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# ACCENT

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## Tastes like home

Specialty grocers  
catering to immigrant,  
ethnic groups  
make exotic foods  
easy to find

### Meet Robin Raabe

Tram co-owner says customers are family

## Community snapshot: Clinton's Park Row





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*Letter from the editor*

## From summer trips to summer parties, we've got you covered

It seems like only yesterday that I attended my five-year college reunion. How is it already time for another?

The last five years have gone by in a blur; and the last few months, it seems, have gone by even faster. Weren't we just talking about spring cleaning? How is it summer already?

(And how do I already have so many weekends booked on my calendar?)

If you haven't figured out your own summer plans yet, don't worry – we have some ideas.

For those looking to explore close to home – maybe take a wine tour, even? – John Pitarresi has advice on what to see and do in Ithaca this summer. This quintessential college town is located in New York's beautiful Finger Lakes region (and, incidentally, is where I'm headed for my reunion in a few weeks).

For those headed farther afield, check out our infographic on summer travel stats.

And finally, for those of you who'd rather entertain at home, check out Tennille-Lynn Millo's "Home & Garden" story on Page 24 to learn more about the growing trend of party sheds – they take the idea of an outdoor bar to the next level.

Enjoy your summer!

Courtney Potts  
Accent editor

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# Saranac kicks off summer calendar

STORY BY ALISSA SCOTT

Do you live for Thursdays? F.X. Matt Brewing Co. continues pouring cold brews and playing live music this year with the 18th annual Saranac Thursdays summer concert series.

The season kicked off May 19 and will run through Thursday, Sept. 1, in the brewery's outdoor beer garden. Gates open at 5:30 p.m. each Thursday, with live music from 6 to 9 p.m.

As always, the Saranac family of beers and handcrafted soft drinks will be available along with live music from local bands and food by Dean's Concessions.

This year's lineup includes, in order: Last Left, Born To Run, Wild Adriatic, Classified, Floodwood, The Crazy Fools, MoChester, Gridley Paige, Enter The Haggis, SimpleLife, Annie In The Water, The Bomb, Lonesome Dove and The Matt Lomeo Band.

Showtime and The New York Rock performed in May.

Admission is \$5 for those 21 and older, and gets you in the gates and one drink on the house. A portion of proceeds will benefit the United Way of the Valley and Greater Utica Area.



Also this month:

- **Utica Zoo** will host its **17th annual Wine in the Wilderness** from 6 to 9 p.m. Saturday, June 4. Partygoers can sample and purchase New York state wines, including a limited-edition chardonnay by Mohawk Valley Winery with Utica Zoo artwork on the label. Simple Propos and Remsen Social Club will perform live music. Tickets for zoo members are \$30 in advance or \$35 at the door. Non-members pay

\$35 in advance or \$40 at the door. Designated driver tickets are \$20. Tickets will be available at [uticazoo.org/wine](http://uticazoo.org/wine).

- **Munson-Williams-Proctor Arts Institute's** annual summer exhibit kicks off Sunday, June 12, with a gallery of 60 large photos by renowned National Geographic photographer Steve McCurry. McCurry is famous for his cover image of "Afghan Girl." Members will have a preview gala at 7:30 p.m. Saturday, June 11.

Tickets to the gala cost \$25. The regular exhibit is \$10 for the general public, \$5 for full-time students and free for children and members.

- American country group **The Band Perry**, known for their hit song "If I Die Young," will perform at 8 p.m. Saturday, June 25, at Turning Stone Resort Casino's Event Center. Tickets range from \$29 to \$44.





## Run for a cause

Excited to check out Clinton's Village Green after reading our story on page 18? Here's the perfect excuse for a visit (as if you needed one!).

On June 4, the Kirkland Art Center, located at 9 ½ E. Park Row, will hold one of its largest regular fundraisers – the 38th annual KAC Run and Walk. There will also be a festival on the green from 11 a.m. to 7:30 p.m. to celebrate.

The event includes a Youth Fun Run (4:45 p.m.), a one-mile race (5:15 p.m.) and a 5K walk and run (6 p.m.) Awards will be handed out at 7 p.m.

Participants should register in advance at [www.kacny.org/kac-run-walk](http://www.kacny.org/kac-run-walk).

Register early and you could receive one of 100 limited-edition shirts commemorating the event.

Funds raised from the Run and Walk help support a variety of art-related programs, including dance classes, adult art workshops, and the KAC's gallery series. For more information, call 853-8871 or email [info@kacny.org](mailto:info@kacny.org).

## We want to hear from you!

Questions? Comments? Story ideas? We love them all!

Email your letters to the editor to [cpotts@uticaod.com](mailto:cpotts@uticaod.com) or mail them to Courtney Potts, c/o Observer-Dispatch, 221 Oriskany Plaza, Utica, NY 13501.

## Explore Old Main

If you've ever wanted to get inside the "Old Main" building at the former Mohawk Valley Psychiatric Center, now's your chance.

Assemblyman Anthony Brindisi and the Landmarks Society of Greater Utica have organized a series of free educational tours of the building to be offered June 10 and 17. Tours will leave every 20 minutes from 9 a.m. to noon and from 3 p.m. to 5:40 p.m. each day.

Interested individuals must register in advance, however, and tour space is limited. To register, email

[OldMainTours@omh.ny.gov](mailto:OldMainTours@omh.ny.gov) at least one week prior to your requested tour date. Be sure to include the names of all individuals interested, the requested date and time of the tour, and any relevant group affiliations or special needs (wheelchair access, etc.).

Built in 1843, Old Main was the first publicly-funded facility to treat mentally ill individuals in New York State. It's also an exceptional example of Greek Revival architecture, and listed on the National Register for Historic Places. Tours will focus on the building's history and its role in the early years of American mental health treatment.

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# Ready for date night?

## Simple styles work for any summer occasion

BY FRANCESCA BAILO  
Small Town Couture

Imagine the scenario – it's Friday and you're exhausted from the week. Even the thought of getting dressed to head out for date night seems exhausting. Trust me, I hear ya! But our area has so many fun date night opportunities; it'd be a shame to pass them up!

My tips? Streamline your closet to make decisions a lot

easier. I have a lot of black and white essentials that I keep in my closet to help make this process a little smoother. Another trick can be to find out what your significant other is wearing and then try to complement each other.

