

around the corners

Vol. XIII Issue 1

www.PoundRidgeNY.org

Spring 2008

Mailed to each Pound Ridge resident 2 times a year



MAY 26th MEMORIAL DAY ANTIQUES & FARMERS MARKET

On a picture-perfect Memorial Day, Scotts Corners was filled with 25 dealers displaying antiques, collectibles, ephemera, jewelry, art and much more!

In addition, a bountiful Farmers' Market with 16 vendors offered fresh local seasonal produce, plants, pickles, honey, quiches, cheeses, handmade soaps and lotions, etc. The tantalizing assortment provided adventurous food



Photo Richard Mendes

From old-fashioned Garlic Dills to Jalapeño Sizzlers, mouth-watering pickles were served up to eager aficionados.

exploration and buying – sampling one's way through the delicious possibilities.

In addition several shops were open for the day to welcome the many holiday visitors.

The next **Outdoor Holiday Antiques & Farmers Market** sponsored by the Pound Ridge Business Association will be on Labor Day, Monday, September 1.

Committee: Wendy Cummings (**Penny Whistle Toys, The Gift Garage**) and Eileen Godfrey (**Eileen Godfrey Miniatures & Dollhouses**). Show Manager, Sandra Lena
914-301-5621



Photo Gail Jankus

CALENDAR OF PRBA SPECIAL EVENTS 2008

Summer Sidewalk Sales
Friday-Sunday, July 11-13

Labor Day Antiques & Farmers' Holiday Market
Monday, September 1, 2008, 9AM-4PM

17th Annual Art & Crafts Festival
Saturday & Sunday, October 4 & 5,
10AM-5PM

9th Annual Halloween Walk
Friday, October 31, 4-6PM
www.PoundRidgeNY.org



Photo Joan Silbersher

Dave and Lois Anderson planting the flower barrels in Scotts Corners

Enjoying Summer in Pound Ridge

In this issue of *Around the Corners* you will find several articles to make summer more enjoyable for you and your family.

With gas prices cutting down on the time we spend in the car, it makes even more sense to explore our own town's shops and, perhaps, to discover some treasures right in our own backyard!

In July, look in the mail for the Pound Ridge Business Association's **Celebrate Pound Ridge, 2008-2009**, a wonderful guide for finding just what

you need in your own community. In addition to a complete listing of our member businesses, with websites and contact information, there is a map of Scotts Corners and the Hamlet with all businesses located (member businesses are emboldened and have phone numbers).

If you have comments, suggestions or questions about these publications, please call Ruth Mendes, 764-4560.

Scotts Corners Spring Planting

PRBA Beautification Chair Dave Anderson (**Anderson Landscaping**) prepares for the new season by adding a floral accent throughout Scotts Corners. In addition to planting the barrels, the Andersons maintain the flowers all summer. 764-4916

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Albano Appliance and Service Debuts New Displays for Outdoor Systems

Albano Appliance and Service, LLC has announced the debut of new displays for outdoor kitchen systems from leading manufacturers such as Viking, Wolf, Alfresco, and Lynx. The display also features the first look at Kalamazoo Outdoor Gourmet™ systems, with Albano Appliance as a new, exclusive local dealer.

With products ranging from grills and ovens to refrigerators, sinks and even cabinetry, outdoor kitchens are growing increasingly popular. Many of these appliances can be freestanding or built-in for a custom look. Albano's new display features "live" outdoor systems so that customers can see the products in action.

"Outdoor cooking has gone way beyond the backyard BBQ grill. The trend now is to create total outdoor kitchens complete with cooking equipment, ventilation, refrigeration, and clean-up," said Fred Albano. "This concept is so popular now that we designed entirely new space dedicated to showcasing just these systems."

Family-owned and operated since 1952, Albano Appliance and Service works with architects, designers, cabinetmakers and individual homeowners to supply major kitchen appliances from leading manufacturers. The company also has a chef on staff and hosts cooking classes and free manufacturer demonstrations. Private, in-store or in-home demonstrations can also be arranged.

