you're entering an available home knowing you're entering a bidding war. Or your offer is a backup in case an existing offer



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falls through. It can get very emotional."

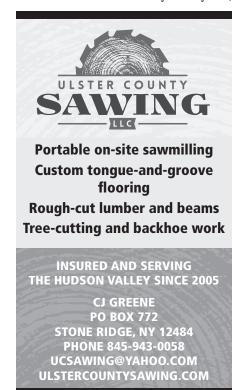
Although significant money is being made, the toll of that intense emotional rollercoaster can be high, and not just for buyers and sellers.

"It's very important for me to keep life in balance," Osmond says. She has not mowed her lawn in a month, or been on her bike much, to her dismay. "You don't want to burn out. You need to take time to exercise, step away from the computer, do something to rejuvenate."

Rosen concurs on the self-care tip, and adds a little wistfully how a downside of the current boom is a tonal change in the experience of helping someone sell or buy a home: "One of the reasons I enjoy doing this is getting to know people, becoming friends, helping people with this major step. I helped a sevengeneration local buy a house in Boiceville last year, which they love. We hit it off, and they're now asking me to help their daughter buy her first house nearby with the same \$250,000 budget. It's going to be brutal. Those houses arerare. I've been saying '300K is the new 200K."

OSMOND STRESSES THAT INEVITABLE other-izing of the newcomers by locals is not only unfortunate, but, as borne out by Rosen's fruitful relationship with her longtime local Boiceville clients, such scapegoating is a misrepresentation of the boom.

"It's not just people from the city," Osmond says. "Everyone is doing what they can to make as much money as they can,



because we're in deep trouble economically. Sometimes sellers want to downsize, move to be near family; and buyers aren't the stereotype of someone who wants to just build the swimming pool and close the gate. Most genuinely love it here, they want to get involved in the schools, patronize local businesses. There's been a lot of pressure lately, but it's still a pleasure to do business with people. They're all nice, and interesting. We often become friends, and stay in touch. It's being depicted as

a money-grabbing frenzy, but it's really people just moving on to another stage of their lives, all amplified by the urgency of the pandemic."



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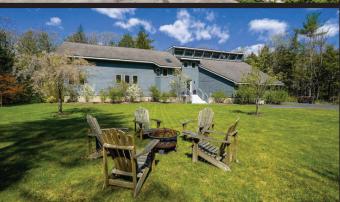
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Autumn Afternoon by Jasper Francis Cropsey

The people, yes

An appreciation of the Hudson Valley's sense of community

by Melissa Dempsey

UNLIT FORESTS, GENTLE brooks, majestic storm clouds, vibrant sunsets—these are just a few of the breathtaking scenes painted

by the Hudson River School artists of the mid-19th century. By sharing Romanticism-inspired depictions of our region's natural splendor, the painters created lasting odes that have helped inspire others to help with conservation efforts so that future generations could enjoy

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the same stunning scenes in-person.

Today, ask residents what they love most about the Hudson Valley and you'll receive myriad responses, many of which center around the same ideals as the aforementioned artists: the parks and outdoor recreation, the views of the Catskills from the Hudson, the strong arts and culture presence, rolling pastures that yield farm-to-table cuisine unlike anywhere else-and then reapply the same responses under an autumnal lens. There's nothing quite like a Hudson Valley harvest season with apples plucked fresh from the orchard, country roads flanked by fiery foliage, and community festivals that will perhaps resume next year.

But there's an often-overlooked aspect of our region that truly makes it unique to other areas across the state, and that's the community—the people who live here.

I say this knowing that the folks who live throughout the valley are vastly diverse, and it'd be futile to try and lump everyone into a single categorical description; each town, city, and hamlet has its distinct charms and tragedies, beauty and suffering, quirks and jerks. It happens too often that the region is idealized—homogenized—to fit a whimsical travel-magazine description, especially in a way that often leaves out marginalized groups. At the same time, all one needs to do is read the comments on any local online news source or Facebook group to find a spectrum of differing opinions and values. But spend enough time with anyone and you'll typically find common ground; different threads woven to create a larger tapestry. So, what is it that pulls us together?

