

around the corners

Vol. XVI Issue 2

www.PoundRidgeNY.org

Winter 2011/2012

Mailed to each Pound Ridge resident 2 times a year



Small Town, Big Holiday Possibilities!

No need to travel far from home to find holiday necessities.

Discover unique decorations from around the world overflowing at **Poundridge Nurseries** (pic at right). And the kids will love the marvelous petting zoo! (764-5781). Fragrant bouquets, elegant wreaths and swags await at **Topiary** (764-1154).

Find that special gift or perfect accessory at **Antiques & Interiors** (764-4400), **Antiques & Tools of Business & Kitchen** (764-0015), **Avant Garden** (764-0010), **Juleigh's Resale Boutique** (764-4297) and **Sally Green's Art & Photo Gallery** (764-3383). Ensure warm holidays in front of unique heating alternatives from **Wittus-**



Fire by Design (764-5679)

Make holiday hospitality easy. Nibble on **Plum Plums** cheeses and more (764-1525), indulge in fine Italian specialties at **DiNardo's** (764-4024), or "New American" cuisine at **North Star** (764-0200). Thai, Japanese and Chinese dishes are served at **Asia Hamachi** (764-8383). For parties or casual eating (think Super-bowl!), call **Panella's** for 6-ft heros and catering. Spotless holidays start with the help

of **Pound Ridge Cleaners** (764-5275).

Welcome guests with holiday cheer from **Pound Ridge Wine & Spirits**, offering a wide selection of Champagnes and sparkling wines (764-3424). Then indulge yourself and take a breather with wine and "smalls" at **Mariella's Wine & Espresso Bar** (764-3488). Salut!

'Tis the Special Season in Scotts Corners!

Thank you to volunteers Dave and Lois Anderson who once again installed the wreaths, lights and ribbons on our lampposts to create a holiday mood for our Town. Sandy Wellons of **Topiary**, crafted the wine-red gilded bows for the "dynamic duo," ensuring a festive setting for our holiday shopping.

Anderson Landscaping, 764-4916
Topiary, 764-1154

100 Attend Tree Lighting Dec. 4th

The PRBA's 9th Annual Tree Lighting in Scotts Corners took place on December 4th at the tree in front of the Pound Ridge Firehouse. Over 100 girls and boys gathered to sing seasonal songs and carols. Arriving on a firetruck with a "Ho! Ho! Ho!" was the man of the hour, Santa Claus himself. Cocoa and cookies topped off a good time for all.

Thank you to Anna DiPace-Zullo (**Pilates Pound Ridge**, Justin Friedland (**Pound Ridge Volunteer Fire Department**) and Maryellen Walsh (**Houlihan-Lawrence**) who made this such a successful event.

CALENDAR OF PRBA SPECIAL EVENTS

9th Annual Tree Lighting

Sunday, Dec. 4, 5-6 PM

at the Pound Ridge Firehouse

19th Annual January Sales Days

from Dec. 26 thru January 31

15th Annual New Year's Day in Scotts Corners

Sunday, January 1, 2012, 11AM- 5PM

3rd Annual Rock the Ride & Run

April 29, tentative

A Taste of Pound Ridge

May 2012 (details to be announced)

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NEW YEAR'S DAY & JANUARY SALES DAYS

The PRBA's 19th Annual January Sales Days run from December 26th through January 31st, highlighted by the 15th Annual New Year in Scotts Corners on Sunday, January 1st, 2012 from 11am-5 pm).

Participating in one or both of these events are **Albano Appliance**, **Antiques & Interiors**, **Antiques & Tools of Business & Kitchen**, **Asia Hamachi**, **Juleigh's Resale Couture**, **Pound Ridge Wine & Spirits** and **Poundridge Nurseries**.

During these events, discounts will range from 10% to 50%. Chaired by Joan Silbersher (**Antiques & Tools**), 764-0015

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Business owners who purchase memberships are sure to be more than thankful during the holidays by selecting from a stunning collection of business “thank you” ecards. Since no one ever gets tired of being appreciated, we suggest that businesses send their “thanks” to clients/customers several times a year.

