

Weekend life

DIY, with love

Plan a romantic (and economical) Valentine's Day with a little creativity

Sabrina Sucato
Special to Poughkeepsie Journal
USA TODAY NETWORK

With Valentine's Day fast approaching, a patchwork of pinks and reds spreads throughout the Hudson Valley, popping up everywhere from grocery aisles and store windows to bookstores and flower shops. Restaurants highlight mouthwatering prix fixe menus, while day spas tout couples massages and hotels advertise romantic specials for two. When Cupid's arrow strikes, it strikes hard — and it can be costly.

Amid planning for the most lovey-dovey day of the year, those unshakeable rose-colored lenses can turn an angry red when money enters the fold. Unfortunately for your wallet, Valentine's Day remains one of the most commercialized holidays in America. According to the National Retail Foundation, U.S. consumers are expected to each spend an average of about \$137 on Valentine's Day, with total sales expected to hit \$18.2 billion.

That adds up to a lot of bling. To keep your bank account in check and put a smile on your sweetie's face this season, try taking a do-it-yourself approach instead. With a little creativity and foresight, you can treat your special someone without spending loads of dough.

Get crafty

"There is such a tremendous trend right now toward DIY, particularly in gifting," said Risa Getman, owner of Hudson Valley Vintage, a do-it-yourself crafting and workshop studio in Rhinebeck. The shop offers a variety of how-to sessions to teach locals the secrets behind creating one-of-a-kind homegoods themselves. For Valentine's Day, Hudson Valley Vintage will host two holiday-themed sessions. On Feb. 10, class attendees can make their own pillows. The following day, Feb. 11, participants can learn the ins and outs of designing wooden signs.

For a crafting session at home, Getman recommended picking a project that is easily giftable. At the studio workshops, many visitors enroll in classes with a twofold goal of learning something new and walking away with a handmade present.

Another option is to rope your significant other into a crafting project that the two of you complete together. Not only will the creative process serve as a fun date activity, but the finished product will remain a material reminder of your memories from that day for years to come.

"A hands-on experience is often the gift itself," Getman observed.

Sweet indulgence

For another do-it-yourself activity that is a sweet treat for a loved one, consider chocolate making. With a few tips and tricks, the process is far less scary than it sounds, said Bryan Graham, co-owner and chocolate maker at Fruition Chocolate in Woodstock and Shokan.

"Rather than make your own chocolates from scratch, melt down one of your favorite bars and turn it into a completely new creation with the help of a chocolate mold," Graham said.

He advised searching sites such as Etsy or eBay for antique or vintage chocolate molds in a variety of whimsical shapes. From there, feel free to play around with melting and combining your favorite treats. Graham, for instance, enjoys mixing and matching between his Toasted White, Brown Butter Milk and Marañón Canyon Dark chocolates for a medley of colors and flavor notes.

"Once your chocolate has cooled and removed from the mold, you'll have a one-of-a-kind Valentine's Day treat," he said.

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Do-It-Yourself Valentine's Day

■ A Natural Chef:
www.anaturalchef.com

■ Beacon Independent Film Festival:
beaconindiefilmfest.org

■ Fruition Chocolate, 17 Tinker St., Woodstock; 3091 Route 28, Shokan; 845-657-6717; www.tastefruition.com

■ Hudson Valley Vintage, 23E East Market St., Rhinebeck; 845-876-2699; www.hvvintage.com

GETTY IMAGES



Common Ground makes produce available to community



Community Voices
Sember Weinman
Poughkeepsie Journal
USA TODAY NETWORK

Common Ground Farm (CGF) is a diversified non-profit vegetable farm just north of Beacon with a mission to serve its community as a model for food justice and education for people of all ages and incomes.

In 2017, CGF addressed food access in the mid-Hudson Valley by focusing efforts on food systems change. Overall the organization distributed more than 10,000 pounds of produce through emergency food services, steeply discounted mobile markets in Beacon and Newburgh, and the Beacon City School District. Half of this produce went to food pantries and soup kitchens, providing an essential source of fresh produce for people in need in the mid-Hud-



Common Ground Farm apprentices Alexis O'Brien, left, and Kantu Thole prepare a truck load of lettuce to go to the Beacon schools. SARAH SIMON/COURTESY PHOTO

son Valley.

