

# KATONAH CONNECT



THE MUSIC ISSUE  
SEPTEMBER | OCTOBER

# Turn What You Love Into Where You Live

 Douglas Elliman



Grand Estate on Approx. 15 Acres | Bedford, NY  
\$5,995,000 | 6 BR, 6.1 BA | **Web# H6185498**

Jennifer Leahy: O 203.622.4900 | M 917.699.2783  
Anna Proctor: O 914.232.3700 | M 845.656.0692



Custom Hook Rd Home on 12 Acres | Katonah, NY  
\$5,500,000 | 5 BR, 5.3 BA | **Web# H6160383**

Sally Slater: O 914.234.4590 | M 914.584.0137



Stunning Equestrian Estate | North Salem, NY  
\$3,995,000 | Approx. 4.65 Acres | **Web# H6193636**

Ciaran Murphy: O 914.273.1001 | M 914.469.1167  
Nancy Strong: O 914.273.1001 | M 914.671.5784



Working Horse Farm | Ridgefield, CT  
\$3,400,000 | 15.4 Acres | **Web# 170503923**

Sally Slater: O 914.234.4590 | M 914.584.0137



Stately Georgian Colonial | Thornwood, NY  
\$1,900,000 | 5 BR, 4.2 BA | **Web# H6174140**

Emily Lyon: O 914.723.6800 | M 917.797.6000



Bright & Spacious with Pool | Scarsdale, NY  
\$1,860,000 | 4 BR, 4.1 BA | **Web# H6197492**

Glorianne Mattesi: O 914.723.6800 | M 914.393.6990



Modern Church Home | Greenwich, CT  
\$1,800,000 | 2 BR, 2 BA | **Web# 116136**

Liz Forrest: O 203.622.4900 | M 203.651.9674



Captivating Mid Century Modern | Katonah, NY  
\$1,200,000 | 5 BR, 3.1 BA | **Web# H6181694**

Sandra Greller: O 914.232.3700 | M 914.473.1167



Serenity on Approx. 3.5 Acres | Katonah, NY  
\$1,149,000 | 4 BR, 2.2 BA | **Web# H6180251**

Maura McSpedon: O 914.273.1001 | M 914.760.8138





**OHHO**

PLANTS WITH BENEFITS

Salted Caramel Dark  
CBD Daytime Chocolate  
160mg CBD + 40mg CBN / Net: 64 grams / 2.25 Oz.

**SAY HI TO YOUR NEW FAVORITE CBD TREAT**

COME VISIT OUR WONDERFUL WORLD AT THE LITTLE SHOP OF OHHO / 13 COURT ROAD, BEDFORD, NY





# TABLE OF CONTENTS



## KC Records

### 12 COFFEE CONNECTION: THE MUSIC MAN

Shaul Dover, owner of Sweatshop Studios and Jazz on Main, was a successful entrepreneur and innovator in the cutthroat world of high-end fashion before stumbling into the music industry. And now, he's leaving his mark on that industry as well.

### 16 CONNECT WITH AN EXPERT: WINTERIZING YOUR HOME

There's a lot to do to get your home ready for winter. Handyman Joe Crepeau, who previously owned a plumbing supply business, walks us through everything we need to know to avoid a freezing home during the coldest months of the year.

### 26 PAST CONNECTIONS: OUR NATIVE ANCESTORS

Waccabuc, Muscoot, Katonah, Cantitoe, Mustato – learn about the history of these local words/landmarks, the Munsee tribes who once called our towns home and how they were convinced to “sell” their land to European settlers.

### 20 FUTURE CONNECTIONS: UNICORNS, LADYBUGS ... AND MORE UNICORNS!

Meet kindergartner Isabella Goglia. Her favorite color is pink, she loves unicorns and her hero is a ladybug.

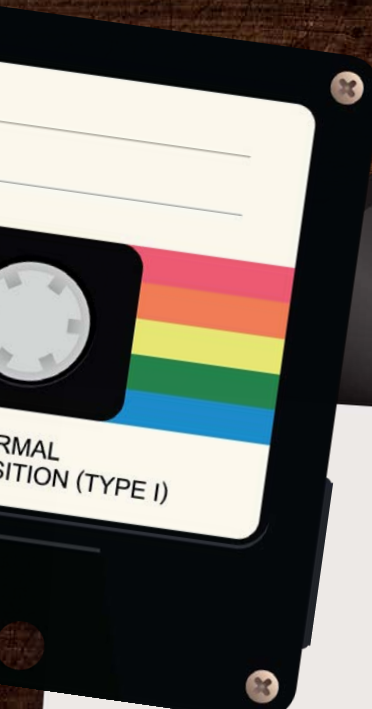
### 22 FUTURE CONNECTIONS: TRIPLE THREAT

At only 14, Bedford's Madison Lagares has succeeded on the screen, the stage and in the sound booth. What's next is even more exciting.

### 30 CONNECTING WITH THE LAND: FALL CLEANUP

It's time to harvest the last of your fruits and veggies, save your seeds, store your gourds, dehydrate your fruits and do one final weeding before prepping your garden for the winter.





### **36 CONNECTING IN THE KITCHEN: YOU CAN ALWAYS GET WHAT YOU WANT**

The owner of North Star in Pound Ridge just wants you to relax and enjoy yourself. While you're at it, grab a bite to eat and, on Thursdays, listen to some live music from local musicians.

### **40 CULTURE CONNECTION: FALL FESTIVALS**

Go behind the scenes at Pound Ridge's Harvest Fest and meet Blues Traveler guitarist Chan Kinchla. Learn about Bedford Playhouse's new Yellow Brick Road Festival, the White Plains Jazz Festival, Caramoor's Dia de Muertos, the 60th Armonk Outdoor Art Show, and the founder of HereItThere.com. Plus, a guide to the region's fall festivals.

### **92 DEAR JOHN**

Our local advice columnist went on vacation, so Blues Traveler's Chan Kinchla filled in. Learn what to do when the teens next door start a loud garage band, your kid wants to play the oboe, how to impress the ladies and more. Watch out John, Chan gives some rockin' advice!

### **94 CONNECTING WITH STRANGERS:**

Meet some local musicians and learn about their first gigs, most embarrassing moments, most interesting person they've performed with and even their most memorable moments on and off the stage.

### **96 COCKTAIL CORNER: HARVEST MOON**

In honor of apple season, Dr. Elixer has whipped a simple bourbon and apple cider drink for you to enjoy on a cool autumn evening.

# **POUND TOWN**





# Katonah Connect: The Music Issue

**PLAY**



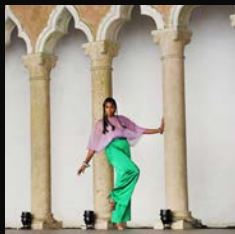
## 54 A WEEKEND IN JEFFERSON

When Jefferson residents David Savatteri and Joan Powers opened The Mill Pond Inn, they unintentionally took the first steps to help revive a town. Check out what this upstate New York hamlet has to offer for a weekend in the country.



## 62 ON THE CUTTING EDGE

Goldens Bridge resident Julie Rosenberg has always been ahead of her time. She was a triathlete in the 1980s, opened the area's first aquatic physical therapy and wellness center in the early 2000s and began selling her one-of-a-kind, custom-painted guitars several years ago. Her trademark geometric designs have inspired artists and musicians alike.



## 70 HER REASON FOR BEING

Jazz singer/performance artist and Katonah resident Andromeda Turre has discovered what she loves to do and is good at, what she can be paid for and, most importantly, what the world needs.



## 78 HOW TO HAVE A MORE SUSTAINABLE COMMUNITY

It takes a village! Our first two sustainability topics touched on how we can be more sustainable in our own lives. This issue, we explore the ways that a community can make a difference through people, government and businesses working together.





# CARPE DIEM



## McIntosh MA12000 INTEGRATED AMPLIFIER

25

50

100

200

400

1k

2.5k

10k



You've always wanted it.  
Now is the time.

Hear it for yourself in our Mount Kisco showroom.



**Entertainment Technologies**  
When Words Fail, Music Speaks.

(914) 242-8881 | 309 N. Bedford Rd. Mount Kisco, NY | [etaudiovideo.com](http://etaudiovideo.com)





# ONE GOOD THING ABOUT MUSIC

## WHEN IT HITS YOU, YOU FEEL NO PAIN

Music can be incredibly powerful. It can help you celebrate a win, inspire you when you're feeling discouraged, lift you up when you're down and warm your soul. It can empathize, heal and even make you laugh (see Lizzo, "Phone").

One of the things we've become very good at these past several months is interviewing musicians. It wasn't a genre either of us focused on previously, but we both love music, so we started there.

We quickly agreed that our interviews and stories wouldn't look like the rest. Let the other publications tell the traditional story about a new album or how an artist "suddenly" rose to fame; we knew that we wanted to *connect* with the musicians we would interview.

With that in mind, we quickly found our groove during our very first musician interview – Eilen Jewel, a self-described Americana-rock n'roll-noir musician who performed at Caramoor on May 14. Since then, we've interviewed numerous artists and bands, ranging from a group of Fox Lane Middle School students in their very first band (H2O), to those hoping to make a living in the industry.

So when The Pound Ridge Partnership presented us with the opportunity to interview a member of Blues Traveler, the headliner for this year's Harvest Festival, we didn't hesitate.

We did our research (Gia even dug up an article from the early 1990s), prepared our questions, discussed the various multimedia components (head to our Instagram and YouTube for videos) and listened to A **LOT** of Blues Traveler. Guitarist Chan Kinchla did not disappoint – we all had a blast! Since you couldn't join us, we kindly documented it for you in this very issue (see page 44).

And since this is the music issue, we didn't stop there. Aerin Atinsky profiled Katonah resident Andromeda Turre (a.k.a. Queen of the Blues, as she's known in Japan) who lives her life according to the Japanese principle of *ikigai* (see page 70).

Kaitlyn Hardy spoke with Bedford's next superstar, 14-year-old Madison Lagares (see page 22). She's starring in a new TV show, performing the lead role in a musical hopefully headed to Broadway and releasing her first album – all in the next few months.

Mason Vitiello took the lead on our fall festivals guide (see pages 40-53), giving us a behind the scenes look at Pound Ridge's Harvest Festival, introducing us to Elisa Zuckerberg – founder of the music platform HereItThere.com and compiling an extensive list of festivals (including plenty of Oktoberfests for our lederhosen-loving readers). We're pretty sure you'll appreciate

his fantastic sense of humor throughout what could otherwise be a boring list of festivals.

We also spoke with Shaul Dover whose Katonah-based Sweatshop Studios has recorded music for everyone from Rob Thomas to Thalia, a.k.a. “the Queen of Latin Pop.” His newly-opened club, Jazz on Main in Mt. Kisco, is already filling a much-needed void in our area (see page 12).

We also found the perfect artist for this issue: Julie Rosenberg, who uses electric guitars as her canvas. They're truly works of art (see page 62). Plus, we even connected with

several strangers, all musicians, thanks to Kaitlyn and Aerin (see page 94).

And because nothing beats live music, we encourage you not to just read about these incredible performers, festivals and concerts, but to go see them live. We'll be at The Harvest Festival on October 1 and Bedford Playhouse's Yellow Brick Road Festival on October 8. Please stop by and say hi, answer a question for our web series “Got A Sec?” and tell us what you think of our magazine. We look forward to seeing you soon!

*P.S. Thanks to the legendary Bob Marley for our headline.*

## ROCK ON.







# KATONAH CONNECT

## EDITOR IN CHIEF

Gia Miller

## CREATIVE DIRECTOR

Justin Negard

## WRITERS

Aerin Atinsky

Leslie Dock

Kaitlyn Hardy

Gia Miller

Justin Negard

Mason Vitiello

## COPY EDITORS

Aerin Atinsky

Kaitlyn Hardy

## ARTISTS

Tal Doron

Thomas Doyle

Jamie Kaplan

Greg Muenzen

Justin Negard

## PHOTOGRAPHERS

Aerin Atinsky

Justin Negard

## ADVERTISING

Gretchen Fleisher

Lisa Steihl

## COVER ART

**Front cover:** Julie Rosenberg, “Opus 1”

**Back cover:** Thomas Doyle, “Bend” (this page: “Mire”)

**BEYOND THE MAG:  
GO BEHIND THE SCENES  
FOR VIDEOS AND INFO  
FROM THIS ISSUE!**



“Katonah Connect is published six times a year by Sonder Publishing LLC (“Sonder Publishing”).

Copyright (c) 2022 Sonder Publishing.

All rights reserved.

Reproduction or use of any part of this publication without the permission of Sonder Publishing is prohibited. Sonder Publishing owns all trademarks and associated intellectual property of this publication. Articles in this publication reflect the views of the authors and do not necessarily represent those of the editors or Sonder Publishing. The claims and opinions set forth in paid advertisements published herein are not necessarily those of Sonder Publishing and Sonder Publishing takes no responsibility for any such claims or opinions.



*Cheers to 100 Years*  
**MUSCOOT**  
TAVERN

**Being a local favorite since the roaring 20's is something to talk about!**

Stop in and try our Chefs fresh daily seafood specials, or our famous "Mussels Muscoot", juicy secret house blend burgers, & signature thin crust pizza!

Come and experience the charm of this historic eatery.

—A neighborhood favorite since the roaring '20's!



Open 7 Days a week • Large outdoor dining space

105 Somerstown Turnpike, Katonah, NY (Corner of Rt. 100 and Rt. 35)

[www.muscoottavern.com](http://www.muscoottavern.com) 914 • 232 • 2800



# CONTRIBUTORS

## AERIN ATINSKY



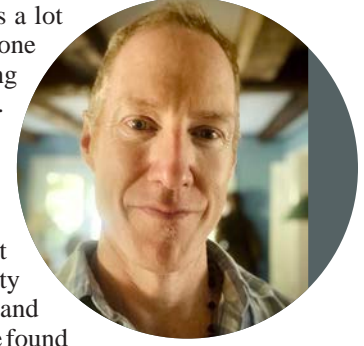
Aerin Atinsky is a senior at The Hewitt School in Manhattan.

Her passion for storytelling is manifested through filmmaking and, of course, journalism. Aerin started interning for Katonah Connect in June of 2022 and has loved every part of it. “Writing a profile on

Andromeda Turre has been an inspirational experience,” says

Aerin. “Her life’s work, which beautifully blends music, history, and advocacy, is full of fascinating stories and prodigious experiences, but what stood out to me the most was the Japanese phrase *ikigai*, which translates to “a reason for being.” It asserts that everyone has a reason for being, which is a combination of what you love, what you’re good at, what you can be paid for, and what the world needs – Turre lives her life by it, and now I will too.”

## GREG MUENZEN



Gregory Muenzen spends a lot of time looking at old stone walls, drawing, and making sculptures and paintings.

He enjoyed having a contemporary art gallery on Katonah Avenue for a while, which was rewarding for how it evolved into a community space with music, art and lectures. Greg can often be found working in his family’s pollinator gardens, thinking about the pre-revolutionary war history in this area and talking with neighbors on their walks. For this issue, Greg illustrated the Past Connections story. “I feel a personal connection to our Indigenous ancestors because my family and I live in a 1700’s farmhouse here in Katonah, which is located on the Mucotow Path – a traditional Native American centuries-old route to the water.”

## KAITLYN HARDY



Kaitlyn Hardy is a sophomore studying journalism at Emerson College with an interest in art, entertainment and film.

Kaitlyn began interning with Katonah Connect in May, spending her summer immersed in her community, gaining new skills and making new connections (all while working two other jobs). “While

researching and writing about our local Native American history, I formed a deeper connection to my community and its history,” she says. In her (limited) spare time, Kaitlyn loves to picnic, read, cook and watch an excessive number of movies...for anyone asking, her favorite film is “Dog Day Afternoon.”

**A MAJOR LIFE CHANGE?**  
**NEW JOB?**  
**COLLEGE STRESS?**  
**POST-PANDEMIC LIFE?**

**MELINDA CANNO-VELEZ, MSW**  
TREATING TEENS, ADULTS & SENIORS  
VIRTUAL OR IN-PERSON THERAPY IN POUND RIDGE

MELINDAVELEZ.COM  
MELINDAPVELEZ@HOTMAIL.COM | 914.450.4211



# JAMIE KAPLAN



Jamie Kaplan is an event/lifestyle photographer whose career took a slight detour when the pandemic hit. Temporarily unable to capture images that celebrate life, she found a new muse: organic produce. Nature's bounty became her subject, and her dining room table became her canvas. Jamie always utilizes whatever is in season, and in the spirit of true "produce performance art," all the food is ultimately prepared, eaten and enjoyed. She prefers produce that is local, bruised, dented and imperfect because "it enhances the beauty and charm of each art piece while reminding us of our connection to the land." Jamie loves and respects her farmer friends throughout the northeast and is thrilled to have her artwork illustrate this issue's Connecting with the Land.

# THOMAS DOYLE



Thomas Doyle is an artist and writer based in Katonah. His artwork, the majority of which consist of scale models and dioramas, has been shown in museums and galleries internationally and has been used as illustrations in The New Yorker, The New York Times Magazine, Newsweek and other publications. In 2020, a model he built was filmed for the opening credit sequence for HBO's docu-series "Murder on Middle Beach." Most recently, he was commissioned by the American Arkology Society to create a series of scale models based on arkological research. Doyle's art is interwoven into the third part of our sustainability series.



## HOULIHAN LAWRENCE CORE VALUES

### INTEGRITY

Building relationships that are based on trust

### EXCELLENCE

Exceeding expectations at every level

### PASSION

Demonstrating enthusiasm for what we do

### COMMUNITY

Caring for and contributing to the welfare of our communities

LIST WITH THE STRONGEST  
REAL ESTATE TEAM IN TOWN





THE  
MUSIC  
MAN

BY GIA MILLER  
PHOTOGRAPHY & ILLUSTRATIONS  
BY JUSTIN NEGARD

SHAUL DOVER STUMBLED  
INTO THE MUSIC BUSINESS  
AND THEN INTO HOLLYWOOD...  
WHILE NEVER LEAVING KATONAH

*Shaul Dover never dreamed of entering the music industry. He immigrated from Israel in 1986 at the age of 26 “with the dollar in my bag” and began working as a salesman in a leather shop in Manhattan’s West Village. One and a half years later, he had his own leather store across from Bloomingdale’s. Several years later, he opened a factory, creating clothing and accessories for high-end brands like Donna Karan and Ralph Lauren. He built a successful career in the fashion industry and started a family – life was good. So why did he venture into another competitive industry?*

How does a successful businessman end up in the music business? The same way many of us end up doing things we never imagined – kids.

Shaul Dover, owner of Sweatshop Studios in Katonah and Jazz on Main in Mt. Kisco, has his son Edan to thank for his music career. It all started when Edan (who is now a music producer, songwriter and member of the alternative rock band The Score) asked his dad to record his early high school band.

“I like technology, so I said yes,” Dover remembers. “I bought a small recorder and a microphone and fussed around with it for a bit. But then I got the bug. I really liked it. By the time my twins (he also has a daughter, Sara) graduated from John Jay High School, I was very involved in figuring out the recording thing. When they started college, I went back to school to become a sound engineer. In 2008, I built a professional studio on my property.”

## THE EARLY DAYS

Dover was an early adapter when it came to technology. He took his successful leather business online in the early 1990s, when there were just over one hundred websites in existence. It was a success.

“When we moved to Katonah in 1993; it was the infant days of the internet,” he remembers. “I love technology, and I knew the internet was going to turn into something big. So I changed my business model to sell on the internet only,

**CHECK OUT OUR  
JAZZ ON MAIN VIDEO  
AND REALLY STEP  
INSIDE THE CLUB**







and I created Flightjacket.com. We sell custom-made, hand-painted World War II-era bomber jackets.”

His custom leather jackets, which are hand-painted by his wife Laurie, are still produced in a factory on his property and shipped around the world. The recording studio, Sweatshop Studios, was a side project. He named it after his son’s high school band. They practiced in the loft above Flightjacket.com’s factory, so they called themselves The Sweatshop.

For the first five or six years, Sweatshop Studios was mostly a music studio. Dover built his business through word of mouth, and when your neighbors include Hollywood A-Listers, those words can be the key to entering a highly competitive industry.

“We did an album for Rob Thomas called ‘North,’ and he then brought in Santana,” he says. “But we also did a lot of small little things. We’d record the vocals for a song or just one or two instruments in a band so we can isolate the instrument, control it and can change it to make sure there’s no bleed into the microphone.”

He’s also worked with jazz guitarist Tony Mottola and recorded Latin pop icon Thalia’s *Habitame Siempre* album.

## BREAKING INTO HOLLYWOOD

“The music business has really changed over the last 10 years,” Dover explains. “So, you’ve got to be versatile. I do everything from voiceovers to redubs, where I record an actor’s voice for the picture. I also do sound effects and a little bit of music mixing, mostly for small local movies.”

Dover is frequently contacted by Los Angeles-based studios who need voice corrections on a film with an actor who lives in or near Westchester. Called ADR (Automated or Additional Dialog Replacement), Dover connects the actor to the producer and director in L.A. and records the actor in his studio. He provides a quieter, more controlled setting for a scene where it was difficult to hear the actor’s voice in the original recording. He also works with local celebrities, like Ryan Reynolds, who lend their voice to animated films. They’ll record at Sweatshop Studios then Dover will send the recordings to L.A. for the animators to create the characters.

“Everybody thinks they can record themselves, but from a professional point of view, it’s not about the recording, it’s all about the room,” he explains. “It’s not about getting good quality music – a professional can get good quality from the most basic instruments and the cheapest

microphones if they know what they're doing. It's really about the acoustics. It's about the relationship between your ears and the environment. It doesn't matter what program you get on your computer or how many sounds you can make. To do a live recording, you need to know how the acoustics work."

## REALIZING HIS DREAM

Although Dover successfully built and runs two businesses in notoriously cutthroat industries (Flightjacket.com continues to do well), about five years ago, he knew it was time for a third. For over 20 years, he'd dreamed of opening a restaurant.

"I used to joke with my brother-in-law about opening a place," he recalls. "We'd talk about it, dream about it, laugh about it, but it was always very real for me. The idea of hosting people was very attractive to me. Then, when I got involved in the music business, that dream became a necessity. It was not something that I just wanted to do; it became something I needed to do. I couldn't sleep at night unless I could find a way to make my vision a reality."

Dover envisioned a jazz club similar to the historic Manhattan venues that featured jazz icons like Dizzy Gillespie and John Coltrane. He found the perfect spot, basement restaurant, on Main Street in Mt. Kisco. Dover signed a contract, registered the name "Jazz on Main" and then the landlord decided to sell the building without telling him. The deal fell through with the new owner.

Then COVID-19 happened.

"Thank God – someone was looking out for me," he says.

Dover resumed his search about eight months ago, settling on the former Charles Schwab office on South Moger Avenue. While there's no secret basement entrance, it has helped him realize his dream. He has skillfully transformed the former financial office into a true jazz club, complete with a stage featuring a grand piano, drum set and retro

microphone – plus, there's a 1963 organ off to the side.


His new club also gave him the creative outlet he craved. Dover, who doesn't play an instrument, expresses himself through lights. He carefully designed a detailed custom lighting schematic for the stage, the ceiling, behind the bar and even the acoustic tiles strategically placed on the walls to enhance the sound. Dover has created custom-sized images of jazz greats that he projects onto the tiles and each one is an exact fit – you won't find an ounce of light spilling over to the wall. For private events, he can also project animations onto the dining tables.

"I created an immersive dining experience," he explains. "Guests are immersed in the sound on stage, what they see around them and the unique smells and flavors of Mediterranean cuisine. It's all five senses merging

together to create one experience."