Human connection is the balm that soothes our rough edges and it shows up in countless ways: That coffeeshop employee who remembers your order. The barber who doles out life advice. The health practitioner who celebrates your wins. The restaurateur who remembers your family milestones. The essence of Trail Magic: That instance of passing a fellow hiker going the opposite direction, as you exchange a knowing gleam-in-theeye smile-perhaps hidden by a mask these days, but there nonetheless-and sometimes shows up as a kind stranger offering map guidance, a bottle of water, a spritz of bug spray, or a granola bar for your kiddo, just when it's needed. Perhaps it's simply endorphins that lift the moods of trail travelers, or the tendency to feel better when surrounded by nature, but it's there—an unspoken understanding shared with another person. The trail is a connector in more way than one.

In the same vein, it's often a common struggle that unites us. To use recent ex-





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amples, just look to the eager volunteers who put together brown-bag lunches for local families affected by pandemic school- and work-closures, or the concerned citizens who busied their hands making cloth masks for charity. It's been inspiring to see neighbors helping neighbors with unconditional care—to the folks who volunteered, it didn't matter who would receive that food or wear that mask, as long as people in the community who were struggling to remain fed and protected were taken care of.

This type of connection is especially important during a time when differing beliefs, especially in the form of online arguments, are dividing us more than ever—on social media, we learn too much. We see others' dark thoughts, deep secrets, bad moods, and plain ol' ignorance on display and reactions are often thumb-typed on a mobile device before taking a moment to truly consider an appropriate reaction—how one might react to the same conversation in-person. But the suggestion that social networking



has diminished social connection is not new, and though these digital platforms have brought us together in various ways, they have a tendency to rip us apart. There's a toxic environment that thrives online and it's easy to get caught up in the swamp, shaking our heads or fists at the blatant sludge of disrespect spewing from friends-of-friends with differences of opinion or values, largely rooted in bogs of misunderstanding and pride.

At some point, we have to come up for air. When we do, we seek the support of profound connection within a tangible community that a device can't provide—and sometimes we find it without realizing.

In a personal example, I lived in Woodstock when Hurricane Irene swept through the region. I was in a state of starting-over, having just moved into a small apartment in the heart of the village two months prior, and decided to stick around to ride out the storm. I recall the powerful wind; the flooding brook that surrounded the property and crept toward my front deck; the churning sound of what some say was a touch-down twister. I vividly remember the eye passing over-moments of glistening sunshowers and shortly after, a pause from the rain—as I ventured outside to assess the damage along Tinker Street, Woodstock's main drag of shops and cafes. Branches and leaves were strewn across the road, clogging storm drains, and a few of us started cleaning, knowing the returning storm would bring more debris, more flooding. When the rain resumed and we made our way back. But before entering my apartment, I looked around the property; something was off. Two neighbors whom I'd never spoken with gazed at me with sympathetic expressions. After a few seconds of mental gear-turning, I realized that my car was missing. While I was out, one large tree among the border of trees surrounding the property had fallen on my car, crushing it from hood to trunk.

As I processed what happened, one neighbor offered to look up the number of my insurance agency so I could get on the phone with them as soon as possible. Another offered to make a comforting mug of tea. In the coming days, one neighbor even proposed the use of her car so that I could commute to work. Kind acts were bestowed from unexpected places. At a time when it would've been so easy to feel alone, I felt community.

Perhaps we don't intuitively know everything about the folks we meet in person, as we can instantly learn online with a few clicks. That doesn't mean we can't appreciate these real-time moments of human connection. Despite how the Hudson Valley is depicted in those historic Hudson River School paintings—or by modern-day Instagram influencers—this beautiful region is not a utopia. For all its inspiring magnificence, it has flaws. It has deep wounds, historical hiccups, and ongoing strife. But to thrive in a community requires the same as any other relationship: give and take and a shared compass pointed toward a greater good—and we largely see that here.

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Preserving the bounty

This has been a big year for gardeners; here's how to store the leftovers

by Ann Hutton

TART WITH TOMATOES. The advantage of beginning your canning and preserving career with tomatoes is that they are acidic fruits that don't take hours of complicated processing in order to result in an array of beautiful jars of red deliciousness. From there, your preserved products can sit on a shelf in a cool basement for months on end, until you turn them into magnificent sauces or salsas or soups.