In addition, CGF has focused on bringing fresh, local produce to institutions and neighborhoods not yet served

by local farmers. In 2017, CGF distributed 1,000 pounds of fresh produce to the Beacon City School District cafeterias throughout the growing season. This year CGF was the only local farm selling directly to the schools without a distributor, and in the future CGF hopes to enlist additional farms and school districts to create a local produce procurement network in the region.

CGF also operates mobile markets in Beacon and Newburgh, which get fresh produce to low-income communities and seniors who may have trouble accessing and affording produce at the regular farmers markets. The organization brought nearly 2,000 pounds of produce to the new Newburgh Fresh market at the Lake Street Apartments. This mobile market was created in 2017 in partnership with Affinity Health Plan, and will be back again in 2018. Another 3,100 pounds of produce was distrib-

uted through the Common Greens market, a partnership with CCEDC's Green Teen Beacon program, which began in 2009. Common Greens pops up at two locations in Beacon every week during the summer, selling produce from CGF and the Green Teen gardens.

Greens 4 Greens is a food benefit incentive program, unique to the Beacon Farmers Market, that began in 2016. Eligible state-funded food benefits are matched dollar for dollar through Greens 4 Greens, making the farmers market more accessible to a wider base of consumers. The program has been completely community funded through contributions made by local businesses as well as the annual Soup 4 Greens and G4G Summer Potluck events. This year will be the first year the program will run throughout the winter season, provid-

