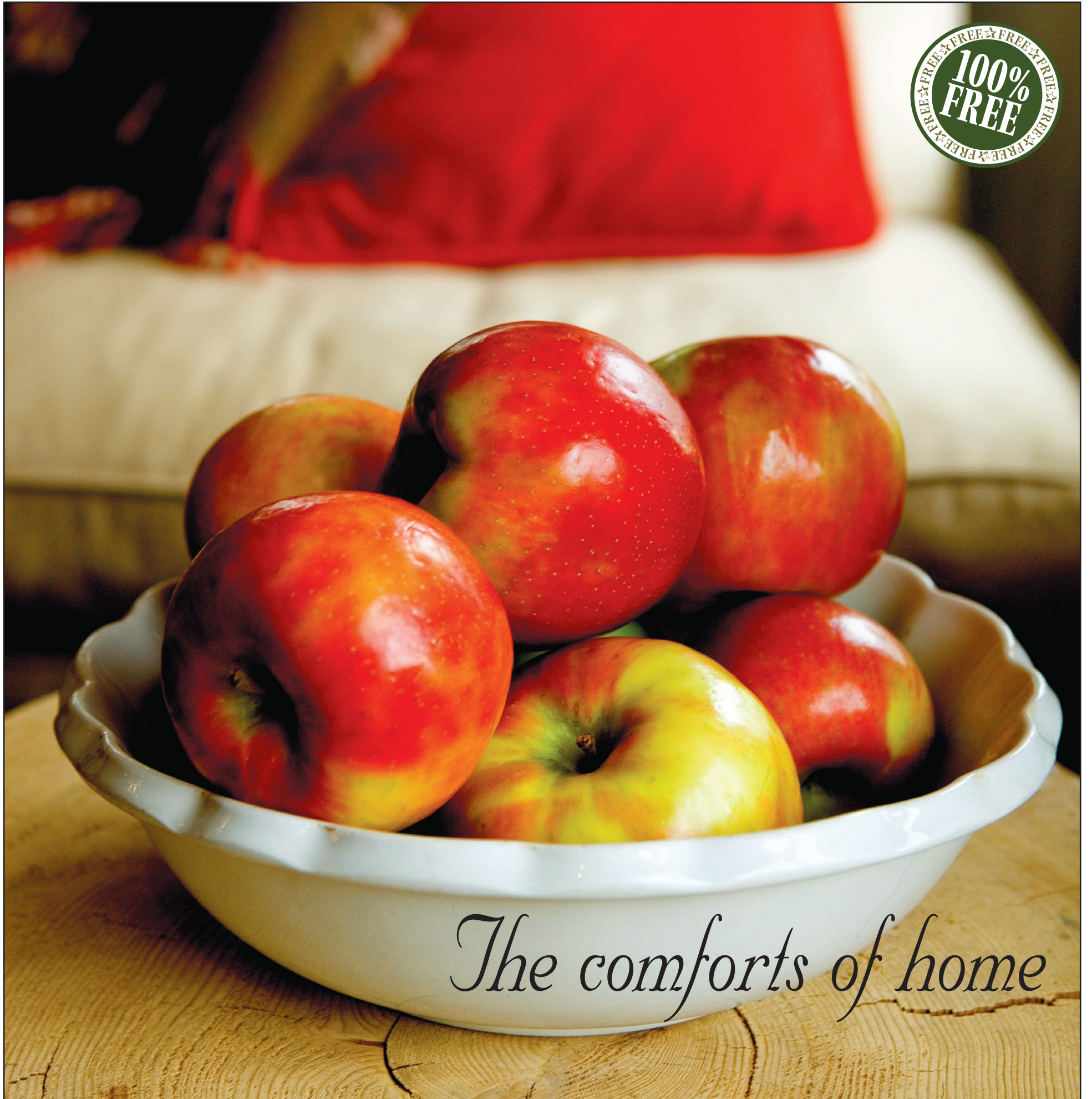


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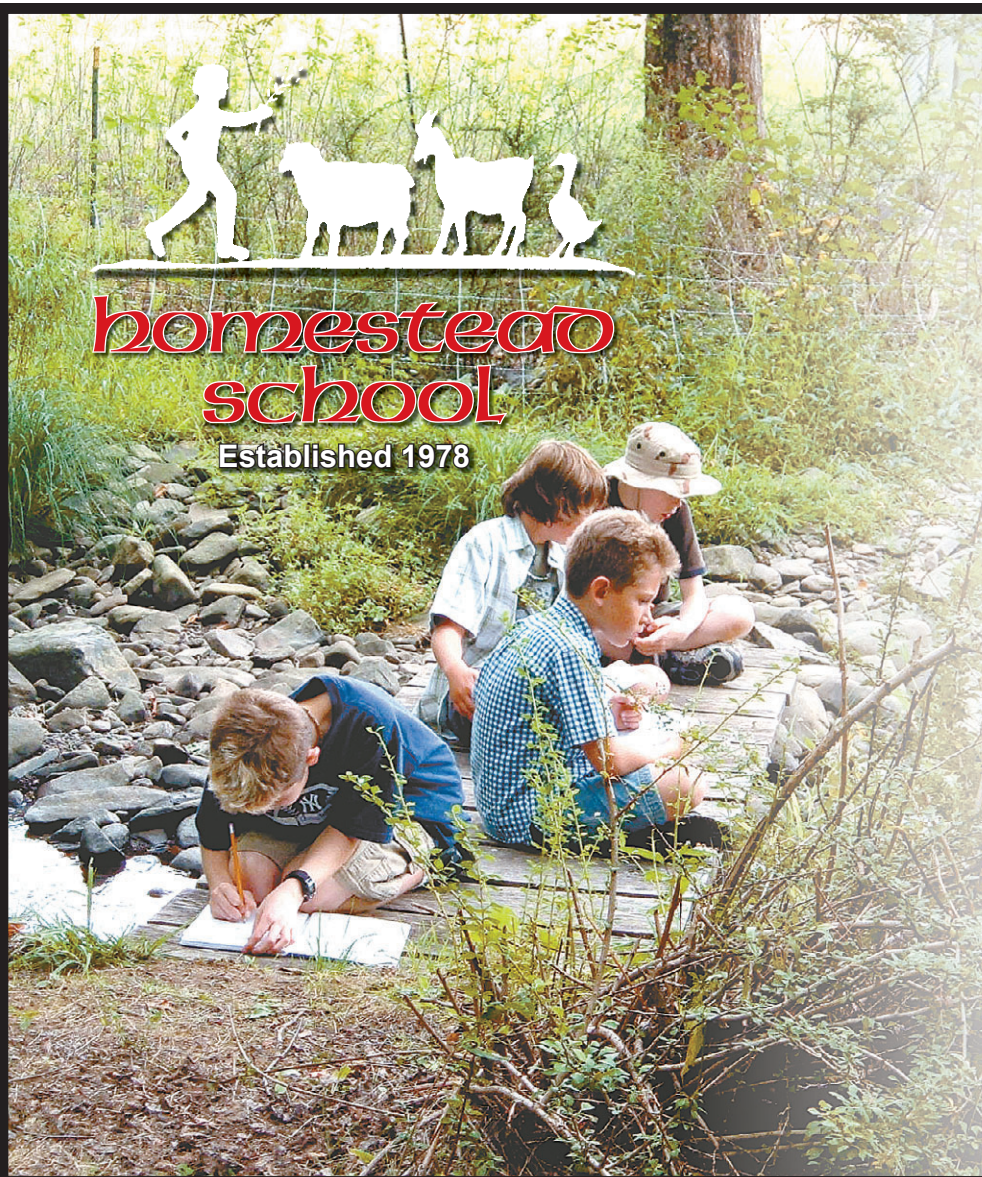
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from the EDITOR



TRR file photo

Mary Greene
Section Editor

*"There is a magic in that little world,
home; it is a mystic circle that
surrounds comforts and virtues never
known beyond its hallowed limits."*
—Robert Southey, poet, 1774-1843

This edition of **Our Country Home** has the comforts of home in mind. As the holiday season approaches and we are folded into the hectic pace and wild joy of the season, home becomes a sanctuary, a place to rest and plan. And as the days darken and grow colder, the warmth of home beckons to us with new meaning. In this issue we offer tips for making your house warm and cozy and recipes for entertaining or gathering with the family around the kitchen table. We intro-

duce you to a special house on the Delaware that has served as a historical landmark to the town and a peaceful retreat for its owners. We entice you to relax with yoga and massage and to stay healthy using the tips offered by a local naturopath. We bring you the behind-the-scenes story of a local businesswoman, and offer tips for creating a unique look for your walls with do-it-yourself framing. And, we give you a full tour of holiday happenings around our region.