Sometimes knowing what someone else is wearing helps make your decision a little easier.

Here are a few other suggestions depending on the

occasion.

### Casual

Whether it's a laid back night together or a fun day-time activity, casual dates can be so much fun! It's easy for both sexes to look comfortable and fabulous.

**For her:** Consider pairing a casual dress or a pair of cut-off shorts with sneakers. This is a great way to be feminine and casual – and can work for a variety of occa-



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sions.

**For him:** Try pairing a fitted tee with a pair of shorts and a casual sneaker. A casual outfit with a great fit is a great way to complement your body and look awesome doing it!

**Tip:** Investing in a pair of casual sneakers is a great idea! You can find a good canvas pair for about \$50. If you've worn the sneakers to the gym recently, you probably don't want to wear them on a date!



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## Dressy

Heading out for a night on the town? I've got the outfits for you!

**For her:** When it comes to summer date night style, don't be afraid to show off those legs! To make your legs look longer and leaner, pair a nude heel with a dress (or skirt) that hits about 3 inches above your knee. You'll be turning heads all night!

**For him:** Adding a blazer to a pair of fitted jeans or pants is always a good idea for date night! Finding a blazer that's fit perfectly for your body will make you look longer and leaner – and can make an affordable blazer look expensive!

**Tip:** Don't be afraid to make friends with a tailor! Having clothes that fit right is a win for her and him!

## Concert

Depending on the concert venue, you can be casual or dressy! No matter which look you go with, you'll probably



blend right in!

**For her:** You can't go wrong with an LBD (little black dress), bold necklace and open-toed bootie for a concert! It's easy to put together and looks great on so many body types. Tie a flannel shirt around your waist if you are headed to a rock or country concerts!

**For him:** Pair a skinny jean, fitted tee and an unbuttoned button-down shift with a boot! This is an easy way to look effortlessly cool and works for all genres.

**Tip:** Ladies, bring a small cross-body bag (with not a lot in it) and gentlemen, make sure you don't have a lot in your pockets! Security at concerts has been increasing, so the less you go inside with the better!

Happy summer!

*Francesca Baio lives in New Berlin, where she writes about fashion and beauty for her blog, smalltowncouture.com. Follow @SmallTownCouture on Instagram for more fashion advice.*

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Local faces

# All in the 'Tram'-ily

## Stats

Age: 46

Residence: Utica

Education: Utica Free Academy, Mohawk Valley Community College

Employment: Manager, co-owner of Tramontane Café

Family: Mother, Victoria Raabe; significant other of 23 years, Garrett Ingraham

Favorite musical performer: Foreigner (Lou Graham era); Dream Theater

Sports teams: CNY Roller Derby and Utica Comets.

For Tramontane Café owner Robin Raabe, business is about more than money

STORY BY JOHN PITARRESI  
PHOTOS BY TINA RUSSELL

There is nothing quite like the Tramontane Café.

Not around Utica, anyway.

Funky. Cool. Kitschy.

Eclectic. Quirky. Artsy.

Those are a few of the adjectives that have been used to describe the place. No wonder. Robin Raabe, who co-owns "The Tram" with Garrett Ingraham, seems to be many of those things and a lot more, including smart, warm and open.

"We are amid a collection of kitsch and collectibles," Raabe said. "We like to have a lot of color patterns and texture around and a lot of talented folks. A lot of musicians and artists find their way to us."

Raabe and Ingraham, a couple for 23 years, opened their Lincoln Avenue business eight years ago. Earlier ventures





# Q&A

included a vintage clothing store, Chancy's, on Columbia Street; and a coffee house, Virgo Bat & Leo Phrog's, from 1999 to 2003 on Columbia Street and then lower Genesee Street.

The Tram serves coffee, sandwiches, soups, muffins, cookies, other desserts and plenty else. And most everything is made on site, except for the bagels, which come from The Bagel Grove, where Raabe used to work. It caters to all kinds of tastes in food – vegan, vegetarian, carnivore – and all kinds of tastes in culture.

Open mic nights on Fridays and Sundays attract poets, musicians, comedians and who knows who else to the small stage in the back. But there's no 21-and-older rule here; even the youngest guests are welcome. And no alcohol is served at The Tram – not even wine – because Raabe is not a fan, for many reasons. Also, nothing is fried.

The Tram reflects Raabe's personality, and is often busy, but it's hardly a gold mine. Ingraham works a full-time job at Broddock Press and Raabe hasn't had a paycheck in years. But turning a profit – while a goal – doesn't seem to be the primary motive.

"I guess we do it for the love of it," Raabe said.

Here's what else we

learned during our chat.

**What does "Tramontane" mean and why did you use it as a name?**

"Over the mountain, literally. It means stranger in a strange land, odd and different. It also is an instrumental by one of my favorite bands, Foreigner. We picked it just to not be like everyone else. We wanted to stand out from others. We've always been a little quirky."

**How would you characterize the café?**

"We always say we're an all-ages, intergenerational-friendly venue and meeting place. We're a coffee house-café. We had a really terrific poetry reading last night. We had 25 people (reading). ... We offer soup, salad, sandwiches. We do all of our baking in house. Desserts, muffins, cookies. ... We cater to vegans, vegetarians. We have gluten-free options."

**And, yes, you have meat – but no alcohol.**

"We have bacon all over the place. Chicken salad goes pretty decently and BLTs. ... I'm very happy to say we don't have alcohol. We do have friends who are in recovery, and they don't have a lot of places they can venture to without some sort of temptation, so we like to know we are a place for everyone to come into."

**Did you train as a chef or just pick things up along the way?**

"I definitely picked things up. I have no formal training. A lot of my previous employments prepared me for making sandwiches. I worked at the Devereux and at the Bagel Grove. I have a lot of experi-



ence in quick service and sandwich preparation and along the way I learned how to make soup, muffins and cookies and people seem to like it."

**What inspired you to do this?**

"I guess our own personal need for a place to go. I could venture out to a fine drinking establishment to hear live music ... I'm actually allergic to alcohol. We don't use wine for anything. And I also always wanted to provide a place for folks who don't quite need libation to have an enjoyable experience. And especially the all-ages aspect. We wanted to make sure much younger folks could have a place to learn some culture and actually talk to each other in real life."