Prior to opening on July 14, Dover lined up weekend performances through November, including bands from New York City and regional groups that perform jazz or folk music. He also scheduled open mic nights for singers and even a monthly comedy night.

So far, Jazz on Main is doing well. Thursday's open mic nights and the weekend shows are regularly drawing a crowd from Westchester, Ridgefield and Greenwich.

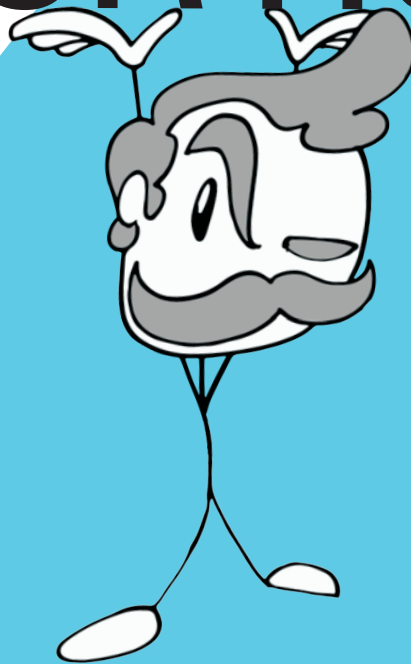
"People say they love the interior design and the sound quality," says Dover. "They are extremely happy and grateful to finally have this kind of establishment in their backyard." 





CONNECT WITH THE EXPERT

# WINTERIZING YOUR HOME



AVOID A FREEZING HOME, AND THE EXTRA COSTS THAT COME  
WITH EMERGENCY REPAIRS, BY FOLLOWING THESE TIPS

BY GIA MILLER ILLUSTRATIONS BY JUSTIN NEGARD

*There's a lot to do to get your home ready for winter, and it's not always easy to remember everything. We sat down with handyman Joe Crepeau to learn what we should do annually to prepare our homes. For over 15 years, Crepeau has performed small construction jobs and repairs in our community, and prior to that, he owned a plumbing supply business for 20 years.*

Ready for winter? Regardless of your answer, it'll be here before you know it. And if you don't take the proper



precautions this fall, you may end up in an emergency situation, possibly costing you thousands of dollars. Even if hiking, apple picking or festival going seems like more fun, put aside some time to prepare your home. You'll thank yourself later.

## WHEN TO BEGIN

When should you begin preparing for winter?

“Yesterday,” says Joe Crepeau of Joe’s Handyman Service in Goldens Bridge. “It’s never too early to turn on the heat and test your system to make sure it’s working. Whether you have hot water, forced air, geothermal or whatever, turn everything on and make sure it’s working before you need it. Because once it gets cold, it could be days, weeks or months before a contractor is available and the parts are available. At that point, it’s too late, and you’re going to pay a premium to get someone out there and have the parts shipped in time.”

## INSIDE YOUR HOME

### CHECK HEATING, DETECTORS, WINDOWS & DOORS, OIL SUPPLY

As stated above, check your heating system to make sure

everything works properly. You don't need to keep it on for too long, just long enough to ensure heat is emitting from your vents or baseboards. Then, check/do the following:

- Your carbon monoxide detectors. Change all batteries in your carbon monoxide and smoke detectors, just to be safe.
- If you rely on a propane or oil delivery, check the amount in your tank and lock in your price now in case oil prices rise.
- Inspect the weather stripping on all doors and windows to make sure they are intact and not worn down. Replace whatever is damaged to keep the warm air in and the cold air out.

## SCHEDULE APPOINTMENTS FOR YOUR HEATING SYSTEM AND CHIMNEY

To make sure everything is working properly and is safe for you to use, schedule appointments for your HVAC serviceperson or plumber to examine your heating system, and schedule a chimney sweep to clean and inspect your chimney.

“You should always make sure your heating system is tuned and ready for the winter,” Crepeau recommends. “It’s not something you should just turn on every year without having someone service it. Not only may it not work properly, but it could also be dangerous.”

If gas boilers are not properly tuned, they can release carbon monoxide – an odorless, tasteless, deadly gas. A service technician will clean the inside of your boiler and confirm all harmful gases are properly exiting through the chimney.

They'll also check all electrical components and safety controls.

You should also call your chimney sweep to clean your fireplace chimney and inspect the interior and exterior





brick for any damage. Cracks in your chimney can allow harmful gasses into your home and/or water leaks.

## AIR CONDITIONING AND SCREEN DOORS

Once you no longer need them, remove any window air conditioning units so you can fully shut your windows. When not removed, window units create a cooler, drafty room. But perhaps even more importantly, when your units thaw in the spring, they will begin to leak water into your home and your walls, causing mold.

If you have forced air, change your air filters.

You should also replace your screen doors with storm doors. While it won't save you much money, given the cost of fuel these days, it will save you more than it has in the past.



## DOWNSPOUTS AND GUTTERS

One of the most important things to do in the fall is to clean your gutters and downspouts before the first snowfall, removing all fallen leaves and debris. The consequences of leaf-filled gutters once the first heavy snow hits can be pricey.

“If you don't clean out the leaves, they'll become wet and freeze,” says Crepeau. “Then when more water hits, that will freeze, creating a blockage. Now you will have a gutter full of leaves, water and snow, and it can't drain away. Instead, it will go underneath the shingles and come out in your walls somewhere inside your house. That's called an ice dam.”



## OUTSIDE YOUR HOME



### HOSES AND IRRIGATION

“Most new outdoor faucets are frost-proof or freeze-free,” says Crepeau. “With these, you don't need to turn off the inside valve each fall; they do that each time you turn off the hose outside. But you do need to take the garden hose off the spigot. If you do not

take it off, it's useless. It does nothing, and your faucet will freeze and break, just like the ones from 50 years ago. This should be done before the first deep freeze.”

If you don't have a frost-proof faucet, then make sure to drain and shut off the valve inside before the first deep freeze.

The same goes for your irrigation system. Drain and blow out your sprinkler system before the first deep freeze.

## SNOW AND LAWN EQUIPMENT

In the early fall, test and tune up your snow blower, make sure your shovels are easily accessible and check your salt supply (buy more if you're low). If someone plows your driveway for you, or the street plows regularly plow your lawn, make sure to put driveway/lawn markers in the ground before it freezes.

“And if you use gas-powered lawn equipment, add a fuel stabilizer to it before the winter so it's ready to go in the spring,” Crepeau suggests.




# EMERGENCY EQUIPMENT AND SUPPLIES

If you have a generator, schedule any maintenance it may need and test everything to make sure it's working.

"And make sure you have some fuel ready for that as well," says Crepeau. "You don't want to run out when you're out of power."

If you don't have a generator, make sure your emergency kit includes the following:

- Three-day supply of non-perishable food and water
- Flashlights
- Extra batteries
- Battery or hand-powered radio
- First aid kit
- Extra over the counter and prescription medications
- Charged portable cell phone charger
- Pet and/or baby food and supplies
- Warm clothing
- Supplies for alternative heating, such as wood for a fireplace or stove

We hope you'll set aside some time this fall to make sure your house is ready for the winter. *(Note: We give you full permission to tear these pages out and refer back to them each September.)* 



**Lake Katonah Electric Inc.**

**Portable & Automatic Standby Generators**



**(914) 617-8686 595 Route 22 Croton Falls, NY**

[lakekatonahgenerators.com](http://lakekatonahgenerators.com)

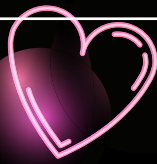
# **PERRY'S ROOFING** LLC



COMMERCIAL • RESIDENTIAL

**914-747-7663**





# UNICORNS, LADYBUGS ...AND MORE UNICORNS

WRITING & PHOTOGRAPHY BY AERIN ATINSKY

Meet five-year-old Isabela Goglia, who is just beginning kindergarten at Increase Miller Elementary School. We had a very serious conversation about all the things little girls love - from unicorns and the movie "Frozen" to ladybugs, and, well, more unicorns. You can call her Isabela, Bela... or the world's biggest unicorn enthusiast!

**WHAT ARE YOUR FAVORITE FOODS?**  
Strawberries. I like strawberry shortcakes too.

**WHAT'S YOUR FAVORITE COLOR?**  
**PINKKKK!**

**HMM...SO WHAT'S YOUR FAVORITE ANIMAL?**  
**Unicorns!**

**DO YOU HAVE A FAVORITE MOVIE?**  
**Frozen!**

**IF YOU COULD OPEN YOUR OWN RESTAURANT, WHAT WOULD YOU SERVE?**  
**Mac n' Cheese!**

**WHAT DO YOU LOVE ABOUT UNICORNS?**  
**Magic!**

**WHO'S YOUR FAVORITE CHARACTER FROM FROZEN?**  
**Anna and Elsa!**

**WHY?**  
I love cheeseee!

**DO YOU HAVE A FAVORITE SONG?**  
Elsa song.

**WHY ARE THEY YOUR FAVORITES?**  
Because they freeze.

**IF YOU COULD HAVE ONE SUPERPOWER, WHAT WOULD IT BE AND WHY?**  
**Flying!**

**IF YOU COULD CREATE ANYTHING IN THE WORLD, WHAT WOULD YOU MAKE?**  
**Unicorns!**

**WHAT WOULD YOU BUY WITH \$100?**  
**Unicorns!**

**WHAT'S YOUR FAVORITE SEASON?**  
The warm.

**WHO IS YOUR HERO?**  
Ladybug!  
(from the show "Miraculous: Tales of Ladybug and Cat Noir")

**IF YOU COULD LIVE ANYWHERE IN THE WORLD, WHERE WOULD IT BE?**  
Right here..

**WHY?**  
Because she's a ladybug!

**WHY HERE?**  
Because my brother, mommy and daddy are here.

**WHAT DO YOU WANT TO BE WHEN YOU GROW UP?**

**A ladybug!**

**WHAT DO YOU THINK A LADYBUG DOES?**  
Catch bad guys.



# DR. MARC ABRAMS, PH.D.



FOR OVER 30 YEARS, DR. ABRAMS HAS HELPED CHILDREN, TEENS, AND ADULTS NAVIGATE THEIR WAY THROUGH DIFFICULT TIMES.

[www.drmarcabrams.com](http://www.drmarcabrams.com) • [drmarc@rmarcabrams.com](mailto:drmarc@rmarcabrams.com) • 914.666.2735  
Virtual or in person therapy • Mt. Kisco • By appointment only.



**We Make Coding Fun!**

## CODE NINJAS CREATE

Flexible year-round coding program. Kids aged 7-14 advance their coding and STEM skills at their own pace.

## CODE NINJAS JR

Building a foundation of coding and problem solving through fun for young learners aged 5-7.

## CODE NINJAS CAMPS

Explore exciting topics like Minecraft, robotics, Roblox, video game development, and much more!



Code Ninjas  
Mount Kisco  
(914) 920-9898  
[www.codeninjas.com/ny-mount-kisco/](http://www.codeninjas.com/ny-mount-kisco/)  
Facebook Instagram @CodeNinjasMountKisco

**BOOK A FREE GAME-BUILDING SESSION TODAY!**

## Tongue Tie

An oral condition in children that can impact things such as breastfeeding, airflow, speech, and even dental health.

**Call Today**



## POUND RIDGE FAMILY & COSMETIC DENTISTRY

914-764-3540  
[info@poundridgecosmeticdentistry.com](mailto:info@poundridgecosmeticdentistry.com)  
[PoundRidgeCosmeticDentistry.com](http://PoundRidgeCosmeticDentistry.com)



*At only 14 years old, Bedford's Madison Lagares has already starred in two Broadway musicals and has numerous film and television credits under her belt. Plus, she's a singer/songwriter who is working on her debut album. And she's just getting started.*

At age five, Madison Lagares walked up to the Jedi better known as Liam Neeson and said, "Hey, you're a Jedi!" After chatting a bit, their conversation ended with Neeson asking for a picture with her. But that's just a regular work day for Lagares, Bedford's 14-year-old Broadway, movie and TV star.

Since she was a child, Lagares was on the track to stardom. A mini thespian from day one, she constantly acted out characters, performing one-woman shows and hosting concerts in her living room. She then moved from household performances to the stage – landing roles in Manhattan theaters and school plays.

At five years old, Lagares played the scarecrow in a regional theater production of "The Wizard of Oz" in Manhattan. During a performance, an agent recognized her potential for film and television and asked to represent Lagares. That same year, she landed two minor film roles. And the rest, as they say, is history.

Before the age of 10, Lagares had her Equity card and had appeared as background characters in major films such as "A Walk Among the Tombstones" with Liam Neeson (yes, this was the set of the legendary picture), "The Intern" with Robert De Niro and Anne Hathaway and "Manhattan Night" with Adrien Brody, as well as in the TV shows "Law and Order," "Blindspot" and "Search Party."

## STAY TUNED

Nine years after her acting debut, Lagares landed a larger role on a soon-to-be-released new TV show on a popular streaming platform.

She auditioned alongside actresses worldwide and is now working with some of the top executive producers and creators in the industry.

"I started acting in all these movies when I was young, playing a character role in the background, and now I'm a principle character," she exclaims. "This is a big thing to take on! It's so amazingly surreal, and I still have to blink twice when I'm on set!"

Over the past year, Lagares has spent seven months filming the first season in Vancouver, which is set to be released in January or February of 2023. The show is a musical comedy based on a classic movie from the 1970s. Lagares will surprise audiences as an iconic character, so unfortunately her role and the name of the show must be kept under wraps.

The first season will consist of 10 episodes, each an hour long, and what we can reveal is that you should be prepared for something grand – Lagares describes it as "a massive, massive production; a perfect mixture of TV drama and musical."

According to Lagares' mom, Maria Tenaud, they're working with "the best choreographer in the world," and the show's level of singing and dancing is on par with the award-winning TV show "Glee."

## FINDING HER VOICE

On top of her impressive acting resume, Lagares also has a career in music – a love she has fostered since before she was even born.

"When I was in the womb, I was always kicking around," she says. "But whenever my mom played something like classical music, I always calmed down. Music has always been a part of my life."

# WORKING GIRL

BY KAITLYN HARDY

PHOTOGRAPHY BY JUSTIN NEGARD







**READING ABOUT  
MADISON IS GREAT  
BUT YOU'VE GOT TO  
HEAR HER SING!**



Last April, Lagares signed a record deal with Concierge Records, and she's currently working on an album that features a mix of covers and original songs. She released her first original song, "In the Meadow," on March 7. The song tracks the emotions one feels "when they feel like they're getting towards the end of a relationship with somebody, and you don't know if it's going to work out."

Even at 14 years old, Lagares finds solace in writing about the overwhelmingness of being a teenager and the heartbreak young people can face in relationships, both romantic and platonic.

"It's just easy to write about it because as a teenager, it happens, and putting it onto paper is a lot better than keeping it inside – it's a very therapeutic thing."

In addition to writing her own songs, Lagares enjoys covering songs and remastering them to display her musical expertise.

"I'll be sent the original track, the demo track and the lyrics for a song, and I'll listen to it a couple times," she says. That's when the wheels in Lagares' brain start turning, and she begins thinking, "Okay, I'm gonna change this verse up here; I'm gonna scratch this verse all together; I'm gonna add a new one; I can add a little guitar here or there, a different melody – I can really do something with this song."

The first song she released was a cover of "Finding Wonderland" from the musical "Wonderland."

"My producer sent the song to Janet Decall who played the original character on Broadway," says Lagares. "She came back to me and was like, 'Oh my gosh, this is amazing!'"

Lagares has performed at cabarets with other up-and-coming musicians, in a solo concert and even in front of tens of thousands of people at a baseball game.

"On my 12th birthday, I sang 'God Bless America' at Yankee Stadium," Lagares remembers. "My mom said it was going to be a chill performance, but I walked out and saw that it was sold out! I was nervous for a fraction of a second, but then I just did it. The best part was when all 45,000 people were singing along with me towards the end."

## FROM SCREEN TO STAGE

Lagares is no stranger to the spotlight, having performed on Broadway since age nine when she played a young Gloria Estefan in "On Your Feet."

She stayed in that role for two years, then, in 2018 she joined the cast of “School of Rock” as Shonelle and the understudy of Tomika.

Lagares found the transition from film to Broadway easy, as acting on stage was like “being at home.”

“In film, everything is so miniscule,” she explains. “Everything’s in the face and the small motions that you do. But when you’re on Broadway, you have to amplify everything to its fullest, and little kids amplify everything anyways.”

Lagares brings her outgoing stage presence into her everyday life. She’s a simultaneously bubbly and down-to-earth person, donning an ear-to-ear smile and shooting playful finger guns. But if being a teenager with an impressive acting and singing resume isn’t unique enough, Lagares is also a teen without a cellphone (go ahead, take a few moments to grasp that concept).

“I know it’s surprising, but I personally don’t think I need one right now,” Lagares says. Since I don’t have a phone, I’m not always on social media or stuff like that. I have time to read – I love reading.”

## IT’S A BALANCING ACT

Lagares’ latest theater endeavor is an upcoming musical based on a classic song from the mid 1908s. It was scheduled to go into workshop two weeks after the COVID-19 pandemic began, and Lagares is one of the lead characters. “I’ve done the reading, next is the workshop in September, then the previews, off-Broadway, and then hopefully Broadway.”

Although this musical has been slated as her next show for several years, Lagares was recently provided another exciting opportunity. “Wonderland” composer Frank Wildhorn asked her to audition for the starring role in his upcoming Broadway musical, which is being produced by Disney. She made it through to the final round, but due to her young age, the role had to go to an actress over the age of 18. However, because the producer really wanted her in the show, he cast her as part of the reading.

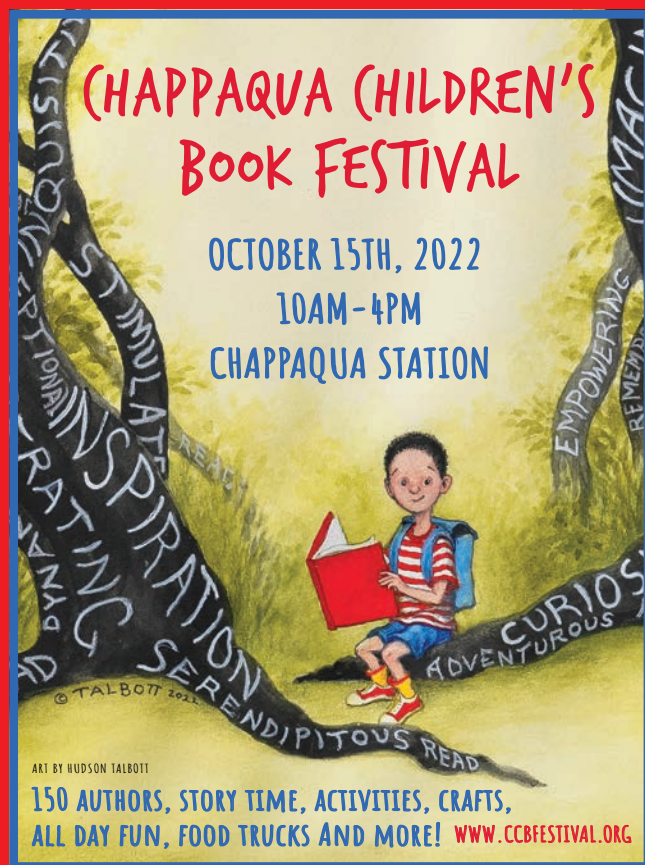
Yet, even with those possibilities on the horizon, she actually envisions a future on the screen and in the studio. But finding that balance isn’t so easy.

“I’ve been doing music and Broadway for a while, but I think it’s time for me to start moving more towards TV and film. But while I’m filming, I’ll write songs, I’ll listen to demos, I’ll write music – music is always going to be a part of my life, no matter what.”

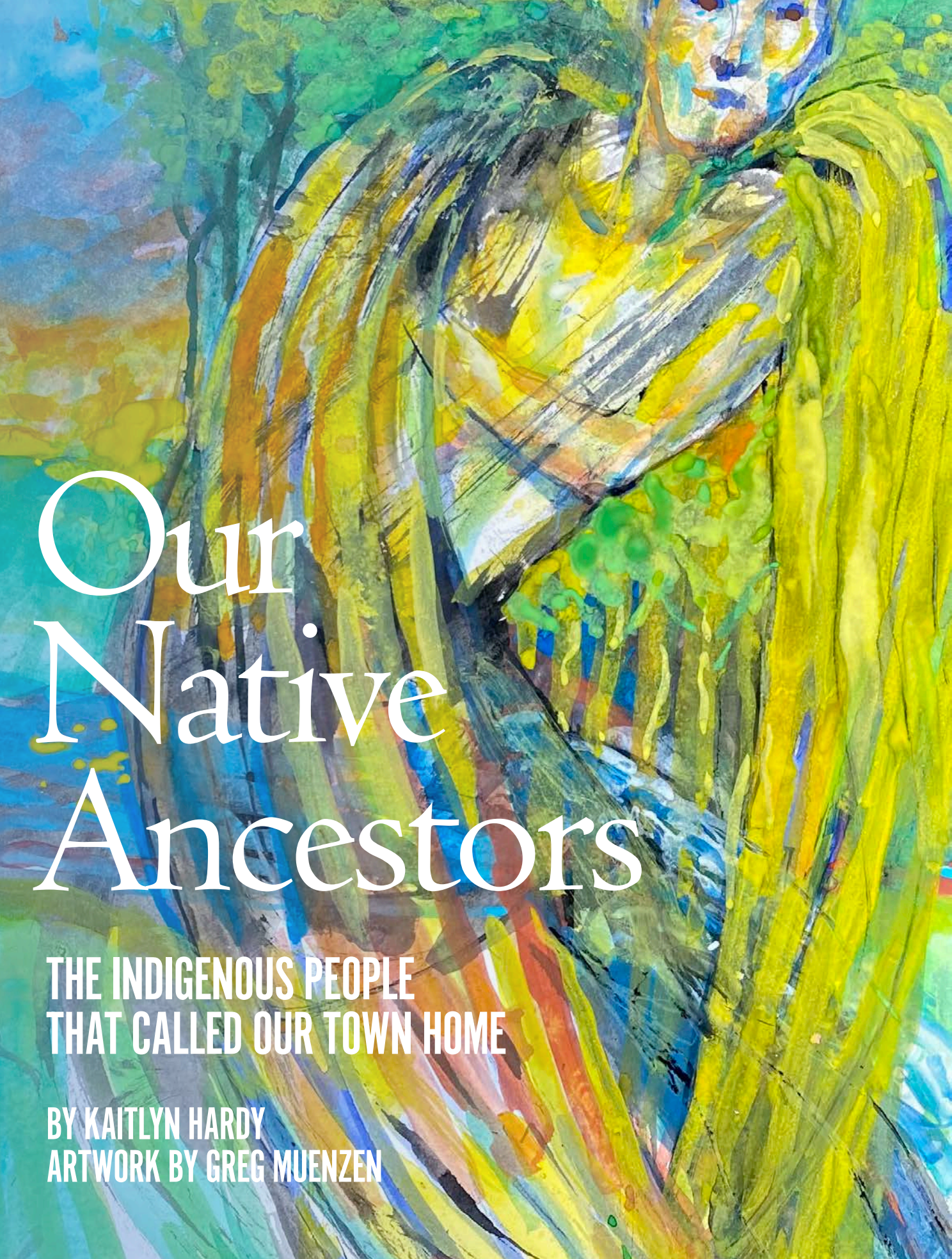
While on Broadway, Lagares tries to balance school and a career by attending classes and leaving early, participating in her school plays and even running track. But it’s not always easy to juggle everything.