Looking for exquisite or amusing Chanukah and Christmas cards? Get ready for more ecard eye-candy in these categories as well! There’s nothing boring or tacky in our collections! Our New Year cards not only wreak of heart and soul (or so we’re told), they will make you want to send one (or two) to yourself! And don’t be surprised if you actually love receiving your “**Unvelope!**”

Look no further, by the way, if you need a great holiday gift for teachers, family members, friends or, well, just about anyone. “Gift it and Go Green” with an **Unvelope.com** Gift Certificate. It’s a gift recipients are sure to remember you by all year long. We’ll need the correct name and email address of your recipient so that we can notify them of your thoughtfulness, but otherwise it’s no wrapping... no shipping... no fuss.

Come visit **www.unvelope.com** and enjoy browsing our collections. We wish you good health, prosperity and loads of joy this holiday season and into the New Year.

Jane Price Lieberman

Managing Partner

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“around the corners” *** Winter 2012

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Scotts Corners Bicycle Racks

As more people are taking to bicycles, a joint project of the **Pound Ridge Business Association**, the Pound Ridge Partnership and the Town of Pound Ridge, purchased 3 bicycle racks for Scotts Corners. The hunter green Dero racks each hold 6 bikes. They have been installed adjacent to our park benches to provide welcoming resting places to encourage bicycling into our town.

They are located: 1) between **Avalon Agency/Promo Queens** and **Plum Plums** (pictured at the left), 2) in front of Pinocchio Pizza, and 3) between the benches to the left of Pound Ridge Auto. We invite cyclists to take advantage of these safe and attractive racks to park their bicycles while enjoying our shops and food stops in Scotts Corners . . . the green way!

A New Generation of Alternative Heat

One of the best ways to cut down on your oil bill is to use a secondary heat source. Heating with pellets is one fuel source that can do just that. A bag of pellets ranges from \$3-\$4 and can be found in most stores that carry home improvement products. One of the finest and most fashionable collections of pellet stoves is right around the corner at **Wittus-Fire by Design** in Scotts Corners.

A new generation of fashionable heating that is smart and sophisticated, these stoves are designed in Italy using advanced software and the highest quality components. Smart features include a remote control operating system that can be set to your lifestyle and a low maintenance once-a-year cleaning. Some models even have the ability to duct heat into additional rooms. Combine all of these details and you get a state-of-the-art stove that is highly efficient, with character and streamlined style.



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AT BYLANE FARMS – THE BIRDSONG STAYS STRONG!

Imagine 120 acres of meadows, gardens, ponds and forests, right in the heart of Lewisboro, donated as a nature preserve for the public to enjoy... not fiction, but fact. When Mrs. Mary "Polly" Welsh Parker of Todd Road in Katonah died in November 2001 at the age of 109, she left her land and 18th-century house to the Bedford Audubon Society. Since the property, Bylane Farm, backs up to the Audubon's Ramsay Hunt Sanctuary off North Salem Road, the donation has resulted in a nature preserve stretching across 318 acres of Lewisboro's loveliest valleys and ridges.

By the time the Society took possession of the house at Bylane Farm in 2003, it had suffered through lack of consistent maintenance for many years. When I joined the Board of Bedford Audubon Society in December of 2009, a large and important donation of books and artwork from the estate of famed author and



ornithologist John Bull had been received. More library space for the collection was needed, and we begin to repair and restore the plaster walls and ceiling in the entry hall and other areas.

Fortunately, I have had a lot of experience working in antique homes where one must be creative with what is available. A former closet space was incorporated into a large two-part bookcase. The moldings and chair rail utilized were similar to those in the adjacent 1725 library. Master carpenter Peter Becker graciously donated his time and skills to craft the bookcases. Meanwhile, old-world painter Peter Lancute, started restoring the plaster walls and ceiling in the entry hall, carefully stripping the woodwork on the stair wall and doors so that all the wonderful detail could be seen. Paint in appropriate historic colors with low VOCs was selected and, after final painting, the spaces were ready for the book collection. Photographer Curtis Lew selected the mats and frames for the artwork and found tamper-proof hanging devises and hung the paintings. The Bedford Audubon Society officially inaugurated The John L. Bull Library at a private reception for the Bull family and 99-year-old Edith Bull on Sunday, June 12.