Just the sight of a row of shiny jars in your pantry will inspire you. You may be lured into all manner of food preservation. Pickling, freezing, drying, smoking, fermenting, and pressure canning await you. (The latter is a method that is absolutely mandatory for low-acid veggies, beans, fish, and meats.)

You're suddenly in touch with the old-time necessity to preserve and store victuals for the post-harvest season ahead. You may even want to learn about replicating your great grandmother's dry cellar, where potatoes, carrots, turnips, onions, garlic, and all manner of root veggies can be stored. The innovative options for feeding yourself through the winter months are endless.

I was indoctrinated into the craft of canning decades ago, when an older



friend, Bea, called me up one morning and said, "Let's go! That soaking rain last night is going to ruin the tomato crop if we don't get out there and save it." I threw on some jeans and met her at an organic you-pick farm, where we often harvested from five acres of vegetables. I even snipped pigweed, lamb's quarters, miner's lettuce, and other weedy greens from the rows to add to my homemade soups. These were non-crops, which the farmer did not propagate on purpose and gave me for nothing.

Bea was a master canner. We carried



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ANN HUTTON

bushels of ripe, on-the-verge-of-splitting tomatoes back to her kitchen, where she had set up a production line of kettles and utensils and towels and hot pads. We spent the entire day par-boiling the fruits to skin them and stuff them into scalded

jars, destined for the canning rig. It was with my own stock of gleaming beauties, along with the vital knowledge of how to rescue a crop from rotting and preserve

a steaming hot venture, and I went home it for another day.

A warm canning bath in progress. Tomatoes and jalapenos take about a half hour of processing time. That means covering the jars with boiling water for a specific number of minutes to kill and force any bacteria out of the jars. When they cool, a vacuum seal is created.

She trained me well. I didn't buy commercially canned goods for years. Her repertoire included fruit jellies and butters, sauerkraut, cucumber pickles, and other delectables. She even picked local concord grapes and made her own grape juice. I still own her low-tech bottle capper, a wooden handle with a heavy metal end, with which a flat bottle cap is whammed onto a single-serving bottle by hammer to seal the juice inside. I was on my way.

I have had disastrous results on occasion. I've tried producing a decent jar of jelly to no great success. My gardening partner, Wendy, is the jelly queen, so I get to enjoy the fruits of her labor every now and then. My attempts at making a good kimchi that doesn't totally put me off with its fishy smell are progressing, but slowly. I'm still leery of burying cooked poultry in vats of fat, ala a French confit—but maybe that's just my personal trepidation.

Meanwhile, canned and frozen produce fills my kitchen and basement storage room. I grow a large garden and feel morally obligated to utilize the food I produce. Either that or give it away. Wasting food is a sin, right? Learning to preserve food may just be your ticket to culinary heaven. What's more, we live in a veritable Garden of Eden, where numerous farmers markets offer the absolute best in produce.

In off years when my crop has been less than impressive, I have walked away from the Uptown Kingston market with 20-pound boxes of tomatoes, bound for my own kettles and jars. And the great thing about canning tomatoes is that if a single Mason jar does go bad on you, you

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will know it as soon as it starts stinking up your cupboard. No danger of food poisoning, because your nose will tell you: DON'T EAT THIS.

OTHER PRESERVED FOODS-GONE-BAD are not always so generous with their forewarnings. Which is why you really ought to get hold of one of those more scientific instruction books and follow the recipes and procedures religiously. I recommend the classics, such as the Kerr Home Canning Book, originally published in 1950, or the updated Ball Complete Book of Home Preserving, edited and published in 2006 by Judi Kingry and Lauren Devine. Both offer safe, user-friendly methods and recipes to preserve everything from those easy tomatoes (including cold-packed salsas, hot-packed and stewed with basil, chutneys, jams, pasta sauces, ketchups, seafood cocktail sauces), as well as fruits, pickles of all sorts, and fish, poultry, and meat.