**Who were your mentors?**

"My mother, as a strong, independent female, that's one person. School-wise, Sister Claire Weber, CSJ, my business teacher at (Utica Free Academy). She was pretty cool. ... Just a strong person being encouraging. To be honest with you, as a shy wallflower, retiring type who doesn't remember

high school that much, she was a standout."

**What do you love about the business?**

Similarly to when I had my clothing store, it's the folks who come in and ... diversity. We have a 7-year-old who is home-schooled who comes with his mom during the day. They play cards, they do flash cards, they talk, they play games. He drinks coffee! He's going to be well prepared. .... One of our friends who recently passed away, who we miss thoroughly, Roger Smith, was a serious Renaissance man. Poet, writer, photographer, artist, he did collages, so many things. ... He influenced our lives a lot. We've got one young person who started coming here when he was 7, as well, doing our open mic nights. He's now 14 and is well versed in his blues guitar and classic rock tunes. I just like to see how folks will grow with us and learn with us and teach us the ways of the world and bring us some culture. We've met some true rock stars, some sports stars. But everyone, as I call it, we treat

them as “Tramily,” as real people. We try to treat everyone with as much respect as possible. Make them feel very welcome and at home.”

#### What do you do when you're not working at the café?

“Those silly Comets kids came to visit us three years ago. They, for some reason, liked us. We made sandwiches for them at lunchtime every once in a while. We got the encouragement to go check them out. I'd never been to a live hockey game before. .... They hooked us fast and furious. Went to the games, and we enjoyed it thoroughly. That was super. I made sure I went to the home games. I missed one game (this year). ... They have been super-terrific for many if not all the local inde-

pendent small business in the area.”

#### What would you like to be doing five, 10 years down the line?

“I'd like to have a legitimate, full, real day off. A day when I don't have to lock the door or unlock the door. That'd be awesome. I'd like to make it a self-sustaining property. This building is a good building. It just needs to be used to its potential. I hope Garrett would be able to work on his independent, fun things. Like puppeting. He's part of The Guild of Thespian Puppets. They're out and about doing shows. He's also a graphic designer/cartoonist. ... I just turned 46. It would be nice to take a couple days and go on a mini vacation.”



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## Planning a picnic? Ham it up!

Whether they're enjoyed on the deck, in the backyard, or at your favorite picnic spot, these zesty sandwiches are perfect for warm-weather gatherings.

### Herbed Ham Salad Croissant Sandwiches

Prep time: 15 minutes  
Serves: 4

#### INGREDIENTS

- 2 cups minced cooked ham
- 1/3 cup regular or light mayonnaise
- 2 tablespoons minced celery
- 1 tablespoon minced onion
- 2 teaspoons minced fresh flat-leaf parsley
- 2 teaspoons minced fresh chives

- 1 1/2 teaspoons Dijon mustard
- Pepper to taste
- 4 croissants, split
- Spring salad greens (optional)

#### DIRECTIONS

In a medium bowl, combine ham, mayonnaise, celery, onion, parsley, chives and mustard; season with pepper. Spread bottom halves of croissants with ham mixture; add spring salad greens, if desired. Cover with top halves of croissants. Makes four sandwiches.

Cynthia O'Connor O'Hara is a recipe developer, food writer, and the author of *The Harried Housewife's Cookbook* series. Write to her at P.O. Box 16, Whitesboro, NY 13492-0016 or visit her Web site at [www.theharriedhousewife.com](http://www.theharriedhousewife.com).

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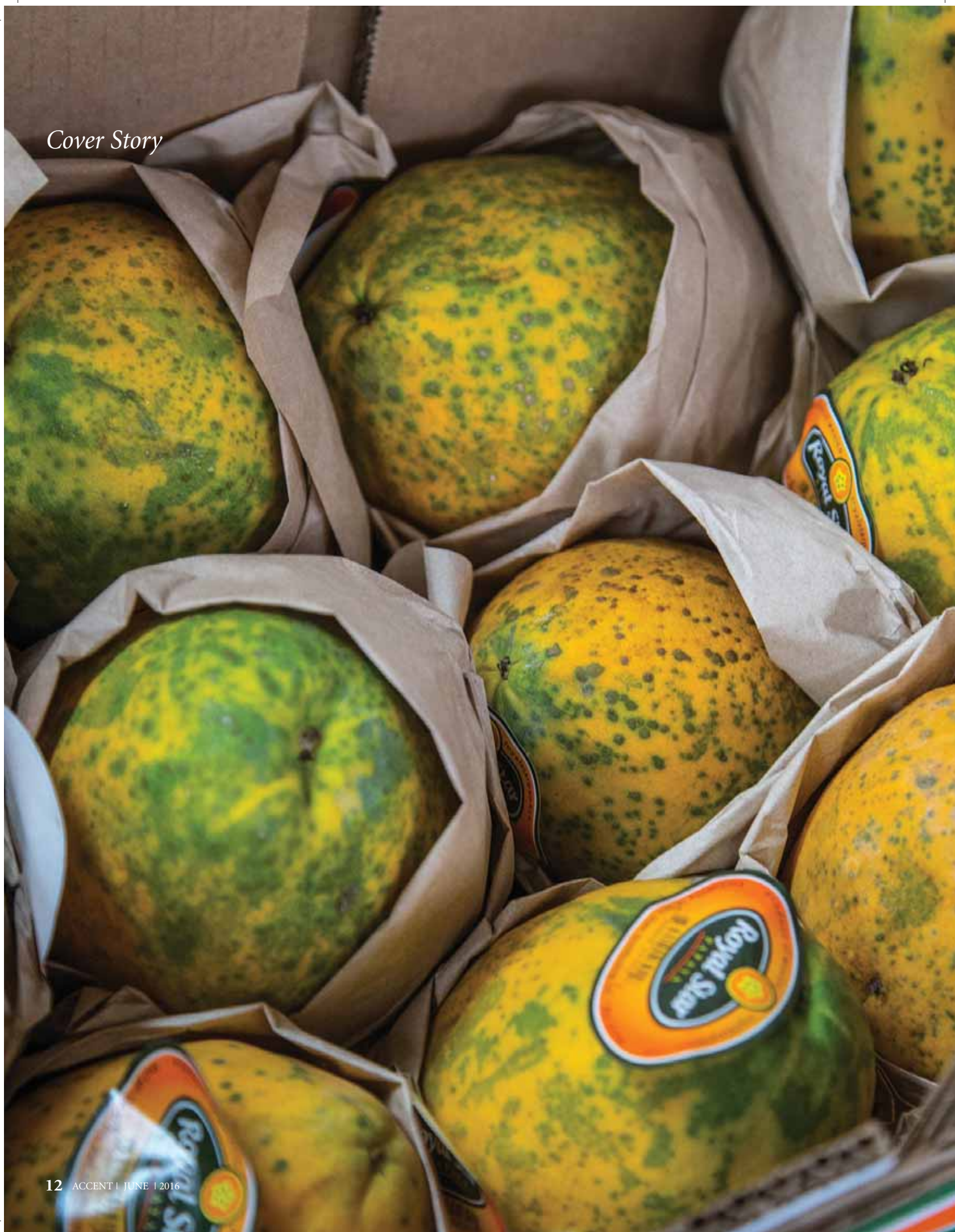
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*Cover Story*





