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## Preparing for the Grand Evening Party

**W**rought iron gates glided apart exposing a winding driveway. Our car entered through the grand stone pillars past sprawling lawns and polo fields. Orderly stonewalls directed us toward the manor house where a full staff awaited our arrival. As we were led into tea by the butler, our hosts greeted us. In the sunroom, starched white curtains billowed; catching the afternoon breeze in their skirts as lemonade was served with shaved ice and sprigs of mint in crystal, on silver. Gardeners could be seen pushing lawn cutters to ready the grounds for that evening's party. Maids

pushed carts heaped high with cakes, puddings, meats and champagne through the open French doors and out onto the veranda. The bottles were placed on blocks of ice fresh from the icehouse, and molded forms became apparent as the fading sun caught the sparkle of crystal, pushing a last pink blush into the pure white curtains.

The evening was fresh and new. A feeling of excitement stirred as the tingling coolness caressed summer dresses and the candle's soft glow, embraced by stars and music, reached long into the night and faded only as dawn pushed it aside to make way for a new day. 



"Abstract Housing" by Diana Ong. Used with permission.

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# OH BENNY HAVENS, OH!

## The Tavern That Graduated West Point

**S**neaking off of the post in the dead of night for Benny Havens Tavern was asking for dismissal, but cadets (and young lieutenants) believed the excursion was worth the risk.

Heavy woods lay between the Point and Highland Falls, which was little more than a flour-mill and a few houses. There was an unimproved road and a rough footpath down to Benny's. Others traveled down the Hudson River, either by boat when one was available, or across the ice of the Hudson in winter.

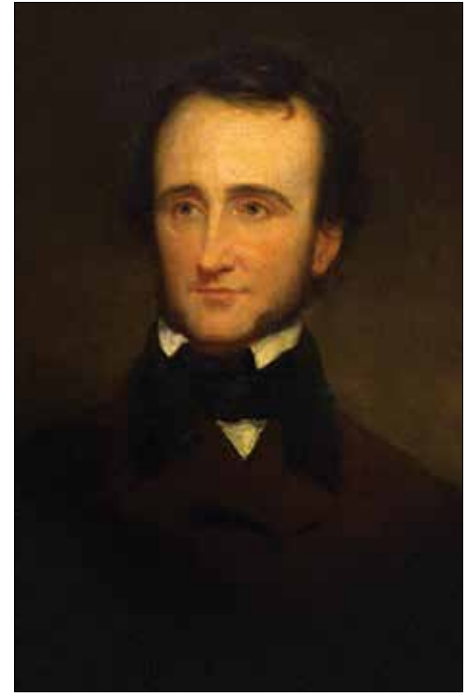
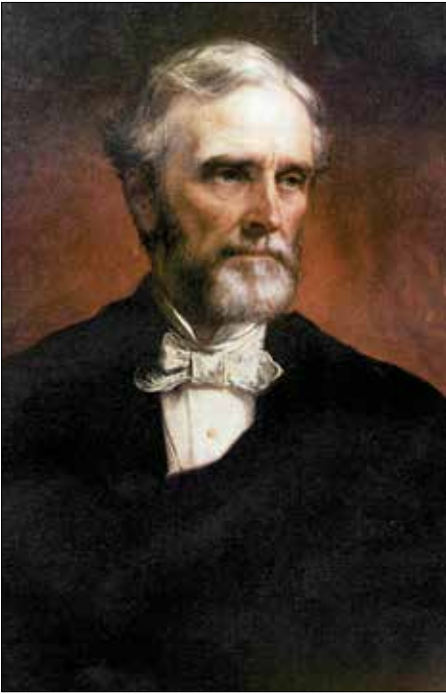
It was hard going in the dark or in bad weather, but the regulars soon learned the way. Those who braved the journey were amply rewarded.

The specialty drink of the house was the "hot flip", made of rum or cider, beaten eggs, sugar and spices. It was heated by dousing a red-hot poker or "flip dog" into an enormous flagon from which the drinks were served. The key to the "flip" was knowing when to remove the "dog" to produce the distinctive caramel-like flavor, a skill old Ben had perfected.

While Benny Havens was most notorious for serving alcohol, his tavern was truly a haven in many respects. Cadets enjoyed home-cooked meals, were able to relax, unwind and spend a few hours free of the demands of the Academy.

For years Benny and his wife, Letitia, operated their tavern, initially a one-story cottage near the old





Cadets Jefferson Davis, George Custer and Edgar Allan Poe all snuck off base to to have a drink at Benny Havens Tavern.

cadet hospital on the base. They served ale, cider, and other home cooked meals that gathered faithful soldiers and cadets daily. Cadets were not allowed to partake in the tavern's revels, as West Point restricted them from drinking anything other than coffee or cider, so when West Point found out that Benny was selling his potent drinks to the young cadets, Benny and his bar were expelled from Post in 1832.

Colonel Sylvania Thayer, the new West Point superintendent had banned liquor from the Academy. After he was exiled for serving drinks to cadets, Benny and his wife re-located their tavern to Buttermilk Falls, (Highland Falls) near the river, just over a mile from the cadet barracks. A man named Gridley owned the property.

No amount of rough terrain, bad weather, or strict rules, kept cadets from their favorite watering hole. Cadets, such as Custer, Edgar Allen Poe, and Jefferson Davis, would routinely risk their lives, or at least their studies, to venture down river, after having snuck off base, to go drink at the popular tavern. The cadets would sneak out of their windows after lights out and either travel through the dense forest rife with cliffs to the bar, or should the dead of winter have proven cold

enough, they would have stealthily skated down the Hudson River right to Benny Haven's.

Benny Haven's home cooked meals were also a favorite attraction for cadets. In Laura Benet's biography of Edgar Allan Poe, she writes, "Edgar Allan Poe, a highly unsuccessful cadet in the early 1830s and who was hopelessly swamped in demerits, considered Benny the only congenial soul in the entire God-forsaken place."

Poe was very uneasy about his future at West Point and this isolated spot on the Hudson River welcomed him. As Poe reminisced, "Benny Haven's chicken soup was famous. The boys carried home many articles under their blue swallow-tail coats."

Benny Havens was born on January 6th, 1787 in New Windsor. As a young man, he had come to West Point and worked for the general storekeeper.

Benny lost his job at the store for selling rum to a cadet, so he joined the volunteer outfit from Buttermilk Falls, holding the commission of first lieutenant in the War of 1812. He tried his hand at a delicatessen for several years before opening the tavern.

At first, Benny sold only ale, cider and buckwheat cakes, but subsequently he dispensed a more potent substance,

**No amount of rough terrain, bad weather, or strict rules, kept cadets from their favorite watering hole.**

rum. Here, Benny and his wife Letitia, a marvelous cook, dispensed good food and hot rum punches, both highly esteemed by the cadets, until the government finally got around to buying up the Gridley property, mainly to remove the tavern nuisance once again.