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SATURDAY EVENING												
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST STATIONS												
WCBS (2)	PGA Tour Golf (Live) (HD)	Entertainment Tonight (HD)	Bull "Dressed To Kill" (HD) (R)	48 Hours 'TV14'	48 Hours 'TV14'	CBS 2 News	Blue (HD)					
WNBC (4)	News (HD)	News (HD)	Super Bowl LII - Mission	Saturday Night Live (HD)	7th Annual NFL Honors (Live)	News (HD)	SNL (HD)					
WNYW (5)	College Basketball (Live)	TMZ 'TVPG'	The Resident "Pilot" (HD) (R)	The Resident 'TV14' (HD) (R)	FOX 5 News at 10	Hell's Kitchen 'TV14' (HD) (R)						
WRGB (6)	PGA Tour Golf (Live) (HD)	Open (HD)	Lucky Dog	Bull "Dressed To Kill" (HD) (R)	48 Hours 'TV14'	48 Hours 'TV14'	CBS6 News	Blue (HD)				
NY06 (6)	BeautyBio	Wet Brush	Kitchen 'TVG'	Kitchen 'TVG'	BeautyBio	Wet Brush	Beauty Bio	Electronic				
WABC (7)	News (HD)	News (HD)	Jeopardy!	Wheel (HD)	NBA (Live)	NBA Basketball Houston Rockets at Cleveland Cavaliers (Live) (HD)	News (HD)					
WWOR (9)	Rizzoli (HD)		Major Crimes	Feud	Feud	Feud	Feud	Anger	Anger	Giants	Latino	
WTEN (10)	News	News (HD)	Wheel (HD)	Jeopardy!	NBA (Live)	NBA Basketball Houston Rockets at Cleveland Cavaliers (Live) (HD)	News	Family (HD)				
WPIX (11)	Sanford	Sanford	Miller	Talk Stoop	Family	Family	Honey-mooners	Honey-mooners	PIX11 News at 10pm	Honey-mooners	Honey-mooners	
WNET (13)	Weekend	Now (HD)	My Music Singer performs his popular hit songs.	TVG' (HD) (R)	My Music Patti Page sings "Tennessee Waltz." TVG' (HD) (R)		Bee Gees: One Night Only					
WNYT (13)	News	News	ET (HD)	SNL (HD)	7th Annual NFL Honors (Live)		News	SNL				
WMHT (17)	Doc Martin (R)		Murder 'TVPG'	Time	Keep	Murder (HD)	Paradise (HD)	Austin City				
WPXN (31)	Law & Order: SVU (HD)		Law & Order: SVU (HD)	Law & Order: SVU (HD)	Law & Order: SVU (HD)	Law & Order: SVU (HD)	Law & Order: SVU (HD)	Law & Order: SVU (HD)				
WXTV (41)	Noticias	Noticiero	(55) 100 mex.	Fútbol Liga MX (Directo) (HD)		Fútbol Liga MX (Directo) (HD)						
W42AE (42)	Doc Martin (R)		Murder 'TVPG'	Time	Keep	Murder (HD)	Paradise (HD)	Austin City				
WRNN (48)	Hour of Mercy Ships		Paid	Paid	Paid	Paid	Paid	Paid	Kaufmann	Paid		
WNJN (50)	Reporters	Record	Politics (HD)	House	Ask	Time	Time	Paradise (HD)	Father Brown			
WTBY (54)	Precious		In Touch	Huckabee		Smebby's	Schuller (HD)	Jeffress	Huckabee			
CABLE STATIONS												
A&E	(5:00) Live PD 'TV14' (HD) (R)		Live PD (HD)	Live PD "Live PD - 02.03.18" 'TV14' (HD)								
AMC	Book Eli (HD)	★★½ The Day After Tomorrow ('04) (HD)		★★★ The Book of Eli ('10) 'R' 'TV14' (HD)								
ANPLAN	Pit Bulls (HD)	Pit Bulls (HD)	Dog Bowl	Pit Bulls (HD)	The Vet Life	Pit Bulls (HD)						
BET	★ The Single Moms Club ('14) (HD)		This Christmas ('07) (Delroy Lindo) (HD)									
BRAVO	Housewives	Housewives	★½ Fifty Shades of Grey ('15) 'R'		Fifty Shades of Grey							
CMTV	★★★ The Replacements ('00) 'TVPG' (HD)		★★★ The Replacements ('00) 'TVPG' (HD)		Mom	Mom						
CNBC	Shark Tank	Shark Tank	Shark Tank	Greed (HD) (R)	Greed (HD) (R)							
CNN	Smerconish	Axe Files	CNN (HD)	The Nineties (R)		The Eighties						
COM	Office Space ('99) (HD)	★★ Tammy ('14) (Melissa McCarthy) (HD)		Office Space ('99) 'R' 'TV14' (HD)								
CSPAN	Wshingtn	Commun.	Washington This Week (HD)	Public Affairs Events (HD) (R)								
DISN	Austn/Ally	Austn/Ally	Austn/Ally	Austn/Ally	★½ Spy Kids: Time ('11)	Undercrr	Mack	Cast Party Walk Prnk				
E!	Superbad	★★ Couples Retreat ('09) 'TV14' (HD)		★★ Couples Retreat ('09) 'TV14' (HD)		Superbad						
ESPN	College Basketball (Live) (HD)		College Basketball (Live) (HD)	(:15) Top Rank Boxing (Live)								
ESPN2	College Basketball (Live) (HD)		College Basketball (Live) (HD)	College Basketball (Live) (HD)								
EWTN	Long Ride	Encounter	Angelica (R)	Poveda 'TVPG' (R)	Dr. Ray 'TVG'	Web Faith (R)						
FOOD	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	
FOXN	News HQ (HD)	FOX Report	Watters' (HD)	Justice (HD)	Gutfeld (HD)	Watters' (HD)						
FREE	National	Captain America: First Avenger (HD)		The Goonies ('85, Adventure) (Sean Astin) (HD)								
FS1	Formula E	AMA Supercross Series "Oakland" (Live) (HD)		UFC Fight Night (Live) (HD)								
FX	The Scorch Trials ('15) (HD)	★★½ The Martian ('15) (Matt Damon) 'TVMA' (HD)		Versace (HD)								
GOLF	GolfAcadmy	Skill Code	Golf Cntrl	PGA Tour Golf (HD)	European Tour Golf (Live) (HD)							
HALL	Winter's (HD)	A Dash of Love ('17) 'TVG' (HD)		My Secret Valentine ('18) (HD)		Golden	Golden					
HGTV	Hunters	Hunters	Hunters	Fixer Upper	Fixer Upper	Renovation	Log Cabin	Log Cabin				
HIST	Forged in (R)	Forged in (R)		Apollo 13 ('95, Drama) (Tom Hanks) 'TVPG' (HD)		America (HD)						
IFC	(5:30) Scream ('96) 'TVMA' (HD)		Pineapple Express ('08) 'R' 'TVMA' (HD)		Pineapple ('08) 'R' (HD)							
LIFE	Faith Under Fire ('18) (HD)		The Simone Biles Story (HD)	(:02) Biles (HD)	Biles ('18) (HD)							
MLB	MLB Network	★★★ Field of Dreams ('89) 'PG'		Top 10 Right	Top 10 Right	MLB Network						
MSG	The Mask	The Mask	MSG	Pre Game	NHL Hockey New York vs Nashville	Rangers	MSG Shorts					
MSGPL	UEFA Mag.	Pregame	NHL Hockey Columbus vs New York	Post Game	MSG	NHL Hockey (Replay)						
MSNBC	Hayes (HD) (R)	Maddow (HD)	O'Donnell (HD)	11th Hour (HD)	Deadline (HD)	Hardball (HD)						
MTV	Ringer 'R' (HD)	Walking Tall ('04) 'TVPG' (HD)		Talladega Nights: Ballad (HD)		Joe Dirt (HD)						
NICK	Loud Hse	Thunder	Henry Danger	Thunder	Nicky	Full House	Full House	Men	Men	Friends	Friends	
OWN	Iyanla Fix (R)	Iyanla Fix (R)	Iyanla Fix (R)	My 600-lb Life	My 600-lb Life	Iyanla Fix (R)						
PARMT	(5:30) Concussion ('15) (Will Smith) (HD)		★★★ Forrest Gump ('94, Drama) (Tom Hanks) 'TV14' (HD)									
SNY	MetsRprt	Auriemm	College Basketball (Live)	Yeah	Good Docto	Sports	Sports	Sports				
SUND	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	
SYFY	Snakes	G.I. Joe: The Rise of Cobra ('09) (HD)		Jeebers Creepers II ('03) (HD)		Futurama	Futurama					
TBS	Brooklyn	Brooklyn	Brooklyn	Bang	Bang	Bang	Bang	Frontal	Detour			
TCM	She Wore Yellow Ribbon (HD)		A River Runs Through It ('92)		★★★ Bound for Glory ('76) 'TV14'							
TDC	Nkd & Afrd (R)	Nkd & Afrd (R)		Naked and Afraid "Shapes of Water" 'TV14' (HD)		Nkd & Afrd (R)						
TNT	(5:30) ★★★ The Intern ('15) (HD)		★★★ The Hunger Games ('12) 'PG-13' 'TV14' (HD)		Catching (HD)							
TOON	Titans	Titans	Unikitty	Unikitty	ClveShw	Fam Guy	Rick Mrty	Rick Mrty	Fam Guy	Dragon	DBZ Kai	Clover
TRAV	Ghost (HD) (R)		Ghost (HD) (R)	Ghost (HD) (R)	Dead Files	Dead Files (R)						
UNI	Maria	Noticiero	(55) 100 mex.	Fútbol Liga MX (Directo) (HD)		Fútbol Liga MX (Directo) (HD)						
USA	Titans (HD)		The Blind Side ('09, Drama) (Sandra Bullock)		Falling Water	Blind Side						
VH1	★★ Twilight Saga: Eclipse (HD)		★★ Breaking Dawn, P1 ('11) 'TVPG' (HD)		Breaking Dawn 2 (HD)							
YES	Hmegrwn	Running	Brooklyn	Yankees	Yankees Classics	Arizona vs New York (Replay)						