# A melting pot of international flavors

Have a taste for something exotic? Specialty grocers stocking unique foods at reasonable prices

STORY BY TENNILLE-LYNN MILLO

PHOTOS BY MATT OSSOWSKI

Utica is a city of immigrants, and the international flavor that provides has carried over into many of its neighboring communities as well. The impact can be seen in many facets of our local culture, but especially in our relationship with food. Living in a melting pot makes it easy for local residents to find authentic ethnic restaurants, of course, but it also makes it easier to find small specialty grocery stores that specialize in the ingredients they need to recreate their favorite dishes at home.

Because sometimes when it comes to making a fresh new meal for your family, the secret

isn't having the right ingredients, it's knowing where to find them.

Many of the small international grocers in Central New York sprang up to serve specific immigrant or refugee communities in their area. But with exotic produce, imported specialty items and – often – surprisingly reasonable prices, there's plenty in these neighborhood fixtures to appeal to other shoppers as well. Larger grocery stores in the area may stock some of these unique foods but when it comes to variety, specialty stores can't be beat.

We visited four local specialty markets to learn more about them and what they offer. While we know it can be overwhelming to venture into



*“My father and I drive to New York City every Wednesday to pick up our produce”*

– Vi Lien

an unknown market that's full of unfamiliar smells, languages and labels, it's an adventure that's worth the trip.

## Asian

Nguyen Phat Oriental Store, located at 643 Bleeker St. in Utica, has been bringing Asian staples to the area for 21 years. Moving to the area from Vietnam, owners Phong Lein and his wife, Dung Lu, knew immediately that their job was

to help other members of the local Asian community, who at the time had limited access to the products they needed to cook. Setting up shop in a small space next to Café Caruso on Bleeker Street, Lein and his wife worked hard to grow the business over time: traveling farther to get more products, taking requests from the community on what items they needed, and, after nine years, moving their business into a



## Cover story

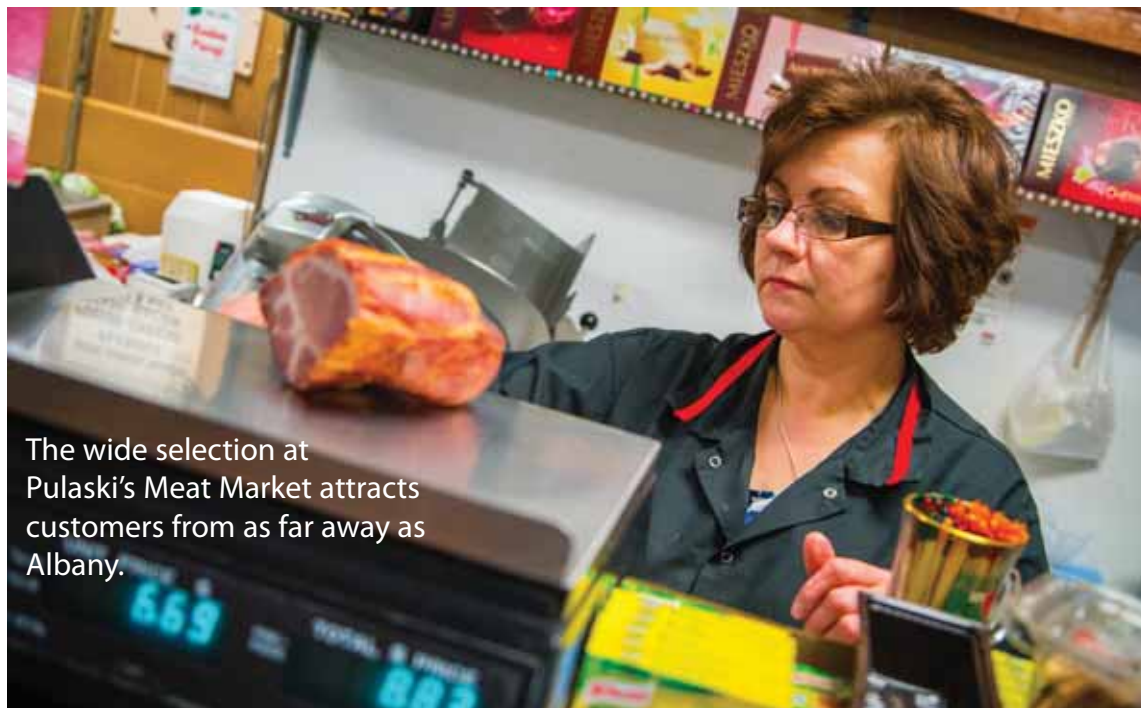
larger building that could house more merchandise.

Today, Nguyen Phat is one of the largest Asian markets in the area, stockpiled with large bags of rice – jasmine, black, short and long – and packed with fish sauce, sushi vinegar, ring fish, rice noodles, candy and sweets. But, it's the store's fresh fruit and vegetable selections that keep customers waiting outside its door as early as 4 a.m.

"My father and I drive to New York City every Wednesday to pick up our produce," Vi Lien said. "It's a different variety every week, and it's our busiest day. We usually don't close our doors until midnight because we're still filled with customers trying to stock up."

Phong Lein has made a point of filling his produce section with an abundance of exotic items that are unusual in our area, such as galangal, kaf-fir leaves, lychees, Chinese broccoli, and sweet tamarind. However, these items go quickly and hardly ever remain on the shelves by the time the next produce round arrives.