“It’s definitely been a challenge because you’re missing classes and your classmates, and you’re basically teaching yourself at that point,” she explains. “That was the hardest part, probably – being in school and doing Broadway at the same time. There are some times when I do want to be a normal kid who just goes to school and does normal things and hangs out with friends, but this is what I want to do with my life.”

And yet, there’s still the possibility of a completely different future lingering in her mind. In addition to acting and music, Lagares really loves science, and she’s contemplating that career path as well. However, she’s not quite sure how she’d balance acting and music with lab coats and microscopes. So for now, Lagares will continue to focus on balancing theater, television, movies and singing with her education and the sometimes daunting task of being a teenage girl. The rest will play itself out over time. **KC**







# Our Native Ancestors

THE INDIGENOUS PEOPLE  
THAT CALLED OUR TOWN HOME

BY KAITLYN HARDY  
ARTWORK BY GREG MUENZEN



*[Editor's Note: In writing this article, our goal was to describe the history of our community with as much consideration towards its original inhabitants as possible. One aspect of this was ensuring we referred to these tribes and communities with respectful terms. Through speaking with Indigenous sources, we learned that many terms rely on one's personal preference – however, Indian and Indigenous are generally acceptable to use.]*

Katonah, Waccabuc, Muscoot, Cantitoe – sound familiar? They're all names of places in our community, but to know their meaning is to know the deep-rooted history of our area and its Indigenous inhabitants.

Since the beginning of the second millennium, the abounding land of the Hudson Valley served as a perfect home for many tribes – the Mohican, Wappinger, Espos and, in our home of Northern Westchester, the Munsee.

Within the Munsee tribe were subtribes. According contributing authors Anne Grote and Jean Bleimann in the book "A History of the Town of Lewisboro," the Kitchawank subtribe inhabited Somers, North Salem and parts of Lewisboro, while the Tankiteke subtribe lived within Pound Ridge, Bedford, Lewisboro and Ridgefield.

Many of our towns and roads hold Munsee names: Waccabuc means "water place" or "all water drained away," Muscoot is derived from "Maskotew" or "Moscotah," meaning "meadow," Katonah is named after the famed Munsee chief, Katonah (or Catoonah) and his wife's two names – Cantitoe and Mustato – can be found on street signs in Katonah and Bedford.

## THE LAY OF THE LAND

Going back to prehistoric times when mammoths walked the land, Indigenous people lived nomadic lives throughout the northeast. Once the Late Woodland period (1000-1600 A.D.) hit, they added horticulture to their traditional hunting, fishing and gathering practices. With the patience and commitment it took to plant, grow and harvest, Indigenous villages started to pop up throughout our

area. Some villages hosted hundreds of people, others had thousands of residents. Within these villages were farmlands, houses, food storage huts and community gardens.

Pathways weaved between villages, and most of them outlined trade routes. Some of the roads we take today, such as Route 22 and Route 9, were major Indian trading routes.

## SUSTAINABLE FOOD PRACTICES

Indigenous people had well-rounded diets – they hunted, gathered, fished and farmed the land.

Their main crops were corn, beans and squash, which they referred to as "the three sisters" because they were intentionally planted together to nourish each other as they grew. First, they planted corn, and once it grew to a stalk, they planted beans about three inches away so they could climb up the corn. In between the rows of corn, they planted squash – their large leaves shaded the ground, preserved moisture and limited weed growth.

Indians hunted in groups, using bows & arrows, spears and traps to catch bears, deer, rabbits, squirrels, turkeys and other animals we still see scurrying about in this area. After hunting, they would "offer thanks to that animal for giving up its life so that another life could be sustained," says Heather Bruegl, a historian of the Stockbridge-Munsee community.

Sustainability was not limited to food – they used and preserved whatever they could. They turned animal hides into clothing, whittled bones into tools, fastened oyster shells to sticks to make hoes and used fish as fertilizer.

The Munsee tribes frequently created controlled fires to clear land for villages or turn over over-cultivated plots. By creating these fires, Indigenous people nurtured the land we live on today.

Although the methods used by Indigenous people to create and control these fires are not clear, modern methods

of prescribed fires – with drip torches, fire rakes and fire swatters – are used today. With the help of firefighters, state and federal governments, controlled fires have been conducted throughout America. The U.S Forest Service conducts an average of 4,500 prescribed fires per year.

"Doing controlled fires actually puts nutrients back into the soil," Bruegl explains. "The natural elements that come out of fire help rehabilitate the soil to make it more nutrient-rich."

Valuing every aspect of nature and giving back to the land was especially important because the environment was "looked at as a living and breathing entity for Indigenous peoples," says Bruegl.

## SPORTS AND HOBBIES

It wasn't all work for members of the Munsee tribes. They spent their free time playing games and making art.

Indigenous people were the original "Lax Bros." "Lacrosse is a game that has been used forever," Bruegl says.

To Indians, lacrosse was no joke. Games took days, and while tribes played for recreation and social events, it was also used in times of conflict to settle disputes or start wars.

Just like today, the game was played with netted sticks and balls. They made sticks out of branches, nets out of vines and filled deerskins with fur to create the playing balls.

"Creating art– drawings and carvings– was also part of their leisure time activities," states Bruegl.

Pottery was also popular, and it often featured intricately inscribed effigies and designs, like herringbone and chevron.

Baskets were another artistic pastime – they carefully wove bark or roots, dyed them blue or red and, in the later centuries, decorated their baskets with block-stamp designs.





In fact, basket weaving was such a popular form of artistry that when the Europeans arrived, they continued the tradition, turning basket-making into an industry, especially in Pound Ridge.

According to the Pound Ridge Historical Society, “the Scotts Corners area of Pound Ridge was commonly referred to as ‘Basket Town.’”

## SELLING THEIR LAND AND THE BIRTH OF POUND RIDGE, BEDFORD AND THE SURROUNDING TOWNS

The Munsee people first interacted with Europeans in 1609 with the arrival of Henry Hudson. From the mid-1600s to 1700s, there were a series of land sales in our area. According to Bruegel, these sales, however, often favored the Europeans.

“The sales were written in Dutch and then written in English – that was not the language of the Indigenous peoples, so I doubt that they were understood,” she explains.

Due to this, agreements of land sales often got lost in translation. While Europeans were looking for complete ownership, Indigenous people were under the assumption that they were not giving away their land, but agreeing to share it.


“To the whites, it meant ownership; to the Indians, it meant the right of use co-existent with their own use,” says the book “Katonah: The History of a New York Village and its People.” “For those who feel that the coats, blankets, cloth and wampum mentioned as consideration in the early sales were poor compensation, this may clarify the Indians’ acceptance of them.”

In 1640, Europeans settled into Pound Ridge, purchasing land from local Indians, according to the Pound Ridge Historical Society.

Between 1680 and 1722, the land comprising the Town of Bedford was sold as eight separate land deeds. Starting on December 23, 1680, 22 men from Stamford, CT trekked down the path we now call Old Post Road to purchase “Hopp Ground,” now Bedford Village. The land was bought from seven local chiefs – including Chief Katonah – for an assortment of coats, blankets, cloth and wampum shells. Throughout the following decades, the seven surrounding plots were sold.

In 1708, the Kitchawank subtribe sold the land covering Golden Bridge, Cross River and Waccabuc.

As European colonization grew, Indian diasporas happened over and over again. As described in the book “Many Trails: Indians of the Lower Hudson Valley,” “Native groups retreated along the trails leading to the setting sun.”

Munsee people spread to Canada, Indiana, Ohio, Kansas, Oklahoma and Wisconsin. Today, Shawano County, WI is home to the Stockbridge-Munsee Nation, a federally recognized tribe with roots from New York, Connecticut and Massachusetts. 



# The many trails leading home

In 1983, photographer Rae Russel captured portraits of the Stockbridge-Munsee community. These images were used in the book “Many Trails” and displayed in an exhibit of the same name at the Katonah Library. The pictures – all in black and white – captured the faces of those old and young living on the reservation, sharing glimpses of life and culture.

“Every photo clearly told a deep and complex story,” says Bobbe Schultz, co-chair of the Lewisboro Land Trust.

Nearly 40 years later – on October 1, 2022, Russel’s photographs will be re-exhibited in the same spot, through October 15.

Jack Geisheidt, son of Russel, provided the Lewisboro Land Trust with 20 photos from his mother’s series and, on the exhibit’s opening night, he will share the stories of his mother’s artwork and mission. Additionally, Bruegl will speak at the event, as will Lucy Burr, an educator from the Stockbridge-Munsee Nation. Both will discuss the continuing history of the Stockbridge-Munsee community.

“While we may not be in our homeland, we’re still here,” Bruegl points out. “Our culture is alive and well.”

## TIMELINE: EUROPEAN LAND PURCHASES IN OUR AREA

### 1640s

Europeans settled into Pound Ridge, purchasing land from local Indians, according to the Pound Ridge Historical Society.

### 1680-1700

On December 23, 1680, 22 men from what is now Stamford, CT, trekked down the path we now call Old Post Road to purchase a plot of land called “Hopp Ground,” now Bedford Village. The land was bought from seven local chiefs – including Chief Katonah (or Catoonah) – for an assortment of coats, blankets, cloth and wampum.

The Deed to the Hopp Ground was the first of eight deeds that formed the Town of Bedford. As described in the book, “Katonah: The History of a New York Village and its People,” “The six mile square which now comprises the Township of Bedford was obtained from the Indians between the years of 1680 and 1722 in eight pieces.”

After Hopp Ground, the second deed, on May 2, 1683, was for a small tract of land southwest of Hopp Ground, called “Cohomong.” A small plot bordering the northwest side of Hopp Ground, written as “Simpkins,” was sold on May 25, 1692. In 1700, Europeans purchased the “New Purchase” land west of Hopp Ground (Mount Kisco) and “Cross’s Vineyard” northeast of Hopp Ground (Bedford Hills).

### 1703

“On May 5, 1703, Zachariah Roberts, the town clerk of Bedford, met Chief Katonah and Wackamane to arrange for the sale of the land northwest of the Town of Bedford (marked on the map as Northwest Corner),” as written in “Many Trails.” This land is now split between Mount Kisco, Bedford Hills and Katonah. The sale included 10 “peeses of eight” – according to “Many Trails,” these were Spanish pesos used as currency in the colonies – as well as six shirts, four woolen cots (woolen cloaks), two blankets, one broadcloth cot, four hatchets, four pounds “powder” and two gallons of rum.

### 1704

On January 4, 1704, Europeans purchased the “Dibell Purchase” land east of Hopp Ground.

### 1708

In 1708, the Kitchawank tribe sold land covering Goldens Bridge, Cross River and Waccabuc to Stephanus Van Cortlandt for the price of eight guns, 50 pounds of gunpowder, 30 bars of lead and “a few trinkets,” according to “A History of the town of Lewisboro.”

Also in 1708, several people from Norwalk bought eastern Lewisboro for 100 pounds, the currency of the settlers. This land was originally within Connecticut boundaries, but in 1731, this tract was part of the 61,400 acres of land that was shifted from Connecticut to New York territory, explained in the book “The History of Ridgefield” by George L. Rockwell.

### 1723

In 1723, Europeans purchased the eighth and final plot of land, the “Northeast Corner,” which now makes up parts of Bedford Hills and Katonah.



# Fall Cleanup

**Harvest your final  
crops and prepare  
your garden for  
next spring**



**DOWNLOAD & PRINT  
YOUR GARDEN PLAN**



**BY LESLIE DOCK  
PRODUCE ART BY JAMIE KAPLAN**

*Leslie Dock, a regenerative farmer, gardener, landscaper and permaculture designer based in Katonah, walks you through everything you need to know about closing up your annual garden.*

# HELLO, FALL!

Many a gardener will admit that fall is their favorite time in the garden. Colorful harvests abound, kids go back to school (hooray!), temps cool, bug pressure abates and a cozy winter rest is right around the corner. Before you hang your trowel up for the season, there are a few happy chores and a bit of careful planning to be done.

First up is processing, storing and preserving your hard-won harvest. Next comes a bit of planning and planting for next spring. And finally, some tips on putting your garden to bed for the winter.

Before we begin, take a moment to consider which level grower you are, then focus on that section.

## WHAT TYPE OF GARDENER ARE YOU?

### LEVEL 1 NEWBIE

You have come to prize those luscious tomatoes and copious zucchini your neighbor gifts you each summer and now you want more, so you finally decided to try your hand at growing your own.



### LEVEL 2 DABBLER

Admit it – you're hooked. Last season's peas were Instagram-worthy and your current crop of cucumbers is so abundant that you are considering taking the plunge and making pickles. However, your kale looks like lace and your once picture-perfect lettuce has morphed into a bitter, yet beautiful, layered sculpture.



### LEVEL 3 EXPERIENCED

Drought? What drought? Your drip irrigation system is humming right along, nestled beneath glorious, plump beet greens, soft butter lettuces and a burgeoning crop of heirloom winter squash. You know how to coax an impressive variety of food from the soil, but you're always looking for ways to up your game.





# LEVEL 1

Congrats on your first venture into growing. No matter the state of your harvest, you took commendable steps toward connecting with the land and feeding yourself. Nice!

Now, let's say you grew cherry tomatoes, lettuce and herbs in pots on your deck. The lettuce was a hit, but now it's gone to seed. Your cherry tomatoes are still producing like it's their job and you can't imagine the winter months without fresh parsley.

What's next?

## PRESERVE OR SAVE SEED

You've eaten your weight in cherry tomatoes, but they still keep coming. In a couple months' time you're going to miss those little globes of sweet acidity. The good news is cherry tomatoes freeze like a dream and make a delicious winter tomato sauce treat.

Simply rinse, dry and seal your tomatoes, skin-on, in a sturdy freezer bag. Siphon as much air out of the bag as possible and freeze. Easy!

Those lettuce towers have made flowers and those flowers contain seeds. Watch for signs that the flowers are spent and starting to dry out. Next, clip the flower stalks and place them in a cool, dry place. Once fully dry, clip the flowers from the stalks and store in a dry jar until next season. Now you have free lettuce seeds just waiting for their spring debut.

Your parsley doesn't have to become compost. Select the youngest, most vibrant sections and give them a quick rinse. Pat dry with a towel, remove stems and spread them in a single layer on a baking sheet. Place them in a 200-degree oven until crispy dry. Cool and store in a jar or bag with a tight seal. Voila!

When your plants look like they've had better days, it's time to cut the stem at soil level and prep the soil in the pots for next season. Add a generous layer of compost and cover with leaves, grass clippings or straw mulch.

If possible, store your pots indoors for the winter to keep them from weathering and cracking, and give them a final watering. Come spring, your pots will be ready for your next growing adventure.



# LEVEL 2

Hey, nice melons...and cabbages and carrots and pumpkins. Even if those late season peas and kales didn't pan out, you've got a nice harvest on your hands. Now is the time to try preserving/avoiding the compost pile.

Cabbage and carrots store for months in the fridge, but if space is at a premium, consider refrigerator pickling – it's simple. All you need are jars with lids, vinegar and your preferred spices. Just clean your veggies, slice and place in a jar. I like to add garlic, dill, peppercorns and a little bit of sugar before filling the jars with white vinegar. A day later, you will have crisp, pickled veggies; their flavor will only improve with time. Store in the fridge for as long as you can resist them.

You can store pumpkins and melons in a cool, dark, dry place to ripen. Be sure not to damage the skin when you pick them, but do remove any outer dirt, leaves or mulch. Pumpkins will stay for months but eat melons within a month or two. You'll know when they're ready by their sweet, slightly heady aroma that's practically beckoning you to consume them.

Pumpkins are a welcome treat when there is snow on the ground. A properly stored pumpkin is firm with no black mold on the surface. Slice them in half, bake face-down in the oven and scoop out the luscious flesh to use in soups, pies or as a stand-alone treat with a bit of butter and salt.

It's also time for your final round of caretaking. Cut the spent vines, remove any diseased-looking plant matter and do one last, thorough weeding. Next, transfer all your beautiful compost to your growing area. Pile it on thick. Don't worry if there are clumps or bits of food – the critters and soil microorganisms will gladly break them down over the winter. Be sure to cover with a thick layer of mulch to retain moisture and prevent weed seeds from germinating.

If you plan to expand your growing space, gather up that cardboard you've been storing, remove any tape or labels, and lay it over the chosen area to smother the existing grass and/or weeds. Top with compost or mulch so your cardboard breaks down, and you'll be one happy gardener come spring.





# LEVEL 3

Even after a month of no rain, your small, private Eden is flourishing, and you have the bounty to show for it. You've mastered pickling, freezing, canning and you can make one hell of a tomato sauce. So, where do you go from here?

Perhaps it's time to consider adding a dehydrator to your preservation arsenal. Dehydrators work by circulating hot air around trays laden with your chosen fruit, veg or herbs. They can even be used to create fruit leather or to dry flowers. Dehydrated foods are easy to store and have a long shelf life. Look for the best dehydrator you can afford, and size does matter. If you plan on putting away even a small orchard's worth of apples, you'll want at least a five-tray model. I use Excalibur's five tray model, and it's worth every penny. Look for machines with a timer and the option to control the temperature.

Remember that soil test from the beginning of the season? Now is a great time to review the results and add the appropriate amendments. Testing labs, such as Logan Labs, provide a detailed profile of your soil's chemistry and composition. If you can't figure out why

some veggies won't grow and your irrigation is close to perfect, a soil test will reveal the problem. If you aren't sure how to interpret a soil test, the lab's staff can help.

Reputable labs can also provide detailed recommendations for the amendments you need and how/when to apply them. When you apply amendments in the fall, they break down and assimilate into your soil over the winter, which is necessary for some amendments, so they don't leach into plants. Many amendments are available at your local garden center, but more obscure micronutrients can be purchased through experts like Compostwerks.

Be patient as you work to fill the nutritional gaps in your soil. It takes about three years to bring a so-so soil up to a premier growing medium.

Yes, the gardening season is coming to a close, but winter is a time to rest our bodies, show off all those glistening jars of homegrown produce and plan ahead for spring.

*For the next issue I would love some reader input. Please send questions, photos or suggestions to [info@katonahconnect.com](mailto:info@katonahconnect.com), and I will answer them. Until next time, my fellow gardeners. **KC***

## STYLE. SUSTAINABILITY. SERVICE. OUR HALLMARKS.

SERVING KATONAH AND SURROUNDING COMMUNITIES FOR OVER 25 YEARS



COMPLIMENTARY DESIGN SERVICES

HOME FURNISHINGS • KIDS' ROOMS • LIGHTING • WINDOW TREATMENTS • RUGS • ART • DECOR • MATTRESSES

**CW** Country Willow

We've got something for every home and budget.

Country Willow HOME

Country Willow Kids & Baby

THE LOFT AT CW

THE MATTRESS STUDIO AT CW



## CLARK ASSOCIATES FUNERAL HOME

4 Woods Bridge Road, Katonah • (914) 232-3033

[www.clarkassociatesfuneralhome.com](http://www.clarkassociatesfuneralhome.com)



Serving all Faiths since 1858

### CREMATIONS AND BURIALS FUNERAL PREARRANGEMENT

Monuments & Inscriptions Available

DANIEL B. McMANUS ~ Proprietor  
JOSEPH M. McMANUS ~ Director  
MARISA A. GIULIANO ~ Director

BRUCE E. REISDORF ~ Licensed Manager  
RONALD P. CERASO ~ Director  
ADNER J. MONTENEGRO-LEE ~ Director

**SM** SCHWARTZ  
McCROSSAN  
TEAM AT COMPASS



## Local Experience You Can Trust

**Ellen Schwartz | Devin McCrossan**

Licensed Associate Real Estate Brokers  
ellen.schwartz@compass.com | M: 914.420.4615  
devin.mccrossan@compass.com | M: 646.937.1897  
68-70 The Crossing, Chappaqua

COMPASS

Ellen Schwartz and Devin McCrossan are Licensed Associate Real Estate Brokers affiliated with Compass. Compass is a licensed real estate broker & abides by Equal Housing Opportunity Laws.

*L'Anjou*  
PÂTISSERIE FRANÇAISE

Cakes, Tarts & Pastries | Viennoiserie | Breads & Savories  
Cookies & French Macarons | Special Occasions

— Mount Kisco, NY —





# YOU *CAN* ALWAYS GET WHAT YOU WANT

BY GIA MILLER  
PHOTOGRAPHY BY JUSTIN NEGARD

## WALK INTO POUND RIDGE'S NORTH STAR ON A MONDAY THROUGH SATURDAY EVENING, AND YOU'LL IMMEDIATELY FEEL A WEIGHT LIFTED FROM YOUR SHOULDERS.

It's that sense of comfort, a home away from home, that greets you at the door. The sage walls, exposed brick, wood accents and soft lighting create an ambiance that's reflected in the owner's and executive chef's personalities: a cool, relaxed nature that's both humble and direct.

Owner Dave Schlack, who is at the door greeting guests every evening, had a singular goal when he opened the restaurant almost 18 years ago: create a place where people felt comfortable.

"I wanted them to come in, relax and enjoy themselves," he explains candidly. "I wanted North Star to be an extension of their house."

But a house with good food, of course.

"Some of the best compliments we've received over the years were from people who lived in the city during the week and had weekend houses up here," Schlack remembers. "They'd say, 'I can come here and get the same kind of meal I'd find at a restaurant in New York City, but I can dress the way I want and relax.'"

The secret ingredient that makes it all work – the food, the vibe, the service – can be boiled down to just one word: simplicity. It's about offering food people like. It's about using a few fresh ingredients. It's about treating customers with kindness. It's about respecting all employees. And it works perfectly.

"Everything on our menu is someone's favorite," says Schlack. "And they come here for it."

"We try to keep the menu as concise and condensed as we can," adds Matt Riha, the executive chef. "It's not like walking into The Cheesecake Factory. We try to have a little bit for everybody, but it's small enough that we continue to get fresh products and keep them moving."

And, for the most part, the menu has remained the same season after season, year after year.

"We don't change much because they're staples," Schlack explains. "How much can you really change chicken? So why change the chicken? How much can you change sea bass, especially when it's your number one seller? You can't."

While they do offer seasonal specials (butternut squash in the fall, braised meats and soups in the winter, softshell crabs in the spring, lobster rolls in August) and change their fish seasonally, that's about it. Why fix what isn't broken?

"Our secret is to just to make it right," says Schlack.

"Honestly, people always try to add too much," Riha adds. "They try to recreate the wheel. But we just keep it simple because you





usually get a better flavor that way. Simple is best – good seasoning and proper cooking techniques are all you need.”

Even the desserts, which are all made in-house, are simple. They’re known for their chocolate chip cookies and ice cream cookie sandwiches (made with said cookies). Other favorites are their caramelized banana crepes and key lime pie.

While food is definitely the main reason to go to any restaurant, at North Star, locals also go to connect, or sometimes reconnect, with their neighbors and friends. Regardless of the day or time, it’s very likely they’ll run into someone they know. And for the regulars, it’s also a chance to catch up with the waiters – all three have been there for at least 16 years. That same sense of loyalty can be found in the executive chef and the entire back of house.

“Dave is the easiest, nicest person to work for, which is why I’ve been here for 16 years,” Riha explains. “He treats us like family, and in this industry, that’s super hard to find.”

In fact, during the day you’ll find Schlack in the kitchen, chopping vegetables alongside Riha and his team. A Johnson & Whales graduate who began working in kitchens as a teen, Schlack is quick with a knife and at home in the kitchen and at the front door. He has an easy way with people, and he’s always conscious of the demands placed upon his staff.

When walk-ins are told there may be a wait even though they see open tables, he does it with ease and with reason. Schlack knows that if several people recently sat down, seating more will result in an overwhelmed wait staff and kitchen, order delays, and, inevitably, unsatisfied guests. It’s about keeping it simple for all parties involved.