FEBRUARY 3						
	6:00	6:30	7:00	7:30	8:00	8:30
PREMIUM STATIONS						
ENC	The General's Daughter (HD)				Psycho (HD)	
HBO	★★ Charlie's Angels: Full (HD)				Gifted (HD)	
HBO2	(5:40) All Eyez on Me ('17) (HD)				2 Dope (HD)	
HBO3	Defiant	Ysterday	★★★ Glory Road ('06) 'PG' (HD)			
MAX	The Hunted 'R'	Strike Back	Wolves (HD)			
SHOW	The Trade (R)	Shameless (R)	The Chi (HD)			
STARZ	(5:23) ★★★ Gladiator ('00) (HD)		LOTR: Ring			
PREMIUM STATIONS (CONT.)						
ENC	Psycho (HD)	Spartacus	★★ Earth (HD)			
HBO	Gifted	Divorce	Crashing HighMnt	John Wick 'R'		
HBO2	HighMnt	Gumbel (HD)	La La Land ('16) (HD)			
HBO3	★★★½ Hidden Figures ('17) (HD)		Going Styl			
MAX	Dances with Wolves ('90) (HD)		Maverick (HD)			
SHOW	★★½ Sleepless ('17) (HD)		Girl on Train ('16) (HD)			
STARZ	Fellowship of the Ring (HD)		Counterpart			

