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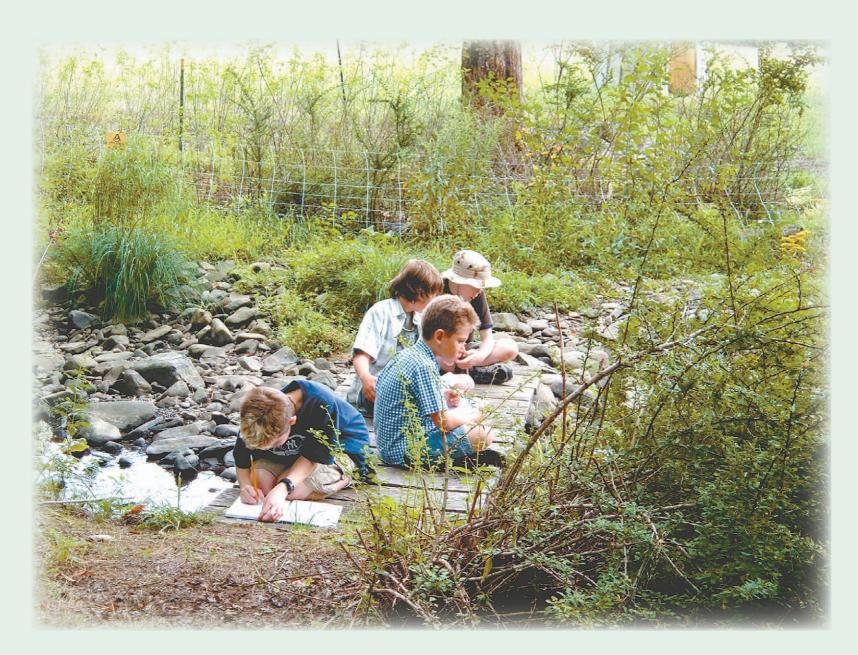
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CONTENTS

features

- 6 The home at the center of The Homestead School By Erin Vanderburg
- Sullivan County Celebrates200 YearsBy John Conway, Sullivan County Historian
- 25 Let's all chant 'Om' together By Mary Greene







departments

- 9 Decorate What's your basic style? By Enola Mirol
- 13 Eat Mac-n-Cheese make-over By Clarissa Chatley
- 21 Family
 Family game night
 By Clarissa Chatley
- 23 Ask the Expert
 A conversation with contractor
 David Dunlap of Hilltop Homes
 By Emily Grillo
- 29 Create
 Fashionable pillows
 By Enola Mirol

from the EDITIOR

"It's time to celebrate tradition and find hope and renewal in the small pleasures of life."



File pho

Mary Greene Section Editor

This edition of **Our Country Home** features many ways for its readers to come back to basics and appreciate what has come before. Our centerfold story, written by Sullivan County historian John Conway, gets an early start on Sullivan's coming Bicentennial celebration, highlighting the county's rich and varied history as well as upcoming events. Other features give an inside look into The Homestead School, the established Montessori program run by the Comstock family in Glen Spey, and relaxation techniques to reduce the stress of our busy lives. Our departments tell you everything from how to snazz up a room with pillows you cover yourself, to the basics of home renovation, to how to start a family game night. You will learn from our designing expert what your basic decorating style is, and how to translate that into home furnishings that reflect both your lifestyle and your spirit. We also give suggestions on recipes passed down from generation to generation and a few tips for the well-organized householder. It's time to celebrate tradition and find hope and renewal in the small pleasures of life. So kick back on your favorite pillow, grab a cup of old-timey tea and enjoy.

Mary Greene

May Frees



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The heart and hearth of the home, the walls of the living room as shown here, constructed from original stone foundation.

By Erin Vanderberg

For Peter and Marsha Comstock, retirement would be a 40-hour workweek. Along with their eldest son Jack and daughter-in-law Nisha, Peter and Marsha oversee the daily workings of The Homestead School, a Montessori elementary school they founded in 1978 on land that has been in Peter's family for five generations.

Rising at 5:00 a.m., they have their homesteading chores to tend to: feeding the Nubian goats, carding the Shetland sheep, collecting eggs from the henhouse, cultivating the gardens, maintaining the buildings and grounds. Then comes their day job—and the Montessori Method demands a well-prepared teacher.

The Homestead School is located in Glen Spey, NY, where Peter's great-great uncle, George Ross Mackenzie, a former Singer Manufacturing Company president, used his wealth to build a sprawling 3,000-acre estate and the impressive mansions that have defined Glen Spey's stature. Today's Comstocks are the proud "poor relations" of George Ross' brother Alexander, who built a modest farmhouse in 1876, naming it Glen Roy. Alexander's grandson, who was also Peter's grandfather, Alexander Mackenzie Telfer, was the last to live in the house; a celebrated football player in his youth, he turned Glen Roy into a dental office in the mid-1900s.

Peter and Marsha met during their studies on the West Coast, in Washington. He majored in French literature and went on to receive his teaching certification and two degrees in Montessori education while she majored in art education. Both were working as teachers in and around Seattle, but dreamed of starting their own school in the country when the Glen Roy homestead became available to them.

They opened The Homestead School for preschool and kindergarten students over 30 years ago. Working on renovations during summers off, the Comstocks, with the help of John and Philip Lust, Marsha's brothers, steadily transformed the abandoned farmhouse into a first-rate, private elementary school.

Now, their 85-acre property includes the transformed farmhouse where the youngest students are taught, and also where the two Comstock sons were raised. Basement additions allowed for a gymnasium, storage and a root cellar. There is also a fiber arts studio in the building, and Marsha's artist's studio, where she works on pottery and painting.

The heart and soul of the old farmhouse is the kitchen and adjacent living room. While other rooms throughout the school display Glen Spey history from a Mackenzie vantage point, here the Marsha Comstock (née Lust) side of the family is honored, with old photographs of wheat farming relatives in the Palouse of eastern Washington, and her parents in the factory where they met during World War II—her mother a Rosie the Riveter. Floor-to-ceiling windows on the fourth wall overlook a well-tended vegetable and flower garden.

Next to the farmhouse, a barn contains the art room, the chicken coop and an ever-changing open loft—part basketball court, part staging area, and currently Peter's workshop. Two additional build-







Photo by Erin Vanderburg

The "Glen Roy" farmhouse, pictured here circa 1900, was the original homestead, built by Homestead **School director Peter Comstock's** great-grandfather Alexander MacKenzie in the mid-1800s.

Above, right

The farmhouse today, housing **Homestead School classrooms** and living quarters for directors Marsha and Peter.

Left

Marsha, Jack, Nisha and Peter Comstock pose in their sundrenched kitchen.

ings—the new first-to-third-grade classroom and the newly renovated Quonset hut for the fourth-to-sixth graders—make for a grand total of six classrooms and four studios where the student body of about 90 fits comfortably.

The Homestead students get outside as much as the weather will allow, and for that there are tennis courts, a field for farming experiments, a playground, a soccer pitch, and Big Vanilla, the natural sandpit just up the hill—not to mention 85 acres made for exploring. But, the Comstocks are never "done," and in the next few years they plan to build a barn for the animals and a garden shed.

Peter teaches first through third graders, Marsha is the art teacher, and Jack and Nisha co-teach the fourth through sixth grades. Another 20-odd staffers, many of whom have students in the school, come to the Homestead to teach and assist. The staff is committed to the educational mission of The Homestead, and personnel issues rarely come up. The fourth, fifth and sixth grades are a new addition to the school, much to the satisfaction of the Homestead community. They came about when Jack and his wife Nisha joined the teaching staff of Homestead.

