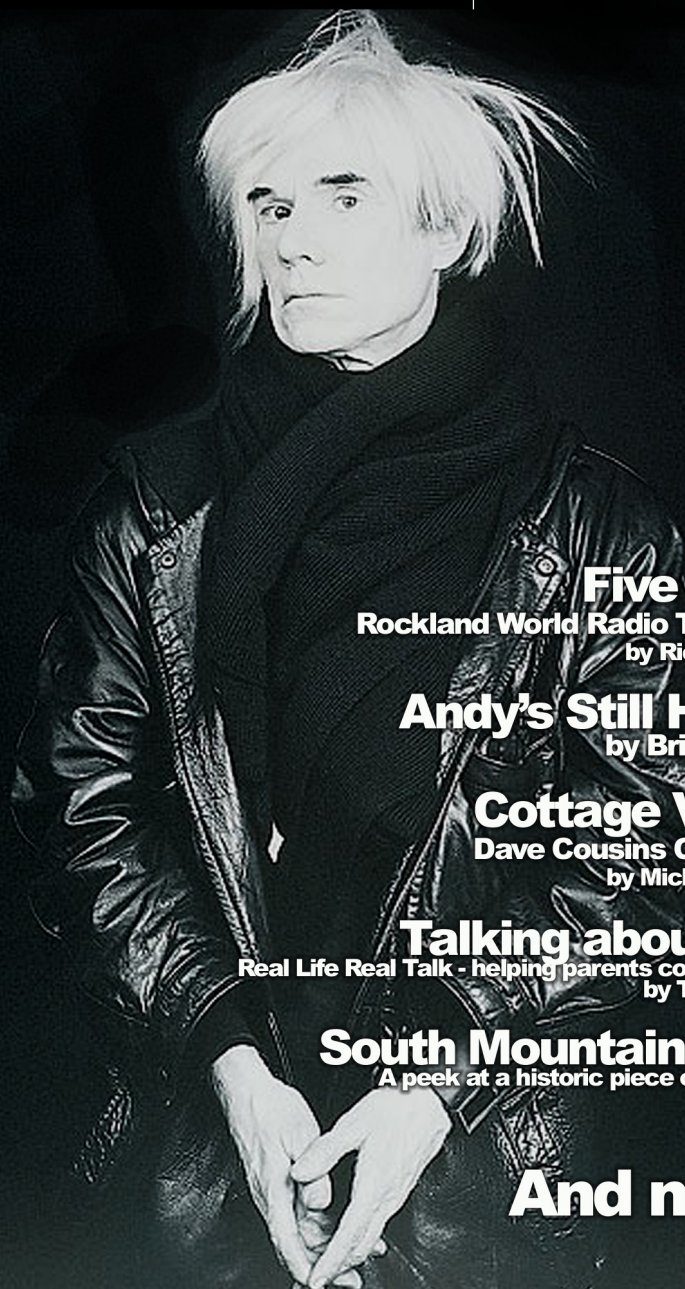


# MMZ

arts, culture and opinion



## **Five Years**

Rockland World Radio Turns Five  
by Richard Quinn

## **Andy's Still Here...**

by Briana Ryan

## **Cottage Views**

Dave Cousins CD review  
by Michael Cimino

## **Talking about "IT"**

Real Life Real Talk - helping parents communicate  
by Tiffany Card

## **South Mountain Road**

A peek at a historic piece of Rockland

**And more....**



It's okay. You can say it.

We're bringing sexuality out in the open - because silence is no match for today's sex saturated culture. Check out the Real Life. Real Talk.® events around town, including Sex Ed for Parents, a free crash course on the latest in brain development, teen relationships and the Internet. Open, honest and real.



Because real life demands real talk.

See what's going on at  
[www.RealLifeRealTalk.org](http://www.RealLifeRealTalk.org)

---

## Advertise in the next issue of MMZ!

Advertising space is available for the next issue, and we offer package discounts for placement in both MMZ and on [RocklandWorldRadio.com](http://RocklandWorldRadio.com)!

Contact us for more info:

**MMZ c/o Rockland World Radio  
1 South Franklin Street - Suite #2  
Nyack, NY 10960  
[info@modernmetro.com](mailto:info@modernmetro.com)**

**Five Years 3**

Rockland World Radio Turns Five...  
a word from the editor, Richard Quinn

**Taking Control 4**

Financial Independence for women  
by Beth Blecker

**Talking About "IT" 5**

Real Life. Real Talk. - helping parents communicate.  
by Tiffany Card

**Andy's Still Here... 6**

Looking back at the life and death of Andy Warhol  
by Briana Ryan

**South Mountain Road 7**

A peek at a historic Rockland Area  
by Briana Ryan

**Keeping It Alive 8**

An update from last month's featured artist  
by Mark Marshall

**RWR Program Guide 9**

A complete guide to the broadcasts and  
archives of Rockland World Radio

**Cottage Views 11**

The latest Dave Cousins, and another fine wine  
by Michael Cimino

**Fashion @ Hudson House 15**

Hudson House sports a bit of Glamour  
by Lauren Restuccia

**Opinions 16**

Some thoughts from  
Matthew Broderick & Vinny Raffa

**Were I To Ascend... 17**

A piece from the heart  
by Kai Adwoa-Thomas

**Advertisers & Supporters 18**



At MMZ, we not only care about your opinion - we want you to contribute. Send your submissions to [info@modernmetro.com](mailto:info@modernmetro.com). All submissions will be considered, but we reserve the editorial right to include what we will. So take a chance, and participate.

We got 5 years stuck on our minds!

Entering into our 5<sup>th</sup> year of broadcasting we want to celebrate and highlight the diversity of our programs and the cutting edge independent music on Rockland World Radio. It has always been our mission to bring you the very best of what Rockland and vicinity had to offer and with the latest technology produce high quality programming. Traveling fast and far to remain ahead of time we receive music and messages daily, not only local but from as far away as Moscow Russia. When Modern Metro launched Rockland World Radio in May 2003 we sought to provide an open door policy to the expression of thoughts and music. No professional on air personalities or groomed news anchors here, our programs are hosted by real people, drawing from their real life and professional experiences, creating a new fusion of ideas from a whole new perspective and awareness.