When Benny and Letitia moved still further down the road to their historic location down at the Hudson River's edge, below Buttermilk Falls, the cadets simply extended their lines of communication and maintained contact.

The purpose of Benny Haven's was to warm the cold, homesick, young hearts with friendly hospitality so that they could, for a while at least, forget their barren existence, while roasting fowl turned on the spit and the aroma of flapjacks and frying ham filled the low-ceilinged, smoky room.

To this tavern, after taps, and against regulations, came many cadets whose names were later written on their country's roll of honor. These young cliff-hanging escapades and late-night returns to quarters included the likes of some of American history's most well known military figures. From George Armstrong Custer to future confederate president Jefferson Davis to Ulysses S. Grant, all became devout patrons of Benny Haven's during their respective stays at the Academy. As well as Union General Ambrose Burnside, his roommate and future Confederate general Henry Heth and future Confederate Generals Braxton Bragg and George E. Pickett.

Even after the young lieutenants and cadets who enjoyed Benny's began frequenting the little tavern with great regularity, the host usually received warning enough to shoo his illegal guests out through the back windows and doors before the V.I.P's arrived.

It is reported that Jefferson Davis slipped off the cliffs trying to evade officers and was nearly killed.

Benny and Letitia, whose hearts were kind, did not wish to intentionally become contributors to juvenile delinquency, as they loved each cadet as their own son. In later years the authorities realized this and made no determined effort to close them up. The brass kept their distance for quite a few years, staging only an occasional raid to corral their wandering boys. Perhaps the strongest testament to the enduring lure of Benny Haven's Tavern was that it had its own anthem.

"Benny Haven's, Oh!" The title of the song the boys used to sing in his honor while drinking at his bar and later while marching in and out of the Civil War.

Lt. Lucius O'Brien of the 8th Infantry originally wrote this song that has perpetuated Benny's fame. O'Brien had been an assistant surgeon in the Army, but was just commissioned to the infantry when in 1838 he visited his friend at West Point, Ripley A. Arnold, of the First Class. They went to Benny's and O'Brien was so struck by the home-like feel of the tavern that he wrote several stanzas of poetry to its honor. The customers at the tavern suggested putting the poem to the tune of "Wearin' O the Green". Their song began:

*Come, fill your glasses, fellows, and stand up in a row,  
To singing sentimentally, we're going for to go;  
In the Army there's sobriety, promotion's pretty slow,  
So we'll sing our reminiscences of Benny Havens, Oh!"*

*"Oh, Benny Havens, Oh! Oh, Benny Havens, Oh!  
We'll sing our reminiscences of Benny Havens, Oh!"*

It is estimated that sixty verses were originally written, and many more were added through the years.

During the Civil War, the song was widely sung in the Army and many verses were improvised during the summer

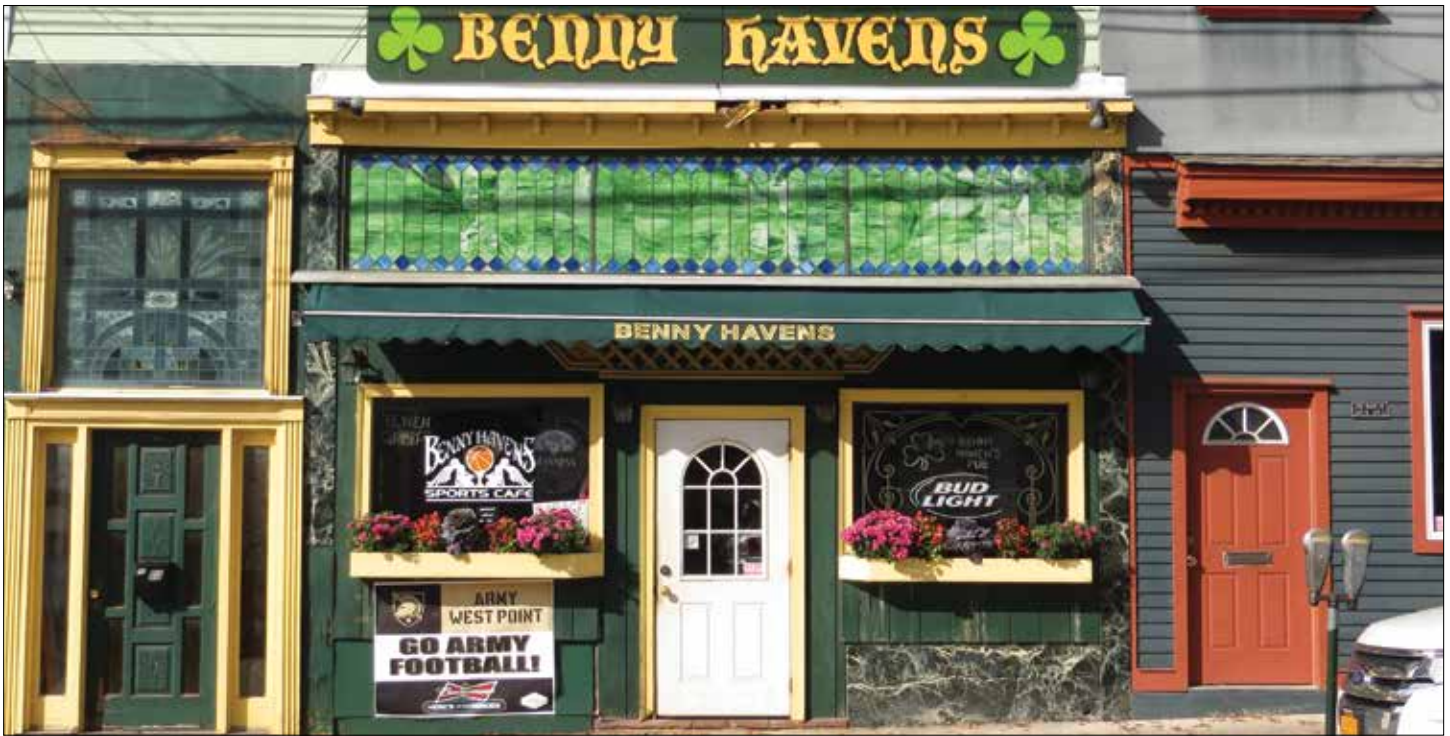
**CHORUS .**

And when in academic halls,  
to summer hops we go,  
And tread the mazes of the dance  
on the light fantastic toe,  
We look into those sunny eyes,  
where youth and pleasure glow,  
And think ourselves within the walls  
of Benny Havens, Oh! *cho.*

**III**  
To our kind old Alma Mater;  
our rock-bound Highland home,  
We'll cast back many a fond regret,  
as o'er life's sea we roam,  
Until on our last battlefield  
the lights of Heaven shall glow,  
We'll never fail to drink to her  
and Benny Havens, Oh! *cho.*

**BENNY HAVENS, OH!**  
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SONG  
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**WEST POINT.**  
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Today, Benny Havens Tavern sits on Main Street in Highland Falls.

of 1865 when boatloads of returning soldiers were daily passing Benny's. The bands would strike up "Benny Havens, Oh!" and hundreds of voices joined the song.