One project was to replicate the rag runner on the stairs, which had been there when the Parker family was in residence. Extensive research took place (where do you get a rag runner made?!) and we discovered the Weaving Center in Tarrytown at Marymount Convent. Under the direction of Sister Bianca Haglich and with the creative design and weaving by Sister Mary Alter, we embarked upon a journey to make a rug. First, where to get the material? I thought, why not get members of BAS to donate it? We collected all

sorts of cotton fabric in the colors we requested over a 3-month period – we needed over 85 pounds of cloth! Then Sister Mary washed it, stripped it, warped the loom and started weaving. The rug is completed and ready to be installed on the front stairs using traditional stair rods. It will be the star when you enter Bylane House.

In June, as BAS's new Executive Director, Janelle Hope Robbins, was about to start work. I started to work on a new design for the two offices which provide work space for the ED; the Naturalist-in-Residence, Tait Johansen; the resident Hawk Watcher who lived at Bylane from August through December; the Hawk Watch Intern; and other interns during the summer.

Floors were stripped of old carpet and new carpet tile donated by Tandus, was installed. Outmoded desks were replaced by perimeter work surfaces made from Dakota Board (made from ground-up sunflower hulls). What a wonderful way to celebrate recycling for an Audubon Society. Enter carpenter/contractor Bill Werth from Our House Carpentry who built and installed the work surfaces and the supporting files at no charge!

We are planning to replace the existing windows with Energy Star-certified windows from Anderson. We are awaiting a grant to help fund this entire endeavor.

The work that I am spearheading at Bylane Farm is only to keep the physical facilities intact and functioning. There is so much other critical work that is done by our Naturalist Tait, Janelle our ED and our hardworking Board Members: Our preserves include over 600 acres of wildlife sanctuary and 7 miles of marked trails in Pound Ridge (The Morgenthau Preserve), Bedford, Lewisboro and North Salem; our Audubon-at-Home projects at Bylane including the native plant garden and bird-friendly vegetable garden; critical avian studies such as Monitoring Avian Productivity and Survivorship (MAPS), which includes bird banding; studies like the Hawkwatch and Eaglewatch programs; and, of course the monthly lecture programs.

Volunteer time and tax-deductible donations help Bedford Audubon Society in their efforts to protect critical wild bird habitat in our communities. Together, we can make sure the birdsong stays strong!

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LYING DOWN ON THE JOB IS A GOOD THING!

Do you want to look and feel good—get stronger—but without the bulky muscles associated with traditional weight lifting?

An exercise system that does just that, is called Pilates, named after Joseph Pilates, a German who invented the system in the 1920s.

The unusual thing about Pilates is that the majority of the exercises are done lying down!

The object of this system is to be able to get the most benefit with the least effort, and to get the most results with the least effort. In due time, thighs will slim down, the bottom will lift up and the chest will open.

Pilates is a body alignment program that utilizes springs for resistance. It makes the exercise challenging, but without heavy impact on joints.

Exercising with weights only focuses on isolated muscle groups, as opposed to exercise by Pilates. With weights, it's very difficult to change the body as a whole. Pilates springs allow a person to work with gravity instead of against it.

Here is an example. A person could be pushing four springs (about 40 lbs.) resistance each plus the carriage and his or her weight. A carriage, technically called "reformer," is one of two machines that Pilates trainees use. It looks similar to a four-poster bed. It runs forward and backward with springs attached to one end. A person can do about 300 exercises on this one piece of equipment.

The benefit of lying down is that a person is able to strengthen those muscles that are needed to keep the skeleton aligned while in a position with no gravity. Then when that person stands up, technically he or she should be strong enough to support his or her own weight, plus the additional weight from the workout (carriage +



resistance). The second piece of equipment is called a Trap Table, or its common nickname "cadillac" (because it is humongous).

Most of the people who come to see Anna Zullo have an injury—everything from knee or back problems to hip replacement. Emphasis is placed differently with each person who starts Pilates exercises. Someone coming from childbirth is not going to have the same

emphasis as somebody who has had surgery.

Each session is an hour long and you will see a physical change in 10 sessions. Whether it be a strength change, or if you come with a physical problem, your pain should start to subside steadily.

Anna Zullo (**Pilates Pound Ridge**) can be reached at 917-841-1218, email pilatespoundridge@mac.com or check the website: Pilatespoundridge.com

The Trick Was on Us October 31st of 2011

It was Mother Nature playing "trick or treat" this year. Halloween plans were cancelled in most towns – but not in Pound Ridge! Although, with the power out in Scotts Corners until 6 pm, our wonderful **Halloween Walk** was officially cancelled (our Town's police were busy providing emergency services and couldn't provide safe traffic control). **PRBA** chair Mia Camacho-Fitzgerald (**Clear Ridge Soap Co.**) and several shop owners braved the dark to greet about 200 hardy souls who "walked the walk." Saving the day for us all was the **Pound Ridge Volunteer Fire Department** (generators running!) which provided a fabulous **Halloween Party** from 6 to 8:30 pm, complete with 2 haunted houses, refreshments, games and entertainment and, of course . . . CANDY! Thank you!!!