I believe this information and communication is vital to our community not to mention the world at large. We are reaching more and more people from near and far with more information than ever before and hope that you are watching and listening as well.

I want to thank everyone for participating in this media revolution with us. This is the cutting edge, which is not always a pretty sight, but it's real and it's beautiful and so are you.

That's what poppin'. Wishing you a wonderful season of fancy delights.

Peace & Blessings,

RQ

---

## Welcome.

**When you enter Bricktown,  
it's like coming to a second home.**

Located in the heart of historic Haverstraw, and under new management since 2006, the Bricktown Brewery features fine fare in a casual atmosphere. Family-friendly, all dishes on our menu are expertly prepared, and served by folks who **actually remember your name.**

Whether you're at our antique bar, enjoying a table in the main dining room, seated by our warm, welcoming fireplace, or outside by the tree in our peaceful brick-enclosed courtyard, you'll be treated to an eclectic mix of fine food and drink, including some fine local microbrews.

Our specialties include steaks, chops, seafood and pasta...but our daily specials are where we **really** shine. There's a kids menu too! The families who have come to know us bring their kids back again and again.

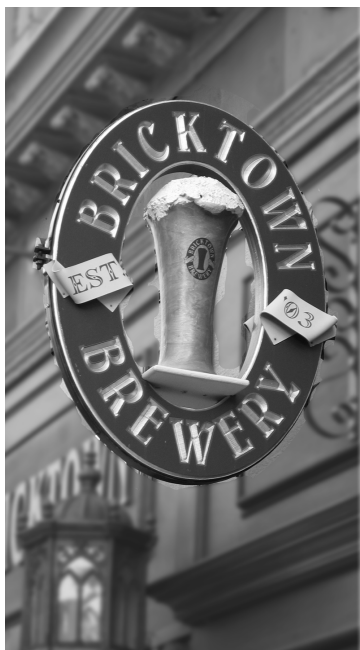
We are only too pleased to host parties, or do on-or-off-site catering. And we feature weekly entertainment as well. Open for lunch and dinner, seven days a week, the Bricktown Brewery is a friendly, inviting place for a quick lunch, a family dinner or a business get-together.

**Stop in and see us - you'll be glad you did.**

## The Bricktown Brewery

4 Main Street - Haverstraw, NY

845.429.0111





## Taking Control: Financial Independence For Women

**Beth Blecker**

Many women believe that their financial well-being is linked solely to their marital status or their ability to earn an income.

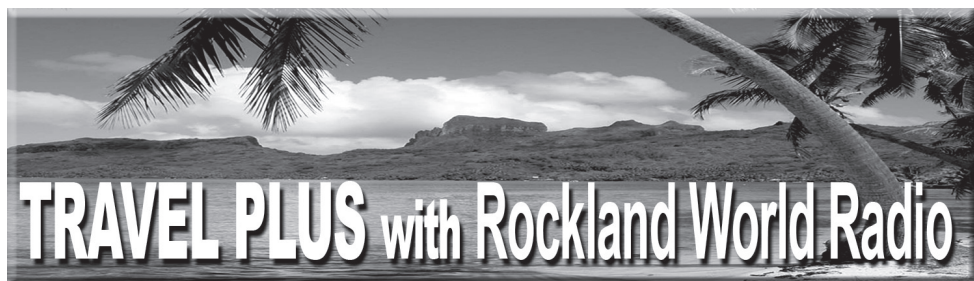
True financial independence has much more to do with managing the finances you have. It's about setting financial goals and learning to use financial strategies.

Learn **the basics** and some **sophisticated financial concepts** by listening to **"Taking Control": Financial Independence for Women**", a new internet radio program on Rockland World Radio, hosted each week by **Beth Blecker, CEO & Owner of Eastern Planning Inc.**, a comprehensive financial planning firm in Nanuet, NY.

**"Taking Control"**, is **taped live every Tuesday 12 noon** on Rockland's only and fastest growing internet radio station, **Rockland World Radio**. **Don't have time to listen every week? Not a problem!** **"Taking Control"** is archived so you can listen any time, any place, at your convenience! Log onto <http://www.rocklandworldradio.com> and choose a show from the archived list.

Learn valuable information each week on **"Taking Control"** in easy-to-understand terms that you can use *immediately*. Gain a working knowledge of cash management, risk management, investment planning, tax planning, retirement planning, and estate conservation. You don't have to be a woman to listen! Whether you are married or single, working at home or at a business, tune in and gain your financial independence! ■

**Beth Blecker** has been assisting senior investors for 11 years. She has lectured widely on financial topics at Rockland Community College, Ramapo College and Marymount College and is actively involved in educating women in finances. She has taught Financial Literacy classes at Rockland Boces. Her goal is to promote Financial Literacy for all women.



The next time you are traveling, booking a vacation or want to buy tickets to a concert, show, sports game, send flowers, fruit basket why not take a look at [www.rocklandworldtravel.com](http://www.rocklandworldtravel.com) In most cases prices are comparable and many times less than competitors.

OR

You can join and become a member like Rockland World Radio did and make all your travel dreams come true. Be treated like royalty with perks and upgrades. You can now write all your travel off 100% on your taxes!!!

It is called a PAY-CATION because now YOU can get 60% of the commissions back on your own personal travel!!!! You can even get a check back when you order tickets to a concert, show, sports game or send flowers from your personal online site!!!!!!

If it makes sense to you to travel wholesale for pennies on the dollar and write all your travel off 100% on your taxes then call Susan for more information at 845-304-0469.

## How To Talk about "IT"

**Tiffany Card**

Real Life. Real Talk. is a community effort to help parents become more comfortable talking with their kids and each other about a sometimes-difficult subject-sex.

One of the many ways Real Life. Real Talk. is helping parents is through its program "Sex Ed For Parents". Another is its radio show on [rocklandworldradio.com](http://rocklandworldradio.com).

The following excerpt is just one of a series of topics we talked about with Dr. Lisa Lieberman, President of Healthy Concepts, Inc., a Clarkstown School Board Member and a mother of two teens herself.

**Tiffany:** Your studies point to social issues influencing adolescent behavior and teens that have higher depression, a sense of hopelessness, and a lower sense control over events in their lives are more likely to initiate sex at a young age. Can you talk a little bit more about that and what we as parents can do?