As a full market, Nguyen Phat also offers some meats and poultry, but it's best



The wide selection at Pulaski's Meat Market attracts customers from as far away as Albany.

known for its fresh seafood, which is kept alive until purchased. Here customers can find octopus, crab, squid, tuna, and several other types of whole fish, depending on the availability during the week.

Not ready to prepare a whole fish or take a taste of spiky fruit? Lein encourages starting with condiments. Try one of their different soy sauce varieties, which range from dark to light, to see the different flavors they can add to

dishes. Or, sample Kewpie, a type of Asian mayonnaise.

### Polish

Pulaski's Meat Market, located at 1201 Lenox Ave. in Utica, has been carrying on Polish culinary traditions for 45 years. One of the only remaining Polish markets in the area, Pulaski's has been importing products from Poland since the original owners, Irene and John Bulawa, settled in Utica after moving to

the United States. Think Polish food is just a bunch of kielbasa and pierogi? Think again. You'll need to venture into this corner market to experience the old-world variety Pulaski's offers.

Lined with an impressive array of chocolates, cookies and candies, the aisles give way to more unusual items, such as dried Polish mushrooms, black currant syrup, poppy seed filling, and white borscht and red beet soup mixes. There's also a

### Specialty grocers

Interested in shopping locally? Here are a few other small grocery stores in the area, both specialty shops and general markets.

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#### LITTLE FALLS

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#### ROME

**Mazzaferros Meat & Deli (Italian)**  
7824 Ridge Mills Road



large meat and deli section that draws patrons from as far away as Albany.

"Everything here is different and unique for our customers," co-owner Barbara Bulawa said. "All of our meats are handmade. We take the time to craft our sausage, kielbasa, hotdogs, and even our bacon. We have customers who have been coming here for years, just for their meat. People know if it's not handmade or imported from Poland, we don't sell it."

Following the tradition of their in-laws, Barbara and her husband, Vincent Bulawa, have prided themselves on keeping their market consistent with staple items such as daisy hams and Morski cheese, and old family recipes. But they've also added innovation with each new generation, putting unexpected twists on their menu, such as reuben, blueberry and apple pierogis, and jalapeno kielbasa to attract more adventurous palates.

### Bosnian

Ruznic Grocery Store, located at 801 Albany St. in Utica, has been catering to the Bosnian community for 13



years. Opening its doors in 2003, Ruznic's promised sweet Bosnian bread, cookies, meat pies, and all the baking staples one could need from their country. But, it ended up providing more than just a taste of home for local Bosnians – it opened the doors for all of Central New York to try something new.

"We had a big Bosnian community here that needed to have some of their food from

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#### MINIMUM EXPERIENCE:

4-6 years in broad-based marketing communications activities. Hospital or healthcare experience preferred.



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UF000570301

## Cover story



To meet demand, Ruznic recently opened a second Bosnian grocery shop in Syracuse.



back home. It was part of our culture and our lives. So I opened a market to bring that to everyone,” owner Samir Ruznic said. “But, as we grew, the store needed to meet the needs of the Balkan community and the people coming from Croatia, so I added their things to the market.”

Bringing customers specialty items such as chicken spreads, sour cherry juice, vanilla sugar and goulash

cream was important to Ruznic. However, offering fresh bread, just as they would have in their markets at home, was equally important. And, as the market grew, so did requests for meat pies, cevapi (Bosnian kebabs made of sausage, lamb and beef), and Chorba (a popular beef and vegetable soup). So Ruznic expanded his market to include a restaurant – allowing customers to shop, and also take their dinner

home.

More recently, he expanded his market into Syracuse, naming the new store Ruznic II, so that he could reach the growing Bosnian community there, many of whom had been traveling to Utica to shop for the last 10 years.

### Italian

Rocco Gualtieri Market is one of the Mohawk Valley’s oldest Italian markets. Located at 294 E. Dominick St. in Rome, Gualtieri’s has been importing Italian products since Rocco opened its door in 1902. Today, it’s still set in the original store and style as it was 114 years ago, complete with large pickle and olive barrels, hanging scales, and specialty sausages and cheeses stored above the deli counter.

Owner Dave Gualtieri, Rocco’s grandson, has strived



to maintain the same consistency and product selection throughout the years.

“My grandfather established a good name when he came to this store and we keep that going,” Gualtieri said. “It’s an old-time market that gives people the service they still want. Traditions have changed, and people may look for their products and all their needs in larger, convenient grocery chains now, but the cooking shows and food magazines continue to draw that next genera-





tion to us.”

Selling fresh Italian bread, cured Italian meats and cheeses, imported and locally canned tomatoes, anchovies, and a slew of olive oils has made Gualtieri's Market stand out for more than 100 years. But venturing into Gualteiri's,


and perusing the items on the old wooden shelves, does come with a warning: Once you sample the slices of fresh deli meats and experience the style and flow of a traditional Italian market, you'll never look at grocery shopping the same again.

*“My grandfather established a good name when he came to this store and we keep that going”*



Dave Gaultieri continues his grandfather's legacy selling imported Italian products.

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## Neighborhood





# Along the row

Charming shops, village green add to Clinton's historic charm

STORY BY TENNILLE-LYNN MILLO  
PHOTOS BY MATT OSSOWSKI

The history of many towns can be told through the ebb and flow of certain neighborhoods; Clinton's Park Row is no exception.

Established in the early 1800s, the Village Green was intended to be the hub of Clinton, a space that would draw families in for community gatherings, picnics and religious events for years to come. The attractive atmosphere it created also drew new businesses and new residents to the village center.

Once home to five different churches, including Clinton Methodist Church (now the Kirkland Art Center) and Clinton Baptist Church (now the village Historical Society), the charming oval design of the green eventually gave way to Park Row, and became one of the first business districts in the area as well.

---

## THINGS TO DO

### Clinton Farmers Market

On the green

10 a.m. to 4 p.m. Thursdays (in season)

### Kirkland Art Center


9 ½ E. Park Row

315-853-2038

### Village concerts (free)

On the green

7 p.m. Tuesdays (in season)



West Park Row has been a popular location for retailers since the mid 1800s.



## Neighborhood



Hamilton College provides a steady flow of customers to village shops and restaurants.

“Park Row has always been a mixed commerce setting,” Richard Williams, Clinton’s town historian said. “It’s a beautiful area that’s managed to change with the times. From shopping needs to technology advancements, people have always enjoyed the variety that comes with Park Row.”