While Jack was born and raised in the area and has been at the Homestead school since its inception, attending until third grade (Marsha credits her boys Jack and Stephen as the real impetus behind opening the school), Nisha grew up in Cincinnati, OH. She met Jack while they were both abroad in India and they were married at Jack's great-grandfather's house, adjacent to the school, at a wedding that stopped traffic on Hollow Road. And so it came to be that The Homestead School is now an intergenerational institution.

Though descending from the poorer of the Glen Spey Mackenzies, life on the other side of the hill at Glen Roy has been rich. The Comstocks' work, though arduous, illustrates the value of settling into a piece of land, working the soil and reaping what is sown. They planted seeds of knowledge alongside the other crops, and children with a passion for learning grow here perennially.

The Absorbent Mind

Maria Montessori and the Homestead **School**

Maria Montessori (1870-1952) was born in Chiaravalle. Italy at a time when women did not pursue a scientific education, but Montessori did anyway, becoming Italy's first female physician specializing in pediatrics and psychiatry, and then a professor at the University of Rome. She went on to direct a special education department at the University and later worked at the Casa de Bambini, a daycare for the children of the workingclass poor. As an avid researcher steeped in the educational theory of Rousseau, Pestalozzi, Froebel, Itard and Seguin, Montessori concluded that it was the job of the teacher to observe the child, much like a doctor with a patient, and construct purposeful activities that suited the child's perceived interests. Montessori's results with special education and underprivileged students were called miraculous, and her work earned her three nominations for the Nobel Peace Prize.

At The Homestead School, knowledge is whipped up from scratch; students see all the ingredients of a concept before moving to the abstract. Counting, for example, starts with tactile and visual aids—beads—that convey the significance of numbers quickly. Then, when it comes time to study the Paleozoic era, there is a large block in the schoolyard containing a million beads. This visual teaching aid gives students a concrete idea of just how many a million is, so that they can have a tangible idea of just how long ago the dinosaurs lived on earth. Along with the traditional Montessori methods, kids also learn the basics of homesteading—taking care of animals, cultivating crops, working with fiber. "What we do is organic to who we are, but it's also so valuable for the kids," says Peter Comstock.







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DECORATE

What's your style?

By Enola Mirol

Is your living space living up to all you want it to be? If you have been itching to update your space with a few trendy accessories or plan to embark on a complete overhaul, OCH has outlined some design basics that will take the guess work and intimidation out of decorating.

What's in a name?

Zen, bohemian, Adirondack, island—a style by any other name still falls into one of five basic design categories: traditional, modern, contemporary, country and eclectic. These styles have certain guidelines and principles that serve as a base style for many new trends. Zen/Asian's minimalism lends itself to a modern aesthetic; however, because current contemporary trends are also based in minimalism, Zen/Asian can be considered contemporary as well. Bohemian style, with its middle eastern accents and patterned fabrics in vibrant hues, is eclectic at its core. Adirondack, island and cottage styles use natural, rustic or painted furniture and casual fabrics, indicative of country style. Do you know what your design style is?

Create a design File

If you're not sure what your design style is, start looking through design and decorating magazines and tear out pages that feature rooms, objects, colors or a mood that you like. Create a design file by storing collected pages in a folder or binder. After a month or so, go through the design pages—analyzing and editing until you have an understanding of what you like and can live with. Now, measure your space, windows, doors, etc. Next, go to your hardware store and get paint chips in a colors that you want to use and wood samples of existing furniture you want to match. (Wood flooring samples or wood stain color charts can be found at most hardware stores. Look for the closest match to your furniture.) Keep color chips in your design file along with fabric swatches and be sure to take your design file with you when you shop, along with a tape measure and digital camera. Don't be shy about asking for swatches and samples.

TRADITIONAL



Traditional design is timeless. Homes decorated in this style incorporate period furnishings or reproductions of period pieces with richly patterned fabrics, lush window treatments, architectural elements and craftsmanship. These spaces tend to be formal, yet when done well, are very inviting and warm. The look is intended for grand homes but can be paired down to fit more modest spaces. The traditional style easily translates from English manor to Mediterranean villa.

Continued on page 11

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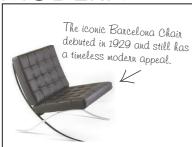
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DECORATE

MODERN



Modern design is not about current trends but rather a design philosophy that was introduced at the turn of the 20th-century. Modern design denotes clean lines. geometric shapes and polished metals. Homes that feature this style may be perceived as austere, but the clean, clutter-free space is often fresh and tranquil. The backdrop for these high-styled furnishings is usually white,



giving the space a gallery feel. Art is as important as the furnishings and serves as a way to introduce color into the space. This style works best in modern/mid-century homes, apartments and lofts. It can also work in an older home if the space is opened up and ornate details are removed or camouflaged.

CONTEMPORARY



This is the category that current trends fall into. Right now, contemporary style is taking its cue from modern design with a minimalist approach. Clean lines and geometric patterns in neutral or high-contrast palettes are dominating furniture showrooms. Trendy accents include glass, chrome, leather, Lucite and globally inspired pieces. Ecofriendly materials also contribute to today's contemporary style. Contemporary style with more traditional elements is referred to as "transitional."

If you're a first-time home buyer leaning toward contemporary home furnishings, your best bet is to buy furnishings and objects that will stand the test of time. Buy a few pricier, well-made statement pieces that are neutral in color and form and use less expensive, trendy items as accents.

Contemporary works in most spaces, but don't rely on this category as your only design style or you will need to redecorate every few years as trends fluctuate.

Buddhas of all shapes and sizes are a big trend.



Continued on page 19

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Mac-n-Cheese make-over

By Clarissa Chatley

When thinking of cooking basics, there is nothing more basic than pasta. For this edition of Our Country Home, we decided to give traditional Mac-n-Cheese a grown-up makeover. Since pasta is so versatile, try adding your favorite spices, cheeses, sauce and veggies for your own signature dish. Enjoy.

Shopping Check List

Misc Aisles Dijon mustard Chicken broth 1 box of rigationi 1 box rotini pasta

Dairy Aisle 1 pound butter 1 bag shredded sharp cheddar cheese 1 bag shredded mild cheddar cheese 1 bag shredded parmesan cheese 1 bag shredded mozzarella cheese 1 block of asiago cheese 1/2 gallon 2% milk Eggs

Fruit & Veggie Aisle Sun-dried tomatoes (not in oil) 2 heads of fresh broccoli Head of garlic Fresh thyme 1 shallot 1 small onion Pumpkin seeds

Baking Aisle Sugar Light brown sugar Vanilla extract 1 bag of chocolate chips or chunks Flour Ground nutmeg Olive oil Red wine vinegar Baking soda

Frozen Food Aisle 2 10-ounce boxes frozen chopped spinach 1 10-ounce box frozen artichoke hearts

includes all the ingredients you will need to prepare the

Creamy Mac-n-Cheese with Broccoli and Sun-dried Tomatoes



- 1 large handful of sun-dried tomatoes (not in oil)
- 2 heads of fresh broccoli
- 3 cloves of garlic
- 2 tablespoons olive oil
- 3 tablespoons butter
- 3 tablespoons all purpose flour
- 4 cups of warm milk

- 2 cups sharp cheddar cheese
- 2 cups mild cheddar cheese
- ½ cup asiago cheese
- 2 tablespoons Dijon mustard
- Salt and pepper to taste
- 2 tablespoons fresh thyme
- 1 pound of rigatoni, cooked and drained

Heat the oven to 400 degrees.