**Dr. Lieberman:** I think the research around adolescent risk taking is pretty clear across the board, whether you are talking about drugs, violence, gang behavior, (or) sexual behaviors. Young people are going to be at greater risk for a wide variety of things. When it comes to sexual behavior, the reality is that for many young people a sexual encounter feels good and we often don't address that in our programs- even when we look at sexual abuse as an issue, but yet for young girls who have been abused, they will tell you "I felt somebody cared about me." "It actually felt good when somebody touched my back" whatever that is. It's very confusing for them.

So for the young people who are struggling a lot in those areas, they need strong messages about setting their own limits, about communicating, about the importance of healthy relationships.

I think parents have to be very, very, aware of what adolescents are going through; how difficult adolescence is and that even the healthiest of them are still struggling with identity, with body image, with setting their limits, because their brains are changing, their brains are growing. There are new pathways developing and they're not always thinking rationally.

I don't think it safe to say we are going to look at *this* group of kids who are hopeless or depressed and those are the ones we have to worry about. I don't think there is a parent around who doesn't need to be concerned about adolescent risk behavior when their children are approaching that age because they're all susceptible.

A 30-minute audio version of this interview, is available at the archive at [rocklandworldradio.com](http://rocklandworldradio.com). Visit [realiferealtalk.org](http://realiferealtalk.org) for more information.



**Tiffany Card** is the Real Life. Real Talk. Manager for Rockland County, one of three RLRT Initiatives in the country. As part of Real Life. Real Talk. she facilitates the Sex Ed For Parent workshops. Formerly a Dating Violence and Sexual Assault prevention educator with Rockland Family Shelter; she also is an Instructor with the New York Model Batterer's Program. Tiffany has a BFA from Ohio University and has acted in theatre, film and used her vocal talents in several voice over projects.





# Shirt Shack

Tees, Jackets, Caps & More

**845-356-8181**

**42 Grove Street**  
**Spring Valley,**  
**New York 10977**

[www.shirtshacktshirts.com](http://www.shirtshacktshirts.com)



# ROCKLAND MUSIC CENTER

**Musical Instrument and Pro Audio Supplier**

*"It's All About Music"*

Guitars, Amplifiers, Drums, Keyboards, Digital Pianos, Recording Gear,  
Band Instruments, Rentals, Repairs, Instrument & Voice Lessons,  
Music Books & a lot more.

*Located in Kohl's Shopping Plaza at*  
234 Route 59 east Nanuet, N.Y. Call: 845.624.5470

## Andy's Still Here...

Briana Ryan

He died before I was born. I hadn't heard his name mentioned until I was about twelve, when I happened to see him and his wig in an art textbook. I knew nothing of what he accomplished; how he changed the face of American popular art in the 60s, how he successfully married the assembly line to the art world, how he made us look at the world a little differently.

He was born Andrew Warhola to a working-class immigrant family who settled in the outskirts of Pittsburgh, PA after the turn of the century. At the age of nine, Andy fell victim to a rare disease afflicting the central nervous system, thus confining him to his bedroom for the greater part of his childhood. During this time, Andy developed a fascination with celebrities, movie stars, and the essence behind American pop culture. He later called his unconventional childhood the crucial period that determined his talents and vision.

Andy Warhol took ordinary objects and made them iconic, made them stand-alone

superstars. But not only was his work mass produced for public consumption via "The Factory," his individual subjects were products of widespread cultural fascination, attraction and accessibility in their own right; the Brillo boxes, Marilyn, Coca-Cola, Jackie O. Furthermore, Andy's paintings, photos, and prints were not reserved for the exclusive admiration of the upper class, and that was part of his genius. When questioned about this notion, he replied:



"What's great about this country is that America started the tradition where the richest consumers buy essentially the same things as the poorest. You can be watching TV and see Coca Cola, and you know that the President drinks Coca Cola, Liz Taylor drinks Coca Cola, and just think, you can drink Coca Cola, too. A Coke is a Coke and no amount of money can get you a better Coke than the one the bum on the corner is drinking. All the Cokes are the same and all the Cokes are good. Liz Taylor knows it, the President knows it, the bum knows it, and you know it."

It seems as though many aspects of our culture have been put through the Andy Warhol "filter" in today's day and age. The new

-continued on page 13



**Sit long  
Talk much  
Laugh often**

## **Breakfast and Lunch (and awesome homemade soup.)**

homemade muffins • gourmet  
coffees • hot and cold lunch platters  
salads, wraps and sandwiches  
catering at your place or ours  
**open seven days**

**14 Main Street • Haverstraw  
845-942-4010**

## South Mountain Road

Briana Ryan

If you've ever gone for a Sunday afternoon drive through Rockland County, chances are you've stumbled upon South Mountain Road, unassumingly tucked away in the rolling hills of North New City.

Spanning over three miles and across two towns, South Mountain Road begins near the Orchards of Concklin at Route 45, and ends just before Route 9W in Haverstraw.

But this historic road boasts much more than organic beauty and unpretentious innocence. Through the tangle



of trees and brush, sections of the original rock wall that marked South Mountain as a Native American trail can be seen running beside the pavement. These walls were most likely constructed by the Delaware and/or Lenni Lenape tribes, the very first Native Americans to settle in Rockland County.

In addition, it is rumored that several residents of South Mountain have unearthed arrowheads and other Native American artifacts on their property.



Unbeknownst to many, an entirely other civilization lived on South Mountain Road in the early part of the twentieth century. The road became a sort of artists' haven of the day; actor/director John Houseman, composer Kurt Weill, architect/painter/potter Henry Varnum Poor, actress Lotte Lenya, playwright Maxwell Anderson, and actor/comedian Ernie Kovacs all kept residences on South Mountain between the 1920s and early 1960s.

As for the current time, South Mountain Road remains common ground for artists, luminaries, and visionaries alike. One such distinguished resident is Dr. Martha MacGuffie, esteemed plastic

surgeon and humanitarian. She is the host of Scare Fair, an annual Halloween celebration to benefit her SHARE organization, which focuses its efforts on building hospitals in distressed regions of Africa.