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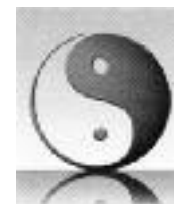
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Winter Tips for Pet Safety!

As the winter months begin, people aren't the only ones who need to adapt. Their pets need looking after as well.

Obesity is one of the most common health problems in pets, and it can become worse in the winter months. Studies have shown that as many as 25% of dogs and 40% of cats in the U.S. are overweight. Pet owners tend to overfeed their furry friends in the winter because they think they're burning more calories, but that's not always the case."

"If you normally feed your dog four cups of food in the summertime, to keep him at a good weight, you probably only need to feed him, and this is off the top of my head, 4 1/4 cups," said WSU Community Practice Veterinarian Raelynn Farnsworth. "So it's not a huge amount more. People tend to give them a huge amount more and they actually gain weight in the winter because they're feeding them too much."

Other factors, such as having adequate bedding and shelter for outside pets, plenty of water and exercise, will keep pets healthy during the winter and will save you a trip to the vet for serious health problems.

"They can get things like frostbite for sure, on their ears and feet which are the most common places, but



anywhere that's exposed," said Farnsworth. "They can become malnourished and dehydrated if their water bowls are frozen and if they aren't getting enough to keep nourished."

Each pet is unique and if it's not practical to exercise outside, consider chasing pets around the house and using activity-related toys and obstacle courses to get pets moving.

Salt and other chemicals used to melt snow and ice can irritate the pads of your pet's feet and may be harmful if ingested. Wipe

the feet with a damp towel before your pet licks them to remove snow packed between your pet's paws. Pet-friendly ice melts are available at many pet supply stores across the nation or online.

The best prescription for winter's woes is to keep your dog or cat inside with you and your family. The happiest dogs are those who are taken out frequently for walks and exercise, but kept inside the rest of the time. Dogs and cats are social animals who crave human companionship. Your animal companions deserve to live indoors with you and your family.

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A Camera Primer

Photography has gone almost completely digital in the past few years. Image quality rivals film, and you can walk into a store, run some simple edits and walk out with your photos. Or you can print them, E-mail them, and with software ranging from free to hundreds of dollars, you can transform them. No film purchases, darkrooms, or waiting a week for processing. There is plenty of software around to enhance your photos, or convert them to artwork. Programs like Photoshop, which is the professional's stock-in-trade, have steep learning curves, but allow amazing results.

Yesteryear's Kodak Brownie has been replaced by the point-and-shoot, or P&S, camera which typically comes with a 3X zoom lens, unlike the fixed-lens Brownie. Even the least expensive models can take shots that will print decently on standard 4" x 6" paper, and can be pushed larger. The more expensive P&S models will print a good 8" x 10".

Long zoom cameras, like the P&S cameras, have built-in lenses, but have zoom lenses in the 10X, 12X, and even 30X range. They usually have better specs all around, and cost more, but are still quite affordable.

Interchangeable lens cameras allow you to use a variety of lenses with one camera body. They often come with a modestly priced "kit" lens. You can get telephoto, wide-angle, macro and zoom lenses of any quality your budget will stand. One other advantage of these cameras is that they

can use many lenses from film cameras, although you may need to use an adapter, and shoot in manual mode.

There are two major types of interchangeable lens cameras, digital single lens reflex (DSLR) and the newer micro four-thirds cameras. Micro four-third cameras compose your shot on a small electronic screen, like a 3-inch TV. DSLRs provide an electronic screen and a viewfinder, which may also be electronic, but which you view with your eye next to the viewfinder. Micro four-thirds cameras are considerably smaller in size and lighter, even if they can use similar lenses and can take comparable photos.

Cameras may feature optical and digital zooms. Optical zoom is true magnification using the lens. Digital zoom is an attempt to "fill in the blanks," a guess at what an image should look like. Optical zoom is the important feature.