Cut the broccoli into florets and spread out on a cookie sheet. Finely chop the sun dried tomatoes and garlic, sprinkle over broccoli. Drizzle olive oil over the broccoli, sun dried tomato and garlic mixture. Season lightly with salt and pepper. Bake about 25 minutes.

Melt the butter in a pot and add flour. Cook for about a minute until foamy. Add warm milk.

Whisk until thick and bubbling. (If extra thickening is needed, add a little cornstarch and follow cornstarch directions on the package.) Remove from

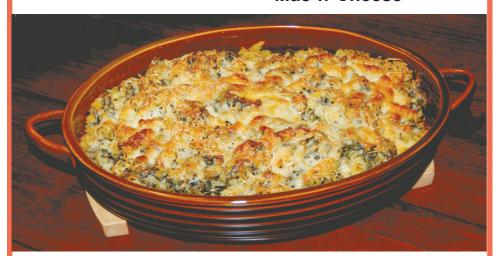
Stir in the cheeses, mustard, thyme, and salt and pepper to taste. In a very large bowl, add pasta, sauce and broccoli mixture. Toss to coat.

Transfer to a baking dish and bake $30\ \mathrm{minutes}$ or until bubbly and golden.

Continued on page 14

EAT

Spinach and Artichoke Mac-n-Cheese



- 2 tablespoons butter
- 1 small onion, finely chopped
- 2 cloves of garlic, finely chopped
- 2 tablespoons fresh thyme, finely chopped
- 2 tablespoons flour
- 2 cups chicken broth
- Salt and pepper to taste
- 1/8 teaspoon ground nutmeg
- 2 10-ounce boxes frozen chopped spinach, thawed and squeezed to extract liquid
- 1 10-ounce box frozen artichoke hearts, chopped
- 1 ½ cups parmesan cheese plus a little extra for the top
- 2 cups mozzarella cheese
- 1 pound rotini pasta, cooked and drained

Preheat oven to 350.

In a saucepan over medium heat, melt butter and sauté onion and garlic until tender. Add thyme and whisk in flour. Cook for about a minute. Add chicken broth, nutmeg and salt and pepper to taste. Increase the heat to high, whisking often until thickened, about 8 minutes. Stir in spinach and artichoke hearts and add in cheeses. Add cooked pasta and mix well.

Pour into baking pan and sprinkle top with parmesan cheese.

Bake 30 minutes or until top is lightly browned.

Make over your salad with these easy-to-prepare dressings

Shallot Vinaigrette

½ cup olive oil

2 tablespoons red wine vinegar ½ shallot, finely chopped Salt and pepper to taste

Combine all ingredients in an air-tight container and shake well. Pour over salad and enjoy.

Toasted Pumpkin Seeds

2 tablespoons olive oil Salt to taste ½ cup pumpkin seeds

Over medium heat, heat olive oil. Add pumpkin seeds and salt. Let pumpkin seeds cook while stirring until slightly brown. Sprinkle over salad greens.

Don't forget dessert!



Chocolate Chip Cookies

- 2 1/4 cups all purpose flour
- 1 teaspoon baking soda
- 2 sticks butter, softened
- 34 cup sugar
- 3/4 cup light brown sugar
- 1 teaspoon vanilla extract
- 2 cups chocolate chips or chunks

Preheat oven to 375.

the oven.

Cream butter, sugars and vanilla together until well blended. Add eggs. Add flour and baking soda, mix till well blended. Add chocolate chips or chunks. Give a quick stir to incorporate.

Scoop cookies onto cookie sheet, using a cookie or small ice cream scoop. Bake until lightly browned, as cookies will continue to cook after they're out of

This is a simple variation of the classic Toll House chocolate chip cookie recipe, which was developed by Ruth Wakefield in 1930 at her Toll House Inn in Whitman, MA, when she broke a chocolate bar into little bits and added it to her cookie dough. Thus, the chocolate chip cookie was born.

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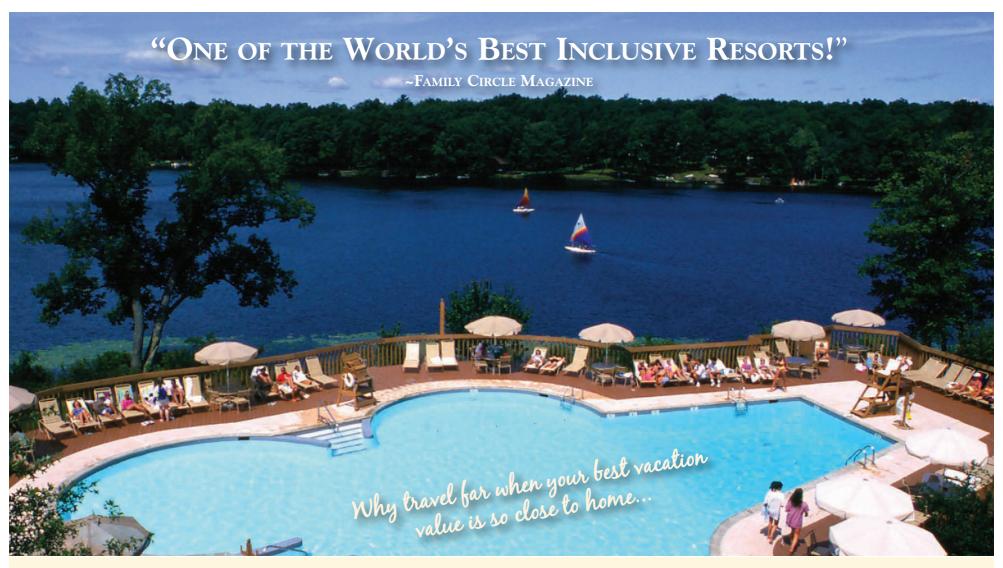
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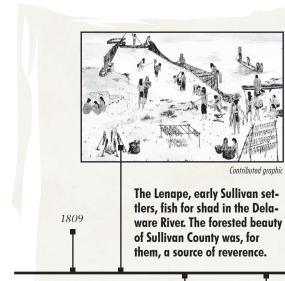


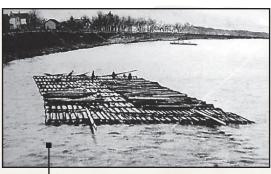




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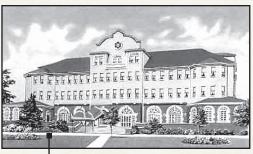


A timber raft on the Delaware River makes its way downstream to Philadelphia. Timbering was part of the "Three-I" industries of Sullivan County, comprised of tanning, timbering and tourism.

1900



The Wawonda in Liberty was the largest and most elaborate of the county's Silver Age resorts. It burned down in 1914.



1925

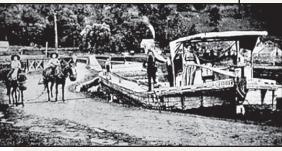
circa 1930, was a typical Sullivan County Mission-style hotel.