*"May the army be augmented, promotion be less slow  
 May our country in the hour of need be ready for the foe.  
 May we find a soldier's resting-place beneath a soldier's blow,  
 With space enough beside our graves for Benny Havens, Oh!"*

Benny Havens died at the age of 90 on May 9, 1877 and is buried at the Highland Union Cemetery in Highland Falls. The Class of 1877, wrote this in his honor:

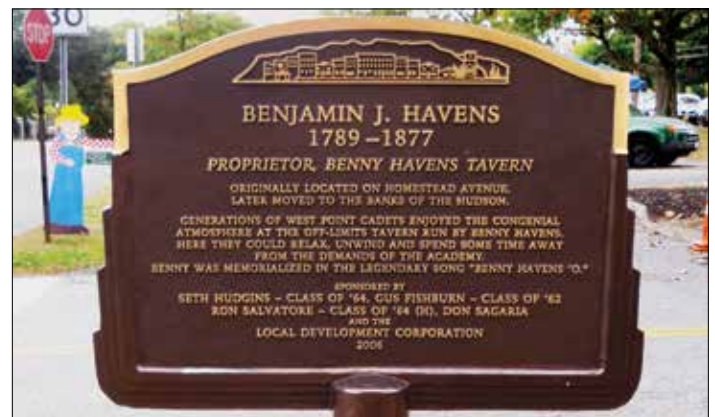
*"But now the soften'd summer winds come whisp'ring  
 to us low,  
 The he of whom we oft have sung, Death's hand lies  
 on his brow.  
 These granite hills surrounding us, by sun all set aglow,  
 May they be guardian angels to our Benny Haven, Oh!"*

Ironically, during the Civil War, in crossing a ridge near Vicksburg amongst the treacherous landscape of ravines and gullies that led to well-defended fortifications, a Union Officer heard in the distance from the Confederate side across the ravine, faded verses of the song. ...Benny Havens...Oh! A one time comrade and classmate who he most likely shared many a drink with at Benny Havens, was now his enemy.

West Point, the cadets, were isolated from the rest of the world, and their friends and acquaintances were men who had shared the same experiences. The result was a feeling of comradeship, stronger than that in most college fraternities, and it overcame nearly all social, religious, and political differences. Even during the Civil War, friendships born at West Point remained strong, and one song that all had in common bridged not only friendships, but united once again the blue and the gray armies that eventually came home. 🍀

*Written by Tuxedo Park Lifestyle Magazine*

*References: Stephen Ambrose (1966). Duty, Honor, Country. A History of West Point. Baltimore: Johns Hopkins University Press; West Point and the Civil War, Bob Mayer, Kindle Unlimited; West Point Graduate; The Egg Nog Riot, James B Agnew, 1979, Presidio Press; Lance Betros, Carved from Granite: West Point since 1902 (Texas A&M University Press, 2012).*





# Designing Beautiful Spaces

**D**orian DeHaan, Inc is an interior design, kitchen, and remodeling firm specializing in kitchen and bath design installations and complete home remodeling. Founder Dorian DeHaan is a leading interior designer with a passion for construction, enabling her to offer complete services in design/build projects. From managing construction to adding the final, aesthetic touches to a project, Dorian is devoted to helping clients realize their dream homes.

Situated in the small hamlet of Sugar Loaf, in the town of Chester, New York, Dorian DeHaan Inc is an award-winning interior design, kitchen and remodeling company known for bringing together classical architecture and contemporary trends to create beautiful, functional spaces.

Dorian DeHaan, Founder and CEO of the company is a New York State licensed interior designer with professional degrees in architecture and interior design from the prestigious Pratt Institute in Brooklyn, New York. Her expertise was broadened by studies in Italy, which helped Dorian to refine her connection to architectural classicism, a concept

she remains passionate about and forms the foundations for most her designs and projects.

The result is a signature style of interiors which combines classical architecture with contemporary trends and modernity, to create balanced, beautiful spaces tailored to her mid to high-end clientele. Working primarily on existing homes in need of rejuvenation as well as new construction projects, Dorian is able to offer design/build services, which sees her managing a project to its completion.

Her love of the construction stage of a design project has led Dorian to include added services of turn-key design and building, including floor plans and general contracting services, to her offering. Working flexibly with the specifications of her clients, Dorian is able to source and manage contractors, or work with the client's chosen contractors and builders to oversee the realization of her designs. In a male dominated sector like construction, Dorian stands out, offering a complete package of interior design and construction that is hard to find elsewhere in the industry.

As the sole operator of the business, Dorian is able to take

complete control of a project and maintain strict organization for both timelines and budgets. Her priority is to make clients feel at ease throughout the process and as such, Dorian visits sites daily so as to monitor progress and offer full-time project oversight for the client, who is often residing elsewhere for the duration of the project.

Throughout her career, Dorian has acquired unparalleled expertise and witnessed an evolution of trends in design, allowing her to develop her own unique and sophisticated style in her work. Her insights have been sought by numerous luxury and home publications and Dorian has also been filmed with Home & Garden television. Her own aesthetic favors an amalgamation of modern classics with traditional elements interwoven and can evolve in accordance with wider trends. For instance, lighter and brighter interiors have replaced dark spaces with deeper tones, whilst clean lines and minimalism have taken precedence over heavy details. Dorian is able to use this knowledge to tailor her own signature styles to offer fresh and unique interiors that homeowners adore.

Covid-19 has presented its fair share of problems for Dorian, namely concerning delays and transportation, but fortunately business activity has continued steadily, as people spend more time in their homes and proactively contemplate home renovations. Dorian currently relies heavily on virtual meetings which have transpired to be more beneficial, saving

time and travel costs. Dorian also works with a selection of design software that allow screen sharing and virtual reality tours, so that clients can see their desired outcome before construction has even begun.

Offering full design services has resulted in continuous growth for Dorian DeHaan Inc since its inception, with no signs of slowing down any time soon. Whilst many clients have begun to do a lot of independent purchasing and design research, Dorian is focusing on offering similar products at competitive prices in order to stay relevant and keep her loyal clientele satisfied. With many exciting projects ahead, we look forward to witnessing this award-winning firm continue to grow from strength to strength in the years to come.



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# Saddle River Day School Continues to Expand Learning Opportunities for Students



After a seamless pivot to 100% remote learning nearly a year ago, Saddle River Day School committed to ensuring that the all-important components of a holistic SRDS experience would be reinstated as robustly as possible for the 2020-2021 academic year, both in person when allowed and virtually. We continually provided our students with opportunities for academic engagement and expression outside of the classroom. In addition, we saw this as an opportunity to launch new programs and grow our curriculum. As was the case in the spring, we see a challenge as an opportunity for growth.