Showroom hours: Mon-Sat 9:00 am to 5:00 pm. For more information, 764-4051, or visit www.albanoappliance.com



Chef John serves up gourmet pizza baked in the ultimate patio kitchen's pizza oven

"around the corners" ❁❁❁ Summer 2008

Ruth Mendes (Wordcraft & Graphics, Unltd, 764-5378) . . . Editor/Ads/Layout/Production
 Richard Mendes (CPR, Computer Problem Rescue, 764-5378) Photography/Photo Editing
 Paula Parker Proofreader
 Joan Silbersher (Antiques & Tools of Business and Kitchen, 764-0015) . . . Photo & News

Published twice a year by the

**POUND RIDGE BUSINESS ASSOCIATION
 POB 268 • Pound Ridge NY 10576**

Sidewalk Sales July 11, 12, 13

With discounts from 20% to 50% on selected items storewide, the PRBA is holding its 32nd Annual Sidewalk Sales July 11, 12 and 13. Participating businesses are **All Your Yesterdays, Antiques & Interiors, Antiques & Tools of Business & Kitchen, Eileen Godfrey Miniatures & Dollhouses, Juleigh's Resale Couture, Penny Whistle Toys, Plum Plums and Wittus-Fire by Design.**

The Annual Town-Wide Tag Sales are held this same weekend, creating a double draw for shoppers.

For info, call event chairs Amy and Joanne Nevins (**Juleigh's Resale Couture**). 764-4297



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Medical Care Finds Its Way Back Home

These days, it is a good bet that when conversation turns to medical care, the complaints start to fly – long waits for an appointment, then longer waits in overcrowded offices, only to be followed by short visits. But one local doctor broke the mold and came up with a practice design that proves very intriguing. Imagine for a moment having your doctor's private phone number – no answering service, no receptionist screening your call. Imagine that you are not feeling well, and your doctor arrives at your home – a house call. In fact, **Dr. Thomas Pellechi**, a board-certified internist who lives in Pound Ridge, sees all his patients in their home. And "all his patients" amounts to a fraction of what most doctors see, making for a very private practice.

Managed care, which necessitates large volume practices, can frustrate doctor and patient alike. When you call your doctor and the call-back time is excessive, chances are your doctor is inundated with the demands of a typical practice – paperwork, calls, staff, insurance, etc. **Dr. Pellechi**, determined to improve on this system, decided to close the doors on his traditional practice, opted out of insurance plans, and brought medical care right to his patients' homes. He has an extensive, high-tech "black bag" complete with laptop and a portable EKG machine. What was he in search of? "I envisioned having a meaningful relationship with my patients when I chose internal medicine. Time and access are integral components to the long-forgotten doctor-patient relationship." **Dr. Pellechi** continues, "I am thrilled to practice medicine how I imagined and my

patients are still in disbelief when they call and I answer the phone. It's your classic win/win situation."

Dr. Pellechi's patients are a diverse group, who all had different reasons for signing on. Some are older and have medical issues that need to be addressed regularly. Some are younger and want the amenities. Most are middle-aged and making their health a priority. But young or old, they all want a better relationship with their doctor which, when translated, means more time, focus and accessibility. It seems that medical care has indeed found its way back home. Literally.

Dr. Pellechi practices exclusively in Greenwich, Pound Ridge and surrounding areas. He lives in Pound Ridge with his wife and two sons. He is on staff at Greenwich Hospital.

To reach **Dr. Pellechi**, call 203-661-6106 or e-mail him at drpellechi@greenhosp.org

News Briefs from Our Members

- ◆ **Juleigh's Resale Couture** has been featured recently in several area magazines now on the newsstands, with proprietor Amy Nevins modeling in the photo-op. 764-4297
- ◆ "The Big Green Egg" a unique charcoal grilling and smoking system, can now be found at **Chubby's Hardware** for summer dining. 764-5125
- ◆ The outdoor patio is ready for a summer along with delectable new seasonal selections on the menu at **DiNardo's**. 764-4024
- ◆ In addition to her many handmade soaps and lotions with tantalizing natural fragrances, **Mia Camacho of Clear Ridge Soap Company**, created fragrance-free "Just Soap" containing only pure olive oil and bees wax for those with very sensitive skin.

www.cleanridge.com

- ◆ Spruce up and maintain your lawn and grounds for summer or have your home cared for while on vacation – call Justin Brent, **Pound Ridge Home Management**.

764-5218



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A Few Decorating Tips from Alexandra Interiors

Isn't it wonderful when someone tells us their secret about how they accomplished something in their home that you just loved, and it was really easy? Well, read on and hopefully, there is something below that you can use in your home today that will give you just that special touch.

To make a small room look larger, consider using a round carpet. This visual element gives a feeling of infinity and a lack of boundary. Also, lighter paint colors recede visually, while darker or medium hue colors will make the room draw closer. In addition, use lighter colors in your furniture selection and textile choices vs. darker (or overpowering pieces that create visual mass).

Hanging the perfect sized chandelier can really be a challenge for

many of us. Here is a way to make the right choice. Remember, when the scale of the fixture is not in scale with the room (too small or too big), it really can look just awful! First, take the width of the room in feet, double the number and convert it to inches. This should be the minimum diameter of your chandelier. While at times a fixture can look beautiful oversized as well, this is a bit trickier.