So get thee forth into the hills—and then come home again, to rejuvenate body and soul. Enjoy.

Mary Greene
Section Editor

OUR COUNTRY HOME

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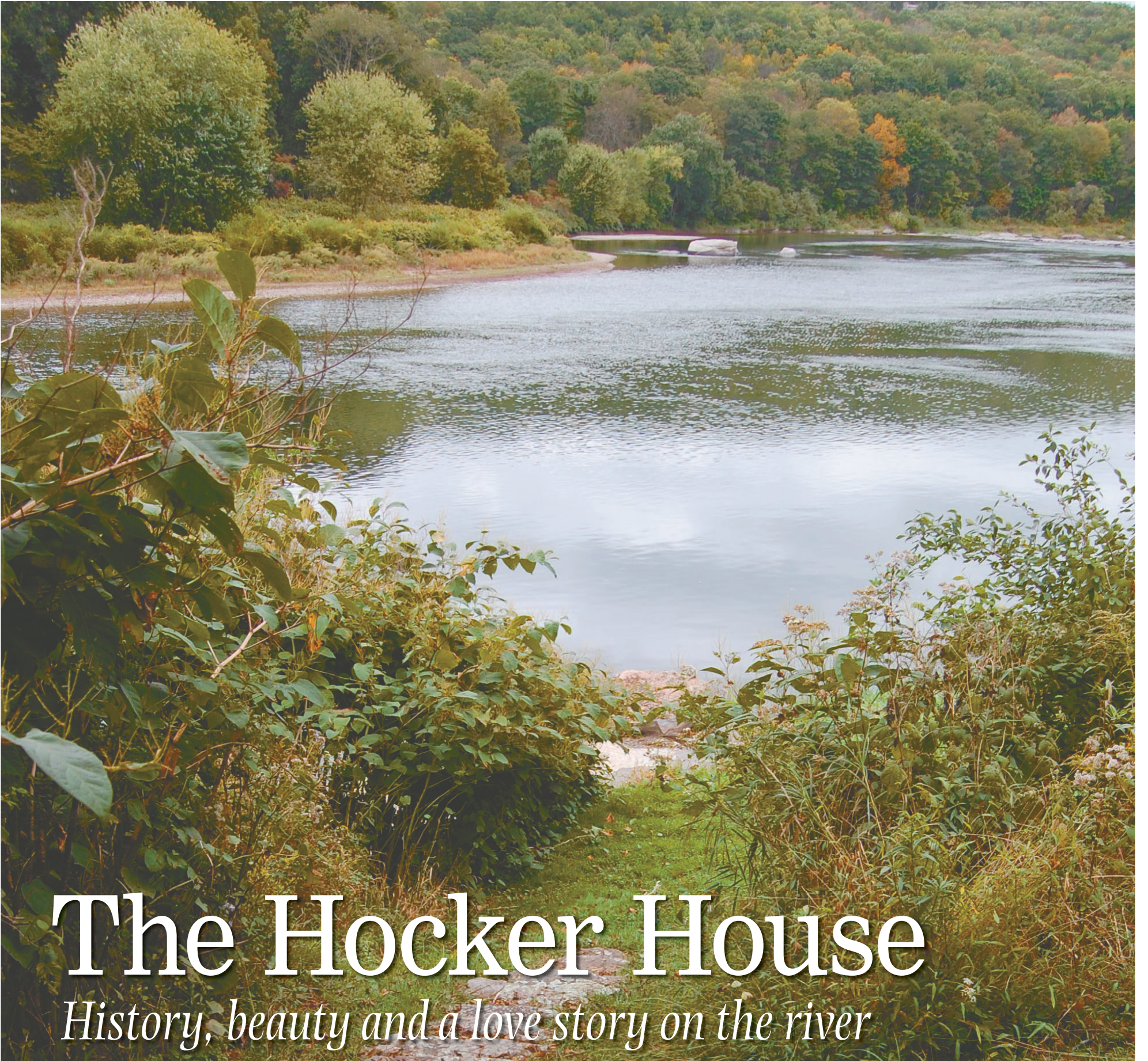
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The Hocker House

History, beauty and a love story on the river

By Mary Greene

When Joanne Wasserman and her husband Bob heard the news, they were driving to work and talking about their nearly completed log home, which they had lovingly designed and had built in a rural, wooded section of the Town of Rockland, NY. It was a day before the

new year of 1996, a year, Joanne said, when it never stopped snowing. Public radio station WJFF, on the car radio, announced that fire had destroyed a log home “under construction” on Anderson Road. Was it their home? It could not be true!

Photos by Danielle Gaebel

A stone pathway leads from the Hocker House down to its river access along the Delaware River. To the left, hidden in the brambles, lies the remains of the first steam-powered mill along the Upper Delaware.



A renovated barn, decorated with regional antiques and Adirondack furniture, makes a charming guest cottage for Joanne's frequent visits from friends and family.



The Hocker House kitchen retains its original flavor although well equipped with modern amenities.



(Above) Joanne and her husband Bob enjoy a mellow afternoon at Skinners Falls, a favorite spot of theirs on the Delaware River, the summer before Bob passed away.

(Below) The Hocker House.



But it was true and, unlikely as it seems, that devastating event led Joanne and Bob to a house that was more than they could have dreamed possible.

The red-and-white Sears-Roebuck house in Damascus Township, PA dates from the 1920s and is listed on the Upper Delaware Heritage Alliance Register of Old Homes. Called the Hocker House, it was built by L.J. Hocker, who also served on the Milanville Bridge Commission. His grandsons Ron, Gary, Lyle and Dale still live in the area. The property includes five acres of sweeping riverfront, the remains of an old mill and a renovated barn that is now a guest cottage. The couple bought the house only a week after losing their log cabin to fire, and family members warned against the purchase. "They said we were in shock," said Joanne. "They said we were on the rebound. But it was amazing," she continued. "We really didn't have to go looking. The first call we made—the first house we saw—was this one. We were just certain that it was the place."

The couple did some inside renovation on the 2,500-square-foot, two-story home, such as wallpapering and painting, but they did not change much. The woodwork and hardwood floors were in good shape, as were the kitchen and baths. They focused on keeping the integrity of the house intact, and so did not tear down walls to make the rooms bigger. They did create a master bath upstairs and a bit more closet space. The house is filled with mission-style and arts-and-crafts furniture, and graced with antiques and artwork by local painters. The overall effect is one of sturdy elegance—a house to be admired and preserved, but lived in, too.

Sadly, Joanne's husband passed away last summer after a battle with cancer. He was 63. Joanne showed us a small cozy room with several easy chairs. "This was Bob's office," she said. "I couldn't take the memories. So I made it into a little sitting room. I call it the garden room because it looks out over the garden."

Joanne's husband was a fourth-generation Sullivan County native. He was raised in Woodridge and graduated from Fallsburg High School. Joanne was raised in Brooklyn but settled in Sullivan when she became a teacher. After her son was born, she drifted into the insurance business. She and Bob met while they both worked at the same agency. "We weren't anything but friends for a long time," said Joanne, but eventually romance bloomed, and the couple was married in 1987. It was a second marriage for both of them but, like the second house, it was a choice that clicked.

It has been very difficult facing life without Bob, Joanne said. "He was my best friend. We did everything together. It's left a gaping hole.

"But," she continued, "my life is very busy. I have a lot of friends." She continues as co-owner of Technical Insurance Services, which Bob formed with his partner and best friend of 60 years, Geoffrey Persten. She works from home now, at a large desk in an upstairs room that was originally her son's bedroom. "I love working here," she says. "It's so quiet. I practically live in here." Her son, now 33 and married, is completing his Ph.D. in Santa Barbara. Joanne also keeps busy in environmental causes, in part as a tribute to her husband and his passion for the river and the unspoiled character of the region.

The historical significance of the property stems mostly from the old mill, the remnants of which are

still visible on the slope down to the river. It was the first steam-powered mill on the Delaware, constructed to cut logs that were then floated down the Delaware to Philadelphia to be used for ships' masts and other purposes. The site has proved to be a rich repository of old bottles. "I guess the guys would drink," said Joanne, "which seems like a dangerous pastime when you are milling trees." Indeed, as we were exploring the site, a clear-glass old bottle came to light, in perfect condition and labeled "Warranted Flask."