For more information on South Mountain Road, pick up a copy of Hesper Anderson's biography, *South Mountain Road: A Daughter's Journey of Discovery* (Simon and Schuster), for a first-hand account of growing up amidst the artists on South Mountain Road as the daughter of Maxwell Anderson. Also, visit the Rockland County Historical Society's website at [www.rocklandhistory.org](http://www.rocklandhistory.org) for additional resources.

So, the next time you go apple picking at the Orchards or go for a hike at Hi-Tor State Park, take a second to consider the abundance of history before you. And be sure to brake for the wildlife that may be crossing the road.

**Briana Ryan** is currently working on a multimedia project about the South Mountain Road area. Her full byline is located under the Warhol article in this issue.



What's happening with the artist featured in the last issue...

Hey all...

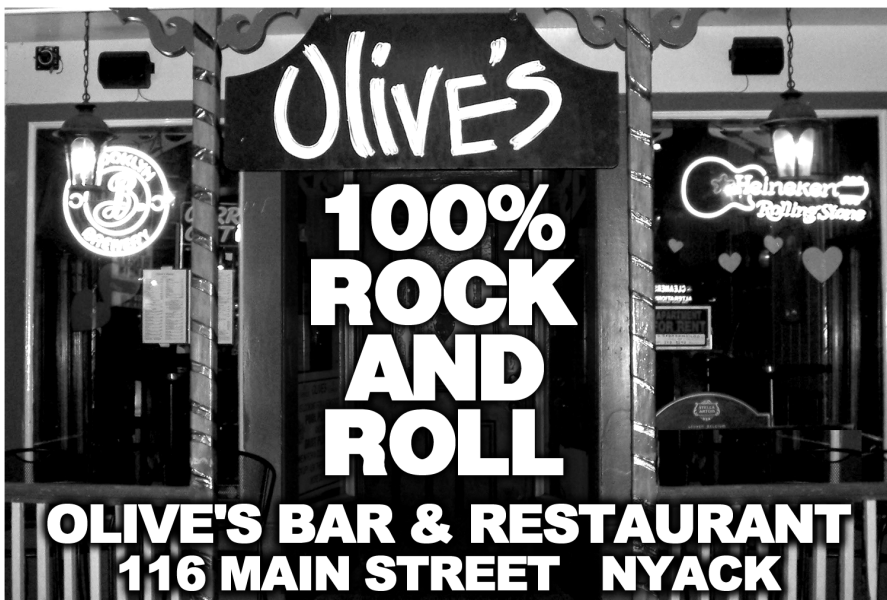
Since the last issue, when Richard Quinn (a renaissance man in his own right) was kind enough to feature me in MMZ, I've been busier than a one-armed paperhanger.

My New Eye album is now up for sale on a dozen different digital outlets, has been getting some very kind reviews, and I've done a bunch of interviews as well, all of which you can find at my website. I'm now working on the NEXT album - It's coming slowly, but the writing is going well.

Not an easy task, when an artist is faced with having to support oneself by means other than one's art, but I suppose this is part of what it means to be committed. Either that, or else I SHOULD be committed. :) So I spend what seem like days on end at my computer working, while squeezing as much music and life in as I can along the way. It's tricky finding that balance, but it helps knowing that I'm keeping my art alive.

Separate and apart, I've been playing some pure fun rock and roll gigs at Olive's in Nyack, under the moniker "**Max Night and the Rocketlaunchers**" (I didn't want to do something boring like "The Mark Marshall Band".) We've been having a blast doing it, and are starting to book gigs elsewhere as well....anything to keep playing music. If you haven't been to one of our shows, and you love Rock and Roll, do yourself a favor. The folks I'm playing with are all kickass musicians (who make me look way better than I've got a right to), and it really is a night of fun. Olive's has a full-blown kitchen with decent food now, so you won't just drink all night, either.

Lastly - thanks to everybody who came to the CD release, or who continue to show their support for what I do. It means a tremendous amount, and makes it so much more worth it all. For more info, you can find me at [www.markmarshall.com](http://www.markmarshall.com), or at [www.myspace.com/markmarshallmusic](http://www.myspace.com/markmarshallmusic). Thanks for reading!





Here's the schedule of Rockland World Radio shows for the week - but the station is broadcasting music, archives and other interesting audio & video tidbits 24-7:

**NEW PROGRAM :** Sunrise on The Hudson with Richard Quinn

Reviews, News, Weather, Event Listings & great new independent music

**LIVE WEEKDAY MORNINGS @ 6:00am – 9:00am**

### **Monday**

11:00AM – Mayor John Shields of Nyack

Discussions and information from the Mayor's desk.

5:00PM – WMTZ Teen Talk with the JCC-Y youth group

Teenage talk, music and community projects

7:00PM – Conte & Kenny Comedy Show with Joe Conte & Kenny Michaels

A continuation of their Cringe Humor Radio Show

### **Tuesday**

9:30AM – Commercial Corner with Lynn Teger & Erik Melanson

Commercial Real Estate in Rockland County

10:00AM – The Business Beat with Lizanne Fiorentino & Liz Benuscak

Business, Networking, Sales, Marketing and more

12:00PM – Taking Control with Beth Blecker

Financial Independence for Women

7:00PM – Big E Sports with Erik Fenton

Sports with a Rock n' Roll perspective

### **Wednesday**

11:30AM – Real Life Real Talk with Tiffany Card

How to talk to your teenager about sex and health

7:00PM – Kai's Odyssey with Kai Adwoa-Thomas

Informing and entertaining talk show with guests from near and far.

9:00PM – Power DVD with Power, George & Frankie

Real talk and real music that dares to be different.

### **Thursday**

6:00PM – New Perspectives with Rory Pinto, Paul Lamb, Isis Maria Cohen, & Anton Bluman - Lively discussion about a variety of topics from the viewpoint of spirituality and metaphysics.

8:00PM – Vinny Raffa Has a Talk Show with Vinny Raffa

Artists, actors, musical artists and live performances.

### **Friday**

8:00PM – Double-Wide with Dave "Arythmia" & Bill "Revolution"

Friday Night Hip-Hop Show.

### **Saturday**

4:00PM – What's Your Opinion? with Adan Guisse (French)

African social issues, concerns and conscientiousness in the 21st century.