1950



The Brickman in Fallsburg, show here





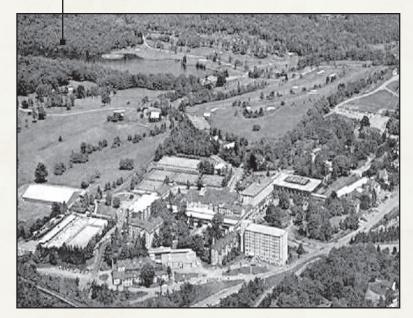
The opening of the D&H Canal in 1828 enabled goods to be shipped in and out of the county for the first time.



The Erie Railroad promoted the Upper Delaware Valley as a "sportsmen's paradise." The railroad ran through the Delaware Bridge, Narrowsburg, Cochecton, Callicoon, Hankins (shown here) and Long Eddy in Sullivan County.



The Kenmore in White Lake was a typical Sullivan County Silver Age resort.



Grossinger's was among the most famous resort hotels in the world.

SULLIVAN COUNTY CELEBRATES

By John Conway, Sullivan County Historian

When Sullivan County was officially formed from Ulster County on March 27, 1809, it was a heavily forested, rocky and rugged region largely inaccessible to the rest of the world. But the natural beauty of its many lakes, streams and rivers had already made it a very special place to a group of Native Americans who revered such features.

Some archaeologists believe the Lenape (their name is pronounced len-ahh'-pay and is most often translated "original people") first arrived in this area over 11.000 years ago. While there is no indication exactly what the place was like at that time, oral tradition (the Lenape had no written language) holds that the tribe ultimately controlled a land mass that encompassed from what is today upstate New York to the state of Delaware. They called this land Lenapehoking, or "land of the Lenape."

The tribe spent the warm weather months in this heavily forested region, particularly along the major rivers, which they used for transportation. Here they hunted, fished and farmed, growing corn, squash and beans. They held great council fires

in the Mamakating valley and annual corn harvest festivals along the Delaware at what is today

To the Lenape, every object in nature, including animals, birds, trees, grasses and stones, contained a spirit or "manetu." In simple terms, the more abundant a place was in natural beauty, the more sacred it was. Few places were held in greater reverence than the area that is today Sullivan County. It was so thick with trees the Europeans would later call it the dark forest, but to the Lenape, that meant it was extra special—indeed, blessed by the gods.

With the arrival of the Europeans—Swedish, Dutch and then British settlers—beginning in the middle of the 17th century, visits by the dwindling Lenape population became fewer and farther between. War and disease had severely diminished their numbers, and friction with the Europeans anxious to purchase land, a concept totally alien to the Lenape, prompted the tribe to look elsewhere to live. By 1730, the Lenape people had left the region for good.

Soon the area was abuzz with industry. Timber was abundant and in great demand. A man named

Daniel Skinner conceived the idea of floating the tall, sturdy pine trees that grew along the banks of the Delaware River to Philadelphia for use in the burgeoning ship-building industry in that city. Timber rafting, the first of the county's three great industries—historians today call them the Three Ts—was born

Some timber was dragged by oxen over rough roads and later hauled by mule and boat on the Delaware & Hudson Canal to the Hudson River for shipment to New York City for use in construction. Later, the bark of the prolific hemlock tree was used in the tanning industry, which peaked during the

Sullivan County hemlocks produced a peculiar, reddish-hued leather, which was stronger and more supple than that tanned elsewhere. At their height, the county's tanneries employed thousands of men, and Sullivan produced more leather than any other

Tanning became the county's second great industry, thriving until the hemlock stands were depleted. By the end of the 1880s, all but one of the 40 tanneries in the county had vanished, as had the massive fortunes amassed by those who owned them.

When the landscape of Sullivan County had been drastically altered by the timber and tanning industries, the area turned to tourism as its principal industry. Beginning in the 1840s, entrepreneurs were building summer hotels to accommodate visitors who came here to fish and hunt. As the end of the 19th century approached, these small resorts replaced logging camps, and farmhouses became boarding houses. With the railroads providing easy access to the county for the first time, the tourism industry really began to grow.

The western side of the county along the Delaware River began to develop first, with the completion of the Erie Railroad in 1850. The railroad embarked on an aggressive promotional campaign touting the region as "a sportsmen's paradise," and small hotels played host to those looking for recreation and an escape from the oppressive summer heat of the cities.

When the center of the county got rail service with the completion of the Monticello & Port Jervis Railroad in 1871, and the New York & Oswego Midland Railroad (later the Ontario & Western) in 1872,

resorts began to spring up there, as well. Soon, thousands of visitors a year were spending their summers in the cool and health-restoring mountains.

From 1890 to about 1915, the county enjoyed an unparalleled prosperity as approximately 200 hotels such as the Wawonda and Ye Lancashire Inn in Liberty, the White Sulphur Springs House, the Columbia Farms and Brophy's Mountain House in Hurlevville, and the Mansion House and the Kenmore in White Lake, thrived. Vacationers who flocked to Sullivan County during this Silver Age came for the same reasons the Lenape first visited the area centuries before—they came to enjoy the fresh air, the clean water and the magnificent scenery.

When the Jewish immigration to America began in earnest in the late 19th and early 20th centuries. large hotels were built by Jewish owners in places like Fallsburg, Liberty and Livingston Manor. By the 1940s, over 300 hotels were in operation in Sullivan County. The Golden Age had begun, and would last for about 25 very prosperous years. By 1953, there were 538 hotels in the county, including two of the most famous resorts in the world: Grossinger's in Liberty and the Concord in Kiamesha Lake.

August 2 | 12noon | Monticello Family Fun Day Bicentennial Event | Monticello, NY AL August 9 | 10am | Jubilee Day | Catskill Center Fly Fishing Museum, Livingston Manor, NY September 26 | 12noon | Bicentennial Countywide Picnic | Bethel Woods Center for the Arts, Bethel, NY

June 6 | 10am | ThunderSplash | Lander's River Trips, Narrowsburg, NY

Historical Reenactments, Lectures & Tours

March 27 | 6pm | The Villa Roma, Callicoon, NY

May 20 | 7pm | Lecture by Sullivan County Historian John Conway | Crawford Library, Monticello, NY

July 25 | 10am | Walnut Mountain, Liberty, NY

July 26 | 12noon | Walnut Mountain, Liberty, NY

July 12 | 6pm | Francis Currey Day | Hurleyville, NY

July 11 | 10am | ARC/ Sullivan Renaissance Garden Tour (Throughout County) August 23 | 10am | Fort Delaware Open House | Narrowsburg, N

March 26 | 8pm | Lou's Rockin' Bicentennial Eve Party | Eldred Preserve, Eldred, NY May 2 | Bicentennial Kentucky Derby | Monticello Gaming & Raceway, Monticello, NY May 15 | 6pm | Bicentennial Softball Challenge | Jeffersonville, NY May 15 | 8pm | Chalkwalk Opening Ceremony & Chili Cook off | Jeffersonville, NY May 17 | 1pm | Pick up Baseball/Softball Tournament | Lions Field, Jeffersonville, NY

Parades, Festivals & Fairs

Celebrations & Games

May 16 | 10am | Chalkwalk Festival Begins | Jeffersonville, NY May 24 | 3pm | Past, Present & Future Festival | Bloomingburg, NY May 25 | 10am | 125th Fremont Memorial Day Parade | Fremont Center, NY June 13 | 12noon | Trout Parade and Festival | Livingston Manor, NY