The property also has a renovated barn that predates even the house and is used as a guest cottage. "It was very difficult to find someone to do this work for us," Joanne said. "Everyone said, 'Just tear it down!'" Eventually they found barn restorers Zeke Boyle, Niall Barrett and John Roth. The method they used was to lift the barn right off its foundation, which they tore out and rebuilt, to do the renovation. The cabin has many original elements, such as the scarred pine floor, and some other newer influences. Much of the Adirondack-style furniture is from The Rustic Cottage in Jeffersonville, NY.

Back at the Hocker House, Joanne's bedroom that she used to share with Bob has a spectacular view of the Delaware. "One thing Bob and I argued about," she said, "was that I wanted a pair of French doors off the bedroom here with an outdoor porch. A perfect spot to sit and watch the river." But Bob wouldn't do it. He said it would ruin the architectural integrity of the house.

Does she have plans to construct her bedroom balcony now that Bob is gone? "No," she said with a sad laugh. "No."

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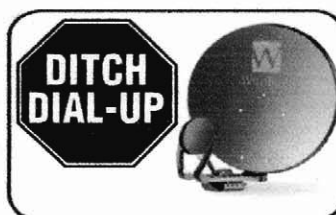
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Cozy is in the details

By Lori Malone

The word cozy denotes a sense of being enveloped in warmth and comfort. It is the feeling we strive to achieve in our homes, especially as winter approaches. Cozy is found in the details; a crackling fire, a knitted blanket and candlelight all lend to the notion of “feeling cozy.” Cozy can also be accomplished by maintaining a comfortable level of warmth in your home. Below are some helpful hints and decorating tips that can set you on the right track for getting cozy this winter.

Practical

- Have your chimney cleaned regularly to ensure your family’s safety and your fireplace’s efficiency.
- Use thermal drapes to keep the cold out and heat in.
- Seal drafts around doors and windows with weather stripping.
- Create better efficiency from your windows by sealing them with weather film.
- Take advantage of pre-season oil discounts and fill up early to save money.
- Use flameless votives candles to create the mood without the worry.

Decorative

- Decorate your home with seasonal fruit or gourds.
- Place blankets in decorative baskets near the sofa for easy reach.
- Place colorful autumn tree branches in clear vases with rocks inside the base to prevent tipping.
- Fill clear glass canisters and bowls with pinecones and acorns.
- Keep board games, DVDs and books in easy reach for snowy days.



Warm lighting

Decorative and mood-setting, these flameless candles offer a safe alternative to traditional candles. Look for flameless candles at your local supermarket in the home fragrance section. Prefer traditional candles? Find colors and scents that will lend warmth to your home. Use flame-retardant platters, trays and bowls to display your candles in groupings.



Cozy pursuits

Long winter days require hobbies that keep you busy and warm. **Knitting** is a very productive and satisfying hobby. 4 Corners of Artful Living in Narrowsburg, NY and Mountain Bear Crafts in Livingston Manor, NY has an array of knitting supplies and offers knitting and crochet instruction workshops. **Scrapbooking** is another great winter hobby. Gather and organize your family’s photos and mementos for yourself or for gift-giving. Photo/scrap book albums and supplies can be found at most craft and hobby stores.



Bringing the outdoors in

Decorate with nature’s seasonal offerings; tree branches, gourds, pinecones and acorns make lovely accents when placed in decorative vases and bowls. To prevent tipping, place rocks in the base of the vase to secure tall branches. If you have pets, be sure to use pet-safe fauna and foliage. You may gently wash pinecones and acorns; allow them to dry completely before placing in vase or bowl.



Wrapping yourself in comfort

Nothing is quite as nice as snuggling under a warm blanket on a cold night. Keep your blankets smelling just-out-of-the-dryer fresh by placing fabric softener sheets between folded blankets in your linen closet. For a more organic method, use dried lavender sprigs placed in saché bags. Keep one or two blankets in a decorative basket or draped over a sofa for easy reach.



Winter decor

Pillows are a quick and inexpensive way to change the look and feel of your living room. For colder months, use fabrics that are soft to the touch: wools, knits, natural and synthetic hides work well to bring in a layer of warmth. Don’t be afraid of patterns or color. In neutral rooms, use a vibrant palette of ochre, rust, oranges, greens and reds for a pop of color. In colorful rooms, you may want to introduce nature-inspired patterns that evoke a warm, rustic feeling.

Keeping warm

Conserving energy and keeping your home comfortable and warm is key in creating a cozy atmosphere. Use insulation aids where heat can escape or cold can creep in to lessen your energy bills. Begin by installing weather stripping around door jams and window frames. Plastic shrink wrap kits can be used to seal drafts around doors and windows. Less common but equally important areas that often lack proper insulation are under the covers of exterior wall electrical outlets and switch plates. Electrical outlet and wall plate insulators are made of thin dense foam and are designed to provide a snug fit directly under the cover plate. These are easy, do-it-yourself solutions to keep you cozy all winter long.



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Photo by Anya Tikka

Jihan Heasman



Photo by Anya Tikka

The Barryville Emporium has much to delight the eye.

From the MOMA to Barryville

Jihan Heasman of the Barryville Emporium

By Anya Tikka

When Jihan Heasman was an art student in Montreal, she got a job as a butcher for \$15 an hour instead of packing meat for six dollars an hour like all her friends. And, she was fast. “The men hated me, because they had to keep up with me. I was a sculpture student, so I knew how to use the knife,” she says with a smile and a toss of her long blond hair. “It was hard to keep up.”

Many would still find it hard to keep up with her. This multifaceted, small-town business owner is also at home in New York City’s high-end art world. Jihan travels to Europe and South America several times a year to make million-dollar deals in the highly secretive private collectors’ world.

Barryville, NY residents and visitors know her as the proprietor of the **Barryville Emporium** (845/557-0704), which fronts Route 97 as you enter the town. Its roomy front and side yards and long front porch are filled with a hotchpotch of antiques and collectibles set against the red of the large storefront. In summer and fall, Jihan can often be seen sitting on the porch, keeping an eye on the antiques and greeting customers who stop by. Most likely, she is also reading a heavy-duty art book. “I read all the time,” she says.

As one of the top experts in Eastern European art, Jihan is called upon to assess the value of paintings often worth millions, and to determine if a painting is genuine. Most of her clients come through insurance companies that refer Jihan to customers who need help with appraisals.

“I deal in very high-end art,” Heasman remarks, sitting in her favorite spot on the porch. “I cannot give you the names of my clients, because it’s a very private business. There is a lot of money involved! If someone knows that you have a painting worth \$63 million in

your house, you can get robbed, killed or kidnapped for it.” Among the large clients she works with are The Guggenheim Museum and The Museum of Modern Art in New York City, and many museums in European cities such as Vienna, Austria. “Many of the deals are never reported, and they are often swaps,” she confides.

Her career as an art dealer began after she met Theodore Chu, who founded the concept of art insurance in the United States in the 1930s. At the time, Jihan owned a successful restaurant, called Le Zinc, in Tribeca. She and Chu became friends, and he saw her potential. Chu

“You need to have a feel for it, an instinct, an eye—you have to know an item’s value, assess what will sell and won’t sell.”

became a mentor for Jihan and eventually she began working for him as an apprentice.

“He treated me like a daughter,” she says. “He taught me all about art, and the value of art in the market place. I learned to buy and sell, utilizing my studies.”

After 26 years, hard economic times are biting the hide of even the high-end art world, and many of the art deals she makes are for considerably less money than before. This year has also been the toughest in ten years for the Barryville Emporium but, says Jihan, “I’m still in business.”

Owning an antique store is an “all consuming hobby,” says Jihan, who has a rep for fairness to customers and



Photo by Lori Malone

The front yard of the store as seen from Route 97.

a knowledge of her product. “I’m in this business 24/7. It’s tough, and it takes its toll on you. You have to love it. You need to have a feel for it, an instinct, an eye—you have to know an item’s value, assess what will sell and won’t sell. You need to be able to recognize quality and be prepared to sit on certain items for a long time until they sell,” she added. “It takes patience.”