Creating a serene room to relax in is important for many of us. This could be a bedroom or bath. Go with a monochromatic color scheme. Select a light color palette, like beige, grey or blue and introduce a selection of various color values (color intensity) and textures in the textiles. Basically, you are creating interest in the room by a mix of different shades and

pattern of the same color, yet the room still maintains a calm and quiet retreat.

Of course, for those of you still not brave enough to embark on home design projects on your own, we are here to help. Lorella Colonna, Design Consultant, has been trained at Fairfield University's School of Interior Design. She can provide excellent references from many happy Pound Ridge residents and will always guarantee your complete satisfaction. We handle small or large projects, all window treatments, upholstery, floor and lighting plans, renovations, furniture restoration, new or antique furnishings. We will always work within your budget.

Please call **Alexandra Interiors** for a one-hour complimentary consultation at 914-923-1815.

12th Annual Town-wide Tag Sales Friday-Sunday, July 11-12-13

The 12th Annual Town-Wide Tag Sales is set for Friday-Sunday, July 11-13, with about 15 families holding sales at their homes, and 3 or 4 nonprofit organizations set up in Scotts Corners. The event, sponsored by **Antiques & Tools**, is timed to complement the Business Association's Annual Sidewalk Sales.

Also on that weekend, the shop holds its 2nd Sunday Antiques Market, plus the Every Sunday Farmers' Market on the shop's front terrace.

Maps showing the locations of the home tag sales are available at the shop. For information about participating in the tag sales call Joan Silbersher, 764-5122

www.poundridgeny.org

STAY CURRENT WITH OUR WEBSITE!

Check out our **PRBA** website for the products or services you need.

In addition to our friendly retail shops, many of our home-based members offer unique services for your home or business.

Enjoy a history of Pound Ridge with a photo essay of 19th & 20th century vintage photos from the archives of the Pound Ridge Historical Society.

Plus, you can find back issues of "Around the Corners."

SIMPLY ELEGANT FLOWERS WITH MICHAEL GEORGE

While appearing on the "Martha Stewart Show" in April, Michael George (**Hybrid & Michael George Flowers**) announced that his book *Simply Elegant Flowers with Michael George*, is currently in bookstores. The introduction is by wife and partner Lisa George.

"*Simply Elegant Flowers* is not just a pretty 'coffee table' book – it is more of a how-to book," explains Lisa. The publisher is North Light Books/FNW Publications.

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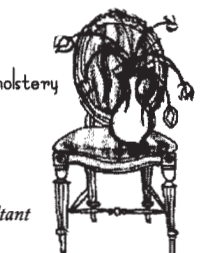
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ALBANO APPLIANCE AND SERVICE AND WESTCHESTER COUNTY HOME IMPROVEMENT MAGAZINE HOST FUNDRAISER FOR MAKE-A-WISH FOUNDATION

Wednesday, April 30, 2008 – **Albano Appliance and Service, LLC** and Westchester County Home Improvement Magazine (Thornwood, NY) hosted a fundraiser and industry networking event to benefit the Make-A-Wish Foundation® of the Hudson Valley. The companies raised more than \$3,300 for the charity.

A wide variety of food was prepared “live” on the very latest indoor and outdoor cooking equipment from manufacturers such as Alfresco, Kalamazoo, Lynx, Miele, Viking and Wolf.



Guests sample a wide variety of foods prepared on state-of-the-art appliances, cookware and grills showcased at **Albano's**.



PHOTO BY CURTIS RYAN LEW

Fred Albano (Albano Appliance) and Ed Barnes (Westchester County Home Improvement Magazine), with check for Make-A-Wish Foundation.

Attendees enjoyed opportunities to meet with manufacturer representatives, home improvement industry experts and potential customers.

Several vendors also generously provided samples from their businesses, such as cheese from **Plum Plums** (Pound Ridge, NY), Argentinean beef from **Natura Foods** (Kingston, NY), bread from **Wave Hill Bakery** (Wilton, CT) and cigars from **Chief Catoonah Tobacconists** (Bridgeport, CT). Outdoor plantings were provided by **Nature Scapes** (Armonk, NY) with landscaping performed by **Anderson Landscaping**. The event also featured live music by local classical guitarist, **Daniel Hallford** (Pound Ridge, NY).

For information about future events at Albano's please contact Joycel Gallagher, 764-4051

Outdoor Antiques & Farmers' Events

At **Antiques & Tools of Business & Kitchen**, the Farmers' Market, formerly just once a month, is now held every Sunday, 11am-4pm along with 2nd Sunday Antiques Market, also 11am-4pm. Extra Markets are held on July 4 and New Year's Day.