8:00PM – The Lab with Mista Chorus & Versatile

Raw underground independent hip-hop, special guests and live performances.

## Sunday

5:00PM – Café Latino with Manuel Mayz

Latin music, news and information from near and far. (Spanish)

7:30PM – Curtain Call (starting Nov.) with Claudia Stefany & Andrew Barrett

Community theatre, history, events and information.

## THE VAULT

– MMZ

Arts Culture and Opinion - the online companion to MMZ - Modern Metro Zine

– Rockland Arts with Alison Crowther

Featuring the very best of the Rockland Arts Scene

– Cool on The Groove with Gianna Bellafatto Reid

Showcasing voices of poetry, fiction, theatrical readings, authors, and writers

– Cottage Views with Michael Cimino

Classic Rock Music, News, and Interviews

– Your Environment Today with Peter Strong

Discussing environmental issues from a local to global scale

– Live Performances with Richard Quinn

Live Musical Performances from our live music series

– Film Rocks with Deb Shufelt

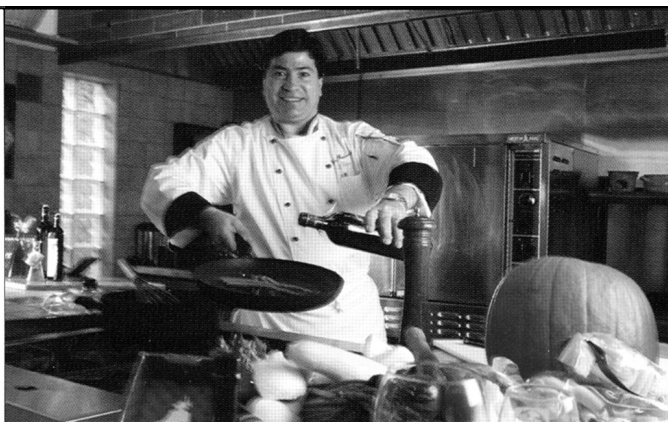
Independent film with a focus on filmmakers

– Johnny Ciao's Konzert Kitchen with Johnny Ciao

Great sounds with food, conversation, recipes and special guests

– The Vampyre Lounge with Asif Murad

Arising out of the East Village in NYC, covering the gothic/vampyre lifestyle



*Marcello's Ristorante of Suffern*  
21 Lafayette Avenue, Suffern, NY 10901  
845.357.9108 [www.marcellosgroup.com](http://www.marcellosgroup.com)

In this issue, Michael reviews the latest Dave Cousins album, and yet another nice bottle of vino to go with it.

Dave Cousins is far from alien to the listeners of Cottage Views Classic Rock Music Hour, as I've shamelessly plugged his talents (deservedly so) since the program began. As founder, guiding light, and chief songwriter of British Progressive Folk-Rock legends Strawbs, Dave Cousins has now been delivering excellence for forty years. It is truly amazing that as he reaches this milestone in his career he has just released his second ever "official" solo album. Certainly, there have been recordings outside of the Strawbs fold, including works with erstwhile Strawbs Brian Willoughby and Rick Wakeman, as well as his collaborations with Germany's Connie Conrad and his contributions to numerous other artists, but *The Boy in the Sailor Suit* (Witchwood Media) finds Cousins, who happens to be experiencing a professional renaissance, working with musicians both known and unknown to his die-hard fans.



The ten track CD features Strawbs bassist Chas Cronk and Blues guitarist Miller Anderson (who was featured on Cousins' excellent debut solo album *Two Weeks Last Summer*) as well as drummer Chris Hunt and fiddle player Ian Cutler. While Cutler's playing adds swing to Cousins' spitfire vocals on the upbeat opener "Never take Sweets from a Stranger" and urgency to the Pop-y "Skip to my Lou," and Anderson's stinging guitar work accents "Mother Luck" and the modern Dylan-esque "Hellfire Blues," it is strictly Cousins who remains the star here. His songwriting and arranging, whether it is lean to arena-ready Rock or his trademark romantic ballads, is pointed. His viewpoint is contemporary. And his vocal chops have never sounded better.

*The Boy in the Sailor Suit* is a worthy addition to a career well worth investigation and celebration. If you have ever been a fan of the Strawbs, Fairport Convention, Jethro Tull, Cat Stevens, or any other like-minded British Rockers, seek this disk out.

Another subject familiar to the Cottage Views audience are the wines of New York. Since I started to seriously study all things "de la vigne" I have been an avid advocate of wines produced in the Finger Lakes district of upstate New York. It started shortly after I received a diploma from the Sommelier Society of America and through a colleague who happened to have a sister who happened to know a friend who was friendly with... well, to make a long story short I was introduced to the winemakers of Wagner Vineyards, which is situated on the east bank of Seneca Lake – arguably the best locale in all of NY to own a vineyard and grow grapes for winemaking purposes.

The Finger Lakes' fine-wine history began in the 1950's when Charles Fournier of Gold Seal Vineyards hired Dr. Konstantin Frank. The first thing that Dr. Frank questioned was why the local grape growers continued to put their efforts into harvesting indigenous labrusca grapes for winemaking instead of planting and cultivating vinifera (the genus of vine that produces the world's greatest grapes for table wines). The answer he was given was that it was too cold and the growing season too short for vinifera to survive. Dr. Frank, who had previously grown vinifera successfully in his homeland Ukraine, disagreed and set out to prove the skeptics wrong.

And prove them wrong he did. By 1966 over 70 acres of vinifera were flourishing on the

-continued on page 14



Owner/Instructor of Cottage Views School of Wine, **Michael A. Cimino** is a Wine Captain with the Sommelier Society of America and a professional restaurant consultant. To his friends he is a "certifiable Rock Musicologist." He continues to contribute to Rock Society and hosts an Cottage Views Classic Rock Music Hour on [www.RocklandWorldRadio.com](http://www.RocklandWorldRadio.com). His current writing projects include *The Wait Person's Guide to Understanding Fine Wine and Badfinger and Beyond - The Authorized Biography of Joey Molland*. For more information please contact Mr. Cimino at [cottageviews@aol.com](mailto:cottageviews@aol.com).





A NIGHT OF  
PURE ROCK  
AND ROLL  
PARTY.