The farm supply and mercantile buildings that first surrounded the green were destroyed in 1863, when a large fire burnt their wooden frames to the ground. But that made room for the second generation of buildings, redesigned to offer apartment space above all of the street-level businesses.

Later, Park Row became a popular location for retailers. Growing from small grocers and meat markets to pharmacies, lawyers’ offices, and spe-

### RESTAURANTS

#### **Across The Row Bistro**

8 E. Park Row  
315-381-3076  
[www.acrosstherow.com](http://www.acrosstherow.com)

#### **Nola’s**

7 W. Park Row  
315-853-3052  
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#### **Utica Roasting Company**

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#### **The Annex Wine Bar**

7 W. Park Row  
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#### **Giovanni’s Pizza**

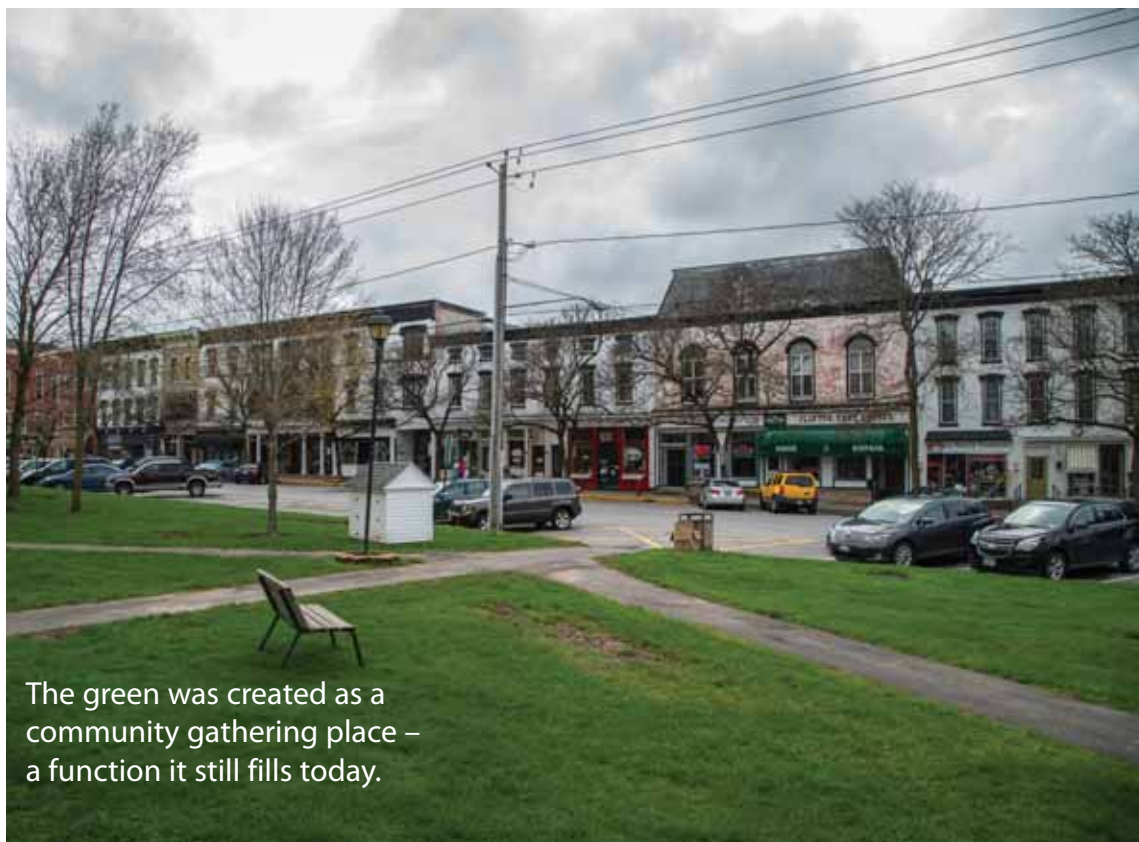
12 E. Park Row  
315-853-7700



cialty shops, the success of the area continued to climb throughout the years. And nearby Hamilton College helped, of course, by providing a steady flow of students, parents and professors, all looking to have their shopping needs met.

Catering to that demographic gave Park Row a refined twist that called for crafted desserts, home collections, and noteworthy chefs and restaurants. It also became an obvious choice for certain artistic pursuits, such as the Kirkland Art Center and the annual Clinton Art and Music Festival.

Today, the neighborhood is still drawing the community together – not just for Sunday morning church socials, but for art, history and artisanal chocolates to boot.



The green was created as a community gathering place – a function it still fills today.