SRDS has expanded academic programming by launching a visionary new program for Upper School students. Spanning their four year experience, Gateway Diplomas is a program that gives students the opportunity for greater depth of study and experience through rigorous coursework, independent research, and fieldwork experience with a mentor. The one-of-a-kind program in our area culminates in the senior year with a portfolio presentation of a student's cumulative work and will increase the opportunities for SRDS students to stand out in the college application process. Also, launching in the Fall of 2021 will be an in-depth Freshman Research and Writing Course that will be mandatory for all 9th graders. This course will build the skills necessary for writing a long-form research paper, as students will be guided through the entire process from initial topic to final draft. In all, every student will complete three full-length research papers by the end of the year.

Similarly, the Center for Innovation and Entrepreneurship, which was successfully launched prior to COVID, has continued to thrive, offering both in-person and virtual opportunities for student participation. CIE programming challenges students to think deeply about the ways they can use the principles of innovation, design and entrepreneurship to examine and then hopefully solve issues in the community and the world. Students are encouraged to be intellectual risk takers

and passionate out-of-the-box thinkers in boot camps, internships, and an 8th grade mini business incubator. Through the CIE, design thinking and technology have been integrated into the existing curriculum in cross-divisional classroom collaborations. This has enabled additional safe, in-person connections between students both during and after the school day.

Upper School students have also resumed their participation in theatre, interscholastic athletics, academic clubs and competitions. Students are encouraged to supplement their learning through the hybrid SRDS Spring Break Academy this March or through summer academic course work. Students in the Innovation Club are hard at work designing a product that may eliminate or diminish an everyday problem encountered by disabled individuals. They will present this product at the national SourceAmerica competition. Now in its seventh year, the TEDxYouth@SRDS program will be presented again virtually this spring. Students will write, rehearse and deliver TED-style, thought-provoking talks, where they share their ideas based on this year's theme "tesTED." In addition, students who participate in the performing arts have also been busy this year. While many schools in the area have canceled performances, SRDS students performed outdoors an innovative interpretation of Washington Irving's "The Legend of Sleepy Hollow" that will be followed by the musical "Big Fish" this May.

The past year has presented challenges to almost every facet of every life. At Saddle River Day School, a dedicated, energetic, untiring faculty and administration have faced every obstacle and in most cases, have found creative ways to surmount or solve each of them. As we move into a world that has been forever changed by COVID-19, we look forward to applying the knowledge we have gained to continue to provide a forward-thinking, academically superior experience for each of our students. 🍀

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# TevaLand

## Sanctuary Farm



**T**evaLand Sanctuary Farm is a 501(c)3 non-profit farm animal sanctuary located in the historic Ramapo Mountains in Hillburn (Rockland County), NY.

TevaLand began as a small sustainable homestead on a woodland property. Every fence and many structures on the farm were constructed by animal advocates on a privately funded “shoestring” budget, primarily using recycled and salvaged materials. This passion and dedication served to transform an idyllic mountaintop location into a safe haven for over 150 abused, neglected, and/or abandoned farm animals.

Sadly, more and more often, animals are being purchased as small adorable youngsters only to be abandoned in urban environments later. ...Imagine finding a crippled pig dumped in a city parking lot... homegrown chickens abandoned on a highway... a horse left to die in the backyard of a vacant house. Most shelters are not equipped to care for such animals. They either refuse, or worse yet, immediately euthanize them, regardless of their background.



TevaLand’s mission is to provide a safe, loving, forever home for our current family of rescued animals; to continue to meet the increasing demand for farm animal rescue; and to provide countless future generations of rescued animals with a permanent home for many years to come.

To support their mission, they offer a variety of educational programs which encourage participants to both heal and be nurtured by nature via a mutually beneficial, hands-on, therapeutic process. People within special needs communities, schools, colleges, and all walks of life have the opportunity to take an active part in the rehabilitation of TevaLand’s rescued animals.

By helping the animals achieve calm and balance, people discover their own capacity for love, kindness, compassion, and inner-peace. Participants will begin to see the world in a new light by aligning with nature and building self-confidence, safe boundaries, and respect for both oneself and others. By interacting with and caring for a variety of animals, they will discover tools which foster cooperation, leadership and teamwork.

"I have been an intern at #TevaLand for a couple of months. My work is rewarding because I know I make a difference in the life of an animal. One of my favorite things about being on the Sanctuary Farm is seeing how loved every animal is and knowing how much time is put into making them feel comfortable and at home." - Jillian Connelly



*TevaLand's Farm Friends Traveling Educational Programs (and TevaLand Farm Friends Online)* will surprise and delight participants of all ages. These programs, delivered personally by TevaLand's Founder & Executive Director, a New York State certificated teacher and education expert, can be customized for any age, grade, or group, and can be designed to accommodate special needs.

Incorporate their personalized lessons into your curriculum, and take participants on a fascinating journey! Meet the rescued animals on the farm, while learning about biology, ecology, and environmental science.

*Take a virtual farm visit!* This is your chance to see and experience the majestic beauty of TevaLand with a private virtual tour around the farm. Invite a group of friends to your Zoom meeting and choose the animals you would like to meet. See adorable animal close-ups and behind-the-scenes sneak peeks into what life is really like for their rescued animals. The visit also includes an open Q&A.

*One-on-One Therapeutic Session, including Reiki energy healing and sound resonance gong bath.* Research indicates interaction with nature elevates mood and contributes to overall mind/body health and wellness. In addition to research, our own intuition tells us that immersing in nature is an essential, detoxifying,



Meet TevaLand Board Member Laura McSpirit, seen here with the two guinea pigs she and her daughter Summer found abandoned under a tree in a local park. As domesticated pets, they were incapable of foraging for food or defending themselves against predators. If Laura wouldn't have rescued these precious little darlings, they would have starved to death or been targeted by birds of prey. Thanks to Laura's kind heart and love for the animal kingdom, Little Miss Pepper & Ginger Cutie Pie now call our magical mountain sanctuary home. They also have the honor of serving as ambassadors for their kind with our Farm Friends Traveling Educational Programs.

rejuvenating experience. At TevaLand, everyone can experience nature and have hands-on contact with the animal kingdom on their own terms, at their own pace. They also offer a variety of activities to completely personalize your visit. Aside from interacting with various loving souls—from horses to the smallest bunnies—we offer access to alternative spiritual experiences you might want to explore.