*Max Night*  
AND THE  
**ROCKET LAUNCHERS**

**Saturday, November 10th**  
and

**Saturday, December 15th**  
**10:30pm - \$5.00 Cover**

**Olive's** 116 Main Street - Nyack  
Food and Drink 'til 4 a.m.

andy's still here... - continued from page 6

ad campaign launched by Apple to promote the iPod and iTunes is a perfect example: their television commercials show various neon-colored backgrounds with a single, silhouetted figure dancing to music heard through an iPod. These added effects clearly mimic the color-distortion and hue-altering techniques made famous by Andy in the 1960s. And now, thanks to programs like Adobe Photoshop, these effects are available to add to virtually any artistic project; all at the mere click of a mouse. And, pop art is hot in the fashion world: just ask Nicholas Ghesquiere, creative director of the house of Balenciaga, known for his bold hues and ability to incorporate innovative textures and materials into ready-to-wear collections. Andy would have loved his summer collections.

Andy Warhol continues to remain a mainstay of our popular art; the art that is made to be seen, heard, and experienced by all of us. He's still here...



**Briana Ryan** is a Communication Media Arts student at Rockland Community College. She will then attend SUNY Purchase in 2008 to study theatrical stage management and production. A skilled writer, stage manager and production assistant, Briana is a very active member of Elmwood Playhouse in Nyack, producing her very first musical this year. Currently, Briana is working on a multimedia project about growing up on South Mountain Road.



Robert Indiana - 1966

#### **cottage views - continued from page 11**

slopes of the former Gold Seal property, and in 1976 when legislation made it possible for farmers to sell their wine directly to the public the area vineyards followed Dr. Frank's lead, switching from manufacturing cheap jug wines to producing unique variations of Chardonnay, Riesling, Gewurztraminer and French American hybrids such as Baco Noir, Seyval Blanc and Ravat.

Today, the Finger Lakes boast over 100 vineyards and ranks second in production of fine wines in America (California remains first). Some of my personal favorites, that I've had the opportunity to enjoy vintage after vintage, are Chateau Lafayette Reneau's Dry Riesling (described as "the best NY has to offer" by the Wall Street Journal), Chateau Frank's Champagne inspired Brut (from Fred Frank, the grandson of Dr. Konstantin Frank), and just about anything Hermann J. Weimer sets his touch to (the descendant of winemakers, Weimer is a native German who was one of the first to realize the parallels of NY and Germany's famed Mosel microclimate and capture, in the glass, the potential of New York grown Riesling).

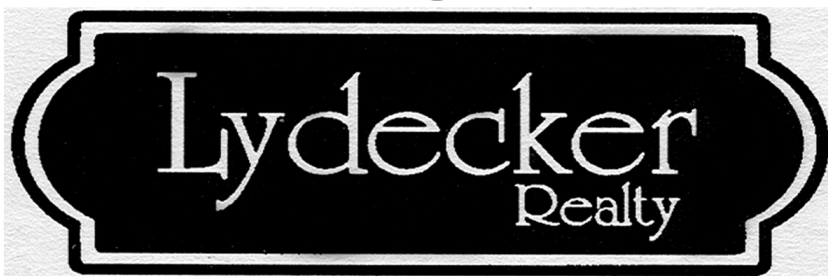
There are many others I should mention, such as Standing Stone (run by Tom and Marti Macinski, attorneys turned winemakers), and Damiani (walking into their tasting room was much like a time warp – the music of The Doors blasting throughout a ramshackle rustic room as the quality quaff flowed from the hands of long-haired, tie-dye wearing, free spirits. I'm convinced if it actually was the sixties these guys would be selling some other kind of intoxicant), but I must make special mention of Wagner Vineyards because of the great value packed in their bottlings.

Owner Bill Wagner is a quiet man, a farmer by trade, who when last seen was still out in the fields while his children John and Laura were running the business. With the more than capable John Herbert and Anne Raffetto, who have been the winemakers at Wagner since they broke ground in 1977, they produce more estate bottled wine than any other Finger Lakes winery and keep their pricing low and the quality high.

While Wagner produces outstanding Chardonnay, Riesling, and Pinot Noir, my picks are their Barrel Fermented Seyval Blanc – a natural to pair with a cold plate of smoked trout; Cabernet Franc – the early ripening red reminds me of roasted duckling with sun-dried cherry sauce; and Vignoles Ice wine. Formerly called Ravat Blanc, the Vignoles Ice, full of ripe pineapple and apricot notes, is so well balanced that I recommend you serve it as a course unto itself, or perhaps with a naked body!

I can't wait until October when I make my annual trek to the Finger Lakes to visit with my friends, and taste the new releases. Rest assured, I will be - as always - packing my favorite compilation of Dave Cousins music for the ride, and this year it will include quite a few tracks from The Boy in the Sailor Suit. ■

## **Celebrating 75 Years!**



### **845.358.3700**

**143 MAIN ST. NYACK, NY 10960**

**Visit us on-line @ [www.NyackHomes.com](http://www.NyackHomes.com)**

Nyack has a familiar scene outside the Hudson House on early Sunday afternoons - a typical brunch crowd, tourists coming to spend the day shopping for antiques, or those who were out all night curing hangovers with bloody Marys and mimosas. September 16 had a different feel, as a curious buzz swirled outside the restaurant doors on Main Street.

Inside...the launch of Victor Alex Francisco's spring women's line, whose sophisticated yet casual designs personify an attitude that confidently poses the question, "who says I can't look hot running to the post office for stamps on any given afternoon?"