### SHOPPING

#### **Adirondack Cheese Company**

13 W. Park Row  
315-853-1461

#### **Ali-Linz Home and Accessories**

3 W. Park Row  
315-853-1453

#### **Dawn Marie's Treasures Consignment Boutique**

18 W. Park Row  
315-796-9099

#### **Village Crossing on the Green**

11 W. Park Row  
315-853-5299

#### **Krizia Martin Fine Apparel & Giftware**

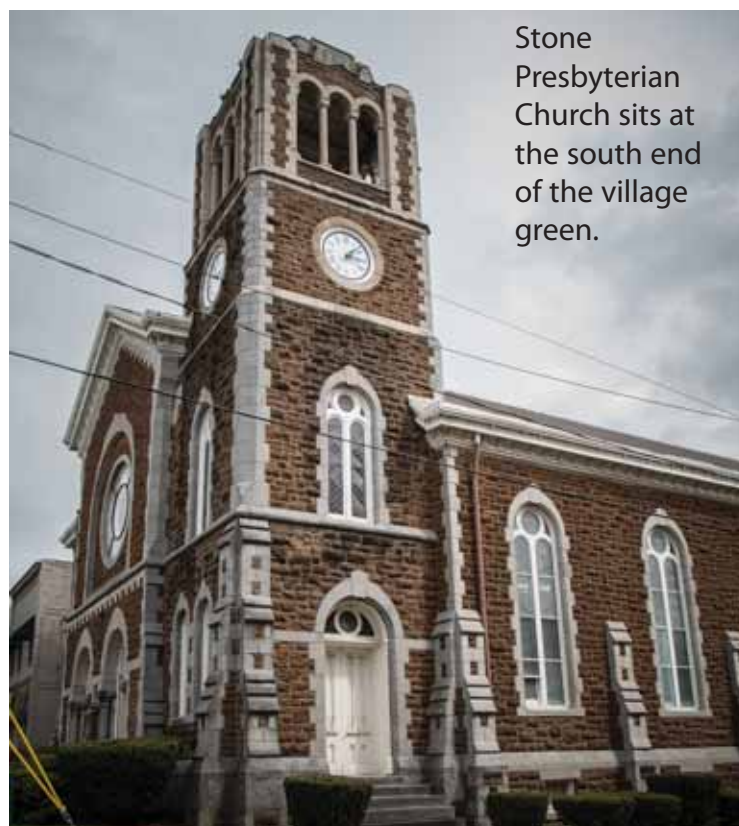
20 W. Park Row  
315-381-3271

#### **No. 6 Cigar Company**

6 W. Park Row  
315-853-2980

#### **The Clinton Florist**

5 S. Park Row  
315-853-2731



## Come on in ... the party's out back!



### Dressed-up sheds the next big thing in outdoor entertaining

**STORY BY TENNILLE-LYNN MILLO**  
**PHOTOS BY CHRIS PENREE**

For years we've followed the backyard party trends. There was the coveted white tent, whose arrival allowed guests to dine outdoors without the threat of rain or wicked sunburns; the fancy line of patio furniture that brought indoor luxury outdoors; and the millions of twinkle lights and lanterns that made our backyards shine as bright as the stars above. But all this time, the next big thing in

backyard must-haves was in the one place we never thought to look (and sometimes actively tried to hide) – the shed.

Once exclusively a broom and wheelbarrow storage facility, spacious, decorated sheds have become the latest craze to sweep the nation. From cottage-inspired “she sheds” built to offer women a peaceful, relaxing escape from the busyness of running their homes, to “man cave”-inspired sheds equipped with beer taps and sports paraphernalia, party

sheds are changing the way people look at their backyards and at the placement of their parties.

Gary Heffron, owner of Heffron's A Moment in Time Retro, located at 2051 Genesee St. in Oneida, was one of the first local designers to introduce the party shed to the public. Coming up with the idea after visiting a friend who'd converted the second floor of his office into an old-fashioned diner, Heffron was inspired by the idea that any space could

be transformed into something fun and unique. And, once he walked past a raw shed sitting in his construction lot, Heffron knew just what space he wanted to master.

In 2011 he put hammer to wood and built his first party shed.

“As I began redesigning the shed, people started watching, curious about what I was doing,” Heffron said. “I installed lighting, a black-and-white checkered floor, a sink, some vinyl seating for people to





sit and relax in, and a bar. I put it in my backyard, and invited everyone over to enjoy it, and the response was immediate. Everyone loved it.”

Intrigued by all the positive feedback and requests from other individuals to custom-make them sheds of their own, Heffron began to realize the potential of his new backyard sanctuaries. He looked into furniture designs, joined forces with Heritage Structures to build the sheds, and eventually used the same concept to transform a trailer into a party trailer, which he rented out for mobile party purposes with the intention of advertising the interior design and feel of a party shed.

Five years later, Heffron’s

idea not only launched a new backyard market, it became a global success. And others have picked up on the idea – either on their own or through his example – including a new FYI channel design show titled “He Shed, She Shed.”

Heffron’s own designs and furniture now fill restaurants and hospitality locations across the country, and some as far away as Australia.

“Once I envisioned doing the sheds, I wanted to get it out there,” he said. “The biggest hurdle was the publicity and advertisement to make it known, but with the help of the party trailer, social media, and a few home shows, the business took off.”

Custom designing anything

from new construction to an existing shed renovation, Heffron ensures his customers that the possibilities for their sheds are only limited by their imaginations (and maybe their budgets). From quaint cottage dwellings to contemporary designs or Adirondack-themed cabins, the one thing that stands out with each shed is its ability to provide a quiet reprieve from the world, right in your own backyard.

“What started from our own little shed has brought on something that’s now a part of our everyday lives,” Heffron said. “And I want everyone to be able to enjoy that. It’s something I put in mind when gauging my customers. I knew not

everyone could afford a shed loaded with electricity and water and all the whistles, so I selected different ways I could sell them to make them affordable for everyone.”

Heffron also has taken his time to ensure the quality and stability of each shed, so when an individual purchases the party haven they’re guaranteed it’s a purchase that will adorn their backyard for life. So, whether you’re looking for a space to cater to those fabulous summer backyard parties, or a quiet, peaceful retreat for your own staycation, party sheds just might be your final backyard must-have.



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**Directions:** Take I-90 West to 481, head south on I-81, take Exit 12 to Route 13 into Ithaca.

The Johnson Visitors Center welcomes guests to the Cornell Lab of Ornithology

## Ithaca offers food, adventure

STORY BY JOHN PITARRESI

What gives Ithaca its character?

It's a college town, in a big way, and that makes it different and very interesting, especially considering its rural surroundings.

Home to Ivy League Cornell University, nationally recognized Ithaca College, and nearby Tompkins-Cortland Community College, Ithaca is populated by students and faculty from all over the

globe. And it's as culturally diverse as any town you might imagine outside a major metropolitan area.

But its attraction for visitors goes far beyond its academic prowess. Its setting at the head of Cayuga Lake, in an area decked out with numerous natural gifts, is a great advantage as well. There are a number of state parks, wineries and other activities to keep visitors coming back for more.

Dining also is big: Bon Appetit magazine once ranked Ithaca as one of the "foodiest" towns in America, and the city boasts more restaurants per capita than New York City. Many of them are located in the Downtown Ithaca Commons, a pedestrian shopping area that is four blocks long and full of everything – more than 100 shops and restaurants, plus plenty of street vendors and entertainers.

### About Ithaca

What is now the city of Ithaca was once the site of a traditional Cayuga Indian village at the inlet on the south end of Cayuga Lake.

The Cayugas were pretty much driven off by the Sullivan Expedition during the Revolutionary War, and the first white settlers arrived in 1788. Later, the surrounding land was parceled out to veterans of the war.

In 1821, Ithaca was still a village with only about 1,000 people, but the founding of Cornell University in 1868 and Ithaca College in 1892 spurred growth. The population has remained around 30,000 since the years after World War II.