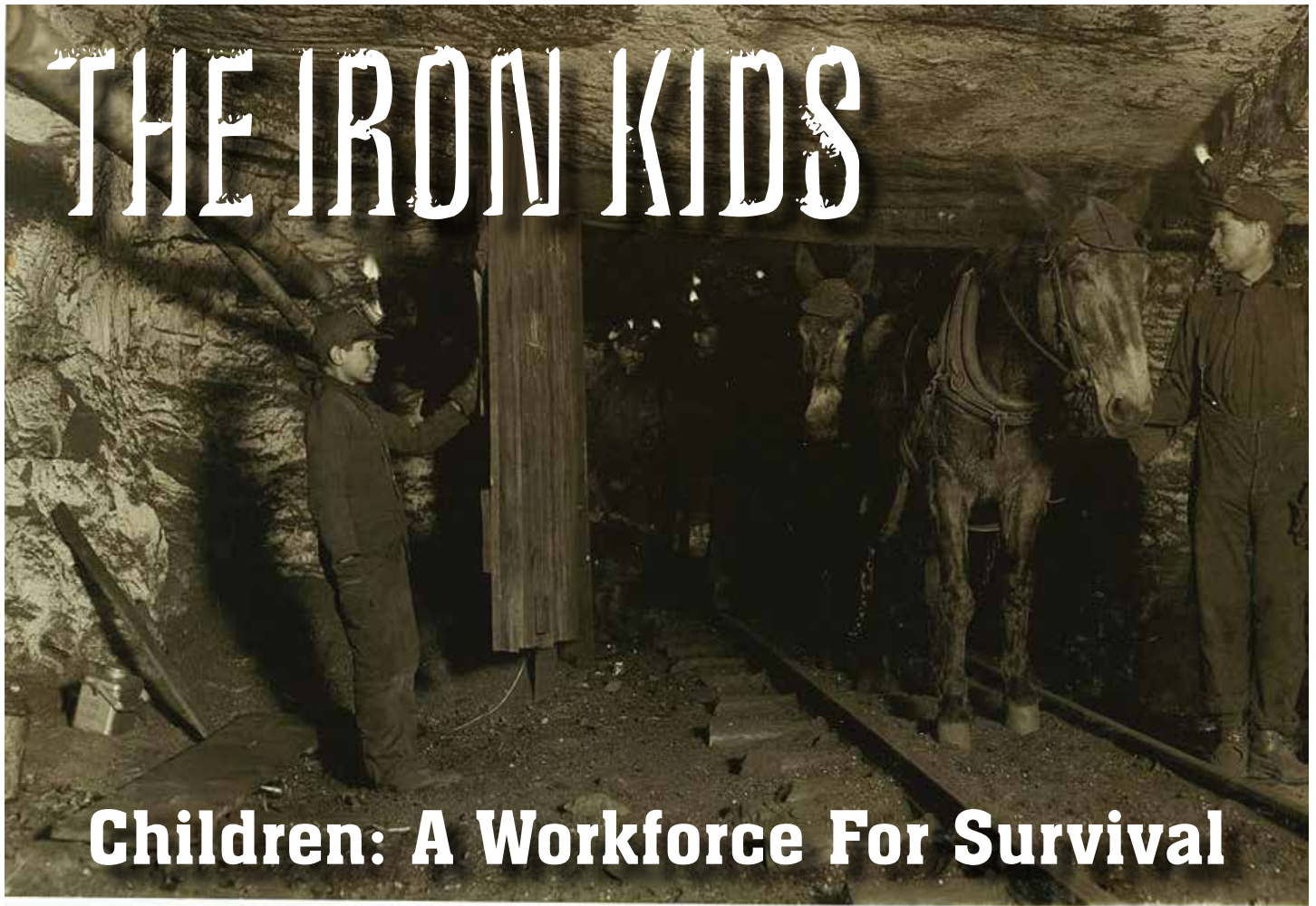
TevaLand's Founder and Executive Director is a certified Reiki Master. This ancient healing therapy is commonly referred to as energy healing. It emerged in Japan in the late 1800's and involves the transfer of universal energy from the practitioner's palms to his/her patient. They also offer rare access to a magical tool; a handmade 50 inch, 60 pound solid bronze wind gong from Tibet. Gongs are vibrational energy tools which help to create a deeply meditative state. This vibration-based sound healing therapy has been practiced for centuries. Like every object, handmade gongs vibrate at various frequencies creating different sounds and sensations. Together with TevaLand's special environment and the wellness services they offer, they are proud to provide a very exclusive experience.

**Whichever TevaLand educational program or experience you choose, 100% of the proceeds benefit TevaLand's beloved rescued animals.**



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► To arrange for an educational program or to see our wish list please visit [TevaLand.org](https://TevaLand.org)



# THE IRON KIDS

## Children: A Workforce For Survival

**T**he rise of child labor in the United States began in the 1700s. When the Industrial Revolution began, many families added their children to the workforce or they wouldn't survive. When European immigrants arrived, they weren't strangers to hard work. They brought opinions and values indicating that children should work. Many families moved from rural areas to cities newly industrialized, or wherever work could be found.

Children worked at many jobs, anything that gave them an income to help their families. The most popular places for them were factories and mines. Other jobs they worked, depending on location, were in the fields picking cotton and in the city streets. City employment included shining shoes,

selling newspapers, canning fish, making clothes and weaving fabrics. Many worked 10 to 12 hours a day.

In some coal and iron mines, children from four years old were employed. The older children's jobs consisted of transporting the ore or coal loosened by the miner from its place to the horse-path or the main shaft. They were in charge of opening and shutting the doors, which separated the divisions of the mine and regulated its ventilation for the passage of workers and material. The chore of watching the doors was for the youngest children who would at times pass ten hours daily in the dark, alone, sitting usually in damp passages.

The transport of coal and iron-stone was for the older boys and men, and was very hard labor. The iron or coal

was shoved into large tubs, without wheels, over the uneven floor of the mine; often over moist clay, or through water, and frequently up steep inclines and through paths so low-roofed, that the workers were forced to creep on hands and knees.

Often, one man or two boys per tub were employed. The loosening of the ore or coal, which was done by men or strong youths of sixteen years or more, was extremely weary work. The usual working day was eleven to twelve hours, often longer. During the Revolutionary War, the Sterling Ironworks operated around the clock, non-stop, to make the chain that crossed the Hudson River. During the Civil War, the Greenwood Iron Works in Arden and the West Point Foundry Iron Works in Cold Spring operated around the clock creating the

## Parrott Cannons.

The standard of living of the miners was described as fairly good and their wages were quite high in comparison with those of the agricultural laborers surrounding them.

Locally in the Hudson Valley, the location was perfect for ironworks. High quality ore was taken from mines on the sites as well as the surrounding Ramapo Mountains. Limestone came from nearby quarries, wood from the forest provided charcoal for fuel, and a waterwheel powered the bellows under the furnaces.

Sterling Iron Works at one time housed over 300 employees in its town of "Lakeville" that surrounded the furnace and Sterling Lake. Remnants of Sterling's Lakeville community are still visible. Foundations from the furnaces, mines, and houses linger along hiking trails. The town included a company store, buildings for the industry processing, a hotel, and homes. Both, management and workers lived there with their families; many single men lived in small shacks in the woods.