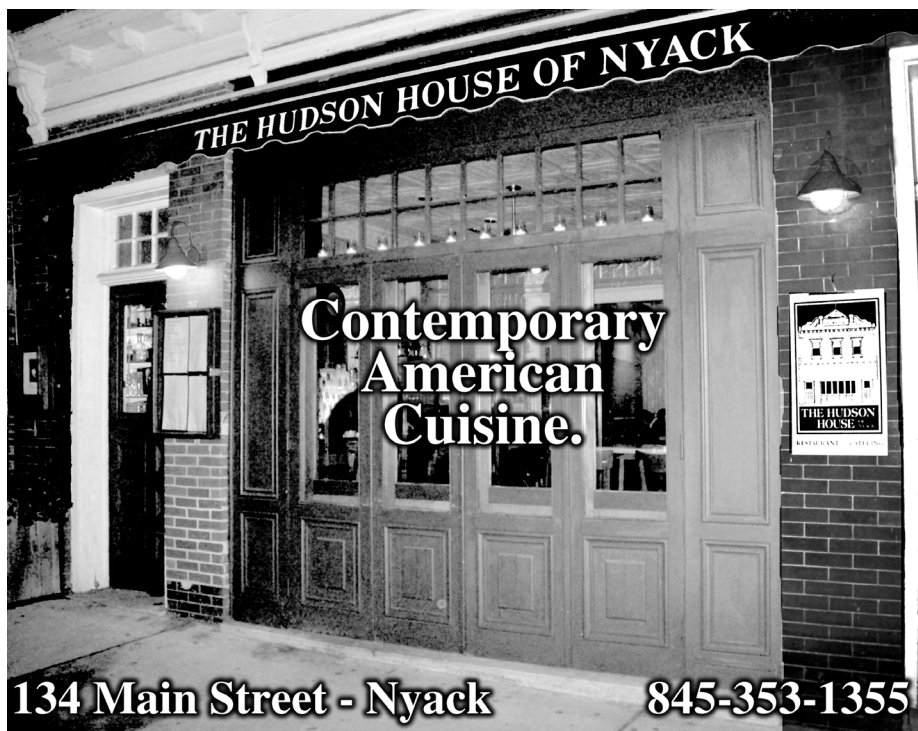
Models wait, some nervously and others with grace and assuredness, as the final touches of makeup are applied, fly-away strands of hair are sprayed into place, and the last gulps of Maxine's Irish teas are chugged down. And up to the stage they go, Victor giving last minute directions to his models before the show begins.

Chatty conversation travels up the stairs as the audience wanders in and takes their seats. The photographers are ready, their fingers poised over the buttons of their cameras, as Victor takes the stage, introducing his works of art and thanking those who helped to make his dream, this fashion show, happen.

Cue the music...and go! The models strut down the runway - walk, pivot, pose, pivot, pose, pivot, and walk back again. A high energy fills the room as camera flashes light up, hands clap, and impressed eyes fall over the clothing line one piece at a time. As the show comes to a close, photographers gather on stage, snapping pictures from all angles, and Victor joins his girls for a post-show fashion shoot before the next group of audience members fills the room for round two.

The last fashion lovers file back down the stairs and onto Main Street, while inside the Hudson House, much like the outfits Victor worked so diligently to craft, there is a comfortable air of pride and confidence that lingers over what was known as the runway for that one special Sunday afternoon in Nyack.

Watch the fashion show at:<http://www.rocklandworldradio.com/program/liveperf/>





I try not to draw too much attention to myself, so please don't take this the wrong way, but to date I have donated blood exactly 108 times.

The reason the number is so high is because I have always felt that this was such a worthy cause and the fact that someone was directly benefiting from my donation, made it all the more rewarding. I have to be honest though, as my donation total reached 98, I thought to myself, "Wow, I am coming up on 100 donations. That's a lot!"

So, then 99 came around and I wondered if they might do something when it came time for my 100th donation. Donating blood was a selfless act, I reminded myself... it isn't about the recognition, but deep down I did wonder if they would do something. Something to mark the occasion.

So, finally the day comes for my 100th donation. I am basically calm, but a little anxious. The lady who took my information down happened to notice that the computer read that this particular donation was number 100. She turned to me and said "Wow, 100..That's a nice round number." That was it. That was the extent of my 100th donation."That's a nice round number". That was fine though really. Just being able to help someone in need was the most important thing. This gets better though, much better. My friend Chris who works with me donates blood quite often as well. As a matter of fact, he wasn't that far behind me in terms of times donated. We donate at the same blood bank and often see each other there.

So, Chris calls me up the other day. This is about eight months after my 100th donation. "Matty, guess what, I hit 100!" "Wow, I joked, that's a nice round number." Chris then said "Well, apparently that is what they thought at the blood bank. I was given balloons and flowers and a plaque and had my picture taken in the local paper and had all the staff and volunteers shake my hand." I couldn't believe it! Not only did Chris get all this to mark the occasion, but it was from the same blood bank where I donate. Well, I do remember that Jesus said "To those who give of themselves, great will be their reward in Heaven." That then should be good enough I thought. Watch I get to Heaven, "Chris, it's great to see you. Hey, where did you get those balloons?" ■

## Keep Skating, Dude...

## Vinny Raffa

this is vinny raffa from the eastcoast - new york, the don area  
lets talk skateboarding, 20 years of it  
from dead end to vinny raffa has a posse  
i have done a lot of skateboard contests, events, mixtapes and still doing it  
if everyone got into skateboarding it will keep it going forever and ever  
i am bringing back dead end  
coming out soon, ask for it, look for it  
keep skating and one day you will the pro skater you want to be  
when i did dead end skateboarding was fun and but life goes on  
and new company's come out  
and they live what i lived  
it's there best time of their lives but they don't know it yet  
when you see a kid skating in your town  
don't bust his balls  
that could be the next tony hawk  
towns need skate spots for the skater  
we need more of those types of kids. you can do anything  
just do it  
i am thinking of big things with skateboarding  
big things still working hard on it  
taking it to the next level  
keep skating dude.

**Vinny Raffa** is the Godfather of East coast skateboarding and skateboard culture. For over twenty years, Mr. Raffa has been a promoter and creator of cutting edge events that have captured the attention of skateboard generations around the world. Having no less than two skateboard videos to his credit, he has developed a following in the tens of thousands, by way of integrating skateboarding and hip-hop music.

Were I to ascend,  
Pass on from this life by surprise one day,

What might you wish you'd had the foresight to say?

Would waterfall down  
Your facial mounds?

Would you pound your brow and beat your chest  
And ache and scream, allowing no one rest,

Especially me,  
Stalling my journey,  
Holding me in limbo  
In obeisance to you,  
Because of the guilt over what you did not do?

Listen, my love. Listen well.

I've much to tell.

Before you pass on, before I go,  
I want you to know

I love you within and beyond reason.