And then there’s the music – the other thing that makes North Star special. Seventeen years ago, North Star was the first restaurant in the area (including neighboring towns) to offer live music weekly.

Every Thursday night a musical act performs for the crowd behind

the perfect backdrop – a brick wall adorned with two six-string electric guitars, one banjo and one electric bass. Since they reopened after the COVID-19 shutdown, they’ve modified their Thursday shows, holding them mostly outside from May through September.

Although the performers vary – there are young singer/songwriters, bands who dream of making a name for themselves and talented parents with full-time jobs who just enjoy performing – the formula is simple: good music + good food. Pre-COVID, many couples had a standing date night at North Star every Thursday – they relaxed and connected with friends while enjoying delicious food and good music.

Aside from the music on Thursdays, you won’t find any other special evenings at North Star, not even for the “big” holidays. The menu remains the same on Mother’s Day, Valentine’s Day and even New Year’s Eve.

“This is what we have,” says Schlack. “We’re just a normal place.” 




# NORTH STAR HALIBUT



## INGREDIENTS

1 6–7-ounce fillet of halibut  
1 summer squash, yellow or green  
1 cup sliced shiitake mushrooms  
½ cup soybeans (aka edamame), shelled  
10–12 ounces coconut milk  
Agave or honey, to taste  
Salt  
White pepper  
Grapeseed oil, pure or blended

## DIRECTIONS

1. Cut the squash and mushrooms into bite-sized pieces. Set aside, keeping the mushrooms separate from the squash and soybeans.
2. In a small saucepan, mix coconut milk and agave/honey. Add a pinch of salt and slowly warm over low heat. Sweeten to desired taste.
3. Season the halibut with salt and pepper.
4. Heat a sauté pan to medium-high heat. Add oil. When the oil is hot, slowly lay the fish, flesh side down, in the pan.
5. Once the edges have browned, either finish the halibut in the oven or turn the heat to medium and finish on the stovetop. Halibut is finished when it is slightly firm to the touch.
6. Meanwhile, in another sauté pan, heat oil over medium-high heat. When the oil is hot, add the mushrooms. They will absorb some of the oil, so don't be afraid to add a touch more. After about one minute, add the summer squash and edamame. Season to taste with salt and pepper. Once the squash is cooked through, remove from heat.
7. We prefer to plate this in a large bowl, but any plate will do. Start by adding your sauce to the bottom of the plate. Next add the vegetables and then place the fillet of halibut on top. 

**DOWNLOAD & PRINT  
THIS RECIPE**





# FALL FESTIVALS



**YOUR GUIDE TO THE MUSIC, FOOD AND FUN  
IN AND AROUND WESTCHESTER THIS SEASON**

**STORY AND TIMELINE BY MASON VITIELLO**

SEPTEMBER 9 - 11

**YORKTOWN  
GRANGE  
FAIR**

99 Moseman Road, Yorktown Heights  
[yorktowngrangefair.org](http://yorktowngrangefair.org)

Just one year shy of a century, Yorktown's Grange fair has entertained the young and old for longer than most of us have been around (seldom found octogenarians may remember the first one). Head to this fair for live music and rides, along with activities for kids, adults and families. Plus, enter one of their many competitions, including baking, horticulture, Legos, livestock, needlework, photography, poultry and woodworking. For those of you whose Flanders-esque neighborhood rivalry has reached critical mass, you can duke it out civilly by figuring out which one of you can raise the best cow, rooster or lettuce crop. Really rub your victory in.



# BEHIND THE SCENES OF POUND RIDGE'S HARVEST FEST

## THE STORY OF HOW A COZY LITTLE NORTHERN WESTCHESTER TOWN HAS TRANSFORMED INTO AN ANNUAL DESTINATION, THIS YEAR FEATURING GRAMMY-NOMINATED BLUES TRAVELER

*Pound Ridge only has a little over 5,000 residents, but they somehow manage to lure big musical acts to their annual Harvest Festival. The event is put on by The Pound Ridge Partnership – a non-profit community-based organization whose mission is to bring residents, business owners, landlords and community leaders together to support and improve the Pound Ridge Business District. Over the years, they've had everyone from The Spin Doctors and Soul Asylum to Toad the Wet Sprocket and Edwin McCain grace their stage. They've perfected the art of the local festival, so we wanted to know how it all began and what the future holds.*

In 2011, Pound Ridge residents Kevin Long and Steve Bensusan grabbed a drink at North Star after the Pound Ridge Pride Festival (now called the Proud Festival). They started to discuss the possibility of adding live music to that event. As the conversation continued, their



SEPTEMBER 10 - 11

**OKTOBERFEST  
OF PEEKSKILL**

11 Kramers Pond Road, Putnam  
[www.gac1936.com](http://www.gac1936.com)

In search of traditional German cuisines like Oktoberfest pretzels and Viennese coffee alongside American classics? Visit Peekskill's annual (exceptions may apply for pandemics) Oktoberfest – kids and adults are welcome. And because it's Oktoberfest, those of legal drinking age can wash down their schnitzel and brats with either Spaten and Hofbrau – two imported German beers that will be on tap throughout the weekend. Enjoy entertainment from The Heimat Klange Orchestra, Eric Baal and Joe Unger. Rain or shine.



vision transformed: it should be a street fair with live music, food and drinks.

## I'VE STILL GOT THIS DREAM I JUST CAN'T SHAKE

The men knew they were on to something, and as Pound Ridge Partnership board members, they knew they could make it happen. They presented their idea to the other board members. Everyone loved it; they started to plan.

By that October, they had a fully fleshed out, up-and-running festival with Edwin McCain as the headliner. In the beginning, Long, who is now an advisor for The Partnership, said everyone was nervous.

“The night before, we weren’t even sure if anyone was going to show up,” Long remembers.

But they did. And so did McCain. In fact, as Long, Bensusan and several volunteers gathered to set up, McCain’s tour bus pulled up. McCain, who drove the bus, walked out and approached the group. He introduced himself and just wanted to hang. Then, he volunteered to help them set up. They told him to relax – they’ve got it.

A bit later, Katonah resident John Praino got up on the first ever Harvest Fest stage and opened the show.

## NOBODY THINKS OR EXPECTS TOO MUCH

Initially, Harvest Fest was modeled after traditional Oktoberfest celebrations – there were tables where people could eat, a few tents selling drinks and some good music, all within the confines of Westchester Avenue. But after four years, the festival outgrew

Westchester Avenue and moved to the town park. The larger venue allowed The Partnership to offer more family-friendly activities, support a bigger stage and hire food trucks. They’ve grown almost every year since, adding new vendors and activities annually.

“Last year we doubled our previous capacity and about 6,000 people came to Harvest Fest,” says Long. “It was a huge undertaking and kind of a shock. After taking a year off and then pausing for COVID-19, it was the perfect storm – everyone craved live music.”

“Even the weather was nice that day,” Bensusan adds.

## A SURE-FIRE WAY TO SPEED THINGS UP

Bensusan, who plans and books the musical acts, is no stranger to musicians. He owns, operates and books music acts for Sony Hall in New York City and is also the owner of The Blue Note jazz clubs throughout the world. Because Bensusan has numerous industry connections, he’s booked the musical acts since day one.

“The first thing we do is figure out which bands or musicians are available on the date of the festival,” Bensusan explains. “Then, I secure the deal with the band or artist. I fully donate the stage, the artist fees and everything associated with the artist so that we aren’t negotiating on behalf of The Partnership.”

This year, Bensusan did the impossible: he booked Blues Traveler. They’ve been at the top of The Partnership’s list since the beginning. Now, ten festivals later, their dream is coming true.

Bensusan doesn’t only book triple-A headliners for Harvest Fest. Since one of their main goals is to build community, he also finds and books up-and-coming local acts. Three years ago, The Partnership began hosting a

SEPTEMBER 9 - 11

GERMANIA  
OKTOBERFEST

51 Old DeGarmo Road, Poughkeepsie  
[germaniapok.com/](http://germaniapok.com/)

The Poughkeepsie Oktoberfest encourages all to strap on their lederhosen and bring the family for a feel-good game of Gemütlichkeit! (German for “friendly,” according to the Internet.) Entertainment by Joe Unger and The Bratwurst Boys, who are self-described “lederhosen clad hipsters and dirndl wearing frauleins.” For those of us who either took Spanish or slept through German in high school, they play German music and German-inspired covers of 90s-2000s American music. Also, everyone’s favorite foods like schnitzel, kraut and brats, and, of course, beer on draft. The Poughkeepsie Oktoberfest is entering its 171st year, so we’re going to guess they know what they’re doing.

Battle of the Bands competition at Proud Day, featuring local finalists who compete for the opportunity to open for the headliner. This year, Badger Scratch won the student competition (they all attend Fox Lane High School) and Platinum Moon won the adult competition.

## WHAT WILL BE WITH YOU AND ME, I STILL CAN SEE THINGS HOPEFULLY

One of Bensusan's immediate goals is to expand the number of musical acts by adding a second stage.

"Our local artists are typically our Battle of the Bands winners, so building a second stage would be a great way to expand and feature more local talent," he explains.

Bensusan recognizes that this may mean booking artists outside of his preferred genres, but that's something he does regularly, and he says up for the challenge.

"If I only booked bands I liked, I would probably be out of business," he jokes. "It's not about what I like, it's more about what bands or musicians our community wants to see live. Adding a second stage would also require a balance between local and non-local bands. Different bands bring out different types of people."

"We aspire to have an additional stage someday, if the logistics work out," Long adds. "But, in general, we want to keep offering a better experience to our festival goers and participants each year."

## I WANT MORE THAN A TOUCH, I WANT YOU TO REACH ME

Harvest Fest works due to the dedicated volunteers who do everything from set up the stage to man the booths.

Bensusan and Long say they're blessed with a group of committed volunteers who always show up on time and happily do their jobs well.

"Many of our volunteers have volunteered with us before," Long explains. "In fact, there are about 50 or 60 who have volunteered for Harvest Fest for many years. It's a great community, and without our volunteers, we wouldn't be able to run the event. The only problem with our volunteers is finding enough of them!"


Local businesses and organizations play a key role in the festival as well. The Market at Pound Ridge Square and The Kitchen Table are constant supporters, serving food alongside area food trucks. Local businesses set up tables – selling everything from candles and crystals to clothing and accessories, while nonprofits engage with the community. Plus, there's a beer garden (which also serves wine), food trucks and, of course, live music.

And then there's the "Kids Village" as Long calls it. The area features everything from goat petting and sumo wrestling to games (mini golf, toilet paper toss, goldfish bowls, etc.). There's also a root beer garden, inflatable rides, tie-dye and Euro bungee.

The event has become so popular that people drive for hours, coming from as far as Pennsylvania to see their favorite bands for free (minus the parking fee).

"One of the reasons we created Harvest Fest was to put Pound Ridge on the map," Long explains. "No one knew where Pound Ridge was. It was this sleepy little town in Westchester, but now it has this great vibe – everyone talks about how Pound Ridge is such a cool place."

But at the end of the day, Long and Bensusan say the community is what really matters. It's all about the volunteers who donate their time, Pound Ridge residents coming together and neighbors from the surrounding towns joining in the fun. Without them, the festival would not be what it has become today.

*Harvest Fest will be held on October 1 at Pound Ridge Town Park. Parking is \$25, but admission is free.* 

SEPTEMBER 14 - 18

### WHITE PLAINS JAZZ FEST

*Downtown White Plains  
artswestchester.org/  
programs/jazz-fest-2/*

(See page 52 for story.)

SEPTEMBER 25

### BREWSTER FALL FESTIVAL 2022

*Main Street, Brewster  
https://www.brewsterfallfestival.com*

The Brewster Fall Festival invites those of all ages to stroll their pedestrian-only (for a day) Main Street. Shop local vendors' booths, enjoy live entertainment, play games, eat food and hobnob with local politicians. Because who doesn't love politicians? Expected attendance 4,000+.



WATCH OUR BLUES TRAVELER INTERVIEW,  
INCLUDING A STROLL IN THEIR TOUR BUS!



HEY HARVEST FEST,  
**BLUES TRAVELER**  
WOULD LIKE SOME PITA CHIPS, PLEASE

BY GIA MILLER & JUSTIN NEGARD

FALL FESTIVALS 

SEPTEMBER 30

**OKTOBERFEST AT  
PUTNAM COUNTY  
GOLF COURSE**

**WITH THE AMISH OUTLAWS!**

187 Hill Street, Mahopac

(No official website; head to [Eventbrite.com](https://www.eventbrite.com) for details.)

Oktoberfest at Putnam County Gold Course welcomes all who love German-American traditions, like eating bangers, knockwurst and kielbasa and drinking beer, as well as listening to The Amish Outlaws, a particularly contradictory band name. Located on the Putnam County Golf Course...because what's more German than golf?

When The Pound Ridge Partnership asked us if we'd like to interview Blues Traveler guitarist Chandler Kinchla (who goes by Chan), we said yes, of course. But what can you ask a band who has no secrets? In true Katonah Connect style, we created a dozen unconventional questions, and Chan happily played along. Forty minutes later, we'd covered everything from The Simpsons and sumo wrestling to pita chips and pop stars. And then, Kinchla took over for Dear John (see page 92) and gave us a tour of their bus (head to our YouTube channel for the video). We all had a blast!

### **Katonah Connect: Have you ever heard of Pound Ridge?**

Chan Kinchla: I sure have! Who hasn't been to Pound Town? Wait, do you actually call it Pound Town? Is that the local vernacular?

### **KC: No, but we may just have to start!**

CK: I might just grab the mic from John at the beginning of the show and say, 'it's so great to be here in Pound Town!'

### **KC: What do you imagine Pound Ridge is like?**

CK: I'm imagining some kind of bucolic forest and a kind of hilly vibe because there's a ridge involved. And, of course, there's lots of pounding.

### **KC: Moving on, we want to officially congratulate you on your 35th anniversary! We did a little research and learned that the Simpsons began in 1987 as well – they started as a short on The Tracey Ullman Show. So, we were wondering, which Simpsons character is the most like Blues Traveler?**

CK: It's got to be Homer because we always win in the end, but we just kind of pedal along. Sometimes we don't care that much, but we keep on trucking.

### **KC: This year, The Harvest Festival will include sumo wrestling, a goat petting station, tie die and Euro bungee. Where will we**

### **find you before the show?**

CK: Well, if I was gonna do anything, I would like to do the sumo. But I might try and do it without the suit because I'm a very large human. And gosh, one of the things I miss most about getting older is I can't like tackle people and laugh it off anymore. It would either hurt me or I'd be sued. So, I'd definitely do the sumo.

### **KC: We hear the town supervisor is looking for someone to wrestle...**

CK: On the show day? That's too dangerous. I have to watch out for my hands.

### **KC: What's in your rider before a show? Are you a "blue M&M's only" type of group?**

CK: You know, we learned a long time ago that all the stuff in your rider actually costs you money. You're buying it. It's the huge foible. If you get all this fancy stuff backstage, someone somewhere is charging you for that. Over the years we've realized that 90 percent of the stuff just gets left there, so we've stripped it down to the bare essentials, which are chocolate almonds, whiskey, Frosted Mini Wheats and some beer.

### **KC: All at once? Do you mix them all together?**

CK: Well, on some days...you never know.

### **KC: We get it. Every time we eat Frosted Mini Wheats, we think to ourselves, 'this needs some whiskey.'**

CK: Okay, perhaps we have some milk back there as well. But honestly, as long as we've got the chocolate covered almonds, we're good.

### **KC: You're touring with Train and Jewel this summer, who seem like perfect musical companions, even though you each have your own style.**

**OCTOBER 1 - 23**

**BEAR  
MOUNTAIN  
OKTOBERFEST**

*Harriman State Park – 99 Service Road, Tomkins Cove  
Entrance at Anthony Wayne Recreation Area  
[visitbearmountain.com/special-events/oktoberfest/](http://visitbearmountain.com/special-events/oktoberfest/)*

If, somehow, by October 1st you were still craving more Oktoberfests, you're in luck. For **FOUR CONSECUTIVE WEEKENDS** you can display your German-American pride at the Bear Mountain Oktoberfest. Revel in all your classic Oktoberfest traditions, namely drinking beer, eating sausage and making fun of the French. It's all right in the center of Harriman State Park.



CK: Yeah, that's what is fun about it. It's all very different styles. It's nice when a package isn't all the same. We complement each other well.

### KC: Do you share your Frosted Mini Wheats with them?

CK: Yeah, we do, but they've got a lot more expensive stuff on their rider. I'm not sure if anyone told them that they're actually paying for it. Maybe I'll tell them at the end of tour.

### KC: So just ride their rider until the end.

CK: Surprisingly, even the expensive stuff gets old when you have the same rider every night. That stuff really piles up. We have bags and bags of pita chips now. We don't we don't need any more pita chips, ever.

### KC: Got it. We'll make sure to tell The Harvest Fest folks to stock your room full of pita chips.

### KC: Switching gears, we dug up this old Los Angeles Times article from 1991 where they interviewed a 24-year-old John Popper. He described the band like this: "It's our garage band attempt at our appreciation of jazz improvisation through the reality of rock 'n' roll."

CK: I remember when that was his go-to phrase. We were a basement band, but we loved all different kinds of music. We started out with blues, but a couple of the guys went to New

School in New York, which has a big jazz program, so we also played jazz. And we were huge fans of classic rock – The Allman Brothers, Santana, Led Zeppelin, Grateful Dead and Eric Clapton, who all improvised a lot. That's what was kind of interesting. We took all those influences, along with punk and new wave, mashed them together and kind of jammed on them while also being influenced by the improvisational style of rock and roll.

### KC: Do you think that description from 1991 still holds true today?

CK: One hundred percent.

### KC: In that same article, Popper said he originally wanted to be a comedian, but he wasn't funny enough. We know you're all funny guys, but...

CK: What's so funny about me? There's nothing funny about me! Sorry, go ahead.

### KC: No. Definitely not. But who is the funniest bandmate?

CK: Everyone's got their style. I'm kind of the aggressive, inappropriate one-liners guy. Tad is more of the snarky aside guy. Ben is a big goofy guy. John is kind of the wacky, 'where did that come from' guy. And Brandon is kind of the slow burn Irishman whose got that wonky English sense of humor.

### KC: You sound like our type of people. So,

### John doesn't steal the show when it comes to the humor? It's the whole band?

CK: Yeah, you can't survive out here if you take yourself too seriously. I guess that's what has kept us together for 35 years.

### KC: We have the same approach to work and life, especially in our neck of the woods – we need a little humor sometimes.

CK: I'm from Princeton. I know of which you speak.

### KC: Your last album, Traveler's Blues, was all covers, why? Did you run out of things to say?

CK: We'd considered doing a blues record for years. We were a blues band in high school, but we quickly devolved, or evolved, into what we are today because of all those different influences. But everyone always asked us, 'why Blues Traveler?' And it's because we actually started out as a blues band. So, we always wanted to show people we could actually play blues, and that's kind of how it came about.

### KC: We read it was actually quite difficult for you to make the album because you had to practice restraint. What was that like?

CK: Yeah, all the covers are classic blues songs from way, way back. I have to give credit to our fearless producer



OCTOBER 1  
**THE  
HARVEST  
FEST**

*Pound Ridge Town Park – 199  
Westchester Avenue, Pound Ridge  
poundridgeharvestfestival.com*

(See page 41 for story.)

OCTOBER 1 - 2  
**ARMONK  
OUTDOOR  
ART SHOW**

*205 Business Park Drive, Armonk  
<https://armonkoutdoorartshow.org/>*

(See page 50 for story.)

Matt Rollings for getting us to simplify and actually stick to the form because our instinct is to always play more and add cool parts to this and that. But it was a good learning process for us to strip it down. And perhaps, when we next go into the studio to do an original record, whenever that may be, we'll take some of our music and strip it down.

**KC: Please keep the blues going. We think it's great that you're focusing on that, and we hope you can help bring some of that music back.**

CK: Hey, we got nominated for a Grammy for that album! We all went to the Grammys and hung out with all the little pop superstars. It was pretty hilarious.

**KC: They could use a little Muddy Waters in their life.**

CK: Yeah, they definitely could. But they can sing, though. All those little kids can sing their tails off.

**KC: Who was your favorite collaborator on Traveler's Blues?**

CK: You know who really surprised me? The two voices behind The War and Treaty. They were super cool. And I just love them as an outfit. They have some smooth voices, and they're talented musicians all around.

**KC: What we really like about your music is that most blues artists get better with age, but your old stuff is just as good as your newer stuff.**

CK: You're right, the blues playing does get better with age. But I think we've also gotten better. During our first decade, when we miraculously got some pop hits – which was the last thing we expected, we were just going on energy. It was great, but you can't really go on like that forever, especially when you're punk rock hippies. But we've definitely improved, and I do really enjoy that. I'm always working on stuff with the guitar. And as a musician, I'm looking forward to getting better in the future, and so are the guys in the band. One of



the great things our music is that it's something you can build on.

**KC: What can we expect next? Did Traveler's Blues inspire you to work on more classic blues music? Or something totally different?**

CK: We're actually going to do an R&B covers album next. It'll be with that same crew that we did the blues one with. We're continuing to work through our roots because we had such a fun time doing it and it worked out great. Playing all these great songs and reinterpreting them in our in our voice has been really fun. We'll start on that in February.

*Head to our website for some behind the scenes footage of our interview with Kinchla. And check out the entire band at Harvest Fest on October 1. **KC***

OCTOBER 1 - 2

**HANDCRAFTED  
OKTOBERFEST  
AT RHINEBECK**

6636 US-9, Rhinebeck

[dutchessfair.com/the-fairgrounds/all-events/octoberfest-handcrafted-at-rhinebeck/](https://dutchessfair.com/the-fairgrounds/all-events/octoberfest-handcrafted-at-rhinebeck/)

This Oktoberfest offers classic German-American cuisine like kielbasa, brats and kraut, as well as "The Hudson River Valleys' best wine and brew." There will be activities for children, including farm animals and agriculturally-themed activities. Among the many vendors are furniture makers, artisans and glass and fiber artists.



# FOLLOW THE YELLOW BRICK ROAD

**BEDFORD PLAYHOUSE'S  
NEW FALL FESTIVAL  
BRINGS A BIT OF  
KANSAS TO BEDFORD**

**BY AERIN ATINSKY**

Somewhere over the rainbow lies Maple Grove Farm, where every flying monkey, Munchkin and all other critters and creatures — no matter tin, straw or fur — are welcome to come this October 8th for Bedford Playhouse's inaugural Yellow Brick Road Festival.

The guardian of the gates will open the doors at 5:00 p.m., and attendees can enjoy a BBQ buffet, activities, crafts, contests and prizes, specialty drinks and a larger-than-life viewing (on the Playhouse's 40-foot screen) of everyone's favorite Hollywood classic: "The Wizard of Oz."

Why "The Wizard of Oz?" Isn't it obvious?! "It's just a classic family film everyone loves and people are so passionate about," explains Tami McCarthy, chair of the festival and founder of KAHLO Collective in Pound Ridge. "It has so many iconic aspects."

Come hungry because The Market at Pound Ridge Square has assembled a large selection of BBQ staples including hamburgers, hot dogs, cornbread, Auntie Em's green beans, pork sandwiches, salads, sweet tea and fruit. Still not hopping onto your broomstick? Specialty desserts by The Market's bakery department include ruby-red slipper cupcakes and rainbow wands guaranteed to make you feel like you're floating in a hot pink bubble.

For those of you 21+ looking for a refreshing adult beverage, McCarthy highly recommends the signature cocktail, The Yellow Brick Road, made with prosecco and passion fruit liqueur.

This family-friendly event welcomes all ages and attire, but you might want to make sure your outfit is on par with the theme in order to participate in the costume contest. If that's not your speed, no need to cry like a cowardly lion, there's also a wicked witch dunk tank, gardening and coloring to enjoy!