School was rare for the working children of the miners. Many didn't go to school; many couldn't read or write, making labor jobs their only jobs for the future. Some laws in the 1800s stated that children have at least 2 hours of school each day. These laws were not followed in many cases due to the lack of schoolhouses and the necessity of income as

opposed to achieving an education.

Some of the Ironwork communities in the Hudson Valley included schoolhouses, such as the Greenwood Iron Works in Arden, built in the 1860's and the O'Neil Mines on Orange Turnpike in Monroe, whose structure existed into the late 1980's, lending a clear visual of its earlier days.

Steep steps led up to its entrance where the old rust encased bell sat on the few boards remaining on the porch. The potbelly stove still housed charred kindling from its last effort of mission; the blackboard stared back at the dark room with its small chairs covered in webbed dampness, several books from the 1800s leaned on the warped shelves, and the inside/outhouse with 4 seats, lived in the back of the building near the coat hooks. The school faced the deserted mines across the old turnpike and afforded us a glimpse into these children's lives, labors, and educations. A life of hard work for many children and hard lives for the children who braved the elements and endurance demands. "The Iron Kids" is a documented example of a work-saturated childhood, depicting an unspoiled way of life for the necessity of survival. ❧

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# Haunts & History of Bed & Breakfasts

Throughout the Hudson River Valley

**O**n the old Orange Turnpike between Tuxedo and Monroe where carriages crept around the twists and turns of the terrain, they ascended the hill, bound for the Checkerboard Inn. It was the late 1700's and the dirt road that was rutted with mud puddles and broken limbs carried an almost sinister feeling that surrounded the small group in the carriage. This back road was frequently used for travel to the county seat then housed in Goshen.

As the blanket of night came crawling across the fields near what is now Arrow Park, shrills from the bog below came to the ear as a possible threat of nature. This was an uneasy and frightening route, linked with stories of outlaws that paraded the vicinity on a regular basis. Fearful shapes and shadows beset the road in front of them amidst the dim glare of the fading light that glimpsed through the huge pine trees reaching far over their heads and into the dim shadows beyond.

The last ray of light that streamed across the fields glared at them as it blended into the iron ore mines off to their left. Rocking to the rhythm of the narrow expanse of road, they caught a glimpse of the checkered pattern of boards on the small home that was timeworn and weather-beaten, the Checkerboard Inn. A stone mile marker resembling a headstone announced in etched script, "14 miles to Goshen".

That same year just down the road from the Checkerboard Inn, the well-known Smith gang strung a man up in his own fireplace to hang by the neck. He survived after his brave daughter cut him down after the gang stole anything they could and disappeared into the night.

This was a trying time and many bed & breakfasts, or inns, as they called them then, dotted the narrow roads and fields anywhere there was a road well-traveled. Some small, some grand, but all welcomed the weary from their long journeys over the countryside and through the forests of the Hudson River Valley. Weather played a large part of the well-being of these travelers, and it was many a night that a small inn with a roaring fireplace, boasting a kettle of stew was heartily welcomed.

The tradition of extending hospitality to traveling strangers goes back to the earliest recorded history for almost all religions and cultures worldwide. Other than soldiers and religious pilgrims, travel for business or pleasure primarily started in the 1700s. Scores of "coach-ing" or "stagecoach" inns, common in England and the

eastern United States, typically provided stabling for horses and lodging for travelers; accommodations were extremely modest (at best). The advent of the railroads provided a huge boost in travel comfort, and hundreds of hotels were constructed close to train stations to accommodate growing numbers of travelers.

As the United States industrialized, more people had time and the discretionary income for travel; summer escapes from the sweltering cities to cooler mountain or seaside villages became popular. Wealthy families summered in private villas or luxury resorts, while the working classes headed for boarding houses.

During the Great Depression in the United States, taking in boarders to help meet expenses proliferated. Homes located on state routes, long before Interstate Highways, often posted signs reading Tourist Home or Guests, where travelers could typically find a room for the night for about \$2, usually including breakfast.

The United States has a history of bed and breakfasts dating back to the time of early settlers. As the pioneers traveled the trails and roads across this country, they sought a safe refuge in homes, inns and taverns. Many historic accommodations of that era now serve as B&Bs.

Across the Hudson River Valley, there are numerous old homes, steeped in history, rich in stories, which are now B&B's. One does not have to roam far from the B&B's front door to hear a wealth of stories regarding the former occupants and history. Stories, that if you listen carefully on a long night in front of one of the roaring fireplaces, the house may speak to you, or the innkeepers will, telling tales that have been passed down with the home.

While you are snug in an old chimney corner on a 200 year-old chair, a ruddy glow from the crackling wood fire casts cheerful light across the old walls. Fearful shapes and shadows dare not show their face in this comfortable setting as the innkeeper tells of those who still walk the rooms and halls on the darkest snowy nights and early mornings shrouded in fog. Stories of these old buildings of another time cling to our imagination with the thrill to be a part of the past, yet safe in the present.

Years ago winters stretched the endurance and skills of the inhabitants of the region of our Hudson Valley. Blizzards often battered the countryside making roads impassable, cutting off contact with the outside world. Weather reports did not exist, and many a coachman braved such nights to get his passengers to the safety of an inn. With all of these elements involved, it is no



wonder a placement of ghost stories abound with haunted homes, haunted hills, and haunted roads.

And as long as there is a roaring fireplace stoked well, a pot of stew on the stove, and an eager ear in these old bed & breakfasts, these stories will live, and the walls will talk. A famous B&B story that is handed down and told frequently, was when the raw weather clutched at the edges of the Hudson Valley 200 years ago, a figure was often seen, in the shades of nightfall, in the winter of the year, walking lamely in the direction that led to many an old inn on the back roads of the Hudson Valley.

Fact, fiction, or embellished hearsay, every change of season, every change of weather in the Hudson Valley depicts alteration in the mysterious hues and shapes of this valley. Whether a dilated harvest moon hangs over Harriman State Park, or thunder barrels up the Hudson's shores,

or even a blizzard holding a hamlet captive, one source of entertainment is certain... a good old-fashioned ghost story. The root of most, stemming from many inns and B&B's, fueled in collaboration with our historical past and the imagination of our present intrigue with it. ❧

*Written by Tuxedo Park Lifestyle Magazine*

*References: "Old Orange Houses", by Mildred Parker Seese;*

*"Ghost & Gravy" by Nanette & John Bieber; Hearts 'N Tummys Cookbook Co. Wever, IA, 2004; "Birth of American Tourism"*

*Richard H. Cassan, 2008*

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**TOP:** What is left of the Checkerboard Inn stands directly on the original Orange Turnpike. Many ghost stories surround this now shell of a historic building on one of the oldest turnpikes in New York State.