BEST BET

The Simone Biles Story
Lifetime, 8 p.m.

The docudrama follows the gymnast (Jeanté Godlock) through the sacrifices and hard work that led her to win 19 Olympic and World Championship medals. Based on Biles' book, "Courage to Soar: A Body in Motion, A Life in Balance," the docudrama reveals how her pursuit of becoming an elite gymnast also meant Simone's giving up high school football games, prom or starting college at UCLA.



LATE NIGHT

12:00 a.m.
(A&E) "Live PD" 'TV14' (HD)
(AMC) "The Day After Tomorrow" ★★½ (2004, Drama) Dennis Quaid. 'TVPG' (HD)
(BET) "Martin" 'TVPG'
(HALL) "The Golden Girls" 'TVPG'
(MSG) "MSG Shorts"
(NY06) "Electronic Connection" 'TVG'
(PARMT) "The Lost World: Jurassic Park" ★★★ (1997, Science Fiction) Jeff Goldblum. 'TVPG' (HD)
(SYFY) "Futurama" 'TV14' (HD)
(TBS) "2 Broke Girls" 'TV14' (HD)
(TCM) "The Hustler" ★★★½ (1961, Drama) Paul Newman. 'TVPG' (HD)
(W42AE - 42) "NOVA" 'TVPG' (HD)
(WABC - 7) "Rookie Blue" 'TV14' (HD)
(WMHT - 17) "NOVA" 'TVPG' (HD)
(WNYW - 5) "TMZ" 'TVPG' (N)
(WPIX - 11) "PIX11 News at Ten"
(WPXN - 31) "Law & Order: Special Victims Unit" 'TV14' (HD)
1:30 a.m.
(BET) "Martin" 'TVPG'
(HALL) "Frasier" 'TVPG'
(SHOW) "The Chi" 'TVMA' (HD)
(SYFY) "Futurama" 'TV14' (HD)
(TBS) "2 Broke Girls" 'TV14' (HD)
2:00 a.m.
(BET) "Martin" 'TVPG'
(BRAVO) "The Real Housewives of New Jersey" 'TV14'
(HALL) "Frasier" 'TVPG'
(NY06) "Carol's Daughter" 'TVG'
(SYFY) "The Condemned 2" ★½ (2015, Action) Randy Orton. 'TV14' (HD)
(TBS) "Step Brothers" ★★★ (2008, Comedy) Will Ferrell. 'TV14' (HD)
(TNT) "The Alienist" 'TVMA' (HD)
(USA) "Law & Order: Criminal Intent" 'TV14' (HD)
(WABC - 7) "Shark Lake" (2015, Horror) Dolph Lundgren.
(WPIX - 11) "Pawn Stars" 'TVPG' (HD)
(WPXN - 31) "psych" 'TVPG'
2:30 a.m.
(BET) "Martin" 'TVPG'
(BRAVO) "Imposters" 'TV14'
(HALL) "Frasier" 'TVPG'
(IFC) "Scream" ★★★ (1996, Horror) David Arquette. 'TVMA' (HD)
(SHOW) "Shameless" 'TVMA' (HD)
(WPIX - 11) "Pawn Stars" 'TVPG' (HD)