During non-pandemic times, the Cornell Cooperative Extension in Kingston offers hands-on, small group training in a variety of tested guidelines for home food preservation. While the program is currently on hold, you can still tap into CCE's wealth of available information at http://ulster.cce.cornell.edu/. In the meantime, start collecting those reusable Mason jars of all sizes, and be sure to keep enough new seals and screw-top rims in stock so you can dive into a project with everything sterilized and ready. Invest in proper, inexpensive canning tools, like a simple jar lifter, a plastic funnel, oven mitts, tongs, attractive jar labels, and a thermometer for cooking down jellies and jams. And make sure you have the required amounts of vinegar, sugar, salt, pickling spices, and whatever a recipe calls for before you start.

An older, more experienced friend like Bea, who has lived long enough to know what works and what doesn't, may be the best sort of teacher. Someone who can tell you to freeze your homemade pesto in tiny jars, because anything larger may sit in your refrigerator too long once you've opened it. The basil has not been heat-processed, and it molds quickly after the jar is opened. Or someone whose mother—back in New Zealand during the 1950s—knew how to pack raw green beans in a crock of salt, and nothing else, for safe consumption months later. Who knew such a thing was possible?

For more tips and recipes, check out some of the newer titles in food preservation, such as *My Pantry*, written by Alice Waters and Fanny Singer, and *Food in*

Jars: Preserving in Small Batches Year Round, by Marisa McClellan. You may be tempted to branch out with Fermented: A Four-Season Approach to Paleo Probiotic Foods, by Jill Ciciarelli or Root Cellar-

ing: Natural Cold Storage of Fruits

Vegetables, by Mike and Nancy Bubel.

My motto is—be careful but be daring.

Get educated, follow instructions, and preserve the bounty!

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Decorating with hornets

by Sparrow

Y WIFE AND I recently renovated the deck behind our house as part of an epic house-lifting, to prevent the Esopus Creek from flooding us. Now we have a spacious wooden platform - complete with pergola! - the length of our double-wide trailer. And what's our deck's finest decorative touch? A hornet's nest. It's about three inches wide, in a corner of the rafters of the pergola, and resembles a minimalist ceramic pot. Through a hole in the bottom, insects exit and enter. This insect-built architecture is more aesthetically gratifying that all our deck chairs and folding tables combined.

Like a tribe of hippies living in a dome, hornets prefer a round home. And like flower children, they are peaceful. The hornets never hurt us. If anything, they assist us by eating troublesome insects including caterpillars, grasshoppers, bees. (They also consume sweet fruit and tree sap.) The idiom "mad as a hornet" does not apply to our non-paying tenants (luckily for us, because hornets can sting numer-



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ous times, unlike honeybees, who have only one sting per incarnation).

Hornets are social creatures, like humans. They belong to the insect family Vespidae, along with yellowjackets and wasps. They are the largest creatures in their family. All the hornets in our nation are the same species: the European Hornet (except for the Asian "murder hornets" you may have read about, which have lately invaded the West Coast). Hornets were "accidentally" introduced to our continent in the 19th century.

These winged wonders usually build their hives in an elevated place protected from the rain and wind. The hives are extremely fragile, made from regurgitated wood – a kind of insectival papier-mâché. (That's why ours is under the pergola; one rainstorm could wipe it out.) Inside these paper-thin walls 700 creatures

can coexist, in neat hexagonal cells, serving their egglaying queen. That's roughly the population of my town, Phoenicia.

Have you ever lived with roommates, and noticed how you silently negotiate the common rooms? In the same way, my wife and I have developed patterns of movement with our hornet cohorts. If a winged creature and I reach a doorway at the same time, I step aside. The hornet, I have noticed, usuallynodsin gratitude.

On a Tuesday one of the hive-dwellers collided with me in the hallway – and flew into my hair. We had a moment of mutual panic, until the airborne insect extricated himself and flew away, shaking off dandruff.

But they are strange-looking creatures. A hornet resembles two pairs of broken binoculars.

The Hornets, in case you didn't know (and I didn't) are an NBA team – that means basketball – based in Charlotte, North Carolina. The team was founded in 1985, but the name belonged to a minor-league Charlotte baseball squad that was launched in 1901! The origins of the insect totem stretch back to Charlotte's fiery resistance to British occupation during the Revolutionary War, which prompted the British commander, Lord Cornwallis, to refer to the town as "a veritable hornet's

nest of rebellion." Hornets, then, are a symbol of political revolution. Far be it for me to eject a cadre of revolutionaries from my back porch – especially if they're not fighting me.