According to Jihan, it’s also tough to find help in the business. Even with a good worker she is on a short leash because she must still be present to assess the value of her items. Soon, when her son becomes a teenager, he’ll help in the store, says Jihan. Her husband Colin is a contractor and set designer, who also occasionally helps out in the business.

As if it were not enough to raise a twelve-year-old son and divide her time between Barryville and her office on East 30th Street, Jihan is also a business partner and part owner in the River Front Properties in Barryville that houses her antique shop and five apartments for rent.

“I’m a salesman,” laughs Jihan. “I could sell ice to Eskimos.”

Born of French parents, Jihan spent time in both France and Montreal as a child traveling back and forth due to her father’s work. Her mother was a strong influence in her life, says Jihan. She instilled in her daughter an absolute certainty that women are equal to men, and can do anything as well as men, including receiving equal pay.

“I’ve always been the black sheep in the family,” says Jihan, again with a smile and a flash of her blue eyes. “All my sisters and brothers have gone into science and mathematics, following in my parents’ footsteps. I’ve done things a bit differently.”

Being different has served Jihan well. Her mother would be proud.



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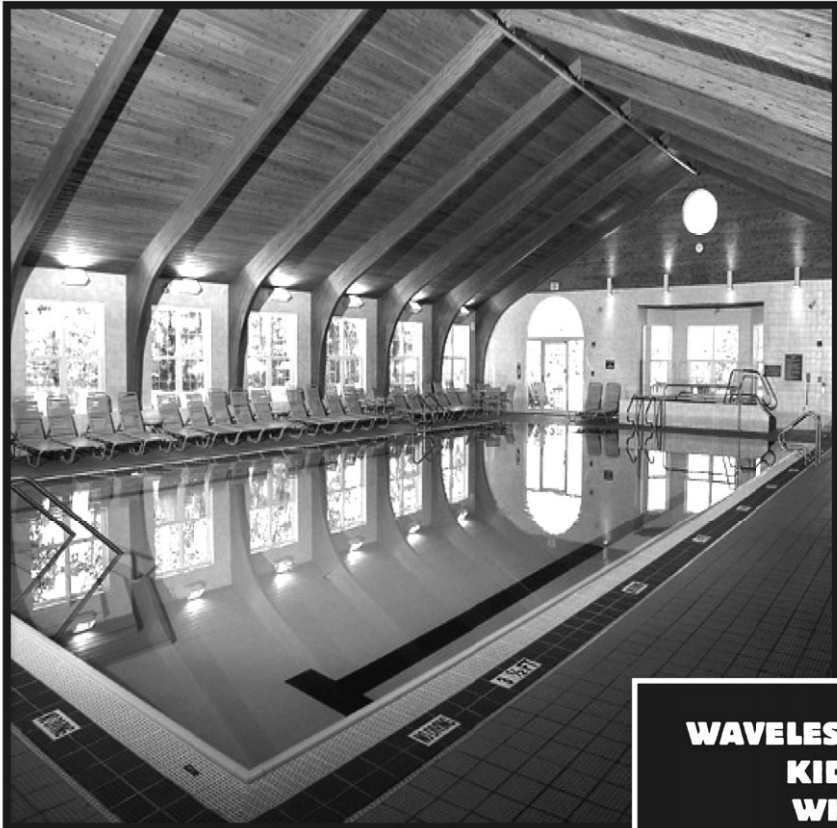


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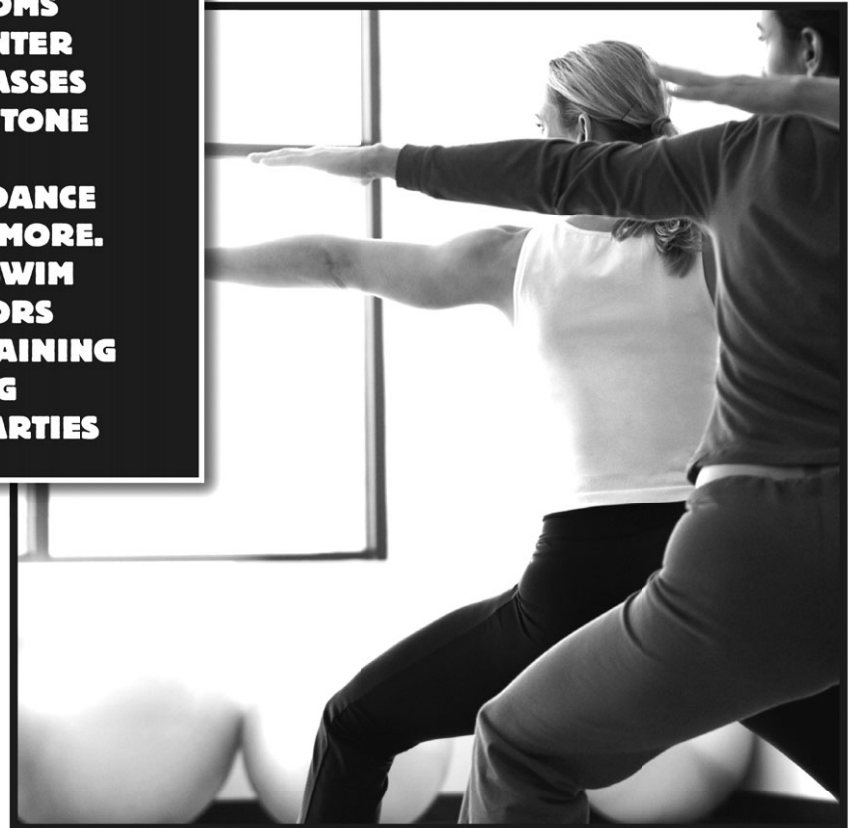
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Enter the Healing Zone

A conversation with Dr. Lynn Wright

By Mary Greene

Dr. Lynn M. Wright founded **Northern Light Healing Zone** (2591 Route 6, Suite 104, Hawley PA, 570/226-4222. www.northernlighthealingzone.com) in March 2009. The Healing Zone is an extension of what she and another practitioner were doing from Wright's home office. Domenick Castellano from Northern Light Natural Foods told Wright that a space was available for rent and she took it as a sign that it was time for the Healing Zone to be born. It opened only two months later after a lot of hard work and, Wright says, "much love and effort. Domenick suggested the natural wood, which was an awesome idea."

Currently, the Healing Zone offers massage therapy, colon rejuvenation and various energy healing modalities such as reiki, shamanic healing, past life regression therapy and spiritual counseling.

OCH: What is your background, and how did you get interested in alternative medicine?

LW: My grandmother was very into alternative health, so I had early exposure to it. I have been a critical care nurse for over 20 years and I became frustrated seeing the same patients come through the doors time after time. The stents, the surgeries, the pills didn't cure the problem. From a personal standpoint, I had been told several years ago that I had breast cancer. My primary doc referred me to a specialist, but I could not get an appointment for four months. In desperation, I called my chiropractor. He said, "Sounds like a subluxation. You need an adjustment." He was right! After two adjustments, the pain and swelling were gone. The follow-up MRI that I had was negative, also.

OCH: Do you treat a lot of people for colds and flu during the winter months?

LW: We do work with a fair number of people with colds and flu and allergies during the winter months.

OCH: How do you determine what treatments to use, and how do they work?

LW: I am a naturopath, not a medical doctor, so I do not "diagnose" or "prescribe." What the Healing Zone is really about is educating people on how to achieve and maintain optimal health. I do nutri-

tional microscopy and bioterrain auditing, which help determine nutritional deficiencies that can lead to acute illness and chronic degenerative disorders. What we see—or don't see—tells us what is lacking in the way of diet and supplements. Our approach is primarily dietary, but we do use supplements as necessary. We find many people over-supplement. Eating a reasonable (perfect is not necessary) diet and maintaining the health and optimal functioning of the digestive system go a long way toward achieving and restoring health. Because our food is not what it was 50 years ago, most people need a multivitamin (twice a day), digestive enzymes (at least with the largest meal of the day) and probiotics in order to maintain health. Also, many people are diagnosed with too much stomach acid when the real issue is not enough! Addressing that issue gives many people almost immediate relief of many symptoms, including allergy symptoms.

OCH: What are the three most important things people can do to be proactive about their health during the cold and flu season?