And without sacrificing a modicum of myself,  
It's you that I am to be pleasing.

I love you because you are inordinately kind.

You're divine.

I love you for your passion,  
Because you never cash in  
On all you do for me.

Your generosity is beyond measure.

You pleasure me  
To titillating near insanity.

You bring me to the edge,  
Careful not to let me topple over:

A fool would I be were I a rover.

I love your brilliance—not just the glow around  
Your physicality,  
Your mentality,  
Your intellectual superiority,  
Your thirst for knowledge, growth,  
Your awareness of what counts most,  
Your spirituality.

Attuned to things that support the greatest you can be,  
And give you the ability to recognize the same in  
others,  
In me.

You're a communicator,  
A truth relator.

I love how, on the one hand, you see through stuff,  
And when you name it as you see it,  
It can be a bit rough  
To take,  
But it all helps to make

One stronger to face demons within,  
Cast them out, be the one to win.

On the other hand, your compassion...

Your sensitive nature thrills me,  
Your vulnerability,  
Your receptiveness to every  
Relationship-expanding possibility,

No matter the openness it requires of you,  
I find lovely.

And that you love me...

I love, love, love, love, love, love that—naturally.

I love your honesty,  
Your integrity,  
Your ability to scrutinize things and extract the  
purities,  
Focusing on the positives of  
What might otherwise be halting memories.

I love your laugh,  
Your inner child,  
Your schoolboy humor,  
How it makes me smile.

I love the measures you will take  
To make up for when you've been wrong.

I never can be upset with you for too long.

I love you hair, its texture,  
Hue of your skin.

I love how you love your kin,  
How you make love to me again and again,  
How you do it with words,  
With a look,

How you're not quite the open book.

Ever the little surprise,  
I love the mischief in your eyes,  
How you love me with your touch.

The feel of you is never too much.

Your hands,  
I love your massaging hands,  
Releasing from my body  
The day's demands.

Sexual healing.  
You send me reeling  
Into greatest sanity.

You assist me to clarity.

And what is real,  
What is really real,  
Is that . . .

Before you pass on  
And before I go,  
I want you to know I  
Appreciate,  
Respect,  
Honor  
And  
Accept  
All of who you are.

That is an absolute that  
No one,  
No thing can mar.

I love you in  
The most special of ways.

That is how it will be  
For the rest of our days.

**Kai Adwoa-Thomas** is an award-winning writer, an actress, and a director who has produced works for stage and television. She is a member of Screen Actors Guild and Actors' Equity Association and has acted on stage, television, and in films. Her published works are *Whispers Roar*, *Roars Whisper: the Poetry of Kai Afi Adwoa* and *Every Time I Look Up*, a play.

## Advertisers & Supporters Guide

---

### **Anjel Blue Holy Grail Rehearsal Studios**

Rehearsal and Recording Studios  
Nyack  
845.826.1570

### **Antrim Playhouse**

Rockland's Longest Running Community  
Theatre  
Suffern  
845.354.9503

### **Arts Council of Rockland**

Encouraging Arts in Our Community  
Spring Valley  
845.426.3660

### **Best Western Nyack on Hudson**

Best Choice for Comfort & Convenience  
Nyack  
845.358.8100

### **Bourbon Street of Nyack**

New Orleans Style Restaurant  
Nyack  
845.727.4954

### **Bricktown Brewery**

4 Main Street - Haverstraw  
845.429.0111

### **Decor & You**

Professional Decorating Services  
New City  
845.613.0063

### **Dental Arts of Rockland**

Orangeburg, NY  
845.359.0407

### **Harrington Press**

Complete Printing Services  
Nyack  
845.353.1832

### **The Hudson House**

Contemporary American Cuisine  
Nyack  
845.353.1355

### **IMC Integrated Medical Care**

Physical Medicine & Rehabilitation Center.  
West Nyack  
845.358.4000

### **J&R Entertainment Co.**

DJ Music & Video Taping Services  
Tri-State Area  
845.688.1549

### **Lydecker Realty**

Specializing in Nyack Real Estate  
Nyack  
845.358.3700

### **Marcello's Ristorante**

Fine Italian Dining  
Suffern  
845.357.9108

### **The M Shoppe**

Quality Men's Products  
Nyack  
845.358.5300

### **Nanuet Collision Centers Inc.**

Foreign & Domestic Certified Technicians  
24 Hour Emergency Towing  
Auto Body, Collision  
249 S.Middletown Rd - Nanuet  
845.623.3824  
and  
417 Route 59 - Monsey  
845.356.5861

### **Olive's**

Rock n' Roll Bar with Great Music, Food  
and People  
Nyack  
845.596.2985

### **Pet Palace**

Where Your Pet is Royalty  
New City  
845.638.1378

### **Playing Mantis**

Hand Made Toys & Crafts from Around  
The World  
Nyack  
845.358.5670

### **Rockland Music Center**

Musical Instruments & Pro Audio Gear  
Nanuet  
845.624.5470

### **Shirt Shack**

Screen Printing - Embroidery Promotional  
Products  
Spring Valley, NY  
845.356.8181

### **Soupstone Café**

Breakfast and lunch, and awesome soup  
14 Main Street  
Haverstraw  
845.942.4010

### **Vertigo**

Bar, Restaurant, Café  
Nyack  
845.358.3202

### **Westgate Lounge**

Nyack  
845.358.8100

### **Westrock Pool & Spa**

21 North Middletown Road  
Nanuet  
845.623.3844

# **UPCOMING LIVE EVENTS** **on Rockland World Radio** radio you can watch

## **Nyack's Halloween Parade**

**Saturday October 27th 4:00pm - 7:00pm**

largest halloween parade outside NYC

## **Sunrise on The Hudson**

**Mornings with Richard Quinn**

Special Guests, Music, News, Weather & so much more

Beginning November 1st 2007



## **Rockland World Radio Marathon**

**Tuesday November 20th 8:00am - 8:00pm**

24 hours dedicated to help support the fight against  
hunger & poverty in the United States & around the world.

## **Hungertyhon Live on Stage** **@ Riverspace** arts in nyack

**Saturday November 24th 5:00pm - 11:00pm**  
**with Joe Durso & Many Special Guests**