Don't take after the scarecrow — those who take too long to decide/purchase tickets might miss out.

"All indicators point towards the event being a success,"

## FALL FESTIVALS

**OCTOBER 7 - 9**

**THE O+  
FESTIVAL**

*20 St. James Street, Kingston  
[opositivefestival.org/kingston](http://opositivefestival.org/kingston)*

(pronounced O Positive)  
(See page 51 for story.)

**OCTOBER 8**

**BEDFORD  
PLAYHOUSE'S  
YELLOW BRICK  
ROAD FEST**

*Maple Grove Farm — 1185 Old  
Post Road, Bedford  
[bedfordplayhouse.org/family-  
friendly-event/](http://bedfordplayhouse.org/family-friendly-event/)*

(See page 48 for story.)



says McCarthy. “At the beginning of August, we’d already sold two-thirds of our ticket capacity, so it doesn’t look like this is something the people want to miss out on!”

But before you leave your home and head to this emerald city for the evening, make sure to pack your blankets and/or lawn chairs, so when the sun sets (around 7:00 p.m.) and the movie comes on, you’ll be all set to sit back and relax. And don’t worry, Maple Grove Farm won’t have any poisonous poppies lulling you to sleep (they won’t be in season anyway).

With all proceeds benefiting the continuation of Bedford Playhouse’s programming, the Yellow Brick Road Festival promises to give back to the community long after the evening is over.

“I’m just excited that this is all happening and families can gather to have fun, all in the spirit of raising money for the Playhouse,” shares McCarthy. “That’s just all part of the fun – coming together creatively and as a community for a great cause that people of all ages can appreciate and experience. I think it’s all going to be fabulous.”

*Maple Grove Farm is located at 1185 North Post Road, Bedford. Tickets can be purchased via Bedford Playhouse’s website. **KC***

## OCTOBER 12 - 16

# SERIOUS FUN ARTS FESTIVAL

*Downtown White Plains*

<https://artswestchester.org/serious-fun-arts-fest/>

For four whole days, White Plains will be overrun by artists. Igniting the Serious Fun Headliner Concert Celebration is Andromeda Turre (see our feature on Turre on page 70) with her show “Emerging” at 2:00 p.m. In addition to the performances, visit the pop-up art galleries, witness a live mural painting, explore the various sculpture installments and make your own art. Your inner artist will thank you.



# ARMONK OUTDOOR ART SHOW

by Aerin Atinsky

Mark your calendars – on October 1st and 2nd, one of the country’s top art shows will open its gates for their sixtieth year. Just a few exits south on I-684, the Armonk Outdoor Art Show will feature tent after tent and row after row of artists and artisans selling their work.

From 10:00 a.m. to 5:00 p.m. on both days, rain or shine, 140 artists (hand-picked from close to 600 applicants) will display their work. These select few, who the meticulously-trained jury has hailed as innovators in their field, represent art from 12 different mediums in a variety of styles and price points. There’s truly something for everyone. Looking for a new painting or photograph for your home? In need of a sculpture or craft to add a little intrigue to a room? Fancy a unique piece of jewelry or clothing? There’s an exhibitor for you.

“We are proud of the national reputation our show has earned for its carefully juried, top-tier artists and family-friendly atmosphere,” says Nicole Blum, managing director. “This year’s 60th-anniversary show is especially meaningful as it represents six decades of our community joining together to contribute to the show’s success.”

This year’s show features a brand new exhibition titled “The Art of Storytelling,” which utilizes a book as the artist’s canvas. The specially commissioned work highlights the intersection between art and stories, mirroring the relationship between the art show and the local North Castle Public Library. Works will be auctioned off to benefit the library.

Leave your dogs at home, but bring the kids. In addition to exceptional art, the event will include a family tent



that offers various art lessons and projects over both days. Plus, a number of food and beverage vendors will keep you well-fed and hydrated as you enjoy the show.

For those 18 and under, admission is entirely free. One ticket is valid for both days; if you’d like to return to the show after your initial visit, you can request a re-entry ticket at the exit booth on your way out.

Parking is also free, and shuttle buses will take you to and from the show grounds. The show’s net proceeds will benefit the Friends of the North Castle Public Library as well as local educational and entertainment programs, including The Armonk Players theater group, library improvements and more. Tickets are available in advance on their website, as well as in person on the day of the show.

*The Armonk Outdoor Art Show is located at 205 Business Park Drive in Armonk. [KC](#)*



OCTOBER 7 - 9

## CHAPPAQUA CHILDREN'S BOOK FESTIVAL

Chappaqua Metro North train station, Chappaqua  
<https://ccbfestival.org/>

Remember books? Turning actual pages, losing track of time – books are magical. From 10:00 a.m. – 4:00 p.m., the Children’s Book Festival invites families to come and meet the authors and illustrators of their favorite books. Meet new authors, fall in love with new stories and enjoy some good old fashioned story time.

# DIA DE MUERTOS, CARAMOOR

by Justin Negard

For the second year in a row, Caramoor is once again celebrating Dia de Muertos (Day of the Dead) in a way that only Caramoor can. The Manhattan-based Calpulli Mexican Dance Company will headline the show, wearing the iconic holiday puebla dresses and masks, along with their own surprises. The group is known for their folk, native and contemporary songs and dances that will teach the audience about the imagery, culture and history of Dia de Muertos.

A day for the entire family, Caramoor will also feature arts and crafts, along with various other activities and snacks for kids and adults alike. While there, stroll the lush gardens and trails around the Caramoor property, and make sure to spend some time enjoying the Sunken Garden, Spanish Courtyard and The Rosen House.

*This event will start at 3:00PM at Friends Field. Admission is free.* 



2021 Dia de Muertos  
Photo by Gabe Palacio


# THE O+ FESTIVAL

by Mason Vitiello

The O+ Festival (pronounced O Positive) helps underinsured artists find volunteer doctors by providing a space for them to “trade the medicine of art for the art of medicine.” In other words, the O+ festival invites doctors, dentists and other healthcare providers to volunteer their time to help artists who might not be able to afford their services and artists to share their art.

On their website, Joe Condra, executive director of O+, says that when they enter a community looking for volunteers, they encourage every volunteer to drop their labels. “They’re not a doctor, they’re not an artist, they’re not a musician. They’re neighbors.”

O+ has offered life-saving services like Narcan training— a life-saving skill that becomes more and more important as opioid addictions, overdoses and deaths have increased more than 200 percent in the past decade throughout our state.

If you’re an artist searching for a place to trade music for medical advice, treatment or help of any kind, or if you simply want to learn more about how to be a better neighbor and friend of your community, the O+ festival is there for you. 

OCTOBER 15

**BEDFORD  
MUSIC  
FESTIVAL**

*John Jay Homestead – 400 Jay Street, Katonah*  
<https://www.destination393.org/>

Arriving at John Jay Homestead is the Spin Doctors. If you didn’t get enough of them when you were in college (or missed them in White Plains this summer), they’re back! Get there early to hear your favorite local bands and check out A Taste of Bedford, which promises to feature food from local restaurants.. More details are TBD, so stay tuned! It’s fun to be surprised.



# WHITE PLAINS JAZZ FEST

by Gia Miller

When Wayne Bass became the Commissioner of White Plains Recreation and Parks Department in 2012, there was on question on everyone's mind.

"They asked, so what are you bringing to this city," he remembers. "What will you bring into the job? What will be your signature event?"

The pressure was on. But for Bass, a jazz enthusiast who spends his leisure time enjoying festivals, he knew what he wanted: a jazz festival. So that's what he did.

Now in its 11th year, the White Plains Jazz Festival has grown from a five-hour event to a five-day event that's held up and down Mamaroneck Avenue in downtown White Plains and features over a dozen performances.

"In recent years, especially before COVID-19, there were between 4,000 and 5,000 attendees," says Aaron Paige, ArtsWestchester's director of Folk and Traditional Arts for and the co-director of the festival. "Year after year, more and more people travel from other cities or states to White Plains for Jazz Fest, and they spend multiple days in the city."

The planning committee has carefully, and intentionally, expanded the festival over the years. They've purposefully added days and venues as they worked towards a shared vision of music throughout the city.

"One of the driving forces behind the festival, and a central part of our mission, is accessibility," Paige explains. "Our goal is to bring jazz to different spaces around downtown, including the farmer's market and the library. We've had concerts in the parks, churches, restaurants and more. Except for two or three programs, everything is free. We want the music to be accessible to everyone."


To create more of a traditional festival feel, they do close Mamaroneck Avenue between Main Street and Martine Avenue, erect a stage, line the street with food trucks and local restaurant stands, serve cocktails and highlight local-ish musicians (some currently live in or near Westchester while others grew up in the county or nearby). But the festival is held throughout the downtown area, with locations varying each day.

This year's highlights include a variety of jazz musicians who play a range of instruments. For example, saxophonist Pedro Millan, a White Plains resident will perform on Wednesday. The award-winning blue-haired singer and saxophone dynamo Grace Kelly, who originally hails from New Jersey, will be the featured performer at Thursday evening's concert reception. The GRAMMY-nominated Joey Alexander Trio performs on Friday. On Saturday, hear stories and music directly from legendary basist Buster Williams. And on Sunday, Ragan Whiteside, a soulful

flutist, vocalist and songwriter who is a Mt. Vernon native, will close out the festival.

"In addition to featuring a diverse range of jazz sounds, we also select artists who span a range of ages and career accomplishments," Paige explains. "So, we have artists that range in age from very talented high school ensembles up through veterans in the field."

"We also feature a selection of genders and ethnicities – we try to bring everything we can to the table," Bass adds. "And while the Westchester thing is first and foremost in our mind, and we always make sure we feature artists from the immediate area, we then broaden the scope. Our ears are always to the ground, so to speak."

*The 11th annual White Plains Jazz Festival is a partnership between ArtsWestchester, the City of White Plains and the White Plains BID. It will be held September 14 – 18* 



OCTOBER 13 - 23  
**PROFESSIONAL  
LIVE THEATER –  
“PRIVATE LIVES”**

*Bedford Community House, 74 Main Street,  
Bedford Hills*

Katonah Classic Stage is back with a new romantic comedy, Noel Coward's "Private Lives," directed by Broadway's Christa Scott-Reed. Set against a boozy, 1930's backdrop, a divorced couple find themselves unknowingly book adjoining rooms on their honeymoons with their new spouses. What could possibly go wrong?

OCTOBER 16  
**CELEBRATE  
DIA DE  
MUERTOS**

*Caramoor Center for  
Music & the Arts – 149  
Girdle Ridge Road,  
Katonah  
[caramoor.org/event/dia-de-muertos-fall-22/](http://caramoor.org/event/dia-de-muertos-fall-22/)*

(See page 51 for story.)

# “I JUST HAD ONE OF THESE EPIPHANIES”

## HEARING LIVE MUSIC IS EASIER THAN YOU THINK, THANKS TO ONE LEWISBORO RESIDENT

by Mason Vitiello

About five or six years ago, Elisa Zuckerberg and her son attended a concert featuring classical musicians who regularly perform at Lincoln Center. To Zuckerberg’s surprise, she and her son were one of about 20 people there, not including the musicians, of course.

“People really care about the musicians they go to see,” Zuckerberg says. “I mean, we get on the train or sit in traffic for two hours, then get lost on the subway in Manhattan just to see our favorite musicians. And yet, professional and famous musicians tour through the Hudson Valley all the time.”

After numerous conversations with friends, Zuckerberg realized that she and her son’s experience at that concert was not an isolated incident. Time and time again she would tell friends, family and strangers about some of the small intimate shows that she attended, and they’d never heard of them.

Curiosity gripped Zuckerberg and that concert continued to play in her mind; she just could not shake how absurd it was that these world-class musicians were playing to such a small audience.

“There is no doubt that a live audience brings out the best in a musical performance,” she says. “There’s a give

and take that is almost tangible. It’s an energy that fuels the musicians.”

She knew most people learned about live music from social media platforms and classic word of mouth, especially because many musicians don’t even have their own websites (most operate entirely through Facebook). Zuckerberg’s solution? An online conglomerate of venues and dates to help musicians, listeners and venues find each other.

Zuckerberg, with the help of music writer Jacque M. Roche, launched HereItThere.com in December 2017, and today her platform includes over 1,100 venues throughout the Hudson Valley and Fairfield County, CT. Users can select the date, time, genre and location to find concerts and performances in their area. Her goal is to allow people the opportunity to see live music without going into New York City.

For music lovers of all kinds, the site has become a valued resource for both live music options and music information. And you’ll often find Zuckerberg at many of the events listed on her website.

“People come up to me at concerts and festivals to tell me they used my website to find this event,” she says. In fact, her site has become so successful that venues, musicians, promoters, festival managers and publicists now hire Zuckerberg as a marketing/promotional consultant. And, building on her local success, Zuckerberg aims to expand the area she covers to

include the Northeast as a whole, and, maybe one day, develop HereItThere.com into a national platform. But right now, Zuckerberg is working on expanding into northern New Jersey and Connecticut.

“Seeing people use my website really excites me,” she explains. “Just knowing people might not have been at that concert or festival if not for me is really motivating.”

As Zuckerberg puts it, “live music has two purposes: from a musician’s standpoint, it’s an art form that showcases their unique style and expression through sound – it’s dynamic and interactive. For fans, a shared listening experience creates and builds communities centered around the pleasure and joy of music.” KC

FIND LOCAL, LIVE MUSIC NEARBY!



   @HearItThere





A WEEKEND IN  
**JEFFERSON**

WRITING & PHOTOGRAPHY BY JUSTIN NEGARD







# LIFE EXISTS BEYOND THE HIGHWAYS

It's easy to glaze over this truth as we are accustomed to our enormous multi-laned arteries running next to our towns and cities. The warehouse store is always just one exit away. However, sometimes the very best places still need to be found. Jefferson is one of those places.

The last major road you'll recognize is the Taconic State Parkway. Eventually, you'll drive over the Rip Van Winkle Bridge and notice how the streets narrow as traces of civilization trickle away. For another hour, you'll enjoy the peacefulness of the fields and occasional farm houses, and, depending on the time of day, the sound of crickets and cicadas to keep you company.

In fact, you'd be forgiven if you drove right through Jefferson and didn't know it. The center of town stretches about three blocks, each one lined with a couple of unintentional shops and Victorian buildings, some just begging for a facelift. The landmark of this hamlet is the historic Parker 13-sided barn, which is a bright red structure used for occasional farmers markets and local events. As small as it is, Jefferson echoes history and culture, even if some of it is seemingly dormant.

Yet one building disrupts the sleepiness of this quaint community. The Mill Pond Inn & Tavern is hard to miss with its freshly painted gray trim and warm lighting. Most noticeably are the crowds of people. The parking lot is filled with cars, and an additional lot across the street directs visitors in with large orange cones. There is jazz in the air, along with the sounds of conversation and laughter from diners on the front and side porches. Servers in black polo shirts zig zag around tables carrying heavy trays of burgers, steaks and ornate salads. The energy is unavoidable to any passerby.

The Inn is where your journey should begin. From here, the fog of this unassuming hamlet will begin to dissipate as you speak to the locals and learn how sleepy old Jefferson began to wake up.

## THE MILL POND INN

Eight years ago, on a drive upstate, David Savatteri and Joan Powers found Jefferson by happenstance. They'd never heard of the hamlet, and they certainly didn't plan to settle there. But they quickly fell in

SEE VIDEOS AND  
INTERVIEWS FROM  
JEFFERSON







love with a home that was for sale and made an offer.

Shortly after their purchase, the adjoining property behind the house went up for sale. This land included an old, abandoned mill, sitting hauntingly along the main drag into town. Once again, they made an offer.

“We wanted a little more buffer to our property,” says Savatteri. “We bought the land, and with it came this old wreck of a building. The roof was leaking like crazy, so we fixed that. Once we fixed the roof, we figured that we had already spent so much money fixing the roof, we might as well fix the rest of it!”

Seven years, thirty plus employees and a pizza oven later, The Mill Pond Inn & Tavern has become a destination point for Jefferson and the surrounding area. With each

year, they’ve brought big changes. They’ve renovated the bar, gradually built out a kitchen to offer small bites for their guests and more. When the pandemic hit, they worked hard to provide food to the community, expanding the kitchen, hiring gourmet chef Paul Fontana, recruiting multiple servers and bartenders, and renovating a second dining space in the nearby carriage house also on the property. Later this year, they will open a new guest house across the pond, called The Parsonage House.

Savatteri and Powers say that guests love the attention to detail they’ve brought to the experience. Each room is unique, featuring local decor from various tag sales and auctions in the region. There is noticeable care and fun that goes into the little details, from vintage faucets to antique cameras – nothing is done carelessly.

Equally important are the ripple effects that the Inn has brought to the surrounding area. By working directly with local farmers such as Buck Hill Farm, Cowbella Dairy, Horton Hill Farm, Thompson’s Sugar Shack and more, The Inn has created new revenue streams for these businesses. They supply the restaurant with fresh ingredients, attend farmers markets at The Inn and receive customers that Savatteri and Powers send their way. The businesses in turn send travelers to The Inn for lodging or dining. In fact, it’s difficult to hold a conversation with any business owner in Jefferson without being referred to more great shops and purveyors in the area. There is a genuine understanding between all the businesses in this town: one person’s success is everyone’s success.





## SUGAR, SPICE AND EVERYTHING CHEESE

Ever taken a cheese tour? If not, now's your chance. If you have, you know just how fun they can be. Harpersfield Cheese lies about ten minutes outside of Jefferson proper, along a winding ribbon of dairy farms and cornfields. Owners Russ Brovetto and his parents have run their cheese house and dairy farm for decades, living and growing alongside the community.

Like the very best businesses, Harpersfield Cheese puts love into their product and it shows. They prepare their delicious dairy products "the old world way" as they call it, offering cheese wheels in flavors ranging from original and dill to lavender and chocolate. This creativity and patience has allowed their cheese to become a local favorite. You'll see their cheeses for sale in many businesses in the area, including at The Inn.

The Brovetto family has seen it all in their community, working their way through the good and lean years, including the COVID pandemic. And while they're attention to quality has helped them succeed, newer businesses like The Inn have played a vital role during the recent ups and downs.

"We are really grateful to David and Joan for doing what

they're doing in Jefferson," says Corinne Brovetto, the matriarch of the family. "They've really helped send more business our way. What they're creating over there is something else."

If you're looking for something sweeter, drive ten minutes to the other side of town for North Road Sugarworks. From syrup and honey to sunflowers and pumpkins, this charming farmstand offers something delicious and fun for everyone. Drop by the shop to grab a bottle of maple syrup or maple coffee or maple sugar or maple cream... you get the idea.

After grabbing the sweets, check out the farm's breathtaking sunflower fields. Sugarworks is taking the high-tech road on this one, as the field is open to random visitors to cut their own stems and send Venmo payment directly to the farm when they're done. Six stems for five bucks? That's a pretty good deal. And don't worry, if you missed sunflower season, Sugarworks swaps out the lovely yellow flowers with a pumpkin patch for some autumn fun.

When it comes to dining options, there's no wrong direction to go in Jefferson. Whether it's a weekend breakfast at Buck Hill Farm or dinner at the rough-edged Heartbreak Hotel, there are many tasty options exuding personality. And yes, The Mill Pond Inn & Tavern is also a great place come dinner time.







# COME FOR THE CHARM, STAY FOR THE FUN

However, it's not all about dairy cows and maple syrup. Jefferson is home to a great many natural wonders and nearby adventures.

The Mine Kill Falls is a lush natural park just outside of town, offering phenomenal waterfall views along with swimming pools and hiking trails. It's the perfect spot for couples and families alike.

For some additional family friendly options, Howe Caverns and the Baseball Hall of Fame in Cooperstown are only a forty minute drive away. Whether you are scoping out stalactites below the earth or posing next to Babe Ruth's home run bat, either option makes for an ideal day trip outside of Jefferson.

Meanwhile smaller towns like Stamford and Cobleskill can provide additional entertainment: you'll find shops filled with vinyl records, plenty of antique shopping and eateries providing yummy desserts and lattes.

Best of all, driving anywhere in the area ensures spectacular vistas and a plethora of farm stands and country stores along the way. Pick up freshly grown fruits and vegetables, browse quirky art from nearby metalworkers, and grab an ice cream from one of the many creameries that you will pass by.

# THE POWER OF CONNECTIONS

More exciting than Jefferson today is Jefferson tomorrow. The Mill Pond Inn & Tavern has done something truly special – they've helped connect the hamlet and demonstrated what real change can look like. They fixed broken windows and added fresh paint. They brought local farms and artisans together. They've created a true social point for friends to meet and people to work. However, Jefferson is more than one business, and it takes a community to make true change occur.

Longtime residents Phil and Donna Povak are part of that change. He owns RevSpirits, a nearby distillery providing a variety of exquisite liqueurs that are sold out well in advance, and she is the proud owner of Middle Brook Mill, which offers granola, cake mix, crackers and many other grain-based products. Donna has recently purchased and revamped a classic Victorian building in town which she plans to turn into a proper grain mill and bakery. This is what community change looks like.

There are many more stories like these, but you should really see them for yourself. Jefferson is a lesson in connections, a testament to the power of community, and an example of how change can truly begin with one person, one broken ceiling and, yes, one pizza oven. It pays to pull off the highway once in a while and look around. **KC**





# TAKE ACTION

WHEN WILL YOU GO TO JEFFERSON?  
WRITE SOME POSSIBLE DATES BELOW!

## Baseball Hall of Fame

25 Main St., Cooperstown, NY  
(888) 425-5633

## Buck Hill Farm

185 Fuller Rd., Jefferson, NY  
(607) 652-7980

## Cowbella Dairy

157 Danforth Rd., Jefferson, NY  
(607) 652-2814

## Harpersfield Cheese

1677 County Highway 29, Jefferson, NY  
(607) 278-6622

## Heartbreak Hotel

149 Main St., Jefferson, NY  
(607) 652-7344

## Howe Caverns

255 Discovery Dr., Howes Cave, NY  
(518) 296-8900

## Middle Brook Mill

170 Main St., Jefferson, NY  
(607) 652-2107

## Mine Kill Falls

Mine Kill State Park, Blenheim, NY

## North Road Sugarworks

460 North Rd., Jefferson, NY  
(607) 652-3188

## RevSpirits

1283 State Route 10, Jefferson, NY  
(607) 437-2054

## The Mill Pond Inn & Tavern

102 Main Street Jefferson, NY  
(607) 376-5050







BY GIA MILLER  
PHOTOGRAPHY BY JUSTIN NEGARD

**ON**  
**THE**  
**CUTTING**

**EDGE**



**ARTIST JULIE  
ROSENBERG HAS  
ALWAYS BEEN  
AHEAD OF HER TIME.  
NOW, THIS GOLDENS  
BRIDGE RESIDENT IS  
REVOLUTIONIZING  
THE MUSIC WORLD.**





In 1987, immediately after graduating from Ithaca College, Julie Rosenberg decided she wanted to paint a guitar.

“I started playing guitar at age nine, and I loved the instrument,” she explains. “But at that time, there wasn’t the same kind of environment for making custom guitars, and it wasn’t easy to find what I needed. But I used to hang out at Sam Ash in White Plains every Saturday, so I asked them if they had any guitar bodies, and they said, ‘What?’ But then they found a Strat-style body that was going in the dumpster, and they gave it to me. Then I found another one with a metal-style body.”

“I don’t know how I knew how to do it, but I sanded it down, kept the white base coat, and then used the paints I had to do my artwork,” she continues. “My mom’s friend, a cabinet maker, brought the guitars to her shop and sprayed a clear coat on top. They were these shiny, beautiful guitar bodies.”