LW: Eat a reasonably healthy diet emphasizing veggies and whole grains, using protein more as a condiment, and using organic products as much as possible. Organic can be expensive, so I tell people to replace whatever they eat the most of with an organic version first. Taking vitamin C and zinc is helpful, as is "pulse dosing" with echinacea and goldenseal (taking it for a week, stopping for 3 or 4 days, taking it for a week, etc.). Other than that, the usual frequent handwashing, getting enough sleep and rest, spending time out of doors and drinking plenty of good water.

OCH: How can people who are sick seek relief?

LW: They can see a medical doctor. (Allopathic, or traditional, medicine definitely has its place. My main concern is that it primarily seeks to relieve symptoms rather than finding and treating root causes.) They can give us a call, or try chiropractic, acupuncture, colonics, infrared sauna treatment... there are a number of ways to work with the body to strengthen the immune system and support the body while it fulfills its innate healing ability.

OCH: Do you have any special advice for parents with school-age children?

LW: Join the Holistic Moms Network! Become an informed parent and informed consumer. Research those vaccines, avoid the processed foods as much as possible (those Lunchables things should be outlawed!) and get smart about food additives, colorings, artificial preservatives, etc. It's not just what you put **in** your body that can help or hurt; it's also what you put **on** your body.

OCH: What is your opinion on the H1N1 virus that is coming to our area? How can people, especially children, protect themselves?

LW: There are no clear reports that I have seen. Some experts are saying the virus is becoming less virulent, some are saying that a pandemic/epidemic will no doubt occur. I think it's really no different than any other virus out there. Maintaining a healthy immune system and a well-functioning digestive system will go a long way toward keeping people healthy.

OCH: What is your opinion on the H1N1 vaccine?

LW: Well, I have seen many ingredient lists and none of them would lead me to recommend it to anyone, especially children and pregnant women. All you have to do it Google "swine flu vaccine" and you'll find all sorts of disconcerting information. I am not a proponent of vaccines in general and the swine flu vaccine doesn't make me feel any more comfortable.

Dr. Lynn M. Wright, ND, MSN, Board Cert. Integrative Medicine, received her Naturopathic Doctor certification from Trinity College of Natural Health in Indiana. She has also trained with Biomedx, Totemkin Institute and Lighthouse Health Ministry, in addition to various on-line courses in natural/alternative healing.

Over the River and Through the Woods

Holiday season in the country

By Emily Grillo

It's a magical time of year when snowflakes dance through the clear winter sky, falling lightly to earth. Brightly colored bulbs shine through winter blankets of white and foretell an extraordinary time of year.

It's the holiday season and a mystical time when the charm of small towns lures us in with lore, hot chocolate, carriage rides, children's events, homemade art and craft wares and other festivities. The festivities attract both young and old to delight in these winter celebrations.



Hawley Winterfest

Celebrating its 11th year as a "weekend in a winter wonderland," **Hawley Winterfest** (www.hawleywinterfest.com) continues to delight shoppers and revelers alike with holiday decorations, a lively entertainment schedule and a commitment to preserving old-fashioned holiday festivities in and around downtown Hawley, PA.

This year's Winterfest takes place Friday through Sunday, December 11, 12 and 13, commencing on Friday evening with an opening ceremony, bonfire and music that includes a Virgin Consort concert, a collection of holiday carols sung in both traditional and Victorian styles.

For the young and the young at heart, the **Stourbridge Line Holiday Rail** excursion steams into Hawley from Honesdale on Saturday for a visit in the town. Children can have their portrait taken with Santa, make cookies and holiday decorations at **The Hawley Public Library**, take a horse-and-carriage ride and attend a special children's show at **The Ritz Company Playhouse**.

Hawley promises to delight your senses as well. Art openings, photography exhibits, wine and cheese celebrations, sumptuous brunches at **The Settlers Inn** and **Torte Knox**, jazz music, bell choirs and a living nativity are just part of the lineup. History and home buffs will love the self-guided historic house tour on Saturday, featuring the town's spectacular Victorian architecture.



The Delaware Valley Arts Alliance's Holiday Show

Narrowsburg, NY is home to the **Delaware Valley Arts Alliance (DVAA)**, a gem in Sullivan County and in the arts community in the whole of New York State. For the holidays, the DVAA presents its fifth annual "Art in Sixes" show (**Alliance Gallery**, November 14 - December 23, www.artsalliancesite.org, 845/252-7576) featuring works that are six inches in any direction. This group exhibition of local artisans features different mediums including paintings, drawings, sculpture and fibers. The show is curated by DVAA gallery curator Rocky Pinciotti, who says, "The small works exhibition is in many ways a thumbnail picture of the wide variety of artists that we have in our community. It also provides an exceptional opportunity for artists and gives the public a greater chance to view and acquire unique artwork in an affordable format." The opening reception will take place on November 14.

Simultaneously, **The Loft Gallery**, upstairs at the DVAA, will feature the "Valley Artists Holiday Sale," an annual tradition and an opportunity to sample pottery, glassware, photography, paintings, fabric work, local authors, jewelry and gifts for kids, all done by local artists and sure to make a dent in your gift list.

Complete your DVAA weekend with a "Fine Tea, Fine Art: A Winter High Tea and Gift Show" on Sunday, November 15 at 2:00 p.m., featuring specialty teas and four different food courses. The event benefits the Delaware Valley Arts Alliance.



Honesdale for the Holidays

Black Friday opens the holiday season for the borough of Honesdale, PA, organized by the **Greater Honesdale Partnership** (www.visithonesdalepa.com, 570/253-5492).

On Friday, November 27, some shops open as early as 6:00 a.m. to lure bargain hunters with fantastic early-bird discounts. Friday also signals the annual **Santa Parade**, kicking off at 6:00 p.m. Santa on his sleigh, along with many other colorful floats, marching bands and community organizations, will begin the march on Main Street and end in Honesdale's beautiful Central Park. As everyone gathers in Central Park, the Irving Cliff star will be lit for the season, along with the Central Park holiday tree. Children will get to visit with Santa and carols will be sung.

On Saturday, November 29, there will be horse-drawn carriage rides offered from noon to 4:00 p.m. through Honesdale's historic section. Top Hats & Lace characters dressed in Dickens's period garb will add to the atmosphere. Also on Saturday, holiday music will be performed live in the Fred Miller Pavilion on Main Street, and the **Stourbridge Model Railroad Club** will host an open house from 11:00 a.m. to 4:00 p.m. in the magnificent stone-faced Grace Episcopal Parish Hall at 827 Church Street. The club has created an HO gauge railroad display that depicts the mythical town of "Wayne."

As a community steeped in rich rail history, Honesdale's historical organization, **The Wayne County Historical Society (WCHS)** and museum will be open for spectators to view a full-scale replica of the Stourbridge Lion, the first locomotive to run on tracks in America. The museum will present a special exhibit, "Fire! Fire! History of Fire Fighting in Wayne County" among their many artifacts from different periods in Honesdale's history. WCHS is open Friday, 10:00 a.m. to 4:00 p.m. and Saturday, 10:00 a.m. to 7:00 p.m. On Saturday, November 28, at 4:00 p.m., the museum will host an open house and entry is free of charge.

Holiday events will continue throughout the month of December. Contact the Greater Honesdale Partnership for more information.



Handmade for the Holidays

The Upper Delaware region offers a wealth of talent, especially when it comes to our arts community. In an effort to promote local shopping and specialty gifts, two local potters have created two weekend-long shopping opportunities that incorporate artisan gifts, fresh baked goods, fun and funky ware and classes.

Handmade for the Holidays, the brainchild of Jill Wiener of **Earthgirl Pottery** and Carolyn Duke of **Duke Pottery**, will gather together some of Sullivan County's best handmade items for the holiday shopping extravaganza. You will be able to choose from pottery, a wide selection of jewelry designs, handbags, silk scarves, photographs, books, CDs, herbal teas, botanical body lotions, vintage clothing, jewelry and linens, holiday ornaments, bird houses, maple syrup and hand-knits. "The merchandise is delightful and it's really great fun for the artists and the shoppers," says Jill. "Plus, we play really cool holiday music."

As an added treat, Joanna Hartell, an origami expert, will be offering an origami class on both Saturdays and anyone eight years of age and older is invited to participate. A \$10 fee covers supplies that you will need to create your own holiday artwork. Since shopping works up an appetite, the **Flour Power Bakery** will be on hand for fresh baked goods.