June 14 | 12noon | Tractor Parade | Callicoon, NY

July 18 | All Day | Cochecton Day on the Lake Festival | Cochecton, NY

August 1 | 10am | Roscoe's Bicentennial Festival | Roscoe, NY

September 4-7 | Logging Day Festival | Narrowsburg, NY

September 13 | 11am | Taste of Sullivan County at The Harvest Festival at Bethel Woods, Bethel, NY

Concerts, Plays, Films & Exhibits

May 16 | 8pm | Fain Cabaret | Jeffersonville Fire Department, Jeffersonville, NY May 18 | 7pm | Film-'Griffiths' | The Sullivan County Museum, Hurleyville, NY

May 23 | 8pm | Fain Cabaret | Bloomingburg Restoration, Bloomingburg, NY

May 24 | 3pm | Musical Revue/ Past, Present & Future Festival | Bloomingburg, NY

June 16 | 7pm | Play-'Wish You Were Here' | Forestburgh Playhouse, Forestburgh, NY

June 22 | 7pm | Film-'Dirty Dancing' | The Sullivan County Museum, Hurleyville, NY July 2 | 7pm | Play-'Give Me Liberty' | Liberty Free Theater, Liberty, NY

July 12 | 3pm | Weekend of Chamber Music at JeffFest | Jeffersonville. NY

July 13 | 7pm | Film-'Enemies, A Love Story' | The Sullivan County Museum, Hurleyville, NY

July 20 | 7pm | Film-'Rise and Fall of Borscht Belt' | The Sullivan County Museum. Hurlevville. NY

August 2 | 3pm | Fain Cabaret | Lanza's Country Inn. Shandalee, NY

August 3 | 7pm | Film-'Walk on the Moon' | The Sullivan County Museum, Hurlevville, NY August 8 | 7pm | Luxton Lake Summer Jazz Concert | Narrowsburg, NY

August 12 | 2pm | Callicoon Center Band 75th Anniversary Concert | Callicoon Center, NY

August 14-16 | Woodstock Weekend | Bethel Woods Center for the Arts, Bethel, NY

August 20 | Little World's Fair-Opening Day | Grahamsville, NY

August 24 | 7pm | Film-'Sweet Lorraine' | The Sullivan County Museum, Hurleyville, NY

August 30 | 6am-2pm | Historical Fly-In and Antique Apparatus | Wurtsboro Airport, Wurtsboro, NY

September 12 | 7pm | Fain Carbaret | NaCL Theater, Highland Lake, NY

Event listings provided by Sullivan County Government Center.

For more information and other area events go to www.scva.net.

By this time, these resorts were offering their guests modern amenities such as golf, tennis, heated swimming pools, professional entertainment and three hearty meals a day instead of merely the fresh air and clean water of days gone by. Still, hardly an afternoon would pass that thousands of summer tourists wouldn't take to the country roads for a stroll in the magnificent countryside.

Even now, as Sullivan County celebrates its 200th birthday, its landscape continuing to evolve with the disappearance of the large hotels of the Golden Age, vacationers—many of whom rent or own second homes here—continue to flock to the area to enjoy its rich natural beauty. Whether hunting or fishing, playing golf or tennis, enjoying the worldclass concert venue at Bethel Woods or looking for the bald eagles that have established habitat in Sullivan County, these visitors, who now come all year around, have discovered what the Lenape knew centuries ago. Sullivan County is a very special place—indeed, blessed by the gods.

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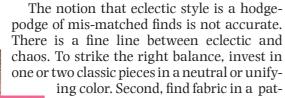
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tern that you will be able to live with for some time. The selection of fabric is key because it will set the tone and style for the eclectic room. Crewel, traditional floral, funky vintage or geometric in large graphic patterns will all work as your primary fabric. Find one or two contrasting fabrics using the same fabric weight and color scheme but in a smaller print or stripe. Professionally upholster a vintage chair or pair of chairs in your primary fabric. Create or have coordinating pil-

lows and drapes made in contrasting fabric. Walls can be bright, but must take their color cue from your primary fabric. Furnishings can be different species of wood from different eras but must all be the same scale. This look works well in most homes.

COUNTRY



French, Scandinavian, Belgian, English, American and yes, even modern—country has many variances. Rustic or refined—painted or patinaed—the bones of country style lie in the wood. The hottest trends in country right now are Belgian and modern country. Belgian country is similar to Scandinavian; the wood tones are lightly white-washed or gray over caramel pine, and the color palette is linen and cream accented with rust or slate blue. This look works in rustic homes with dark floors and exposed beams.

Modern country takes its cue from the minimalist approach and is clutter-free and features hand-crafted furniture in shades of natural pine, black and gray. There is a trend in painted furnishings, too; apple green, soft blue and red are added to rooms for accent. Original artwork has replaced country-collectibles and includes photography, vintage signs and industrial-looking sculptures. The space is open and airy with a soft, neutral color palette in shades of tan, gray and cream. Fabrics include linen, natural hide and men's suiting material. This look works in both country farmhouses and urban lofts.

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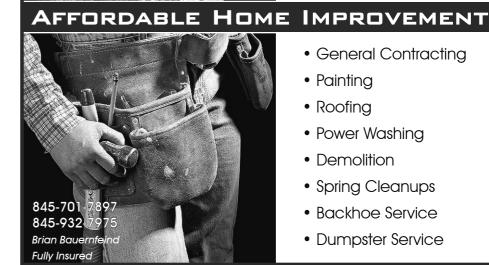
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By Clarissa Chatley

There is no better time than now to start a tradition of family game night. Sure, I admit that it's not always easy to stick to a schedule, but I'll also tell you that from my experience, family game night forces everyone to reconnect and interact. Between busy schedules and frigid winter air, a family game night is indeed one of the best gifts that you can give your loved ones no matter what time of year. While you're at it, complete family game night with some good take-out from a local pizzeria or Chinese restaurant.

Getting started

Here's a quick guide to get you started.

- · Set a consistent day and time. However, if family game night involves young children, during the week is not the best idea. I've found that Fridays or early evenings on Sundays work best with little kids. But if you can't commit to one day a week, don't give up. Just do as much as you can.
- Most people already have games hidden in a closet somewhere, but you may want to splurge and purchase a few new ones.
- Avoid interruptions. Make a rule no television, no cell phones, no computers, no PDA.
- · Select games that everyone can enjoy by considering the ages of the players.

- If incorporating food, let everyone take a turn picking the food of the evening.
- Remember, losing the game is not always easy, especially when playing with the little ones. Feelings and egos can become easily crushed. The important part is to help your kids understand winning and losing and explain to them the reason behind family game night: to spend time together in a relaxed and enjoyable way.
- Don't limit game night to an evening with the kids. Start one with friends, co-workers or just a good group of people who like to get together.

Games



Uno

America's number one card game, Uno is easy to learn. Just play cards from your hand by matching color, number, and so on. The object is to rid yourself of cards before opponents do.

When you have one card left, you get to shout "Uno," always a hit with the little ones.

Two to 10 players.

Recommended for ages seven and up (but our five-year-old plays this game and fully understands it).



Chutes and Ladders

Players spin the spinner and move their pawns. If the pawn lands on a picture square at the bottom of a ladder, children climb up with a good deed. Naughty deeds slide you back when you land on a picture square at the top of a chute. Two to four players.

Ages three to six.