## Day trip

One recommended stop is The Piggery Butcher Case on Franklin Street. It specializes in pork, but sells other meats as well from animals raised on its farm up the road in Trumansburg and at other local farms. The Piggery even offers butchering classes for its more hands-on customers.

Here are a few other popular spots to explore while you're in town.

### Ithaca Farmers Market

*Steamboat Landing  
545 3rd St., Ithaca,  
607-273-7109  
[www.ithacamarket.com](http://www.ithacamarket.com)*

If you are looking for something iconic about Ithaca, the Ithaca Farmers Market at Steamboat Landing undoubtedly would be it.

Superlatives tumble out of the mouths of visitors to the market, which began more than 40 years ago.

"It's like a microcosm of Ithaca as a whole," one frequent visitor raved. "So much food. Cambodian. Cuban sandwiches. Flatbread. There is always live music, things for kids to do, climb and play."

The market dates to 1973, when it was founded as a venue for local growers and craftspeople. It moved several times, but has been anchored at Steamboat Landing on the lake waterfront since 1988. More than 150 vendors offer fruit, vegetables, meat, eggs, poultry, dairy products, baked goods, jams and jellies, and numerous gifts and crafts.

As many as 5,000 people will shop at the market on a typical day, although some are there just for the atmosphere and to people-watch, or to have breakfast or lunch. The market



The Botanical Garden at Cornell Plantations is famous for its rhododendrons.

also presents musicians – local, and sometimes from around the country and around the world – on most Saturdays and Sundays from April through November.

From now through October, the market is open 9 a.m. to 3 p.m. Saturdays and 10 a.m. to 3 p.m. Sundays. Winter hours can be found on its website.

### Taughannock State Park

*1740 Taughannock Park  
Rd., Trumansburg  
607-387-6739  
<http://www.nysparks.com/parks/62>*

The centerpiece of Taughannock State Park is, of course, Taughannock Falls.

It's the tallest free-falling waterfall east of the Mississippi at 215 feet. That's 33 feet higher than Niagara Falls.

The water volume is far less, of course, but the scene is sensational. The falls cut through cliffs that climb spectacularly to 400 feet, creating a limestone gorge that stretches more than a mile through the park.

The park is on the west shore of Cayuga Lake, the longest of the Finger Lakes, and it offers a multitude of activities, from swimming, boating and fishing to nature study and concerts. There are also miles of hiking trails, and tremendous access to the water.

Taughannock's 2016 Summer Concert Series, spotlighting local talent, runs seven consecutive Saturday evenings, beginning July 9. It will conclude with a silent movie under the stars Aug. 27.

### Ithaca Beer Company

*122 Ithaca Beer Dr.,  
Ithaca  
607-273-0766  
[Ithacabeer.com](http://Ithacabeer.com)*

The Ithaca Beer Company prides itself on reflecting the culture, creativity and diversity of its home area.

The brewery offers a multitude of beers – a half-dozen or more year-round brews, led by its signature Flower Power IPA, which has ranked highly in several national competitions; a half-dozen more seasonal beers, including Happy Pils; and a couple of specialty items, including this year's Anniversary Beer, Baltic Porter.

The brewery is about more than just beer, of course. The taproom's brewpub has an attractive menu, with a few offerings using beer or beer makings as ingredients – cheddar ale soup, for example.





Cornell Ornithology Lab

Many of the other ingredients come from local farms and businesses, including Silver Queen Farm and Purity Ice Cream.

The brewery is open noon to 9 p.m. Wednesday through Sunday, but guests are warned to get there early on weekends, when the crowd is heavy.

### Cornell Lab of Ornithology

159 Sapsucker Woods Road, Ithaca,  
800-843-2473  
[www.birds.cornell.edu](http://www.birds.cornell.edu)

The Cornell Lab of Ornithology is the world-wide and world-class resource for anyone interested in birds. And who wouldn't be interested in the thousands of species of

birds, with their endless combinations of colors and behaviors?

While the lab has an academic mission, it also caters to visits at Sapsucker Woods, the lab's 230-acre sanctuary that often is described as "amazing." There are four miles of trails, and you can join guided tours or borrow a pair of binoculars, pick up a checklist and explore on your own. More than 200 bird species and many other animals have been recorded there. And ... it's free!

The Johnson Visitors Center at the Lab includes interactive exhibits, world-class bird art – including the classic works of John James Audubon and Louis Agassiz Fuertes – and the recently completed

World of Birds Mural. The painting, by Jane Kim, details the evolution of 243 species over nearly 400 million years.

Guided tours of the lab and trails are offered at 2:30 p.m. Mondays and Fridays, and at noon Saturdays.

### Cornell Plantations

1 Plantations Road, Ithaca  
607-255-2400  
[www.cornellplantations.org](http://www.cornellplantations.org)

Cornell Plantations is the name for more than 4,000 acres owned by the university, with a mission to enhance and preserve the school's horticultural collections and natural areas.

The Botanical Garden is a 35-acre site at the heart of the Plantations. There are a dozen specialty gardens, including a spectacular display of rhododendrons. The recently opened Nevin Welcome Center has a café and gift shop and other amenities.

The Plantations also include the F.R. Newman Arboretum, 100 acres of plant collections and installations, and several hiking trails of varying lengths around nearby Beebe Lake.

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# SUMMER TRAVEL

The official summer travel season begins May 26 (the Thursday before Memorial Day) and continues through Labor Day on Sept. 5. Here's a look at how many of us will be hitting the road (or skies) during that 16-week period.

**657 million**

The number of long-distance summer trips made in 2001.

**284**

Average distance to our destination, in miles

**5%**

Number of trips that are more than 1,000 miles

**35**

Average age of travelers

**2.1**  
Nights

Average length of stay

## How we travel

**90%** Personal vehicle

**7%** Air

**2%** Train or bus

## Most popular departure dates:

For trips under 500 miles:

**Saturday or Sunday**

For trips between 500 and 999 miles: **Friday**

## Why we're packing up our bags:

Vacation / sightseeing: **21%**

Business: **16%**

To see friends / relatives: **34%**



# THE WORLD THROUGH HIS LENS Steve McCurry Photographs



**June 12 through December 31**

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*Sharbat Gula, Afghan Girl, near Peshawar, Pakistan, 1984 ©Steve McCurry*

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