The event is held on November 28 and 29 and December 5 and 6 from 11:00 to 4:00 p.m. at Duke Pottery in Roscoe, NY. A portion of the proceeds will go to the **Catskill Mountain-keeper**, a community-based environmental advocacy organization, dedicated to creating a flourishing sustainable economy in the Catskills and preserving and protecting the area's long-term health. For more information and directions visit www.dukepottery.com or www.earthgirlpottery.com.



Jeffersonville for the Holidays

Jeffersonville, NY is the same cool little village featured on The Learning Channel's (TLC) Town Haul. Each year, Jeffersonville kicks off its holiday festivities on Black Friday, November 27 with the **James Dworetzky Memorial Holiday Parade**. The parade's namesake was a long-time Jeffersonville fireman. The parade commences at 7:00 p.m. on Main Street and will end at the Jeffersonville Fire Department, where parade goers can relax with some cocoa and a visit with Santa Claus.

Santa makes a repeat appearance in "Jeff" (as the locals call it) on November 29 and every Saturday thereafter so that children may pose with the big guy and take their photos home. Mrs. Claus is scheduled for a guest appearance at **The Western Sullivan Public Library**. She will be leading a very special story time for the children.

Other holiday events will include horse-drawn carriage rides, old-fashioned letterpress demonstrations and store specials. The **Jeffersonville Chamber of Commerce** (845/482-5688, www.jeffersonvilleny.com) hosts a special holiday cash raffle and party annually with 30 chances to win \$15,000 worth of cash prizes. The party will be held on Sunday, December 6 from 1:00 to 4:30 p.m. at the **Villa Roma Resort** and will include hors d'oeuvres, a buffet, an open bar, live music by Darren, Albi & Friends and, of course, chances to win some serious holiday money. For more information and where to find tickets, call 845/482-4504.

During this unique holiday season in the country, take time to visit, shop and explore your favorite community and enjoy the merriment created with its own special brand of celebration. You'll be glad you did.

TRY THIS Bowls of cheer

By Clarissa Chatley

Who doesn't love snack mixes? The ones you can buy from the supermarket are fine, but for something a little more special, nutritious and economical, try making your own. Savory or sweet, these colorful blends are perfect for the big game, spending Saturday night on the couch with a movie, a homemade holiday gift, and everything in between.

Super Sunday Snack Mix

Nothing says fall better than football, when everyone can gather round the television and enjoy some great snacks, a cold beer and, of course, the big game.

- 1 cup sesame sticks
- 1 cup rice crackers
- 1 cup corn nuts
- ½ cup toasted pumpkin seeds
- ½ cup pistachio nuts

Spread on a baking sheet, spray with non-stick cooking spray or drizzle with olive oil, toss with chili powder, garlic powder, ground red pepper and sea salt to taste, and toast in a 300 degree oven for about 10 minutes.

Happy Holidays Snack Mix

This chewy, crunchy, sweet snack makes a wonderful holiday gift. To create an attractive gift package, put the mix into a holiday tin or other festive container, a mason jar or a bag tied with ribbon or hemp.

- 2 cups rice cereal squares
- 12-ounce can salted mixed nuts
- 2 egg whites
- 2 tablespoons orange juice
- 1¼ cups sugar
- 1 teaspoon cinnamon
- ¼ cup butter
- 1½ cups dried cranberries

Combine rice cereal and mixed nuts in large bowl.

Beat egg whites, orange juice, sugar and cinnamon in a medium bowl until very soft peaks form. Pour over cereal mixture and stir to mix well.

Melt butter and pour onto a 15-by-10 inch jelly roll pan.

Spread cereal mixture in prepared pan. Bake at 275 degrees for 30 minutes, stirring twice during baking.

Stir in dried cherries and bake 10-15 minutes longer until mixture is lightly browned and crisp.

Cool completely. Break up into small chunks if necessary and store in airtight containers.

Saturday Night Snack Mix

Spending a Saturday night on the couch is just necessary sometimes. Grab your favorite movie and a bowl of this sweet and salty snack mix.

- 1 cup mini pretzels
- 1¼ cups toasted oat cereal
- 1¼ cups crispy corn cereal squares
- 2/3 cup salted peanuts
- ½ cup M & M's
- ¼ cup white chocolate chips
- ¼ cup milk or dark chocolate chips

Line 3 baking sheets with waxed paper. In a large bowl, combine mini pretzels, toasted oat cereal, crispy corn cereal squares, salted peanuts and M & M's.

In a microwave-safe bowl, microwave white chocolate chips on medium-high for 2 minutes, stirring once. Heat on high for 10 seconds; stir until smooth.

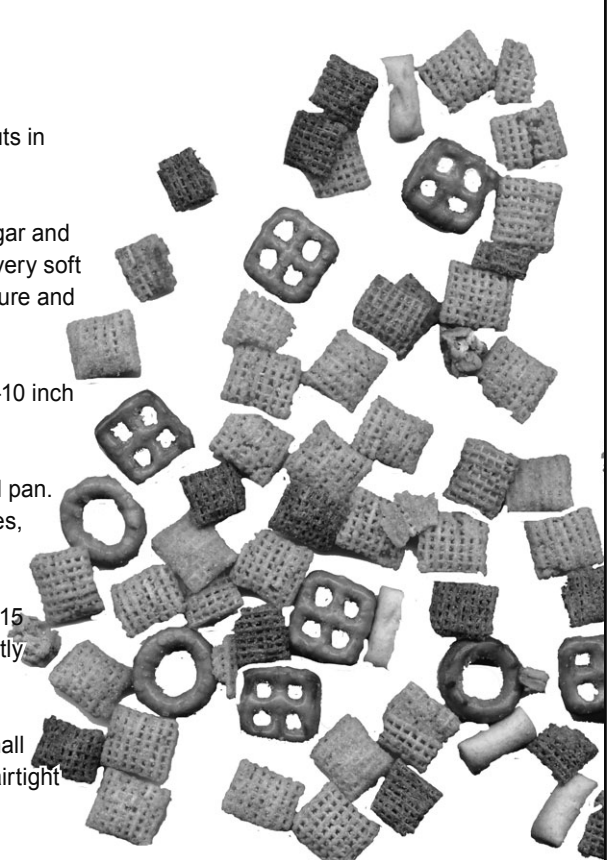
Pour over cereal mixture and mix well.

Spread onto prepared baking sheets.

Cool and break apart.

Add in chocolate chips.

Store in an airtight container.



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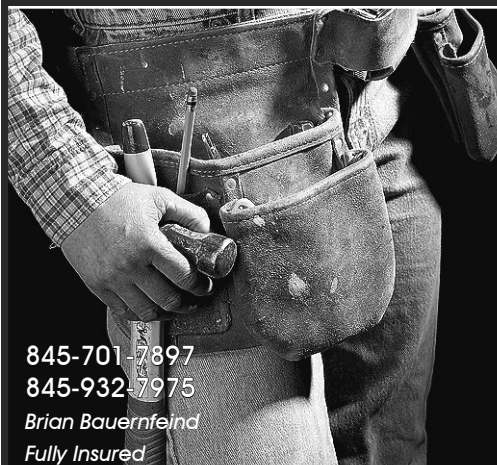


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Relax... breath...

By Clarissa Chatley

As wonderful and magical as the holidays are, we all know that they can create extra work and stress in our lives. Extra planning is needed as well as extra expense and time to make the preparations for meals, gifts, rituals and family visits. Attitude can determine a lot about how we experience the busy holiday rush. As the season approaches, we must not forget to relax and truly take time to be grateful for the beauty and abundance of our lives, our family and friends. Relaxation techniques such as yoga and massage can help with added stress levels as well as create a space for meditation and rest. Putting the time into relaxation can boost our feelings of joy and serenity. Here are a few places to try in our area.

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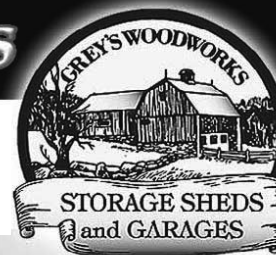
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HOSTING A FABULOUS

holiday brunch

By Clarissa Chatley

During the holiday season that stretches between Thanksgiving and New Year's Day, your home may double as a bed-and-breakfast for out-of-town friends and family. That means lots of cooking and meal preparation, or perhaps you have volunteered to host the Christmas or

New Year's Day brunch. Or, you are planning an informal holiday open house. Whatever the occasion, we present some great ideas for a meal, served buffet style, that will send your guests over the moon and reduce your stress as cook and host.