Then, Rosenberg put them away and didn’t see them for the next 30 years.

## FOLLOWING IN HER PARENTS’ FOOTSTEPS

Rosenberg says she was born an artist. “It’s in my DNA – my mom is an artist,” she explains. “Growing up, I was very into art and music, but my dad was an athlete, and I also inherited that from him. I was known as the best athlete in my elementary school. In high school, I played on the varsity softball team and was very into cycling. So, for me, my life has always been a combination of art and athletics.”

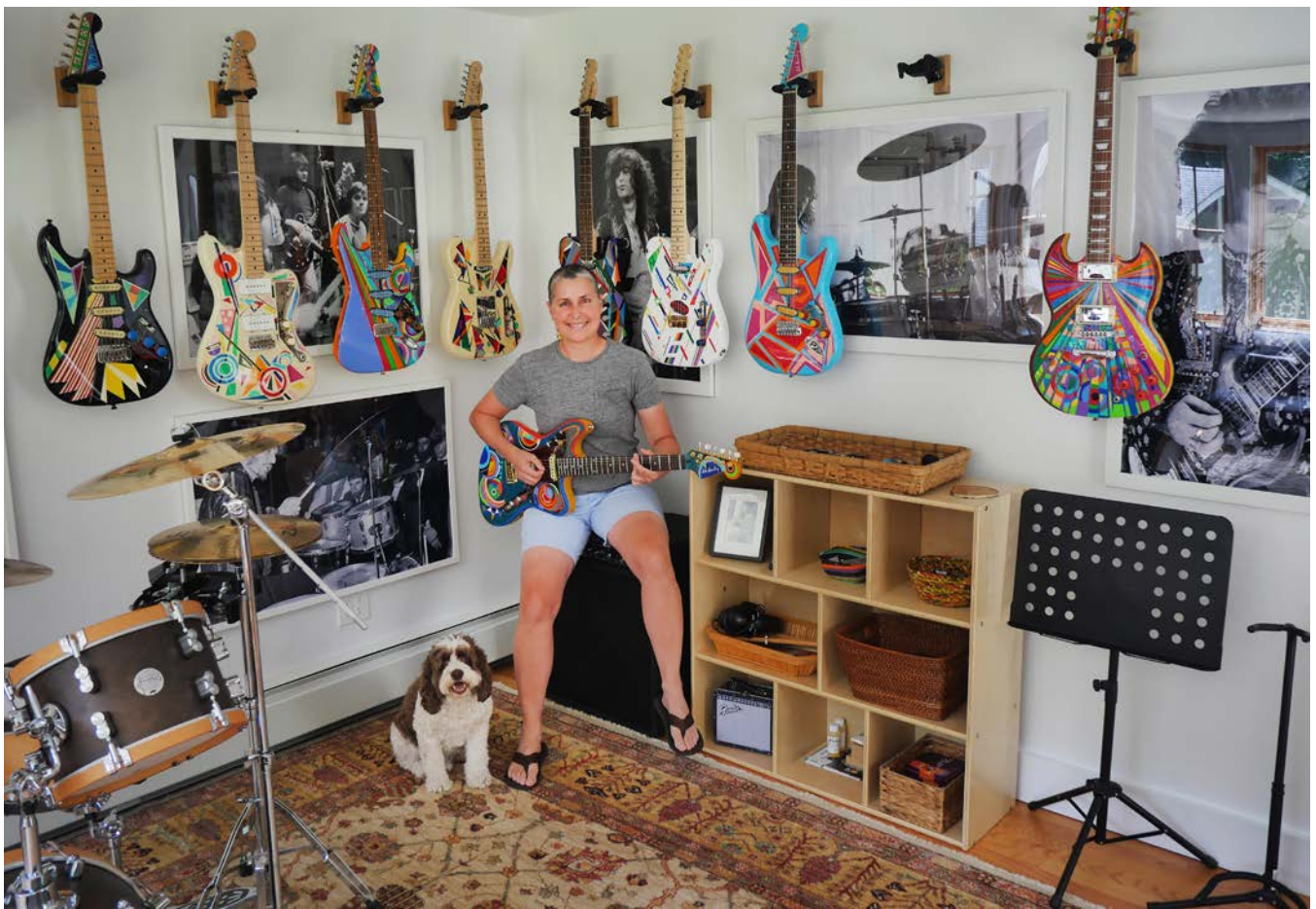
She entered college pursuing a Bachelor of Fine Arts in jazz guitar, but she switched to physical education during her sophomore year. Then she went on to earn a master’s degree in exercise physiology from Columbia University. During that time, she began running and swimming and became a competitive triathlete and a trainer.

“I did my first triathlon in college, before triathlons were popular, and that was it – I was hooked,” she remembers. “It was an incredible experience. My life became being coached or coaching. In competitions, I typically won my age group or placed in the top 10. I was definitely a formidable opponent.”

During this time, one thing became clear: she needed to become a physical therapist. “Athletes would get injured, and I realized that I needed to be able to rehabilitate them as well,” she explains.

Rosenberg earned a Master of Science in physical





therapy from Mercy College and discovered that treating her patients in the water provided better results. In 2001, she opened Amphibious Rx in Hawthorne.

“I had a painted mural of a rainforest on the walls, an excellent sound system and three pools,” she describes. “I was doing very innovative things in the water. We had a lot of incredible things going on there, including aquatic classes. It was the first freestanding aquatic physical therapy and wellness center. Doctors were referring to us like crazy, but it was before it’s time.”

Rosenberg had 11 employees, and it was very intense. After five years, she was burnt out and closed her practice. It was a big loss, and she went through a grieving process. To cope, Rosenberg reunited herself with her childhood passions: music and art. She found the guitar bodies she’d painted – they were in a duffel bag in her mom’s basement, and she had the Strat-style guitar built into a full guitar. She kept the metal-style one

as a sculpture. She began to play and paint guitars again and also turned towards teaching.

She spent a year teaching exercise science and serving as a guest lecturer at New York Medical College’s doctoral program. Then, in 2007, she opened another physical therapy practice in SUNY Purchase’s athletics department and taught there as well. During this time, she continued to dabble in music and art. She even attended her first guitar show in 2010 – she was the only female vendor. But her new physical therapy practice remained her main focus.

## A LIFE-CHANGING EXPERIENCE

Although her new practice was small, it was stressful. Two years after it opened, she was diagnosed with Crohn’s Disease. In the beginning of 2014, she became very sick. She saw numerous doctors, had several MREs (an imaging test focused on the small

intestine), was unable to eat solid foods and lost 15 pounds – all over the course of several months.

“I believe I became so stressed out that I had an intestinal blockage, which I’d never had before,” she remembers. “I couldn’t really give that same physical exertion, and eventually, I made the decision to close my practice. That was the turning point.”

To heal, Rosenberg focused all her attention on music and art. Then, four months into her recovery, she opened an art gallery on Katonah Avenue with her mother, Dyan Rosenberg, and her sister, a trained illustrator. It was called Dyan & Daughters; Rosenberg was the director.

“We had a blast,” she says. “I was recovering, and it was perfect for me. I was the ‘designated driver’ of the business, so I was there every day. I brought in my guitars and worked on them while I was there. There were several painted guitars in the window, and you could watch me painting



and sanding. I met a lot of people in our community through that gallery, but there weren't a lot of art galleries on Katonah Avenue at the time, and we weren't selling much. We were there for about a year and a half – we closed in 2017.”

## REVOLUTIONIZING A DIFFERENT INDUSTRY

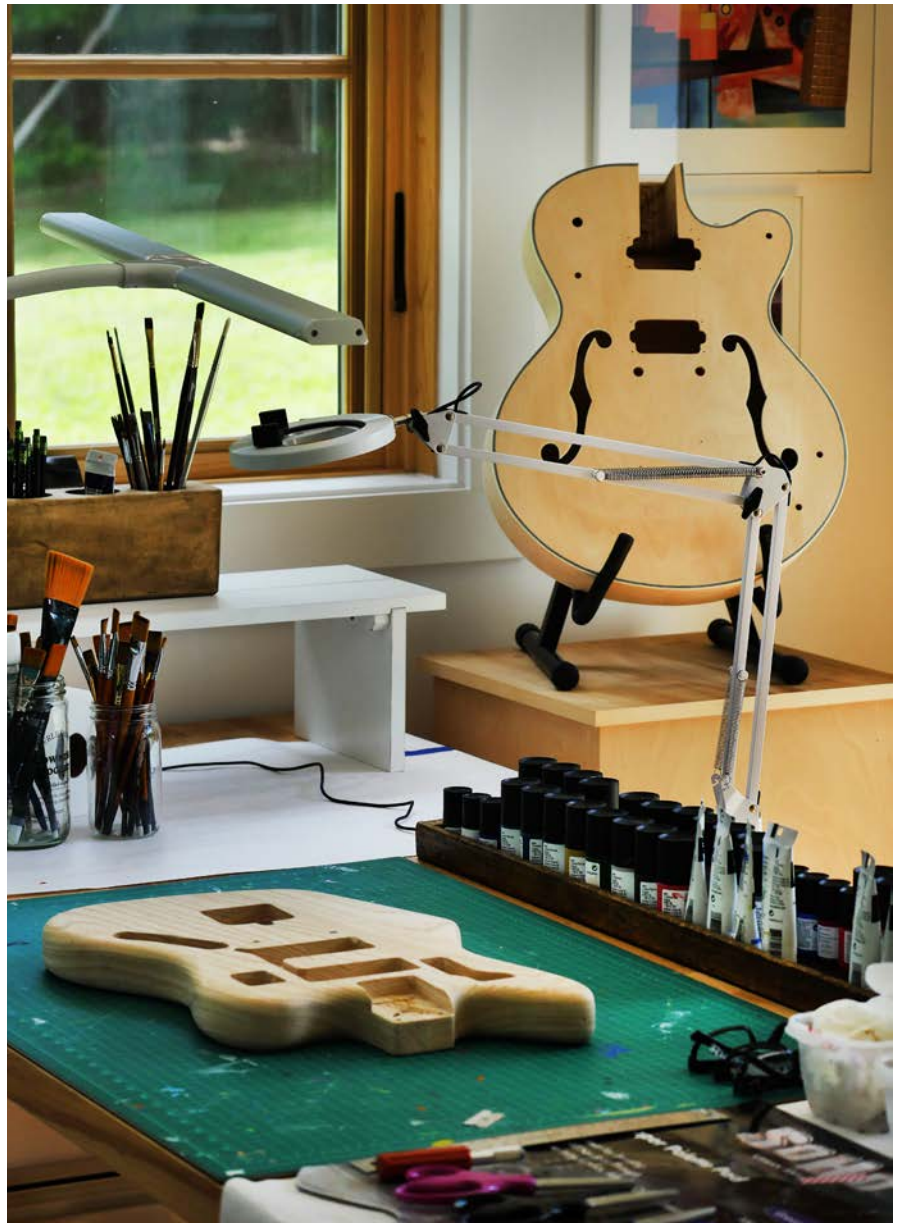
Rosenberg took a class at the School of Rock in Bedford to meet other musicians. She met a group of adults who she's still friends with today, she began performing again and she joined Instagram as @julierosenberguitar. That's when things began to change.

Her first Instagram post was a performance in 2017 where she used the Strat-style guitar she'd painted in 1987. Then, she began posting images of her work, and she quickly learned that there was nothing like it on the market. Other painted guitars are images of people, landscapes, cartoons, etc., but hers are abstract and geometric – they're a piece of art. She began to build a following and attended her second guitar show in 2019 where she made her first sale.

“I showed up with six guitars and met a bass builder from Long Island,” she remembers. “He hired me to paint two guitars for his customers, and an online magazine called ‘Bass of the Week’ wrote about them. That story received 179 likes!”

Rosenberg, who now has over 13,500 Instagram followers, paints traditional, six-string electric guitars. She begins by purchasing unfinished bodies and necks/headstocks, which are much easier to come by these days. First, she sends them off “to get prepped” (the wood is sealed and sanded, and the grains are filled). That takes about two weeks. Then, Rosenberg envisions what the guitar will look like, from shapes to colors, and begins to paint. Sometimes, she paints the headstock as well.

Using water-based acrylics,





Rosenberg paints geometric shapes freehand, slowly adding as she goes. The process is time-consuming and complex. There are numerous rounds of painting and sanding, and often, it's not until the very end that the background might become a color other than white – when it does, she paints around the shapes. Once she's done painting, she customizes the hardware (bridges, tuners, knobs, etc.) to complete her vision of how the guitar should look, sound and feel. Then, she names the guitar. Sometimes, the name comes quickly, but other times, she “kicks around a few names” until she settles on the right one.

It takes Rosenberg six to eight weeks to paint a guitar, and she only works on one at a time. Once she's done, Rosenberg sends everything to her finisher in Florida who applies 7-10 coats of a water-based acrylic urethane. Including shipping back and forth, this takes four weeks. Next, her luthier builds the guitar, which takes an additional four weeks.

“I usually give a timeline of three months for a custom

guitar,” she says. “I'll often give them a sneak peek during the process so they know their guitar is coming along. Before I ship their new guitar, I write a special note and place it in the case. That way, they have something personal from me, along with a certificate of authenticity.”

Rosenberg also offers several finished, in-stock, guitars on her website. Each guitar is around \$3,000.

## HER INSPIRATION

Although she looks towards Wassily Kandinsky, Sonia Delaunay, Robert Delaunay, Pablo Picasso, Salvador Dali, Joan Miro and Frank Stella for artistic inspiration, Rosenberg's biggest personal inspiration comes from her mom, and she finds motivation from those she's connected with over social media.

“It makes me incredibly happy when people comment on a post or reach out to tell me how I've inspired



**CHECK OUT OUR DAY  
IN JULIE'S STUDIO.  
HEAR HER CRUSHING  
IT ON THE DRUMS!**





them to paint or to paint their own guitar,” she says. “It’s really incredible to know that I’ve inspired somebody. And then, of course, when somebody says, ‘I love it, and I’ve got to have one,’ that’s amazing. I’m still beyond blown away that people like my stuff, and it’s opened a whole new door for me.”

She’s now on Instagram daily, responding to messages, monitoring and tweaking her hashtags, and, of course, posting images of her finished work. Her life has completely changed from what it was several years ago. And, to top it off, her health has greatly improved. She still rides her bike daily, but it’s not as intense.

“I really scaled back, and my new lifestyle of music and painting is definitely a better balance for me,” she says. “Now, when I’m riding, swimming, walking or hiking, it’s for health and fitness.”

## LOOKING AHEAD

As Rosenberg’s business grows, she’s considered branching out into other instruments like drums, cellos or violins, but she’s not there yet. First, she’d like to showcase her guitars publicly.

“I want to have my guitars hung in a gallery,” she says. “I’d like to do something where people are playing music and my guitars are hung on the walls. I wouldn’t play the guitar, but I would film it. That’s my next step.” KC



La Maison Fete  
11 Court Road  
Bedford New York  
914.234.8627  
laisonfete.com

La Maison Fete is a full-scale event planning and design company. From weddings, dinners, luncheons, birthdays and more, we make every gathering uniquely beautiful. Visit our Bedford shop on Court Road, just around the corner from the Playhouse.

**Tengda**  
Asian Bistro

Deliciously fresh sushi  
for lunch and dinner  
all summer long.

914.232.3900  
286 Katonah Ave.  
Katonah, New York  
tengdakatonah.com



COMPASS

### Kathleen Usherwood

Licensed Real Estate Salesperson  
M: 917.488.7870  
kathleen.usherwood@compass.com  
387 Main Street, Armonk

Kathleen Usherwood is a licensed real estate salesperson affiliated with Compass. Compass is a licensed real estate broker and abides by Equal Housing Opportunity Laws.

# Your Northern Westchester Real Estate Expert

What I love about selling homes in Waccabuc...

It's an exclusive rural enclave of architecturally distinct homes, from antique homesteads to mid-century, to 70s contemporaries, and the more recent farmhouse, all set amidst acres of bucolic woods, small lakes, and the spectacular Lake Waccabuc. Often referred to as a secret suburb of New York City, it appeals to an eclectic gathering of CEOs, art collectors, celebrity chefs, Broadway actors, and privacy enthusiasts.

**"If you feel at home here,  
it's because you belong here."**

GIL VAKNIN PHOTOGRAPHY

PORTRAITS + EVENTS  
gilvaknin.com | (917) 945-5576

POURTIIONS  
MischieF Meets Moderation

*wicked witch*  
*good witch*

[pourtionsjustright.com](http://pourtionsjustright.com)  
enter KC20 for 20% off





# FINDING HER IKIGA

ANDROMEDA TURRE HAS FOUND WHAT SHE LOVES TO DO AND IS GOOD AT, WHAT SHE CAN BE PAID FOR, AND, MOST IMPORTANTLY, WHAT THE WORLD NEEDS.

By Aerin Atinsky Photography by Justin Negard





“ I CAN'T IMAGINE MY CHILDHOOD WITHOUT MUSIC – IT'S THE MOST CENTRAL THING IN MY ENTIRE LIFE,”

says Katonah resident Andromeda Turre, who is a musician/performance artist, Sirius XM Radio on-air host and founder/speaker of Growing up Jazz. “The first thing I can remember is music.”

Turre is also the chair of Bedford's Inclusion, Diversity, Equity, Inclusion and Advisory (IDEA) committee and a supporting vocalist on Saturday Night Live. As the daughter of musicians, she grew up surrounded by eulipions (a.k.a. creatives) and activists, so she naturally gravitated towards singing, dance, piano and activism as a child. Throughout middle and upper school, Turre danced at Alvin Ailey, sang in the school choir, performed in school musicals and was a teen correspondent for MSNBC.

Accepted to both The Boston Conservatory and the Berklee College of Music, Turre chose to attend the former, but she left after one year due to extensive bullying and racism. After taking some time off, she called Berklee and asked if she could still attend – they said yes and she enrolled in the fall of 2002.

“The most valuable thing I learned at Berklee was the business side of music. I learned how to write charts, create arrangements, and about production and management, which me a self-sufficient performer.”

## THE LAST RAELETTE

A year and a half into Berklee, Turre dropped out, but “for a good reason.”

In 2003, Ray Charles needed a new Raelette, and his manager remembered Turre from a recent concert. Turre went backstage after the show to visit her uncle (Charles' longtime drummer), and made an impression on Charles' manager while hanging out and singing with the Raelettes. So, when he needed a new Raelette, he gave her a call and she sent in a tape. Then, she had an extensive audition with Charles and got the job. Unfortunately, that was Charles' last tour before his passing.

As his first background vocalist that could also read and write music, Turre spent extra time with Charles. She transcribed all the background vocalists' five-part harmonies, which is impossible to do from a recording. That work was more valuable than anyone could imagine at the time.

After Charles' death, his team wanted to create a tribute concert, but they were at a crossroads – nobody had the music.

“Then they were like, wait, Andromeda has it!” But Turre, with her business-savvy mindset, wasn't just going to hand it over – if they wanted the music, Turre insisted they hire her as vocal director. “They were like, you're 24 – we're not hiring you to be a vocal director,” she remembers. “So I said, I have the music, and if you want the music, you're going to hire me as vocal director. And they did. I also performed in the show.”



# IKIGAI

Turre then spent time living in London and working as the percussionist for The Femme Nameless. In 2007, she auditioned to sing with a jazz band at Tokyo Disney, landed the job and moved to Japan. She was crowned The Queen of the Blues, and her five-month contract turned into two years.

In Japan, Turre learned how to speak Japanese and read/write Katakana.

But the most valuable thing she learned was the concept of *ikigai*, which means ‘a reason for being.’

“The idea is that everyone has a reason for being – it’s a combination of what you love, what you’re good at, what the world needs and what you can be paid for,” she explains. “And I thought, ooh, I want that.”

Unwilling to depend on arbitrary auditions and jobs for a steady income, she recorded two albums while living in Japan. The first was a jazz album, called “Introducing Andromeda Turre,” which she self-produced and made all the arrangements for at just 27. Her reasoning? “Because I was 27 and stupidly thought I could do everything alone.”

Around the same time, she began working on an electronic dance music (EDM) album with a producer in Brooklyn. They recorded it under the pseudonym Eminent Pulse and licensed the music for video games, television shows and films. “That brought in a passive income. We’ve now released five albums together, and we license the songs.”

## GLOBETROTTING

After Japan, Turre returned to NY to spend time with her beloved Aunt Gayle, who was dying from cancer.





Then, she toured Italy promoting her “Introducing” album, and then she lived and worked in China in 2009 and 2010. She moved to India for several months and then to Los Angeles for a little while. After that, it was off to Vietnam, then Singapore, then Thailand and back to Italy where she recorded her second album (which was shelved by the recording label). After that, she traveled back and forth between Russia (which “was amazing, especially Siberia”), Italy and New York. Overseas, she modeled and sang.

One day, while she was in NY, she decided to watch her dad rehearse (he’s the trombonist for the Saturday Night Live Band), and she started singing along. “I jumped in with some harmonies, and they said, ‘Oh, you can sing harmonies? Do you want to come back and do some recordings for us?’ They keep calling me, so I guess I haven’t messed anything up yet!”

Turre eventually returned to NY in 2012. She landed a role as Marilyn Page in “Sleep No More” – the longest immersive off-Broadway show, and stayed for two years. Then, she moved to Edinburgh for the summer to perform her own one-woman immersive show at The Edinburgh Festival Fringe – the world’s largest arts festival.

## BANNED FROM RUSSIA

Turre had plans to return to life on the road, but Russia thought differently.

“I’ve been banned from Russia for quite some years,” Turre says. “I was supposed to go back in the fall of 2015, but I sang the national anthem at the start of New York’s gay pride parade. That was the year that marriage equality passed, and Russia denied my visa because I was a gay rights activist.”







# CHANGING COURSE

Settling back in New York, Turre began to question her trajectory. She loved working as a jazz singer, but with ikigai as her guiding principal, she chose not to pursue a solo career in the U.S.

“Overseas, I had my own voice, wrote my own music, but I knew that wouldn’t work in the U.S. I also knew the world didn’t need another jazz singer singing standards from 50 years ago.”

Instead, she launched a business, M31 Entertainment, singing for weddings and creating immersive experiences for corporate and private events.