MONOPOLY

Junior Disney Edition

Choose a Disney Channel character and race around the gameboard buying properties as you go. Collect the most money by the end of the game and you win.

Two to four players. Ages three-plus.



Bananagrams

Have you ever sat at a scrabble board and wondered when the other players were going to finally finish their turns so you could get around to your play? Bananagrams lets you make words from letter tiles for the entire game.

Two to six players. Ages seven-plus.



These restaurants can provide good eats during game night.

Benji & Jake's

5 Horseshoe Lake Road White Lake, NY 845/583-4031

Carini Pizza

112 Kirk Road Narrowsburg, NY 845/252-3338

II Castello

130 State Route 97 Barryville, NY 845/557-6400

Len & Jo's

186 W Main Street Port Jervis, NY 845/856-8021

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China King

225 Bridge Street Narrowsburg, NY 845/252-3988

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Renovating 101: What You Need to Know

A conversation with David Dunlap of Hilltop Homes

By Emily Grillo



It's nearly impossible to find the house of your dreams on a budget. We are lucky when we can see a diamond in the rough and all the "potential" a house can have, knowing, of course, that the house will take work to transform it into a

You may be looking to renovate a whole house or just a room or two. Either way, with the economy uncertain and real estate sales down, you want to make sure you are choosing the most cost-effective way to make home renovations. Serious considerations include making a budget, a plan and a management strategy. You also want to make sure that the planned renovations will not put you out of your house or living space for an indefinite period.

Your contractor will be your right-hand man (or woman) in the renovating process. You should be able to bounce ideas off each other and come up with a restoration plan. A good contractor will be able to keep you within budget while exploring your design wishes for your home. Remember, flexibility is the key to success in a project. Listen to your contractor and be sure that your contactor understands the vision you have

Our Country Home spoke with David Dunlap, owner of Hilltop Homes, Inc. in Monticello, NY for his perspective on home renovation.

OCH: What questions should you be asking your contractor when making your decisions on renovating

Dunlap: I would recommend asking your perspective contractor these questions:

- How long have they been in business?
- Do they have experience in similar jobs such as yours, and can they provide a list of references of those jobs?
- Do they carry General Liability Insurance? Have contractor provide you with a Certificate of Insurance.
- Do they carry Workers Compensation Insurance? Make sure they do; it protects you from liability if a worker should get injured on your property. If the contractor is a one-person operation, he may be exempt from Workers Comp insurance. He can provide you with his Construction Industry Certificate of Exemption from Workers Compensation.
- Will they pull all required building permits? When a contractor pulls a required permit, you know the work will be done to code. Also, many homeowner insurance policies require Building Permits on any major remolding projects.
- Do they guarantee their work? The contractor should guarantee his work for at least one year from completion of proj-
- Who will be in charge of the job? Make sure your contractor or foreman is on the job whenever work is being performed, especially if sub-contractors are being used.

• Will they provide written references? A good contractor will not hesitate to provide references.

OCH: What are the simplest and most cost-effective changes your contractor can make to your home?

Dunlap: The most inexpensive project you can do to increase the value of your home is a professional paint job. That being said, other renovations on the higher end are going to be kitchens and bathrooms.

OCH: How much does an average renovation cost?

Dunlap: There are three renovations that increase the value of a home: the kitchen, the bathroom(s) and landscaping. You can go low to high end with a kitchen and bathroom. I have seen bathroom renovations costing anywhere from \$4,000 to \$15,000 plus. The same sorts of figures apply for a kitchen.

OCH: What happens if you change your mind about a project, mid-stream?

Dunlap: Changes mid-stream in a project can be costly, but a good contractor who cares for his customers will try to find the most inexpensive solution to the change.

OCH: What kinds of renovating projects require town

Dunlap: In most towns, a building permit is required for just about any change or renovation. I would recommend doing your homework and checking with your local Building department to make sure you acquire the proper permits before any work starts.

OCH: What sort of green trends are you seeing?

Dunlap: We don't deal with a lot of people who can afford to go completely green. I make my customers aware of energy efficiency and how properly insulating your home can greatly affect your energy costs. I push my customers toward purchasing energy-efficient windows and doors because I know how much energy and money they'll save.

OCH: What final advice do you have?

Make sure you make your list and check it twice when considering any sort of renovation. You must make sure that you have a plan and a budget and, most importantly, a contractor who can help you stick to both of those factors. With money and time invested, you will be able to enjoy your home renovation for years to come, and turn your house into your

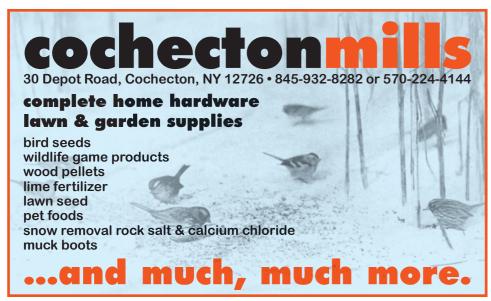
In 1996, David Dunlap of Hilltop Homes, Inc., moved his family to to rural New York to find a country setting for raising his kids. Dunlap, now a permanent fixture in Sullivan County, began his career in construction and contracting at age 15. In 2002, he and his wife Corrinne founded Hilltop Homes. Based out of Monticello, NY, Dunlap contracts almost any home renovation or building project and sells and installs Modular Homes. For more information call 845/807-7555.

Dave Dunlap of Hilltop Homes on the job.





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Let's All Chant Together



Relaxation techniques to reduce stress

By Mary Greene

In 1955, a state-of-the-art tranquilizer was launched into the American consumer market under the name Miltown. Within months, it became the best-selling drug ever marketed in the states. Known as "happy pills," Miltown became all the rage among entertainers, politicians, businessmen and housewives, and pharmacies could not keep it stocked. Signs such as "Out of Miltown" and "Miltown Available Tomorrow" were a common sight on drugstore windows. Comedian Milton Berle took to calling himself "Miltown Berle." Evening soirées featured Miltown cocktails, and the happy pills were served next to the wine glass at fashionable dinner parties.

Today's health-conscious Americans can only shudder at the socially sanctioned combination of downers and booze that was consumed in generous quantities.

Thank goodness, our culture has evolved beyond the happy pill. Contemporary Americans, young and old, look to relaxation techniques to reduce stress and increase energy. Our natural relaxation response is a powerful antidote to stress. Stress floods your body with chemicals that prepare you for "fight or flight." While useful in a true emergency, these chemicals wear your body down when constantly activated. The relaxation response brings your system back into balance, deepening your breathing, reducing stress hormones, slowing down your heart rate and blood pressure and relaxing your muscles. It also increases energy and focus, combats illness and relieves aches and pains.

Techniques such as yoga, tai chi, massage therapy, reiki and acupuncture can help to activate the body's relaxation response. Practicing these techniques can both reduce stress and lead to the serenity and enjoyment that comes from a healthy, balanced lifestyle.

Yoga

One of the most popular practices for stress relief is yoga. There are many kinds of yoga, and classes are available almost anywhere in the country. Yoga involves a combination of breathing techniques and specific postures that are often held. Power yoga classes have gained popularity in recent years, but classes that emphasize slow, steady movement, gentle stretching and conscious breathing are best for relieving stress.

Beginners may want to find a gentle or beginners class, although mixed-level yoga classes work fine too, as yoga postures can be adapted to any level. Be sure to alert your teacher of any injuries or special circumstances that may affect your practice.