The Menu

*Fresh Fruit in Season
Yogurt & Granola
Ham, Broccoli & Cheddar Quiche
Veggie Lovers Quiche
Herb-Roasted Red Bliss Potatoes
Maple & Peppered Bacon
Baked French Toast with Praline Topping
Bacon & Egg Spinach Salad
Chicken Salad in Wonton Baskets
Assorted Bagels, Scones & Muffins
Cheesecake and Topping Bar
Coffee, Tea, Juices, Seltzer
Mimosas & Bloody Marys*

continued on page 24

Basic Quiche Recipe

Preheat oven to 350 degrees.

- Ready-made or home-made pie crust
- 6 large eggs
- 1 cup half & half
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- ½ cup to 1 cup shredded cheese (such as cheddar or swiss)
- Your choice of meat or vegetables, such as ham, bacon, broccoli, onions, zucchini, mushrooms (optional)

Preheat oven to 350 degrees.

In a blender, combine eggs, half and half, salt, pepper and garlic powder.

Sprinkle desired amount of cheese over pie crust. If adding meat or veggies, add them at this point.

Pour egg mixture on top and place pie on a baking sheet to avoid drips.

Bake for 35 to 40 minutes or until set and a knife inserted into center comes out clean.

TIP: If you have trouble getting your quiches to “set,” add a tablespoon of flour to the egg mixture and blend it in.

Bacon & Egg Spinach Salad

- Fresh spinach
- 8 slices bacon, cooked and broken into crumbles
- 2 hard-boiled eggs, chopped

Vinaigrette

- Salt
- Pepper
- Shallots, minced
- ¼ cup vinegar flavored with red wine, champagne, etc.
- ½ cup olive oil
- 1 teaspoon sugar
- 1 tablespoon Dijon mustard

Shred your spinach and put into a salad bowl with chopped eggs and bacon. Combine all other ingredients in a small bowl or measuring cup and whisk. Add to spinach and toss.

TIP: Vinaigrette should be to taste, so add more salt and pepper, oil, vinegar and so on to taste.

Herb-Roasted Red Bliss Potatoes

Preheat oven to 375 degrees.

- Desired amount of red potatoes, cleaned and quartered
- Olive oil
- Salt & pepper
- Fresh rosemary, chopped

Toss all ingredients in a bowl until potatoes are well and evenly coated.

Spread onto a baking sheet and bake half an hour or until fork tender and slightly browned.

Maple & Peppered Bacon

Preheat oven to 375 degrees.

Arrange bacon slices on a cookie sheet or a broiler pan if you have one (do not overlap).

Bake until fat is rendered but bacon isn't crisp, about 20 minutes.

Drain on paper towels.

Arrange cooked bacon on a pan and top with maple syrup. Sprinkle with freshly ground black pepper.

Bake until bacon is crisp and deep golden, 20 to 25 minutes. Drain, glazed side up, on paper towels.

Chicken Salad in Wonton Cups

Prepare your favorite chicken salad recipe and reserve.

Have on hand 1 package of wonton skins. Prepare a muffin tin with paper muffin cups.

Heat oven to 350 degrees.

Gently fit 1 wonton skin into each muffin cup, pressing against the bottom and side.

Bake 8 to 10 minutes or until light golden brown.

Remove from pan; cool on wire rack. Once cool, fill your wonton cup with desired amount of chicken salad.

Baked French Toast with Praline Topping

- 1 loaf French bread
- 8 large eggs
- 2 cups half & half
- 1 cup milk
- 2 tablespoons sugar
- 2 teaspoons vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Dash of salt

Slice French bread into 20 slices, each 1-inch thick.

Arrange slices in a well-buttered 9-by-13-inch baking dish in 2 rows, overlapping the slices.

Combine eggs, half & half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat until well blended.

Pour mixture over the bread, covering all bread evenly. Cover and refrigerate overnight.

The next day, preheat oven to 350 degrees. Spread praline topping (see below) evenly over bread and bake for 40 minutes, until puffed and lightly golden. Serve with maple syrup.

Praline Topping:

- 2 sticks butter, softened
- 1 cup packed light brown sugar
- 1 cup pecans, chopped
- 2 tablespoons light corn syrup or honey
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

Combine all ingredients in a bowl and blend well.



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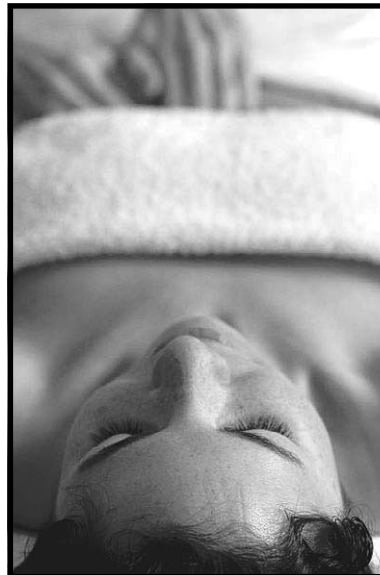
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| November 21 | Pet photos with Santa
Pet Central/Dessin Animal Shelter | December 6 | Breakfast with Santa
Trackside Grill |
| November 27 & 28 | Honesdale for the Holidays
Santa Parade, Lionel Unveiling of Stourbridge Lion Model, Tree Lighting Ceremony, Train Excursion, Carriage Rides, Wayne County Historical Society Open House. Go to visithonesdalepa.com for more information. | December 9 | Holiday Open House
Edward Jones |
| December 2 | Holiday Flower Arranging
Castek's Floral Shop | December 12-15 | Annual Ornament Hunt
Central Park |
| December 5 | Hot Cocoa & Donuts with Santa
Papa's Primo Pizza | December 13 | Holiday Brunch
Harvest Inn Bed & Breakfast |
| | Highlight's for Children's Open House | December 19 | Holiday Carol Sing
James Manning House B&B |
| | | December 24 | Breakfast Pizza with Santa
Elegante Family Restaurant & Pizzeria |
| | | | Luminaries on Main Street after Dark |

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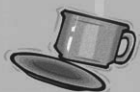
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Dinner Time 7:30 pm
Cost: 125 plus tax and gratuity
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Thanksgiving Dinner
November 26
Serving 12:00 – 6:00 pm
\$38 adults, \$22 children

A Victorian Era Christmas Celebration Dinner
December 4 and 5

Winterfest Brunch
with Harpist Diane O'Malley
December 13

Chili warm ups

Variations on an old classic

By Clarissa Chatley

Chili is one of the top-rated comfort foods of all time. It can be made vegetarian-style with beans or with steak, ground beef or even wild game. However it's prepared, when served with warm cornbread, garlic bread or southern-style biscuits, it is the perfect compliment to a chilly evening. Chili can be served by itself in a

bowl or over rice, pasta or polenta. It is a great choice for a gathering or an afternoon football game as it can be kept warm in the crock pot, and goes a long way in satisfying a crowd. Left overs? No problem. Chili tastes even better the next day and can be adapted to a number of dishes. Enjoy.

Roasted Vegetable Chili

- 1 red, green or yellow bell pepper, seeded and diced
- 1 medium onion, cut into thin strips
- 2 medium zucchini, cubed
- ½ butternut squash, peeled, seeded and cubed
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 2 chipotle peppers, finely chopped
- 1 can vegetable broth
- 1 can diced tomatoes
- 1 can white cannelloni beans, rinsed and drained
- 2 packages mushrooms, quartered
- 5 gloves garlic, chopped

Preheat oven to 400 degrees.

In a bowl, combine bell pepper, onion, zucchini and butternut squash. Sprinkle with a pinch of salt and toss with a slight drizzle of olive oil. Arrange the vegetables in a single layer on a flat oiled baking sheet. Roast, turning occasionally, 20 to 30 minutes until just softened. Set aside.

In a large pot, add oil and heat over medium-high heat. Once oil is hot but not smoking, add garlic and mushrooms. Sauté until mushrooms are soft. Add chili powder, chipotle pepper, beans, broth, tomatoes and roasted vegetables. Bring to a boil and reduce heat to low. Simmer uncovered for 20 minutes and serve.

TIP: This chili makes a great cold winter salsa served with tortilla chips. Kick it up by adding roasted pumpkin seeds. You'll love it!