Once a year, my friend Charlie comes up from South Orange, New Jersey to visit for a weekend. I agonized over whether to mention the hornet's nest. Charlie might be appalled, and refuse to come. On the other hand, is it ethical to withhold this potentially crucial information? Charlie usually loves to sit on the deck...

After weeks of indecision, I chickened out. Charlie arrived, unwarned, sat on the deck – but he chose a chair in the sun, to work on his tan. The hornets remain almost exclusively beneath the pergola. In three long days, Charlie never noticed them. Thank you, kindly hive-builders!

But hornets are not our only potential threats. Bee balm and echinacea blooming in the front yard, in Violet's "wild garden," attract bees – so our house is a mecca for stinging insects. Plus we have snakes in the lawn! Let's face it, my wife and I are as fearless as James Bond.

Do you know the expression "A conservative is a liberal who's been mugged"? Possibly I will be stung by a hornet before I finish this essay, and completely reverse my laissez-faire philosophy. (In any case, the hornets will all die in the autumn, except for the fertilized queen, who hibernates till spring.)



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Insured • References • 25+ Years For friendly & Reliable Service Call 679-6594 • Mobile: 332-6594 Looking through a file of my poems, I found this one:

Art Project #907

Live with bees until you learn their language.

Teach it to your nieces and nephews.

Bees perform dances to communicate the location of local flowers to their comrades. The "waggle" dance indicates the distance and direction from the hive of a local flower bed. The "circle" dance reveals that a fragrant flower is nearby. But do hornets dance?

According to 2018 study by Benjamin Taylor of LaGuardia Community College, wasps (which include hornets) perform "gastral drumming" – that is, they rhythmically slap their abdomens against the nest, producing sounds that signify the presence of local food.

Hornets nests are valuable in traditional Chinese medicine. The hives are are collected in the autumn and winter, steamed to remove dead insects and nest eggs, then dried in the sun. The powder of the nest can be added to wine to treat malignant tumors, rheumatoid arthritis, lung diseases, skin disorders, urinary conditions and dental ailments. If you'd like to turn my nest into medicine, contact me c/o this newspaper.

[Update: I have not yet been stung. I'm still a "hornet liberal."]

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Hudson Valley splendor

An appreciation of our area's scenic beauty

by Erin Quinn

o MATTER WHERE you're coming from, or where you've been, when you arrive the Hudson Valley, you've entered a scenic paradise. Let's start with New Paltz. There are the soft contours of the Shawangunk Mountains, anchored by Mohonk's Skytop Tower—a century-old stone edifice perched on top of the ridge—with its turret pointing towards the heavens and its light shining like a beacon.

The flats that stretch out between the Wallkill River and the Shawangunk Ridge are like a red carpet walk of pastoral Oscar contenders. There are nominees from every season—the blankets of snow cascading like waves in the winter, the hope and promise churned into the tilled fields in the spring, the tiered rows of sunflowers dancing in the summer breeze, the rich undulation of gold-hued corn tassels lining the roads, and fall's cornucopia of swollen orange pumpkins, butternut squash, and sleek green zucchini.

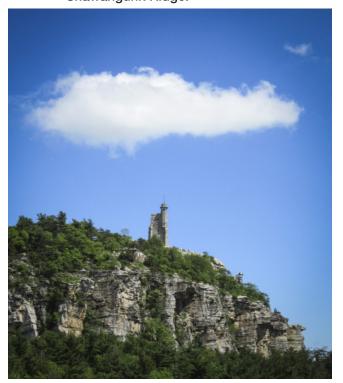
Meandering through these fertile farmlands is the River 2 Ridge trail—a two-mile, free-to-the-public pathway that rolls like a ribbon from the west end of the village into the thick of the cornfields, past the hay-barrels and up over the foothills dotted with red barns and old farmhouses. At the crest of the hill there is a sweeping view of the ridgeline, most of which has been protected by the efforts of conservationists over the decades.

Add to this visual feast the 100-year old Testimonial Gatehouse with its large semicircle stone archway leading visitors to a half-mile long dirt road that is lined with massive, mature pin oaks in a French-designed alee. This most recent Preserve trailhead allows people to walk, hike, bike, horse-ride, run, skip or



PHOTOS BY DION OGUST

Above, sunflowers on the Hurley Flats; below, Smiley Tower on the Shawangunk Ridge.



stroll as short or as far as their legs will take them.