Tai Chi

If vou've ever witnessed a group of people in a city park moving slowly and deliberately, and all in synch, then you have witnessed tai chi. An ancient martial arts practice, tai chi is a series of flowing body movements that emphasize balance, concentration, relaxation and the conscious circulation of vital energy throughout the body. Breathing is an important part of the practice, but unlike yoga, it is difficult to "teach yourself" tai chi. Those who are serious about mastering this practice will want to join a beginners class. Once you've learned the classical set of moves, though, you can practice it any time, anywhere, by yourself or with others.

Massage Therapy

The days of considering massage a wealthy person's indulgence are behind us. Massage can be key to managing stress, illness, aches and pains and chronic medical conditions such as fibromyalgia, high blood pressure and fatigue. There are many types of massage, from facial to

deep tissue to Shiatsu. Some types of massage are geared toward general health and relaxation; others are targeted to heal injury and reduce pain. Any of the area massage centers can explain the differences and help you choose what is right for you.

Self massage can also be a vital tool for stress management and can be practiced anywhere in a few minutes, from the office to the bath. Here are a few techniques.

Eye Relief

This is great to relieve eyes weary from reading, driving or close computer work. Close your eyes. Place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase the pressure for five to 10 seconds, then gently release. Repeat as needed.

Sinus Pressure Relief

Place your fingertips at the bridge of your nose. With as much pressure as feels good, slowly slide your fingers down your nose and across the top of your cheekbones to the outside of your eyes. Repeat as needed.

Shoulder Tension Relief

We all hold intense pressure in our neck and shoulders. This simple exercise, repeated regularly, teaches the shoulders to relax and lower. Reach one arm across the front of your body to your opposite shoulder. Using a circular motion, press firmly on the muscle above your shoulder blade. Repeat on the other side.

Reiki

One of the most mysterious and powerful of the stress relievers, reiki works with the energy of the body. Reiki is a Japanese technique that is administered by "laying on hands" and is based on the idea of an unseen life-force energy that flows through us. If the life-force energy is low, we are more likely to get sick or feel stress; a higher life-force energy pro-

motes well-being and contentment.

The treatment is simple. The client lies prone on a treatment table and the reiki practitioner works with the energy of the body through a series of choreographed hand movements. A reiki practitioner might actually touch you, but many practice just above your body, responding intuitively to your energy levels and aura. Reiki treats the whole person: body, mind, spirit and emotion, creating a sense of relaxation, healing, security and well-being.

Acupuncture

During an acupuncture session, the patient lies down on a comfortable surface. A number of very thin needles are inserted through the skin, at various depths at certain points of the body that correlate to the body's "meridians." Other than a mild sharp sensation when the needle is inserted, acupuncture does not hurt. Sometimes, herbs (mainly mugwort) are used to "warm" the spot of contact. Generally, the session lasts about half an hour, with the patient lying still on the table during that period.

Acupuncture originated in China thousands of years ago, but over the past several decades its popularity has grown significantly in our country. Some experience almost nothing during acupuncture sessions; others report a sense of deep relaxation and pleasure. Many report positive results following a series of treatments. Acupuncture is used to treat a wide variety of conditions, from headaches to anorexia to muscle sprains.

It is important to locate a practitioner who has been fully trained in the practice. Chinese acupuncturists, while extremely skilled and knowledgeable, have a somewhat quicker and more matter-of-fact approach than Western practitioners. Find the one that works for you.

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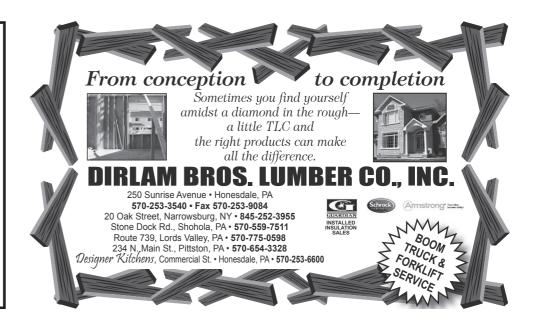
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DECORATE

Mixing things up

Do you want to infuse your space with several styles? The trick to keeping it looking cohesive is finding a "unifier" through color, texture and scale. The juxtaposition of modern furniture with more earthy, rustic pieces is a trend that works when one style is more dominant and the other is used as accent; for instance, a weathered farm table surrounded by Lucite or metal chairs in a room that features industrial artifacts displayed in groupings and natural textiles like linen and wool works—providing the chairs are the right scale for the table. The same is true when placing a cowhide rug under a Barcelona chair in a modern space—it works, providing that nature is reflected in the artwork or accent objects. Any trend can be incorporated into your basic style but there are a few rules: don't be heavy-handed with any one trend or your room will look "themed;" don't re-create showroom displays or buy everything that matches or your room will look too contrived. Most designers agree that a well designed room is one that reflects your personality and accommodates your lifestyle.

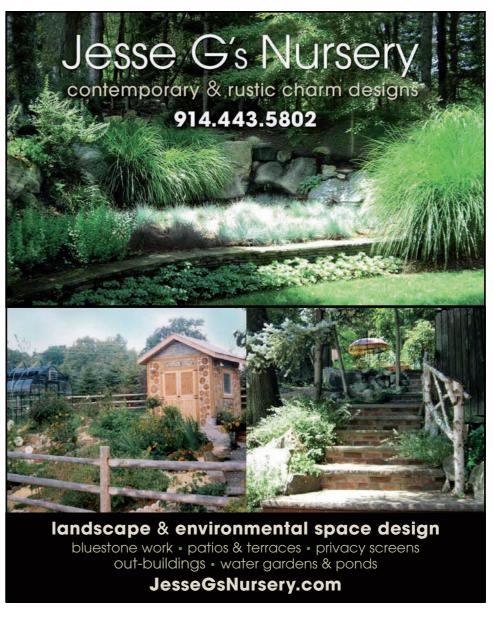


Size does matter

The most important design skill to master is the perception of scale. Nothing is more jarring than to see a room full of furnishing that are not the right scale; even an untrained eye will know something's not quite right even if they can't identify what that something is. Scale is simply how furnishings relate to the size of the room and to each other. Oversized furniture in a small room can make the room feel suffocating and small furnishings in a large room can make it seem cavernous. A mix of too small with too big furnishings makes a room seem cluttered or incohesive. Scale isn't just about the furniture itself, it's also about the height and shape of the lamps, the size and placement of art, and how the room's accents and accessories fill the space. Before you start to decorate, measure your room. Draw it out on paper and include window and door placement. Know the size of your windows' height and width, the height of your ceilings and the height and width of any permanent structure like your fireplace or built-in shelving. Bring these measurements with you when you shop and ask for professional advice. Select window treatments accordingly; skimpy curtains that are too long or too short cheapen the look of your room. Area rugs should not float under your coffee table but rather extend under each piece of furniture in the seating area. If you are still not sure, look to your style file. See how the furnishings relate to one another and examine size, scale and placement. Once you train your eye, you will be able to decorate your space confidently. Now, go forth and decorate.







Smart Snaching with



fter years of diet fads – from drinking special teas to Computing carbs – counting calories is back. With a new array of 100 and 200 calorie snacks crowding the store shelves, nutritionists are reminding dieters that it's not just the *number* of calories that matter, but the *kind* of calories.

A low-cal bag of chips or bar may sound good, but do those calories have the nutrients that matter? Most people underestimate the calorie content of their food and end up eating more calories and fewer nutrients than they need.