**BOTTOM LEFT:** There were places every mile or so where one could refresh himself and his horse, and stay the night if he wanted to. The Orange Turnpike Inn just south of the Checkerboard Inn, was directly on the road at the crest of the long climb from Southfields to Monroe. The old frame barely stands, but one can stand in front of it and look up at its massive chimney to imagine 200 years ago on a dark and stormy night.

**BOTTOM RIGHT:** Located at 105 Main Street, Baird's Tavern is among the most legendary buildings in Warwick's history. In 1766, Francis Baird built this limestone tavern as an inn to house travelers that, along with a store, served a vital role in community life.



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# The Icon Who Won the Games, and Won the Hearts

## THE Babe IN GREENWOOD LAKE

Every once in awhile a man comes along touching so many, he is almost unreal”.

Greenwood Lake was the favorite hideaway for baseball great, “Babe” Ruth in the 1930s and 40s. The fact that he was one of the most popular, successful and well known ball players of the day had no bearing upon the residents in the lake community once they got to know him. The person was more important than the legend.

To the locals he was just one of the guys who hung out at the many

popular nightspots on the lake. People were used to seeing him and they were more interested in the person they became familiar with, rather than the baseball celebrity who so often made headlines in national newspapers.

Babe Ruth would cruise around the lake in his \$5,000 mahogany speedboat built by the Moran Brothers, local boat builders at that time. He loved driving around in flashy cars, including a new Pierce Arrow that he generously gave rides in.



Many locals loved spending time with the outgoing, popular man, with his winning personality, who regularly mixed with them. Babe Ruth enjoyed drinking and gambling in Greenwood Lake, and yet, became a role model for folks young and old because of the person they found him to be.

His daughter, Dorothy Ruth Pirone, in her 1988 book *“My Dad, The Babe – Growing up with an American Hero,”* wrote that her father had reached a lonely point in his life in the 1940’s. She wrote, “Babe” wanted, and needed, down to earth people for companions and friends. He discovered what he was looking for in the individuals he met at the lake community, and found solace in their genuine honesty, warmth, and unpretentious friendships.

When he first discovered Greenwood Lake, he rented a little cottage in Sterling Forest on the east side of the lake, where the plush woods and glacial rocks of Sterling Forest meet the water’s edge of Greenwood Lake. The late local historian Wilbur Christman in his 1995 book *“Tales of Greenwood Lake”* commented, “The house was not a showplace by any means. It was just a place where Babe could get away from his work and relax a little”.

Babe Ruth’s daughter went a step further and referred to her father’s little sanctuary in the woods as “a shack.”

“My father was able to unwind there, forget about baseball and leave his problems and notoriety behind,” Dorothy wrote.

His daughter joined him at his home many times, and actually loved “the shack”. His daughter and he would go to the Welti family’s Wanaque Riding Stables in Hewitt and ride through the woods and fields on horses that were available there.

His daughter described Greenwood Lake as being rustic and quiet, ideal for outdoor sports such as hunting, fishing and tobogganing. She said it was a perfect place for movie stars and celebrated folks

who wanted to avoid publicity and spend their time as they wished.

Babe Ruth eventually moved out of the Sterling Forest house and spent much of his time at the Continental Hotel. Room number 3 was his regular room there. “A Popular Resort in the Heart of Nature’s Paradise,” the inn was located at the edge of the water. Babe had a place to dock his boat and the inn also happened to be one of his favorite hangouts.

Locals described the bar as resembling a baseball player’s dugout when customers got together for a night of drinking, socializing and shooting the breeze.

In addition to the Continental, the Greck family who owned Greck’s bar, also treated Babe Ruth like a relative. Teddy Greck, the owner’s son who was 14 at the time, became one of Babe’s favorite pals. Babe’s daughter said Teddy was like a little brother to

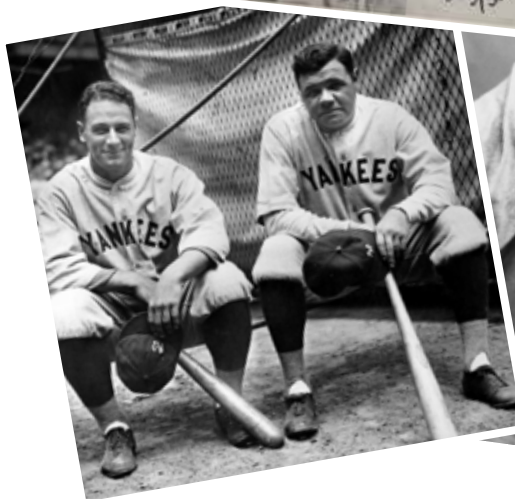
her father. Babe would pick him up from school and take him hunting, boating and fishing.

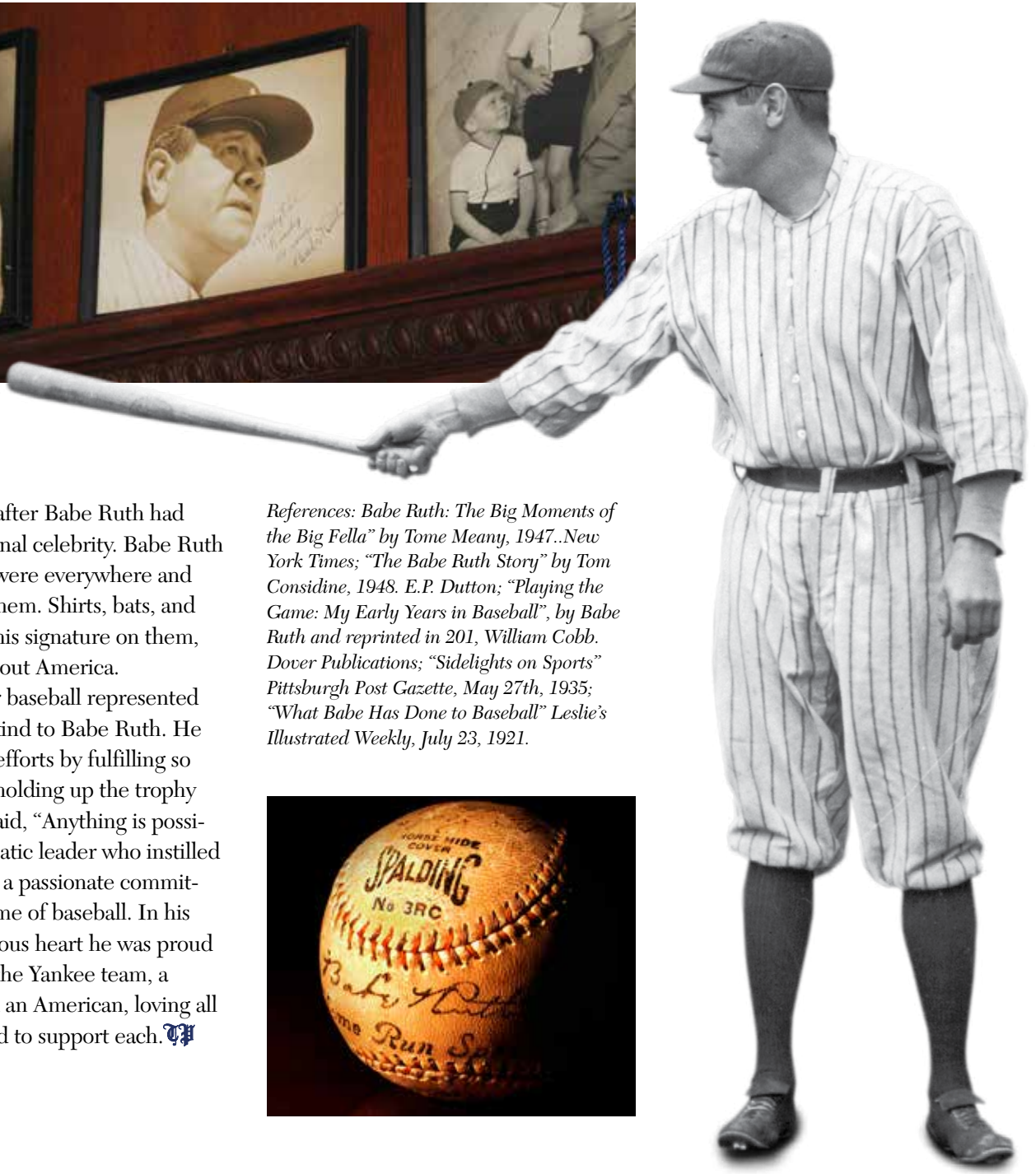
He took time to play ball with neighborhood kids and then led them to the local confectionary store to buy them all ice cream cones.