# GROWING UP JAZZ

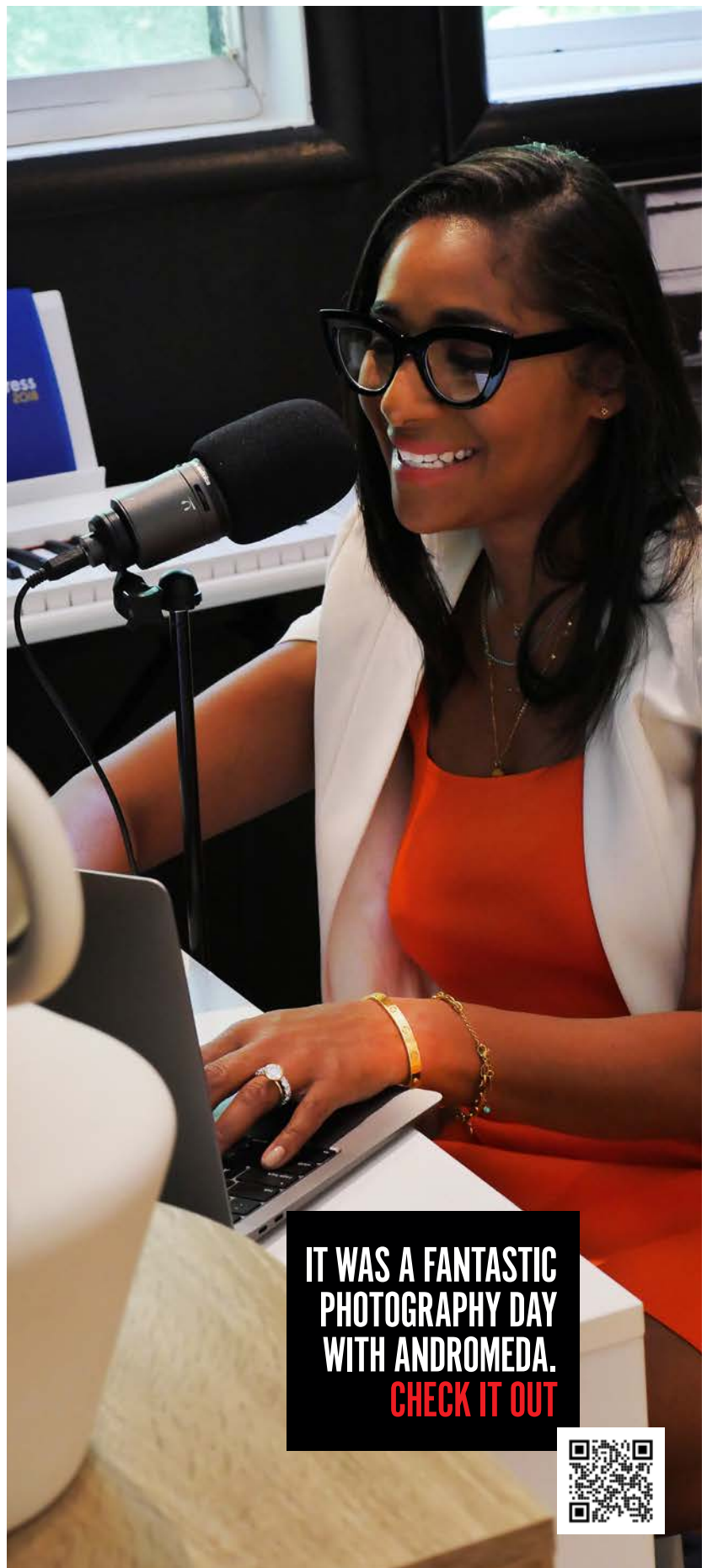
In 2018, Turre launched Growing Up Jazz, an educational program that focuses on the intersections between jazz and black history for grades 5 - 12, as well as business executives.

“I created the program as a way to share my knowledge and have necessary conversations in a non-abrasive way,” she explains. As a child, she joined her Italian father and African American mother on their world tours.

“I want to share the knowledge I gained during my upbringing – it positively affected my life and experiences, allowing me to engage and connect with people worldwide without fears or biases. Having lived in so many countries, I know there are beautiful people and cultures everywhere, and everybody should get the chance to experience things outside of what is comfortable or familiar – because, I promise they’ll be pleasantly surprised.”

# SIRIUSLY, THERE’S MORE?!

In 2020, Turre won a contest about what made her fall in love with jazz. In turn, a plethora of jazz outlets



**IT WAS A FANTASTIC  
PHOTOGRAPHY DAY  
WITH ANDROMEDA.  
CHECK IT OUT**







requested interviews with her, including the host of a Billy Holiday podcast series. After the interview, the show's producer was so impressed by her conversational skills and knowledge of jazz history that he suggested Turre interview for an open job at Sirius XM. She got the job.

"I basically told them that jazz is a living history, not a museum, and then I asked why they mostly played dead jazz musicians," she remembers. "I wanted to create a space on the radio for living jazz performers and composers. If you look at the history of jazz, every decade and generations' popular music reflects the times. Why does that need to stop after 1965? There are jazz artists alive today writing socially relevant music. And there's so much to talk about."

## EMERGING

This October, Turre will be the opening act at the Serious Fun Arts Festival in White Plains where she will perform her new show, "Emerging."

"My Emerging show combines immersive theater, jazz, dance and performance, but it takes the audience on a journey through considering what their ikigai might be," she explains. "It's a show in three movements. First, it's a celebration that we're all still here and made it through the pandemic. The second movement encourages the audience to focus on what things they need to let go of in order to have the life they want, like sexism, racism or ageism. The end is a celebration of themselves and a promise that they'll try to make a change in their lives, even if it's a slight tweak."

## TACKLING PARENTHOOD

On top of everything, Turre has a three-year-old son and 10-year-old stepdaughter. "I love being a mom," she says. "But I'm glad I had the opportunity to travel the world, figure myself out, learn all the things I've learned, and set my life up in a way where I create my own schedule, making me present for my children."

In a full-circle moment, Turre plans to take her kids with her to Europe next summer while she performs her Emerging show. "I'm now continuing the cycle of exposing my kids to different cultures and communities by taking them with me to travel the world, just like my parents did for me."

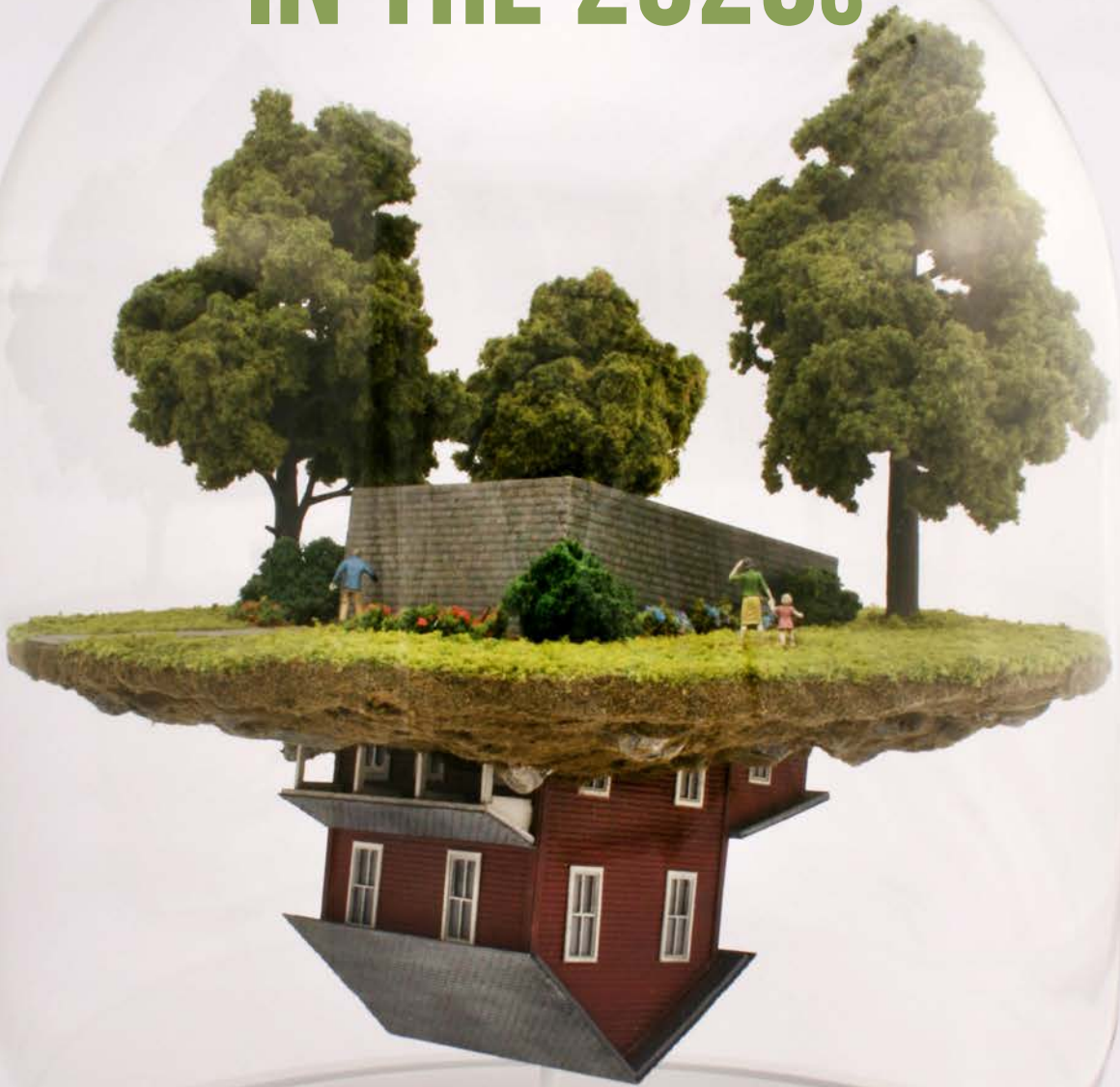
All things considered, Turre has found her ikigai. She loves what she does, she excels at it, she gets paid to do it, and, most importantly, she's doing what the world needs her to do. **KC**







# SUSTAINABILITY IN THE 2020s



HOW TO HAVE A MORE  
SUSTAINABLE COMMUNITY

**PART THREE OF A FOUR-PART SERIES ON SUSTAINABILITY**

**BY GIA MILLER ARTWORK BY THOMAS DOYLE**

# HEY! THIRD TIME'S A CHARM! WITH TWO INTERESTING ARTICLES DOWN, WE ARE READY TO DELVE INTO MAKING CHANGE ON A COMMUNITY LEVEL!

*In the first article of this series, we shared several ways you can become a more sustainable human. The second article focused on a variety of ways to make your home and yard more sustainable. Now, we're focusing on what you can do to create a more sustainable community.*

To create a sustainable community, we need to focus on overall sustainable development. What does that mean, exactly? One of the more

common definitions is from the 1987 Brundtland Report, which focuses on two key things – needs instead of wants and intergenerational equity.

It reads: Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

But the question still remains: how do we accomplish this? The answer, of course, is complex as it involves short- and long-term planning regarding the environment, the economy and society. Since this series has focused on the environment, we'll continue to do that in this piece.

## PROTECT AND ENHANCE YOUR LAND

### BECOME A LAZY LANDOWNER

Remember habitat gardening from the last issue? These are gardens created with the region's natural habitat in mind; they provide food, water and shelter for the humans and all the wildlife that naturally live in the area. A habitat garden features layers of trees, bushes and flowers growing naturally. It's a low-maintenance solution that protects itself and the animals in and around it. These gardens also benefit the community.

The Westchester Land Trust, which was founded in 1988 by residents of Lewisboro and Bedford who wanted to protect "environmentally-important open space and the character of their communities," says that creating more natural habitats positively impacts the long-term health of our community, including our watershed, air quality and food supply.

"When your land has a naturalized

habitat, and not just a monoculture lawn, it benefits the entire community," explains Kara Hartigan Whelan, vice president of Westchester Land Trust. "We encourage people to implement some of the same stewardship practices that we use on our preserves. Unfortunately, we can't protect everything, but if we can rely on our neighbors to be good stewards of their land as well, then it becomes a continuation of our work and helps the entire community. We call it being 'lazy landowner.'"

Becoming a lazy landowner benefits the community because:

A diverse landscape provides a home for a variety of animals.

A natural habitat helps keep our local pollinators (bees and butterflies) alive, which, in turn, means they are available to pollinate the produce we grow and eat.

Eliminating pesticides on your lawn decreases the number of pesticides in our water supply.

It allows more trees on your property, which means cleaner air. (See the "Trees and Carbon Dioxide" sidebar on page 85 for details).

Restoring your wetlands can reduce the flood risk along our local rivers.

## FIGHT TO MAINTAIN WILDLIFE CORRIDORS

Wildlife corridors are small strips of land that are different from the surrounding area. They provide local wildlife with food and shelter as well as a safe place to travel between manicured lawns. These corridors can be forests, wetlands, streams or meadows. In our area, this is what Westchester Land Trust looks to create and preserve. In the past 34 years, they've protected close to 9,000 acres of land in Westchester and Eastern Putnam counties.



“It’s very important that we protect these wild spaces,” says Gertien Falstrom, the land project coordinator for Westchester Land Trust. “We must all do our part to ensure that wildlife corridors can exist and thrive. We, as a community, must really get behind these ideas and recognize that land protection is the single most impactful thing we can do to fight climate change. So, what does that mean? It means that individually, we keep some natural habitat on whatever small or large property we have. It means we push that agenda locally, and create or become a part of open space committees in our towns.”

“We want everyone to be thinking along the lines of ‘what can I do, given what’s on the horizon?’ We need to keep those things in mind when making decisions. It’s something that is already on a lot of people’s minds, but maybe people don’t realize just how much land protection in and of itself serves those goals.”

## SEEK INSPIRATION

There are many people in our communities who can inspire us. Land conservationists, like hunters and fishermen, are one group of people. While you might not approve of hunting and fishing, those who do hunt and/or fish have played a key role in preserving our wildlife. They provide tremendous financial support to wildlife agencies and have played a key role in wildlife management. In fact, many hunters actively support the protection of endangered species and know more about the local wildlife than conservationists.

“In Bedford, we have a landowner who is also a hunter, and he knows more about whitetail deer than any of us here” says Falstrom. “When we walked his land with him last year, I was so impressed with his knowledge of what was happening on the land and about how the deer engaged with the land. He was intimately familiar with how they use the land; he knew the deer’s patterns, including where they walk and when to expect certain behaviors.”

We can also look towards local groups/businesses who offer community gardens, a sustainable practice that teaches people how to grow their own food or local plants while engaging with and/or meeting their neighbors. Here are some of our local clubs:

- Bedford Hopp Ground Garden Club
- Lewisboro Garden Club
- Mt. Kisco Growing Academy (a partnership between North Salem’s Dig Farm and The Arc of Westchester)
- North Salem Community Garden

- South Salem Community Gardens
- The Pound Ridge Partnership’s Growing Pound Ridge

Another example are the people who grow our food. Our local farmers work tirelessly to improve and maintain the land, and while you may not grow all your own food, some of our local farmers make a very valid point – one important way to have a more sustainable community is to eat locally.

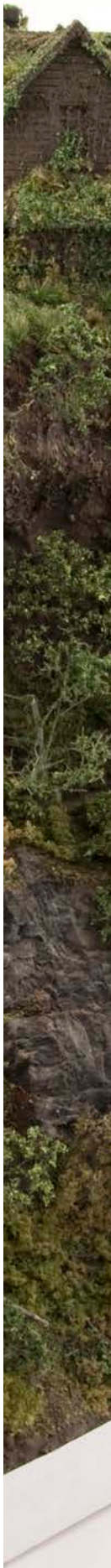
# MAKE CONSCIOUS CHOICES ABOUT WHAT YOU EAT AND WHERE IT’S FROM

## BECOME A LOCAVORE

In general, food production is responsible for a quarter of the world’s greenhouse gas emissions, or GHG. That’s right, our food has a carbon footprint (the total GHG of a product), even our produce. There are machines that till the soil, plant the seeds, pick the produce, clean the produce and ship the produce to our local store. Then there’s your vehicle’s emissions to get to/from the store to purchase the produce.

Many of these steps are unavoidable unless you grow your own food. What you can reduce are the food miles (the distance your food travels to reach you) by buying as local as possible. By supporting local food, you’re supporting local businesses and reducing your carbon footprint, but that’s only one part of the equation. Experts recommend that to really make a difference, you need to consider the farm’s practices.

“From an environmental standpoint, as a farmer, I consider several things,” says Wilson Chang, the farm manager at Orchard Hill Organics in Katonah. “First, am I building a well-run farm that acts as a carbon sink [meaning it absorbs more carbon than it releases]? Is the water, along with everything else, leaving the farm cleaner? Is my carbon footprint less than it would be compared to food trucked across the country on a large-scale farm? Am I harvesting items at peak ripeness, flavor and nutrition? These are things that depend on farming techniques.”





## TREES AND CARBON DIOXIDE

While carbon dioxide is harmful to humans, it's beneficial to trees. A tree's leaves absorb carbon dioxide and water, and through a process called photosynthesis, they use the sun's energy to convert it into chemical compounds like sugars that feed the tree. As a result of that chemical reaction, trees produce and release oxygen.

"Our trees are sequestering carbon in the ground in their root systems, especially the biggest, oldest trees in our towns," says Bedford Town Supervisor Ellen Calves. "And keeping those trees up is very important. Trees work together, and certain types of trees will help each other stay healthy. So if you take one tree down, you may end up risking another one."

"I think a lot of new homeowners move in and think, oh, I don't want all these big trees around my house – it's dangerous," she continues. "But a good arborist can tell you whether a tree is really a risk to your home."



If you need further convincing, Chang recommends, you also consider what your produce tastes like (not what it looks like). Large-scale, commercial farms grow durable produce – they select varieties that can be easily shipped across the country or world without arriving bruised or damaged. Plus, they choose varieties that will grow as uniformly as possible since most consumers buy with their eyes.

“Take tomatoes, for instance,” says Chang. “They’re harvested and then put on a train or a plane – either artificially, or in the process of shipping, the flavor changes. Those perfect, beautiful, uniformly red, durable tomatoes don’t have the same flavor profile as a lot of the varieties we grow. Ours have shoulders and they’re not as aesthetically pleasing, but they trump those other tomatoes in every other category, like flavor and nutrition. For instance, we grow a Sungold cherry tomato that’s my personal favorite; they taste like candy. But you’ll never find them in the store because they’re prone to splitting.”

“When you purchase food grown locally, the window between harvest to delivery is so short that it can be picked at peak ripeness,” he continues. “We can grow varieties that just don’t work on a large scale because if you put them into storage and ship them across the country, a bunch of them will split open. That’s another big advantage of eating local.”

“With the climate, it’s not enough to just reduce your carbon footprint, there are other things we need to do to avoid catastrophic climate change,” says Bedford Town Supervisor and environmental attorney Ellen Calves. “There’s no stopping the level of climate change that we’re going to see, and it’s going to put stress on our food systems. We’re going to see more and more droughts in the places we rely on for food, and we will increasingly need to rely on our local supply.”

## HOW TO FIND / PURCHASE LOCAL FOOD

Joining a local community supported agriculture (CSA) group is one way to purchase local food from a farm that is transparent about their farming practices. With a CSA, you purchase a share of the farm’s production prior to the growing season. This provides the farm with the necessary funds to run their business. In exchange, you receive your share of the crop throughout the growing season, which is approximately the end of May through early November. Members of CSAs are part of the

farm’s community and typically receive regular communication from the farm about the status of the crops.

An alternative to a CSA is a farm share delivered directly to your door via the farm itself. Farm-to-door, as it’s often called, varies in style from farm to farm. Some allow you to pick which produce is delivered to you while others deliver a box of whatever is fresh that week, like a traditional CSA.

“If you think about it, individual households pick up their CSA share or go to the supermarket to buy food, and they each make a separate trip,” notes Chan who is developing a PSDB (which stands for premium select delivery box) for Orchard Hill Organics. “But with our PSDB, we would provide people with fresh produce in just one route. And even if we use a gas-powered car, it’s still a much more environmentally sustainable model because we’d create a very efficient path to get food from the fields into people’s homes.”

Another way to purchase local food grown and produced in a sustainable manner is to visit local farmer’s markets and ask the farmer directly how they grow and harvest their food. The more you get to know the farmers, the better choices you can make about where you purchase your food. Plus, with a farmer’s market, you can select/purchase what you know you will eat, instead of receiving a little bit of everything harvested on the farm that week.

You can also help create or sustain local farms, especially if you have unused land on your property that is ideal for farming. Westchester Land Trust has a program that pairs farmers with local, unused land for them to farm.

“We, as a community, have recognized the need for locally grown food,” says Whelan, the vice president of Westchester Land Trust. “There’s an incredible amount of talented new and beginning farmers who know how to grow a lot of really good, nutrient-dense food but don’t have the land they need. One of our missions is to help communities protect local land that’s viable and suitable for growing local food. Then, we pair the farmers with the land.”

## CONSIDER *WHAT YOU EAT*

According to a 2020 study, we should also consider the GHG emissions of different foods. For example, producing two pounds of beef emits just over 132 pounds of GHG while two pounds of peas emits just





## WANT TO MAKE A DIFFERENCE IN THE COMMUNITY?

Consider forming a group to develop edible landscapes. What's an edible landscape? A 2014 TED Talk by Pam Warhurst titled "How we can eat our landscapes" explains it best. Set aside 13 minutes to watch her talk and let us know what you think. This talk helped inspire our sustainability series.





two pounds of GHG.

Overall, animals emit the most GHG per pound with lamb and cheese coming in second to beef and pork, and poultry coming in third. A lot of these GHG come from caring for the land the animals graze on, while transportation, processing and packaging are much smaller contributors. So, while switching to locally-grown produce (and meat) will reduce your carbon footprint and the carbon footprint of the community, eating less meat will have a bigger impact.

But, as mentioned before, food and sustainability activists will always return to one important point about eating local: it helps support our small local farms, which creates a sense of community. In other words, both are important for a more sustainable community.

## STOP BURNING STUFF

“I think the biggest harm to our local communities is the burning of fossil fuels,” says Mark Thielking, Bedford’s director of energy and sustainability. “It’s the dirtiest fuel and the most concentrated, which has been documented by our greenhouse gas emissions inventory. Burning natural gas isn’t as bad because it’s not as dirty as oil, but it still causes a tremendous amount of warming and pollution. Even in your home, if you’re burning gas to cook, unless you are using a hood vent, new research has shown that you’re creating a massive amount of pollution inside your home. If you’re not venting properly, it can cause asthma and other health issues.”

While we need to do whatever we can to decrease our dependence on fossil fuels, Thielking says we should think twice about anything we burn, including wood in our fireplaces.

“Burning wood also is harmful in the sense that, depending on what and how you’re burning it, it creates a tremendous amount of particulate pollution, which causes a lot of health issues. It’s worse than really anything. It’s worse than oil; it’s worse than gas.”

While this issue isn’t as prevalent here as it is in colder climates, it’s still something we should be aware of and consider as the winter approaches. Thielking says that it’s gotten so bad in some parts of our country, such as Aspen and rural Vermont, that they are “actually banning burning wood indoors unless it’s in a high-tech furnace or fireplace because of the particulate emissions.”

“I’m not trying to be glib, but it really just comes down to the idea that burning anything is bad,” he

says. “It’s at the top of the list. To make it really simple, we need to try to move away from burning stuff. And that’s a transition we need to make, but it will be slow. We’re not going to immediately rip out our gas stove if it’s not ready to be replaced, but when the time comes, we should replace it with an induction stove.”

## USE YOUR VOICE AND YOUR WALLET TO CREATE CHANGE

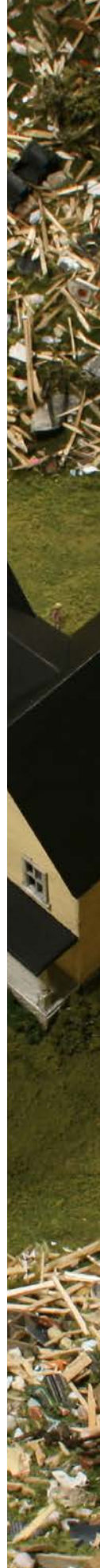
### ENCOURAGE BUSINESSES TO PURCHASE SUSTAINABLE PRODUCTS, RECYCLE AND COMPOST

Local shops and restaurants rely on customers to purchase their goods. If no one purchases a particular product or menu item, then they’ll stop offering it. So why not also use your voice to encourage healthier, more sustainable practices?

Would you like the toy store to carry a specific line of eco-friendly toys? Ask them and get your friends to ask as well. Do you know of a particular beauty or clothing brand that is more sustainable than most in a style that you like? Request it, and, again, encourage your friends to do the same. Of course, you also need to purchase the products if your local store decides to carry them, but the first step is to request more sustainable items.

Restaurants can do their part as well.