Autumn Chili

- 2 pounds London broil, cut into chunks
- 2 medium onions, chopped
- 1 large head of garlic, chopped
- 2 tablespoons olive or canola oil
- 1 26-ounce can of tomato sauce
- 2 15-ounce cans diced tomatoes with juice
- 5 tablespoons chili powder
- 1 tablespoon oregano
- 1 heaping tablespoon cumin powder
- ½ teaspoon crushed red pepper flakes
- 2 cups dry red wine
- ½ cup masa harina or cornmeal (mix with a little bit of water until smooth before adding to chili)

In a large pot, sauté onions and whole garlic cloves in cooking oil until soft. Add the beef and cook until browned. Stir in salt, spices, tomatoes, tomato sauce, wine and water. Stirring occasionally, simmer partially covered for an hour or until beef becomes tender.

Add masa harina to the chili and cook for another five minutes until the chili thickens slightly. Serve chili with assorted toppings and enjoy.

Ideas for using leftover chili

Chili is very versatile. (It also freezes well.)

- Use as a sauce or garnish over morning eggs
- Serve over a baked potato
- Top off hot dogs and hamburgers
- Use with grated cheese as a taco filing
- Roll up with green onions and cheese for burritos or enchiladas
- Make a shepherd's pie, substituting chili for the ground beef mixture
- Serve over homemade French fries
- Place in a casserole dish, top with cornbread batter and bake for a great chili pie

The Winter Pantry

Just because the farmers' markets are done for the season doesn't mean you're out of luck in the kitchen. Here's a handy guide for stocking your winter pantry.

Protein

Canned tuna or salmon
Beans – dried or canned (black beans, chick peas, kidney beans, white beans, lima beans, butter beans)
Peanut butter
Nuts

Spices and herbs

Bay leaves
Rosemary
Sage
Chili powder
Cumin
Cloves
Cinnamon
Garlic powder
Ginger
Nutmeg
Sea Salt
Pepper Mix
Italian seasoning mix

Hearty staples & essentials

Dried fruit
Canned and frozen selection of fruits and veggies
Juices and juice boxes
Whole grain cereals
Rice
Pasta
Flour and cornmeal
Crackers
Olive Oil
Vinegar
Canned whole tomatoes, tomato puree, paste and sauce
Vegetable, chicken and beef stock and bullion
Canned soups
Microwave popcorn
Instant hot chocolate

For the fridge

Eggs
Parmesan cheese
Other assorted cheeses
Butter
Yogurt
Milk
Soy milk

Veggies

Potatoes
Onions
Garlic
Shallots
Leeks
Carrots
Celery
Turnips
Swiss chard
Kale
Mustard greens
Winter squash (butternut, acorn, spaghetti, butternut)

Chili fixins'

Dress up your favorite chili with the following:

- Sour cream infused with chipotle
- Green onions (scallions)
- Shredded cheddar cheese from a local farm
- Tortilla chips
- Bacon crumbles
- Toasted pumpkin seeds
- Cilantro
- Fresh avocado

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Frame it!

Creating art from everyday objects, discards and collectables

By Lori Malone

Of all the furnishings and accessories used to decorate a home, nothing reflects the homeowner's personality quite as much as their art. Art is personal and one is more likely to select art that evokes an emotion, a memory or an aspiration than for its aesthetic. Art can be intimidating. Original works can cost hundreds to thousands of dollars and for many homeowners, affording more than one or two fine pieces is beyond what their decorating budgets will allow. But, there are many walls. These blank canvases left unadorned make the other furnishings and accessories in a room seem incomplete. Blank walls tend to leave rooms cold. Of course, if minimalism is your objective, that's the look you're going for. If not, then we have some work to do. First, stop thinking about what art is supposed to be. Art is what *you* think art is. Second, don't feel that your only recourse is to buy mass-produced, framed prints. The only thing that kind of art will say about you is that you shop at box stores. You deserve something more original. In fact, you can create something more original. Yes, you can.

Getting Started

Creating art from everyday objects, discards and collectables is fairly easy and rather inexpensive. Start by gathering unused frames you may have tucked away in the basement or attic. Don't worry about them matching.

Next, lay them out on the floor, moving them around until you have a pleasing formation. You may choose a symmetrical arrangement, which works best in traditional and modern spaces, or an asymmetrical arrangement, which works well in more eclectic or casually furnished rooms.

Now look at the frames. If they are inexpensive frames that are mismatched you can unify them by painting them a cohesive color or applying a metallic finish. If they are finer quality frames with a variety of finishes, they will still look great if you unify them with the same matting material. You can buy pre-cut matting from craft and hobby stores or create your own. You can choose traditional matting in which the art is placed under the matting, or more modern matting where the art lays on top of the matting. The latter works well with nontraditional art like textiles or collections of objects like wine labels or match books.

Selecting Objects of Art

Anything flat is frameable. Your selection of subject matter should be determined by your interests and style of your home. Vintage textiles, postcards, greeting cards, calendar art, sheet music, pressed leaf fronds, trading cards, wrapping paper, wallpaper, magazine covers, book jackets, maps, foreign newspapers, product wrappers and labels all make interesting art.

Specialty Frames

Shadow box frames can house dimensional art work like clothing, antique weapons, sporting equipment, sea shells and stones, to name a few. If you are a vinyl record enthusiast, there are frames designed to accommodate their unique shape too. Craft and hobby stores carry a selection of shadow box frames; however, if you have a larger or unusually shaped object, you may need to have something custom designed.

Outside the Frame

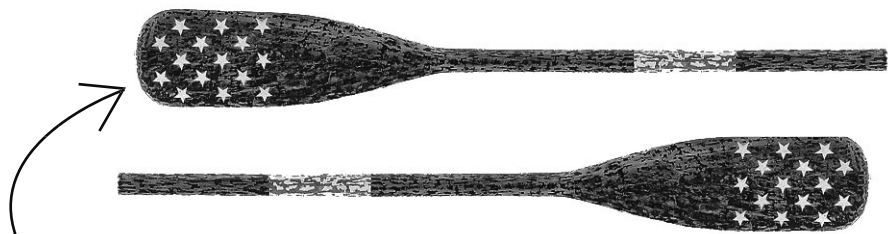
Art is not limited to frames. Sculptural objects like oars, vintage tools, dishes, trays, hats and masks all can be fastened to walls to create eye-catching displays.



Sea shells are mounted with hot glue on a linen covered background in a shadow box frame. (See below for matting tips.)



Sheet music can be used as a background with objects placed on top, or centered in a frame, allowing the torn and worn edges to be defined against a contrasting background. (See below for framing tips.)



Objects like these oars can be mounted to walls using traditional picture mounting hooks and brackets. Be sure to use hooks and brackets for the weight and size of your object. (See below for mounting tips.)

Tips for matting & hanging your art

Creating your own matting: You will need an X-acto-knife, straight-edge ruler and mat cardboard.

- Lay down a piece of scrap cardboard if you do not want your work surface scratched.
- Measure the inside of the frame you are using. Create a template with scrap paper and place inside frame to ensure you measured correctly.
- Cut the mat board to fit the frame.
- Measure an opening for the artwork, giving the mat borders about a quarter to one inch to overlap (depending on size of artwork).
- Cut the window/opening precisely, making sharp, accurate cuts around corners.
- For mat backgrounds used for mounting objects, cover the board with fabric using spray glue. Press firmly, pulling the edges taught to the backside of the board. Trim excess fabric and cover with tape to prevent fraying.
- Secure the artwork to the mat using acid-free tape (only tape the top edge of the artwork to the mat).
- Place the picture and mat in the frame.

Hanging frames and objects: You will need a stud finder, hammer, picture frame hooks and fasteners, level, mollys and a hammer/screw driver. Follow hooks/fastener's directions, but keep these tips in mind.

- The easiest way I have found to hang multiple frames is to create a template on very large craft paper, using your predetermined configuration laid out on the floor and tracing the frames and marking where the fasteners/hooks are. Tape the template to the wall where the configuration will go and use a level to ensure it's straight. Bore pilot holes where needed. Remove template and install hooks according to package directions. (If you are hanging frames on sheetrock, you may need to use mollys to secure nails/screws.)
- If you are hanging a single piece, you can transfer your measurements directly on to the wall. A good rule of thumb for hanging art is making sure the focal point of the art is at eye level.
- Hanging objects requires that you use the appropriate hooks/fasteners for its weight. If the object is more than 50 pounds, it will need to be mounted to the wall's studs. (Use an electronic stud finder to ensure accuracy and prevent creating unnecessary holes.)

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