12 antiques dealers set up outside the shop offering vintage jewelry, advertising, ephemera, tableware, art, small country furniture, tools, etc.

The farmers bring their eggs – chicken, duck, goose, smoked fish and meats, baked goods, honey, organic dressings and sauces, dried fruits and nuts, seasonal vegetables, soaps, lotions and more, and set up on the front terrace.

The July 4th Antiques & Farmers' Market will bring about 30 vendors, set up throughout the business area, 9am-5pm. John Ubaldo of John Boy's Farm, will provide lunch, barbecued over a wood fire, noon to 3 pm, on the front terrace at **Antiques & Tools**, sponsor of the event.

The shop, now in its 19th year, is open every day from 11am-5pm.

Joan Silbersher, proprietor.

764-0015 or 764-5122.



Photo Richard Mendes

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Summer Sun Safety Tips for Your Skin

In addition to the long-term health concerns with prolonged sun exposure (like skin cancer), skin-care experts agree that exposure to the environment is the single biggest reason that skin can end up looking older than it is. A good sunscreen should be used every day, even if you're not going to be "baking" in the sun. Just going from building to car on daily errands exposes your skin to the sun. An SPF 30 sunscreen should be used when planning to be outdoors doing yard work, attending sporting events or on vacation. You also need protection from both UVA and UVB rays.

What's the difference between UVA and UVB rays? A simple way to remember the difference is this: **UVA** rays **A**ge the skin, **UVB** rays **B**urn the skin.

Sunlight regulates our biological clock and provides essential vitamin D. Common sense should be used in regulating the exposure our skin endures in the sun.

Protection is key. Very often, manufacturers will put in some form of sun protection in their moisturizers. The problem with this is that the protection typically remains topical, and doesn't penetrate deeply enough for thorough protection.

The Mary Kay® Sun Care Collection protects and replenishes your skin to help keep you looking young and beautiful. This collection is appropriate for children as well as adults. I, personally, do not send my children to camp in the summer without this full collection!

Everyone can use the Mary Kay® Sun Care Collection. The collection includes the Mary Kay® SPF 30 Sunscreen. Enriched with antioxidant vitamins and free-radical scavengers, Mary Kay® SPF 30 Sunscreen helps protect your face and body from the damaging effects of the sun by

providing UVA/UVB protection. In fact, the Skin Cancer Foundation has recommended Mary Kay® SPF 30 Sunscreen as an effective UV sunscreen. It's even waterproof and sweat-resistant for up to 80 minutes. The lightweight, oil-free sunscreen absorbs quickly, leaving your skin feeling soft and moisturized.

For more information, or a customized Skin Care Consultation for you, family and friends, please contact **Rica Mendes**, Independent Beauty Consultant with Mary Kay Cosmetics.

Tel 914-384-3648,

or email ricamendes@marykay.com

Online at www.marykay.com/ricamendes

Little Book of Numbers, 2008-2009

In August, the 2008-2009 issue of **The Little Book of Numbers** will be mailed to each of the 5,000+ postal patron families and businesses in Bedford Village and Pound Ridge.

The Book features a page 1 index by category for the advertising section, which has grown from 90 local advertisers in 1990 to over 170 in the current edition.

Publisher Ricky Silbersher and her daughter Scout (now 7) are living in Australia for 2 years, but will return this month to work on the Book. Ricky will be assisted by Scout (who will do some of the sketches); her mom, Joan, as sales representative; and by Ruth Mendes of **Wordcraft & Graphics, Unlimited** for typesetting/graphic design.

Anyone with a new or changed listing, please call Sales Representative Joan Silbersher, 764-5122



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Summertime Pet Tips

Summertime and the living is easy! With summertime ahead we all look forward to lazy days around the pool or walks on the many nature trails in our area. All these activities can be more enjoyable when you keep in mind a few of these pet safety tips!

Never, ever leave your pet (or child) in the car. Even if it seems cool enough outside, the temperature inside your car on a sunny day can reach 120°F in only a matter of minutes, even with the windows rolled down. If you need to run a few errands, leave your pets at home.

While we're talking about heat... don't let your pet succumb to heat-stroke! A problem we encounter in older dogs, and especially, among our favorite Labrador Retrievers, is laryngeal paralysis. This condition arises from the inability of the vocal folds in the voice box (larynx) to open and close correctly. A dog which has laryngeal paralysis will exhibit an increase "roaring" sound while panting. This occurs when the dog pants to lose excess heat from his body. If the larynx doesn't operate properly, heat builds up and the animal will be prone to a very serious medical emergency – heatstroke. Some signs of heatstroke include: panting, staring, anxious expression, warm dry skin, high fever, rapid heartbeat, vomiting, and collapse.