With a little creativity and preparation, it's easy to snack smart on foods that taste good and still make every calorie counts. Instead of grabbing a bagged snack or a high-calorie, high-fat protein bar, take a few minutes and stack up this snack from Boar's Head®. The Apple and Maple Honey Turkey Breast Cracker Stack offers the sweetness of apples and maple honey-glazed turkey, the crunch of cucumbers and a touch of saltiness from the cracker. In three stacks, not only is there protein, fruit and vegetables, there's also great taste with only 100 calories and less than three grams of fat.

Nutrient-rich foods choices such as fruit, vegetables, lean protein and grains are filling and have what the body needs to thrive. Snacks such as the Snack Stack provide protein, and fiber along with some carbohydrates to both satisfy hunger and quiet your snack attack. Plus, it may keep you from overeating at your next meal.



www.boarshead.com

Available in Fine Delis and Supermarkets throughout Sullivan County.



100 Calorie Snack - Lower Sodium-Lower Fat Cheese Quesadilla

Serving size: 2 wedges

1/2 Tomato, Thinly Sliced 4 leaves Basil 34 oz 25% Lower Sodium, 25% Lower Fat American Cheese, Thinly Sliced 1 96% Fat Free Tortilla (6 inch)



Layer apple slice, turkey slice and cucumber slice onto

Boar's Head Maple Honey Turkey Breast and

2 slices of Boar's Head Maple Honey Turkey Breast,

½ of a small tart apple, cut into 6 thin slices

1/4 of a cucumber, cut into 6 thin rounds

Apples Cracker Stack

Serving size: 3 stacks

each cut into 3 strips

6 butter crackers

Place cheese, basil and tomatoes on one half of the tortilla. Add salt and pepper if desired. Fold the tortilla in half. Spray grill or skillet with cooking spray and grill tortilla on both sides over medium-high heat until golden brown. Cut into 4 wedges.



Boar's Head Ovengold Turkey Pretzel Roll

Serving size: 2 Pretzel Rods

1 oz Boar's Head Ovengold® Turkey Breast, Thinly

Roll each slice of turkey around 1 pretzel rod. Dip in Boar's Head Delicatessen Style Mustard if desired.



1/2 oz Boar's Head Black Forest Smoked Ham, Sliced 1/2 oz Boar's Head Lacey Swiss Cheese, Sliced 4 Whole Wheat Thin Crisps

Cut ham and cheese into four pieces. Roll up ham and cheese together and place each roll on a cracker and serve.



Pepper Seasoned Eye Round Roast Beef **Pinwheels**

Serving size: 3 pinwheels

2 oz Boar's Head Pepper Seasoned Eye Round, Thinly

1/4 cup Red Peppers, Chopped 2 96% Fat Free Tortilla (6 inch) 2 tbsp Garlic & Herb Spread, light

Spread cheese evenly on tortillas. Top with roast beef and chopped bell peppers. Tightly roll up each tortilla, wrap in plastic wrap and refrigerate for 15 minutes, if desired. Cut each roll diagonally into 6

CREATE

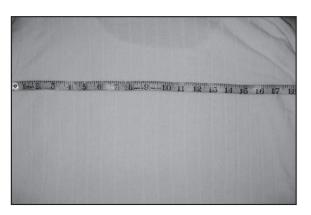
By Enola Mirol

Fashion-forward women know the best way to update a tired look is with accessories. The same is true with your home. Pillows are an affordable way to add a trendy color or new texture to your ho-hum sofa, chair or bedding. Even more economical is to make your own pillows using old sweaters, blankets, shirts, coats, etc.

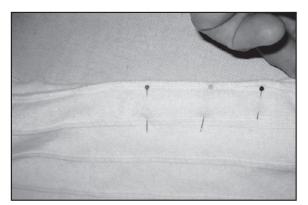
Select apparel that is made with natural fibers

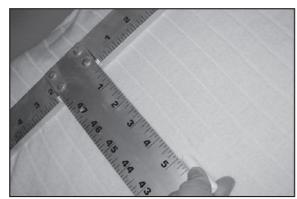
like wool, linen or cotton. To increase the luxe factor, buy inexpensive down-filled bed pillows and cut them to size. (Be sure to shake all the down-filling into the bottom half before cutting). Cover pillow form with a soft, washed linen or nubby wool cable pillow cover. Change pillows seasonally.

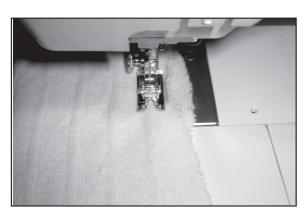
These also make great gifts.

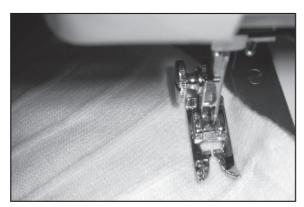




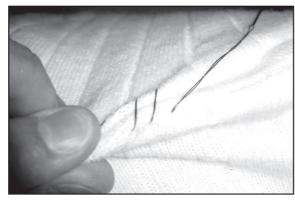


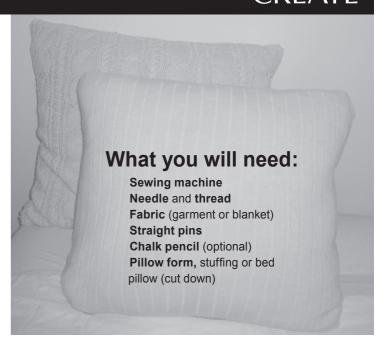












How to make pillows

- 1. Measure existing pillow and add ½ inch to all measurements for seam allowances.
- 2. Cut two pieces of fabric (from your garnment or blanket) according to your measurements, one for the front and one for the back. If fabric has a pattern or motif, center it before
- $3. Line \, up \, the \, edges \, of your \, fabric \, with \, the \, wrong \, sides \, together$ and pin in place. If you are a novice, use a chalk pencil and ruler to create guidelines for sewing. (See instructions below if you want to add trim.)
- 4. Begin sewing along the seam line in the center of one side. Make a diagonal stitch at each corner. This will prevent protruding corners.
- 5. Stop stitching on the side you started sewing, leaving an opening wide enough to insert stuffing or pillow form.
- 6. Insert the existing pillow or pillow form. If you are stuffing your own pillow, use small pieces of stuffing at a time, for a smooth finished product.
- 7. Push the pillow into the corners and smooth your pillow.
- 8. Hand stitch the opening closed. A slip or whip stitch work best. If you want to launder or change pillow cover, use snaps or velco for closure.

Adding piping or fringe

If you want to add more detail and interest to your pillows, add piping or fringe. Purchase a length of piping or fringe that equals the measurement of all sides of your pillow plus one inch.

At step 3, above, sandwich your trim between your two pieces of fabric with the fringe/piping facing inward. Align the inside part of the outer edge with your seam line. Pin in place and continue to step 4.

Recycle old clothes, tablecloths, blankets and sweaters. (NOTE: Some knits unravel so you may need to line them with muslin or cotton fabric.)

To make pillows suitable for out door use, use fabric from old fabric shower curtains and pillow forms suitable for out-

If you are using stuffing rather than a pillow form, recycle the stuffing or down from old bed pillows.



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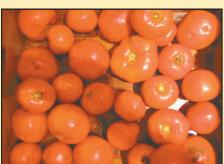


















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