Image stabilization (IS) reduces or eliminates camera shake and the resulting fuzzy pictures. If you plan on zooming in on your subjects, you want IS. Otherwise, you'll need a tripod to get a clear shot.

Best advice: go to a camera store and handle the cameras you're interested in. You can find excellent reviews at www.dpreview.com, www.imaging-resource.com, www.dcresource.com, and www.steves-digicams.com.

Richard Mendes, **Computer Problem Rescue**
764-5378 rm3m@optonline.net

3rd Annual "Rock the Ride & Run" in April 2012

April 2011's **2nd Annual Rock the Ride & Run** benefiting **LIVESTRONG** had nearly 100 participants from the tri-state area – cyclists and runners of. The event included raffles, entertainment and a "LIVESTRONG Village" of local non-profits and businesses. Over \$2,000 was raised to benefit Lance Armstrong Foundation, the cancer survivorship and support organization.

Local LIVESTRONG Leader Rica Mendes (**Mary Kay Consultant**) has chaired this event since it started in 2009.

Sponsors include **PRBA**, members of the business community and riders— local cyclists and bicycle club leaders.

Cyclists of any experience, runners, children and walkers, are invited to participate. Spectators are also welcome to enjoy the day in Scotts Corners. Rica is now also seeking volunteers as well as event and season sponsorships.

Tentatively scheduled for Sunday, April 29, starting in Scotts Corners. For more information, please contact Rica at 914-384-3648 or mendes.LIVESTRONG@gmail.com.

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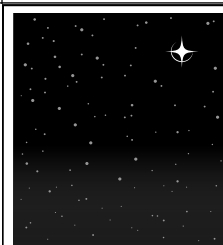
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Asia Hamachi's New Owners Add Thai to an Expanded Menu

Thai cuisine has now been added to Japanese and Chinese specialties by the new owners of **Asia Hamachi**. Two of the more popular Thai dishes are Gai Pahd Bai Gaw-Paw (spicy basil chicken) and Gaeng Panang (Panang curry chicken).

Asia Hamachi's new additions to the Chinese appetizers, Crab Rangoon and Mini Spring Rolls, will get dinner started. And, of course, a signature sushi bar presided over by the skilled sushi specialist provides tidbits of sushi and sashimi using the freshest of ingredients.

As their website promises, "We pick our ingredients carefully and use only the freshest and most natural ones to prepare every dish, and cook them in a healthier way to provide the most nutritious food."

Owners Ivy Yuan and chef Guo Yang look forward to indulging your appetite for Asian food and welcoming you to their restaurant.

Enjoy your meal dining in the comfortable dining room freshly decorated in warm golden tones. Pick-up and delivery services are also available. View the menu and order online at www.asiahamachi.com.

Open 7 days: Mon., 4-9:30pm, Tues.-Thurs., 11:30am-9:30pm, Fri. to 10:30pm, Saturday, 1-10:30pm. Sunday, 1-9:30pm.
54 Westchester Ave (across from Trinity Shopping Center) 764-8383

Emergency Info – When the Power Goes Out . . .

We've had a most unusual late summer and fall this year, with two major power outages. And, with winter just starting, it is possible these will not be the last such events.

One of the most distressing things about these outages was the disruption of lines of communications for most residents – no phone or spotty cell service, no Internet, etc.

But in Pound Ridge, we are fortunate to have resources with generators that helped keep things going. However, many people were not aware of many of these.

- 1) For information during these emergencies, call the Pound Ridge Police house line (764-4206).
- 2) During prolonged outages, the Town House is open 24 hours to provide a warming station, hot coffee, rest

rooms, access to showers, a place to sleep, etc.

- 3) Dry ice will be at the Town House for home freezers, as well as bottled water (and water for flushing).

Councilman Jon Powers is head of our OEM (Office of Emergency Management) which is planning expanded communications using Twitter. A dedicated telephone line for emergencies is also in the works.

Pound Ridge is fortunate to have outstanding emergency services provided by the Pound Ridge Police, PR Volunteer Firefighters, PR Ambulance Corps and PR Highway Department. Thank you also to the volunteers at the Town House who helped answer the phone at the front desk and who even provided hot soup for shivering neighbors!

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- NYS licensed teacher of the speech & hearing impaired
- Focusing on preschool & early elementary (3-8 yrs)
- Yoga for special needs children

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