Treasures within walking distance

On the east side of the river is Historic Huguenot Street, the oldest incorporated street in America, dotted with original stone houses dating back to the 17th and 18th Century as well as more recently unearthed portions of structures that were inhabited by indigenous peoples, most notably long houses of the Munsee Indians and a recreated teepee structure. A portion of the street is closed to traffic to ensure the integrity of the homes, making the area a pleasant place for a stroll.

Between the north-flowing Wallkill River and Historic Huguenot Street lies a treasure: the 500-acre Nyquist-Harcourt Bird Sanctuary, which has an oxbow, marshes, meadows, woodlands and wetlands all in the heart of the village. It's home to hundreds of bird species, some of which are endangered, many of which are migratory and all of which sing, fly, soar, nest in a protected areathat can be enjoyed by serious birders or those just out walking their dog or seeking a moment of peace to watch the bruised pink and purple sunset bleed over the ridge.

Nearby are the Gardens for Nutrition, one of the oldest, communal public gardens still in existence. Gardeners often add flags, totems, lawn chairs, fencing, holiday lights and other unique decorations to their patches of earth. Mulch, compost, water, deer-fencing and gardening equipment are provided. Even if you don't rent a plot, it's a great spot to take a walk or bike ride. You can see the gardens take shape over the year, providing their own individual flavor and personality and combining to form a larger, edible patchwork quilt.



For many, the Hudson Valley is synonymous with apple farms.

One day in March near the beginning of the shutdown, a resident of New Paltz, originally from the Bronx, summed up well. "We get to live here," he said. "As bad as things are, we get to step outside and see the stars. It's like we get free admission every day to the greatest show on earth and all we have to do is step outside and open our eyes."

Bearing fruit

For many, apples and the Hudson Valley are synonymous. Come autumn, we are lavished with every variety, both heirloom and hybrid, from tart McIntosh to sinfully sweet Honey Crisp. These apple farms spread their branches throughout the valley with their blossoms bursting in spring, visible from dirt roads, backroads, bypasses, main streets and all along the Thruway and Route 9 corridor. Residents can pick their own apples, a rite-of-passage for local kids,



JULIE O'CONNOR





COURTESY HUDSON VALLEY TOURISM

Left, bridge on the Black Creek Preserve; right, Walkway Over the Hudson.

or stop by one of the region's many farm markets.

Apple season in the valley begins in late summer and lasts until November—a stretch of time made even more exhilarating by the turning of the leaves—an autumnal ritual of nature that is like living inside of a silent fireworks show with a riot of reds, oranges, pinks, yellows and amber foliage fanning out and then falling softly to the ground. For those that live here, it's something that never ceases to delight and amaze.

A river runs through it

Then there is the mighty Hudson itself, lined by historic sites like the Vanderbilt Mansion, the Roosevelt Estate, colleges steeped in ivy-clad tradition like Vassar and Bard and Culinary Institute of America. But there are also corridors here that are lesser known and equally enthralling like the rustic cabin at Slabsides in West Park—a retreat and meditative study of the famous naturalist, John Burroughs. This nature park is adjacent to Shaupe-

neak Ridge, a 936.5-acre nature preserve with lakes, running trails, a floating peat bog—one of a dozen parks and preserves along the Hudson River corridor that are entrusted to Scenic Hudson, a land preservation organization dedicated to connecting the public to the Historic River.

One of the greatest recent accomplishments in local recreation has been the successful effort to turn a fire-torn old railroad bridge over the Hudson and turn it into a pedestrian river crossing. This turned into what is now one of the most

visited parks in all of New York, the milelong Walkway Over the Hudson, which brings in more than half a million visitors each year and is a regular destination for many locals.

There are plenty of rock-climbing routes, technical mountain bike trails, challenging hikes that can take you deep into Catskills and beyond. But just by having the fortune of living in one of the greatest places on earth, we only have to open our eyes to find ourselves walking through a Hudson Valley River School painting, only we are the oil paint dancing along the river's edge.



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Hay barrels in New Paltz, with the Shawangunk Ridge in the background.



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