Love

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Cooking for deux

To add a bit of sustenance to that sugar, turn dinnertime into a chance to recreate a favorite restaurant meal at home. Cathy Vogt, the personal chef behind A Natural Chef, a cooking and nutrition service based out of Highland, advised starting with a strong base. A good quality piece of protein or a handful of locally grown, seasonal vegetables, for example, are easy to find and transform into a mouthwatering dish. She noted that it is important to select a meal that everyone will enjoy and that falls within the realm of your cooking abilities.

"You don't want (the meal) to be something that causes you more stress," she said, adding that a simple cuisine is often the best way to loop in the whole family as well.

Top it all off with a bottle of locally produced wine or cider for a restaurant-worthy meal from the comfort of your dining room.

Film fest

Once the meal wraps, round out the DIY Valentine's Day celebration with a show that will rival any trip to the movie



Personal chef Cathy Vogt suggests starting with a quality piece of protein or a handful of locally grown, seasonal vegetables to make a simple, delicious meal for Valentine's Day. CATHY VOGT/COURTESY PHOTO

theater. While going to the actual cinema can be an expensive ordeal, creating a theater experience at home costs next to nothing.

"You can create the atmosphere for yourself," said Terry Nelson, executive director of the Beacon Independent Film Festival.

Whether that means building a blanket fort in the living room or lighting

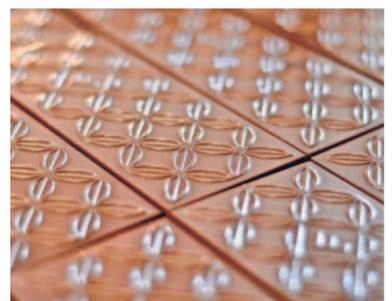


The sign-making workshop at Hudson Valley Vintage is a fun DIY project for Valentine's Day. RISA GETMAN/COURTESY PHOTO

candles at the dining room table, get creative with setting up a faux screening space.

After setting the stage, take a moment to select the perfect film. Nelson recommends something thematic, like "Love Actually" or "Some Kind of Wonderful," for an extra dose of romance. Browse through Netflix or Amazon Prime before the big day to find a flick your partner will love. After that, the only thing left to do is kick back, relax and roll tape.

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Melt down a few chocolate bars to create a signature treat using a fancy mold. FRUITION CHOCOLATE/COURTESY PHOTO

Produce

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ing \$4 Greens 4 Greens checks to those that demonstrate need all year long. One frequent market shopper uses the Greens 4 Greens checks along with her senior food benefits and delights in calling them her "magic bucks." Customers who utilize the program often remark on

how good they feel knowing their farmers market encourages the use of their food benefits and that their weekly produce shopping benefits local farmers.

In 2017 CGF worked in partnership with Kids R Kids, South Avenue Elementary School, and the South Avenue PTA (with support from United Way Dutchess-Orange and the Poughkeepsie Journal) to distribute Thanksgiving Shares to 30 children who participate in the school Backpack program, an initia-

tive to make sure that food insecure children have food to eat on the weekends.

Farm Director Sarah Simon recently described her work: "Some of the very best mornings on the farm are when we go out and pick a bed of fresh, perfect lettuce mix, and then we pack up half of it for a food pantry and half for a nice farm-to-table restaurant. Everyone, regardless of income, deserves access to fresh, nourishing food, and we know

that the same beautiful lettuce that goes for top dollar at a nice restaurant is just as deeply valued by our food pantry partners."

Common Ground Farm relies on the generous support of people in our community to enable food access for all. To learn more about Common Ground Farm, and to make a donation, visit annual-appeal-13663.causevox.com.

Sember Weinman is the education director at Common Ground Farm.