“In Katonah, as well as some other towns, composting is easy with curbside compost,” explains Mariah Okrongly, the program director of Bedford 2030. “The company will come to your home or your business and pick up your food waste. Restaurants have such an abundance of food waste, and I think it would make a big difference if all our restaurants began composting instead of throwing food in the garbage. Plus, garbage companies often charge businesses based on the weight of their garbage, and since food waste is so heavy, restaurants would save money by not throwing their food away. Those savings could cover the costs of the food scraps pickup.”





## BE A COMMUNITY LEADER – IT'S EASIER THAN YOU THINK

Wondering how you can take the lead on changing actions within your community? Start simple, like with a birthday party. Whether it's for a child or an adult, be conscious of how you serve your food. For a children's party, compostable plates, napkins and utensils are probably the way to go. Then, actually compost them – demonstrate that parties can be fun without being wasteful. For an adult's party, break out the fine China (you're worth it) and enjoy celebrating without filling a garbage bag full of waste. And regardless of who the party is for, please, don't buy cheap plastic party favors that will go in the trash/end up in a landfill within days. You can give a succulent or seedling in a hand-painted pot, a bookmark or hand-painted rock, or even a small box of chalk or homemade slime. Don't forget to provide a quick explanation as to why you're doing these things so your friends can see just how easy it is to make a change.



In addition to composting, there are many other steps our local restaurants can take to become more sustainable. They can:

- Create seasonal menus and sourcing from local farms.?
- Donate leftover food instead of throwing it out.
- Only provide plastic utensils and straws (neither can be recycled) for takeout or delivery when requested.
- Pack leftovers in eco-friendly recyclable or compostable containers.
- Reduce the number of meat options.
- Use QR codes for customers to access the menu digitally or print menus on recycled paper.
- Ask your favorite restaurants about their policies, then provide them with information and encouragement to change. And frequent local restaurants that practice sustainability.

## HELP COMMERCIAL PROPERTY OWNERS THINK BIGGER

When it comes to businesses supporting the larger community's sustainability efforts with things like clean energy, however there are several factors to take into consideration, including what is possible and how it can be done.

"Given how little open (public) land we have, installing solar fields in our town is not realistic," says Calves. "But I think it's a good idea for a town like ours to support solar panels on the rooftops of businesses and as carport structures in parking lots. There are incentives at the state level for things like this, and we can help local businesses connect to local resources."

But even with government support, it's not that easy, according to Mark Theilking, Bedford's director of energy and sustainability.

"The reality on the ground is that typically, with these open lots, the owner of that lot doesn't know what they will be doing in the span of time that a solar panel structure would have to be there," he explains. "So, they'd need to commit to 30 years of an infrastructure on a property that they may not own for that long, and they're concerned that the panels could prevent a future sale."

But it's important that our local businesses help us reduce our dependence on gas and coal, and there are successful examples of this in our community. According to Theilking, when Diamond Properties owned the buildings at 333 North Bedford Road in Mt. Kisco (where The Saw Mill East, Grand Prix and Rockin' Jump, among others, are located), they installed solar panels on the roof.

"He did the largest solar array on the roof of that building at the time," Theilking recalls. "And it's still operating today. The panels are owned by a third party. He felt it was not risky for him because it's on the roof. And it's turned out to be a very positive investment because electricity rates have only gone up since he did that system. The third party is also probably doing really, really well."

Diamond's deal is common. Solar panels aren't often owned by the building's owner. Instead, they lease the roof space or a parking lot to a company that will own the solar panel system. The owner of the system will receive the government incentives and federal tax credits, while the building/lot owner receives rent on a space that couldn't otherwise be leased. It seems like a smart way to bring in extra income and reduce energy costs. So how can we convince business owners to install solar panels on their roof or in their parking lots?

"One of the things that we can do as citizens is to make sure that our leaders understand that we want this," Theilking suggests. "The more we speak about it with them, the better chance it will translate into our state and federal leaders developing more and more carrots for building owners so that they finally make the decision to do it. It's all about economics from the standpoint of a commercial building owner. It needs to work for them given the other variables and risk factors."

One solution could be for local governments to provide tax credits for buyers and sellers who have solar panels or geothermal heating and cooling systems on their property.

Another sustainable initiative is for buildings to convert to LEED standards, which stands for Leadership in Energy and Environmental Design. LEED is a rating system for eco-friendly buildings – these structures are rated on how well they integrate water and energy efficiency, indoor environmental quality, renewable resources and sustainability. Government incentives could also encourage these changes.

## GET POLITICAL

While we won't tell you what political party to join or who to vote for, sustainability experts agree that



## PLEASE (PLEASE!) RECYCLE IN PUBLIC

Hey, you there, yes, we're talking to you – we saw you throw that garbage into the recycling can on the street. Why'd you do that? Especially when there's a garbage can right next to it. Now you've created a situation where all the recyclable material inside that bin can no longer be recycled. That's not cool. Can you please be a bit more careful so the rest of us don't feel the need to bring our recycling home to make sure we're actually doing our part to save the planet? Thanks!





politics do play a role in creating more sustainable communities, even though it shouldn't be a Democrat versus Republican issue. In fact, in many countries, the environment isn't a political issue at all. But we recognize it is in our country, so we will stay out of your voting booth and simply discuss how to engage with elected officials about the issues that concern you and what to consider when you place your vote.

## SPEAK UP AND VOTE

On August 16, President Joe Biden signed a landmark tax, health and energy bill into law – the country's largest investment to date to fight climate change. It's aimed at helping America cut greenhouse gas emissions by about 40 percent by 2030, compared to our 2005 levels. Sustainability experts agree that this is a tremendous step forward to making our communities more sustainable. And it happened because our elected officials listened to their constituents.

While federal legislation is necessary, so is state and local legislation. New York state has taken many steps to make our communities more sustainable. The New York State Energy Research & Development Agency (NYSERDA) has a program called Clean Energy Communities that encourages towns to implement "energy-related initiatives and improve the energy efficiency of their buildings, reduce long-term energy costs, and strengthen the local economy." As towns follow the recommended actions, they can receive grants to implement further initiatives.

The actions vary in type and scope and include projects such as:

- Develop community campaigns for residents to understand and adapt new technologies.
- Install LED streetlights.
- Invest in electric vehicles and infrastructure.
- Make clean energy upgrades.
- Offer community choice aggregation programs.
- Streamline the process for installing solar power.
- Switch to renewable electricity.

NYSERDA's website provides a detailed explanation of each action and what it entails. Find ones that are important to you then call your town to discover the status of those initiatives. If they haven't begun, ask who you need to speak with or how you can help.

And don't forget to carefully review the environmental proposals of people running for office.

"When you are voting in an election, do you know the people that you're voting for," Okrongly asks. "It really does make a difference. Oftentimes, when people talk about climate change, they say it's a federal issue or a state issue, but really, it is a local issue. Are you voting for a school board member who has expressed interest in electric school buses and prioritizing energy efficiency at your schools? Or is your town supervisor prioritizing climate change and making that part of the decision-making process? Because really, it should be part of every decision they make."

## SUGGEST AND SUPPORT INNOVATIVE IDEAS

Thinking outside the box when it comes to sustainable solutions for our community can be a great way to make change happen. For example, Calves shared an idea for our school districts to implement an on-demand policy for school buses. Why do they need to stop at a home or bus stop when no one will get on the bus that day? Could the transportation department implemented an app for parents to notify the school about their daily transportation needs?

"We have technology that does way more complicated things than this," she says. "The state requires that these buses drive all over the place, even if they're empty. But what if we, as a community, advocated for consolidated routes? There's no reason why we can't have an app for this. We could probably create a map that shows bus drivers what stops they need to make in the morning and afternoon, so they don't have to go down all the streets where there are no passengers."

"Obviously, as one person, you can't make this change," Calves continues. "But you can influence and put pressure on your elected officials and the system. And that's super important."

## CREATE CONNECTIONS AND BEGIN CONVERSATIONS WITH YOUR COMMUNITY

There are numerous ways to connect with like-minded individuals in your local community and to make positive changes towards sustainability. Yet it's also important to spread awareness and help your neighbors

An aerial night photograph of a residential neighborhood. Several houses are visible, some with interior lights glowing through the windows. A street with a few cars and utility poles runs through the scene. The overall lighting is dark blue, typical of a night sky.

## NEW YORK ELECTRIC LAWS IN 2022

So far this year, New York State has passed several new laws regarding electric vehicles to “improve and protect public health, advance environmental justice and achieve New York’s goal of net-zero emissions by 2050.” They include:

All in-state sales of new passenger cars and light-duty trucks must be zero-emissions by 2035.

All in-state sales off-road vehicles and new medium-duty and heavy-duty vehicles must be zero-emissions by 2045.

All school busses must be fully electric by 2035, which would make NYS the first state in the country to have a fully electric school bus fleet.

One bill that passed the Senate but has not yet passed the Assembly is bill S353C, which would mandate that all new public transit buses purchased after January 1, 2029, must be zero-emission. Given the average 10-year life span of public busses, this would essentially make all public transit busses zero-emission by 2040.



understand that they can make a difference. But how?

Grace Farms, a humanitarian and cultural center in New Canaan, CT, provides one example of how this can be done. They work to foster inclusive communities and invite people into their work and conversations. Their 80 acres of land, which is open to the public and includes native meadows, wetlands, woodlands and ponds, is part of their process.

“We create opportunities for people to gather together in a new kind of public space,” says Elizabeth Rapuano, the director of communications at Grace Farms. “Grace Farms is a space that didn’t really exist before – it’s mostly glass and timber; it combines architecture and nature. This type of hopeful space can make you better equipped to handle or deal with the matters we focus on. And while our river building and grounds can’t be everywhere, you can create these spaces and opportunities for people to gather and meet one another where they are.”

“It’s about thinking of ways that you can create opportunities for people to come together to talk to one another and get outside of their comfort zones,” she continues. “You can arrange events for different people to talk about different things.”

## COMMUNITY MEALS

One way to create discussion is through community dinners with a discussion centered around a specific topic. Grace Farms hosts monthly dinners, seating guests at their 18-foot-long tables, which encourages everyone to meet people they may not otherwise have an opportunity to know.

But since we don’t all have 18-foot-long tables available, there are other ways to make a community dinner possible. For example, host it at a town park and ask local restaurants to donate some food while everyone brings their own chairs or blankets and drinks. Or, it could even be a breakfast or lunch where everyone brings their own food.

These types of gatherings can be done for the community at large or a smaller group, such as families at your child’s school, congregants at your place of worship, residents in your neighborhood, etc. Get creative, but most importantly, get together and start talking.

## TALK ABOUT WHAT’S ALREADY HAPPENING

It can be difficult for people to see and understand something that isn’t right in front of them or that hasn’t

happened yet, especially when it seems so tremendous and so far into the future. One of the best ways to open a discussion with someone new to the topic is to discuss what’s happening right now, such as:

- Extreme heat waves, wildfires and rainfall.
- Glaciers melting at a faster rate than predicted.
- More, and longer lasting, droughts.
- More severe tropical storms and hurricanes, due to warmer temperatures in the ocean’s water.

## LEARN TOGETHER


Another way to engage others is to learn together. Because sustainability is such a large topic, there’s always something new to learn when it comes to sustainability. Instead of teaching others what you know, why not suggest learning something new together?

Luckily, we live in an area with numerous resources available, including Bedford2030, Westchester Land Trust, Healthy Yards, Grace Farms and sustainability committees in our towns. These groups host film nights, offer hands-on learning opportunities, feature discussions and have numerous resources available on their websites.

And, advocate for more sustainability curriculum in your children’s schools, at your local library, with your local groups, etc. The more opportunities we have to learn, the more we’ll all be encouraged to change our habits.

## NOW IT’S YOUR TURN TO SPEAK UP

*We hope we’ve inspired you to think differently and make changes towards a more sustainable life. The final article in our series will be in our January/February issue, and we will focus on the future of sustainability.*

*We’d like to hear from you: what do you believe the future should look like? Whether it’s a poem, a drawing, an essay or a simple message (or something entirely different), please tell us what you envision as a sustainable future. Scan the QR code to submit your thoughts.* 



**NEXT IN THE SERIES:  
WHAT DOES THE FUTURE  
OF SUSTAINABILITY LOOK LIKE?**

The  
**Behavior  
Clinic**  
FOR CATS AND DOGS



**Where Science  
Meets Compassion  
For The Sake of Your Pet**

Dr. Sarah J. Cutler, Founder

914-486-0580

**All team members are**  
Certified Fear Free® Professionals  
and are made up of CPDT-KA trainers,  
veterinarians, pre-veterinarians and  
experienced veterinary administrators.



29 Haines Road, Bedford Hills NY  
[www.behaviorclinicforcatsanddogs.com](http://www.behaviorclinicforcatsanddogs.com)



**QUARTZ ROCK**  
— VINEYARD —



**Hudson Valley Winery of the Year**

Exclusively estate wines, hand harvested and handmade

Wine tastings and live music every weekend

Only a 1-hour drive from Katonah

40 Mountain Rd, Marlboro, NY 12542

[www.quartzrockvineyard.com](http://www.quartzrockvineyard.com)

Manhattan  
Style



Westchester  
Charm



# DEAR JOHN

# CHAN

WHILE JOHN WAS ON VACATION, WE ASKED BLUES TRAVELER GUITARIST CHANDLER KINCHLA (BETTER KNOWN AS CHAN) TO FILL IN. WHEN THE MUSIC THING GETS OLD, WE THINK HE'D MAKE AN EXCELLENT ADVICE COLUMNIST.

Illustrations by  
Tal Doron and Justin Negard

Dear Chan,

My son has to play an instrument in school, and he picked the oboe. I'm worried the other kids might make fun of him. Any advice?

- Music Mom

Dear Music Mom,

Just be happy he didn't pick the stand-up bass - it's huge! The stand-up bass kids were always the biggest losers. Nobody liked them.

Dear Chan,

My neighbor's kids have a garage band, but they aren't very good. Their choice of music leaves much to be desired. Plus, they're way too loud. What should I do?

- Grumpy Neighbor

Dear Grumpy,

It sounds like they're on to something! Just do what Brandon's dad did when we were playing in his basement - he'd leave the house and work from his car in the driveway.

Dear Chan,

I'll be honest, I'm not having much luck when it comes to dating. I make okay money, and I think I have a pretty good personality, but I keep striking out. I wish I had the confidence and swagger of a rockstar. What should I do?

- Lonely and Not Cool...Yet

Dear Lonely,

Sounds like you're out of luck! I mean, I've posted about being a guitar player in a rock band for 40 years now, so I think you should probably just give up. But if you really want to try, I recommend you learn "Wonderwall." At your next picnic, you can play that song by the bonfire out back. At the very least, it'll get a girl to talk to you.





DISCLAIMER: IT'S OKAY TO LAUGH – THIS IS A HUMOR COLUMN! WE WELCOME YOUR DEAR JOHN QUESTIONS, BUT WE'RE LEGALLY OBLIGATED TO SAY THIS IS NOT A SUBSTITUTE FOR REAL ADVICE BY PROFESSIONALS.

Dear Chan,

My daughter is musically gifted. She plays four instruments and has perfect pitch. Recently she's given up music saying she wants to have a normal teenage life. All those years of lessons and dreams of Juilliard are gone. And for what? A boyfriend and underage drinking? How do I get her to fall back in love with music before it's too late?

– Worried About the Future

Dear Worried,

As the father of freshly-minted young men, I can confidently say that the best thing you can do is back off and hope she gets back into it. Parents should have nothing to do with making their kids fall in love with music. If she really loves it, she'll get back at it. No one told me to practice every day, and parents can't really make their child do that. So parents, stay away from your teenagers hopes and dreams. Just back them up.



Dear Chan,

I've dreamed of being a rock star since I went to my first concert at eight years old. What is your most important piece of advice to make that happen?

– Dreaming of Fame

Dear Dreaming,

For me, playing guitar was a compulsion. I first picked up a guitar at a friend's house when I was 10. I would go over to his house, and instead of playing with him, I would just sit and play guitar. Eventually, he just gave it to me.

To get good at anything, there needs to be a built-in compulsion. If you have a joy of practicing, the results will just come. So, enjoy practicing and rehearsing whatever it is that you want to do.

CHECK OUT  
OUR INTERVIEW  
WITH CHAN





This Month, we reached out to musical strangers:  
two local singers and two local bands. Take a peek into their lives as performers.



# LILY OYEN

*Lily Oyen is a singer, songwriter, ukulele player and guitarist from Goldens Bridge. She graduated from John Jay High School in 2020 and now attends SUNY Purchase, studying studio production while releasing music on her own. She's released four songs on streaming platforms and plans to expand her sound and style.*

**Katonah Connect: What aspect of music is most important to you?**

**Lily Oyen:** I try to write songs with meaningful lyrics that have an impact on people. Strangers have reached out to me saying, "I just went through a really similar experience, and I really love your song. Thank you for writing it and helping me get through this." Everytime that happens, it really sticks with me.

**KC: How would you describe your music?**

**LO:** I've released music that's in the soft, indie, singer-songwriter style, heavily inspired by artists like Phoebe Bridgers. But the new music I'm working on blends that singer-songwriter style with synths like the band, MGMT, and multi-instrumentals like Japanese Breakfast. I'm trying to make something that is sonically diverse and interesting while still having important lyrical content.

**KC: What was your first gig?**

**LO:** When I was 17 I had my first gig at a show in D.C. I was one act in a lineup of other musicians who had more energetic music than mine. The act before me left the crowd really hype, then I walked on with my ukulele, thinking, "Here I go, these people better be ready to bring the energy way down." But it was a really wonderful experience and afterwards people came up to me to tell me how much they liked my music.

- By Kaitlyn Hardy **KC**



# THE FOUR26

*Peter Carucci and Becki Fleischer are the powerhouses behind The Four26, coalescing their vibrant energy with from all sectors of music. They're known for their musical performances and their songwriting abilities – they'll write you a song for any occasion: a wedding, an anniversary, a memorable life experience, etc. They'll be at Bedford Playhouse on September 18th.*

**Katonah Connect: What does the name "The Four26" mean?**

**Peter Carucci:** We met and performed at a fundraiser for Northern Westchester Hospital in 2015. Two years later, on April 26, we wound up rehearsing together. We formed our production company a year later and as we were joking about a name, Becki said, 'well let's just call it April 20th.' Then, we thought, 'that's actually not a bad idea.' The irony is that, coincidentally, we went to incorporate on April 26th, exactly one year later, and we just thought it was cooler to write out the word 'four.'

**KC: Who is the most interesting person you've performed with?**

**PC:** I was in the (late '90s) band Chasing Sunday, and I got the chance to tour the world and play with a lot of big names. I was also in the band Steve Liesman and The Mooncussers. So with all those projects, I've played with members of The Rolling Stones, Bob Weir and Jeff Chimenti of The Grateful Dead, Jay Lane, Paul Shaffer and Sammy Hagar. I've opened for Santana, and I even opened for Dave Mathews years ago as a solo artist. But my favorite person to play with is Becki Fleischer!

**KC: What is your most memorable experience as a musician?**

**BF:** The most memorable happened very recently. Over Memorial Day weekend, we launched a songwriting program for veterans at the Windham community center. We met a retired submariner, Chief Petty Officer Larry Cowden; hearing his stories was so moving. We performed a song about his stories on the Fourth of July weekend, and it was so moving to him and for us.

- By Aerin Atinsky **KC**



# ASK YOUR MOM

*Ask Your Mom, the self-proclaimed “dad band” from Bedford, features the talents of Rob Cavenagh, Rich De Palma, Derek Correia, Buz Abrams and John Trumpbour. They’ve played together for 17 years, which, as Correia points out, is “longer than The Beatles.”*

**Katonah Connect: How long have you been musicians?**

**Rob Cavenagh (guitar):** I’ve been a musician for 40 something years, which is kind of terrifying to say. In high school, I played bass in a band. The lead singer and guitarist’s name was Bobby Guy and he wanted to call the band “Bobby and the Guys” but we were like, “There’s no way.” So instead, we called ourselves “Phil Rizzuto and the Money Stores.”

**Rich De Palma (vocals, guitar, harmonica):** I was a choir boy in grade school, so I sang when I was young, and I’ve played the harmonica since before I was ten.

**Derek Correia (guitar, vocals):** One summer as a teenager, I played guitar for about five minutes and then didn’t play again until I was 37, so I actually learned how to play guitar in this band. It wasn’t easy, but when you learn how to play an instrument in a band format rather than by yourself, it’s a greater level of commitment and joy.

**KC: What was your first performance as a band?**

**DC:** We performed at a birthday party, but we only knew how to play five songs. So we played one set of those five songs, but then we had to do a second set because that first one only lasted 20 minutes. So we played the same five songs in reverse order. And then they were asking for an encore, so we looked at each other like, “I guess we’ll just play our best two of those five songs.” So we played two of the five songs for a third time.

- By Kaitlyn Hardy **KC**



# AVA ANDUZE

*Ava Anduze is a singer, songwriter and bassist studying songwriting at Belmont University in Nashville. Her powerful voice can be heard with her band Platinum Moon –this year’s Pound Ridge Proud Day’s Battle of the Bands champions. They will open for The Blues Traveler at the Pound Ridge Harvest Festival on October 1.*

**Katonah Connect: What is your most memorable performance?**

**Ava Anduze:** The band I’m in now, Platinum Moon, opened for X Ambassadors at the Pleasantville Music Festival this summer. That was probably the biggest, most jaw-dropping, fangirling moment for us because they’re a huge band in the rock, pop and alternative worlds.

**KC: What is your most embarrassing performance?**

**AA:** One time I was playing bass when the strap popped off, the body weighed it down and the neck smacked me on the head. I was just like, “OK, oh god, don’t cry.” I put the strap back on as fast as I could and just kept playing like nothing happened– fake it ‘till you make it! That’s not the only time I’ve been hurt by my instruments – one time, I hit myself in the mouth with my microphone so hard it made my tooth loose.

**KC: What was the first song you ever wrote?**

**AA:** When I was 11, I wrote a song called “Too Close to the Edge.” It was in response to Bruno Mars’ “Grenade,” where he says he would catch a grenade for this girl, but she wouldn’t do crap for him. So I thought he needed somebody to tell him that she’s not worth all that. I wrote the song from the point of view of his friend, saying, “Look, you got way too close to this person and you fell and were badly hurt. I tried to warn you, but I want you to come back from this, so I’m telling you to let her go.” Now, thinking back, I’m like, “Damn, the drama in this!”

- By Kaitlyn Hardy **KC**



# THE HARVEST MOON

*As the leaves begin to turn, firepits are put to good use and you wrap yourself in your favorite blanket again, there's only one fruit on your mind: apples. From picking to baking, fall is apple season. And what better way to honor fall's most beloved fruit than with a simple drink that barely requires any work at all. Just pour, stir and enjoy!*

*Note: For this recipe, I used Legent Bourbon, Luxardo Maraschino Originale for my cherry liqueur and Vecchio Amaro del Capo as my botanical digestive, but you should use your favorites.*

**Dr. Elixir**

## INGREDIENTS

Serves: Two

4 oz of your favorite bourbon  
2 oz of fresh apple cider  
½ oz of Maraschino cherry liqueur  
½ oz of fresh squeezed orange juice, strained  
1 oz of your favorite Italian botanical digestive  
8 to 12 ice cubes

## DIRECTIONS

Pour all five ingredients into a whiskey glass. The order doesn't matter. Stir with a spoon.

Add 4-6 ice cubes to each glass and let the drink chill for 3-5 minutes. Sip and enjoy.

To elevate the flavor profile, smoke your bourbon with apple chips before you add the other ingredients to your glass. 

PHOTOGRAPHY BY JUSTIN NEGARD

DOWNLOAD & PRINT  
THIS RECIPE



PLAY.



KATONAH  
CONNECT