If you suspect your pet has heat-

stroke, act quickly and calmly. Have someone immediately call your veterinarian to let them know you are on the way in with this emergency! In the meantime, you need to work to lower the animal's temperature by applying wet, cool cloths to the hairless areas of the body such as the groin, and use fans to increase the evaporation of the water, thereby cooling them. Sometimes a pet will begin to respond, only to falter again with high body temperatures. Your veterinarian will begin lifesaving treatment to further cool and maintain your pet's temperature, including fluids and medications to counter shock and reverse the brain damage high internal body temperatures can produce.

There are other ways you can help your pet cope with the high summer temperatures. Always have plenty of fresh water available at all times when the thermometer climbs. Check the water bowl several times a day and take water along with you when you go out for a hike. There are many very nice collapsible water bowls available at your favorite pet store.

Say no to tangles! Keeping your pets well groomed will help them stay protected from the sun and insulate them from the summer heat. A dense undercoat or lots of tangles and mats will trap too much heat for your pet to dissipate. Sometimes the best approach

is to have your groomer shave the coat short during the summer months.

High humidity can threaten the health of our pets, especially with our older dogs. The ability of an animal to rid itself of excess body heat is interfered with when the humidity is also high. We have sweat glands to help us cool down during times of high humidity and temperature. The only place that dogs have sweat glands is in their paws, which is not enough to help cool their bodies. This leads to increased panting and the potential for heatstroke in certain animals.

Finally, be aware of your pet's individual body shape and condition. Certain breeds, like Pugs, Pekinese and Bull Dogs, have a difficult time keeping cool as they can't pant effectively. In the same way, overweight dogs have extra layers of fat that work as insulation, trapping heat in their bodies and restricting their breathing capabilities. Keeping both the elderly and young dogs, overweight dogs, and dogs that have laryngeal paralysis inside an air-conditioned, dehumidified house will go a long way in helping them deal with those hot and humid summer days.

Summer need not be filled with peril. Your furry family friends rely on you to keep them healthy and safe. Our veterinarians and staff would be happy to answer any other questions you may have and share other healthy safety tips for your pet. The best cure for these hot weather problems is prevention, and with the appropriate precautions, both you and your pets can safely enjoy those long lazy days of summer!

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Chinese and Japanese Dining at Tokyo Hamachi

Serving fine Japanese and Chinese cuisine, **Tokyo Hamachi** continues to improve its dining room decor. Booths will soon provide additional private and comfortable seating.

The dining room's dusty rose walls and slate-green wainscoting provide a warm background for a selection of Chinese artwork. This scheme is carried into the refurbished entrance and vestibule, with its sushi bar presided over by owner, sushi chef Mark Chen.

However, it is the food which has the high priority. The menu includes new and traditional dishes in abundant portions. Specialties of the day are offered regularly with creative use of varied fresh seasonal ingredients.

Manager Anita Oken (far left with the Mendes family) and co-owner Ruby Chen (standing) emphasize that the produce and vegetables are brought in fresh from the market in Flushing daily. Fish is purchased fresh from the market twice a week to ensure the highest standards of quality.

Tokyo Hamachi provides delivery service 7 days a week (minimum order \$20). Hours: Mon.-Thurs. 11:30 am-9:30 pm, Fri. & Sat. 11:30 am-10:30 pm, Sun. 1:00-9:30 pm
764-8383, FAX: 764-5223



Photos Richard Mendes

Bringing Pilates to Kids on PRES's Wellness Day

Pilates Pound Ridge participated in this year's Wellness Day Program at the Pound Ridge Elementary School. There were many other wonderful health-related classes offered also. Anna DiPace-Zullo described these activities.

"I had the children play with blocks and/or twisty plastic wires. I simply demonstrated how essential it is for the body to be strong and in balance, specifically the spine and core muscles. They learned the spine is a bridge that holds our weight. If our bones aren't properly balanced and the natural curvatures of the spine are distorted, compression will result. Bulging or ruptured disks can occur when a weak spine

holds weight in a compromised position, resulting in pain or discomfort at some point.

"We finished up our sessions with Pilates mat exercises. They seemed to have fun and I felt fortunate to work with your wonderful children.

"Have you read or heard about Pilates in the news? I hope you give it a try and see for yourself how wonderful it can make you feel. As the old saying goes, 'You are only as old as your spine.'"

Anna DiPace-Zullo, Certified Pilates Instructor
917-841-1218 www.pilatespoundridge.com

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