He generously donated money for local benefits and causes including the Boy Scouts and fire department. He helped with the war effort in any way he could and readily posed with veterans who wanted a photo taken with him.


He loved riding on the fire truck during summer parades through Greenwood Lake Village.

The original version of the “Baby Ruth” candy bar was actually called the “Kandy Kake” and was renamed “Baby

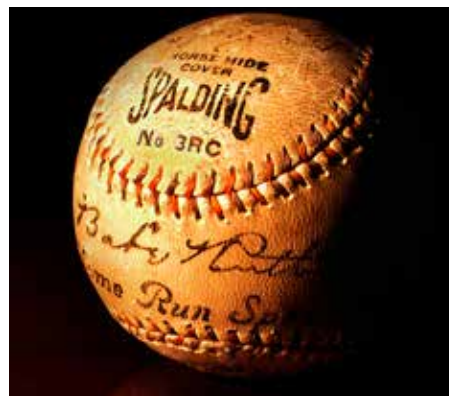




Ruth” directly after Babe Ruth had become a national celebrity. Babe Ruth baseball cards were everywhere and everyone had them. Shirts, bats, and baseballs with his signature on them, spread throughout America.

The love for baseball represented a love for mankind to Babe Ruth. He excelled in his efforts by fulfilling so many dreams, holding up the trophy platform that said, “Anything is possible”. A charismatic leader who instilled in his followers a passionate commitment to the game of baseball. In his kind and generous heart he was proud to be a part of the Yankee team, a sportsman, and an American, loving all that was needed to support each. 

*References: Babe Ruth: The Big Moments of the Big Fella” by Tome Meany, 1947..New York Times; “The Babe Ruth Story” by Tom Considine, 1948. E.P. Dutton; “Playing the Game: My Early Years in Baseball”, by Babe Ruth and reprinted in 201, William Cobb. Dover Publications; “Sidelights on Sports” Pittsburgh Post Gazette, May 27th, 1935; “What Babe Has Done to Baseball” Leslie’s Illustrated Weekly, July 23, 1921.*



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# Transforming Unhealthy Lifestyles into Healthy Ones: The Power is in YOU

In the April 2020 issue of *Scientific American*, there was an excellent article entitled “The Aid Tsunami,” authored by Ajay Saini and Simron J. Singh on pages 59-65. They discuss the catastrophic tsunami that hit the Nicobar Islands (off the coast of Thailand) on December 26, 2004.

They speak about the devastation that affected the indigenous people and their villages. They discuss the massive humanitarian effort that ensued, with more than \$14 billion dollars donated by both private and governmental benefactors. The relief effort seemed like an amazing pouring out of kindness by people.

However, it turns out that there would end up being a darker side to this. The authors of this article were trying to convey several key ideas to the reader. One of these ideas centered around health. As the authors point out, “... benefactors inundated an essentially isolated society with packaged foods, a wide range of electronic and consumer goods, and enormous cash handouts.” Years later, with regards to the natives of the island, “...many of its members were beset by alcoholism, diabetes and other formerly alien ailments.”

You have choices every day. Over time, the choices you make will determine your life.

They go on to state, “...over the years prolonged stress, sedentary lifestyles and a taste for processed foods had taken a toll. Previously unknown ailments such as hypertension appeared. The islands lack modern medical facilities, and most of the traditional healers — with their extensive knowledge of plant-based medicines — had perished during the tsunami. The Nicobarese began to die of heart attacks, diabetes, injuries, respiratory diseases, pneumonia, malaria, and other diseases. Alcohol became a scourge as well.”

One of my take aways from this article reinforces ideas that I already feel strongly about. Specifically, that physical inactivity and poor diets will greatly increase the risks of developing many chronic degenerative diseases, such as diabetes, hypertension, and heart attacks.

However, there is incredibly good news here. Like the

tragic outcomes suffered by the Nicobarese when their lifestyles were changed, the converse is also true. When unhealthy lifestyles are transformed into healthy ones, many of their associated disease conditions can be improved and even reversed. This is incredibly powerful information. Not only is there power in this information, but there is also power in you. You have choices every day. Over time, the choices you make will determine your life.

In school I learned that one of the reasons it is important to study history is so that present day people can learn from the mistakes that were made by others in the past. I believe that we can all learn a valuable lesson from the suffering experienced by the Nicobarese. ❧



*Steven Piriano is an Emergency Medicine physician with a strong interest in wellness. He has authored two children's books: Josh and Joey's Incredible Museum Adventure & The Lost Ugew. He may be reached at [steve@inspiregrowth.life](mailto:steve@inspiregrowth.life)*



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# Keeping Cool & Comfortable with



Newer homes have a lot of open space, with multiple-levels and large windows that bring in natural light. But this modern design presents comfort challenges if there are only one or two thermostats in the house. Rooms with direct sun exposure or those on the upper levels will get too hot. Rooms located too far from the thermostat may get too cool. Keeping a consistent temperature in every room presents a challenge. That's why the introduction of zone control systems has been a game-changer.

More thermostats are added and the ductwork is modified to create additional temperature zones. This allows the heating and cooling systems to provide better temperature control. With zoning, you can heat or cool only the rooms you want, when you want. Besides providing great comfort and zoning system saves a lot of energy and reduces utility bills dramatically. ↻

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