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# among the contributors

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**Susan Allport** is the author, most recently, of *The Queen of Fats: Why Omega-3s Were Removed From the Western Diet and What We Can Do to Replace Them* (University of California Press, 2006). In this issue she spends a day in the life of fishman Joe DiMauro from Mt. Kisco Seafood.



**Nancy McLoughlin**, a Bedford Magazine contributing editor, is a former fashion and food stylist for New York *Newsday*, where she wrote the bi-monthly "Threads" column. She has appeared in fashion and beauty segments on "Oprah," ABC News, and other media outlets. In this issue she provides another installment of "It's All Here."



**Emily Liebert** is editor-at-large for *Boutique Design*. She has edited and written for such publications as *Manhattan Living*, *Travel Savvy*, and *Relate*. Liebert served as Editor-in-Chief of *The WAG* and worked for ABC News' "Peter Jennings Reporting." In this issue she reveals the biking secrets of David Boies.



**Francis Schell**, before becoming Bedford Magazine's gardening editor, served for three decades as an editor for *Reader's Digest*, spending half that stint in Europe. He holds certificates in Gardening and Commercial Horticulture from the New York Botanical Garden. In this issue he writes about (heirloom) tomato madness.



**Jennifer Moore Stahlkrantz**, a longtime resident of Pound Ridge, spent more than a decade writing and raising funds for non-profits such as the New Economic School, Manhattanville College, and Cornell University. In this issue she guides us through the interior of a stylish Bedford home.



**John Askildsen**, a 30-year member of the Bedford Audubon Society, is an active amateur naturalist in northern Westchester, who recently transplanted to Millbrook, New York. His interests include birds, butterflies, and native plants. In this issue he reveals the magic of butterflies among us and what you can do to enjoy them.



**BOIES' PICK**  
In addition to its striking views, Umbria, Italy, also offers fine cuisine.

## Boies on Bikes

HOW ONE LAWYER UNWINDS IN SPECTACULAR PLACES

BY EMILY LIEBERT

WITH A CLIENT LIST that reads like a booming stock portfolio—IBM and Tyco, to name two—and a daunting cast of heavyweights in opposition, it's a wonder that David Boies has time to vacation at all. As chairman of the law firm Boies, Schiller & Flexner LLP, he's one of the most distinguished litigators to date. Boies has taken on such high-profile cases as *United States*

*v. Microsoft*, in which he notoriously took the side of the Justice Department. In the aftermath of the 2000 U.S. presidential election, he represented Vice President Al Gore before the Supreme Court in *Bush v. Gore*.

When he's not commanding the courtroom, Boies, who has come a long way from his rural Illinois roots, enjoys traveling. "My wife and I have

been taking bike trips for 15 years," he told *Bedford Magazine*. "On a bike, we are part of the scenery, get great exercise, and earn the right to eat heartily. Here are some places we like to go."

### UMBRIA, ITALY

One of Italy's smallest regions, Umbria is best known for its lush hills and mountains. For centuries, this landlocked

territory has lain in the shadows of its neighbors, possessing an overwhelming splendor, with its endless green landscape. In addition to the striking panorama—sprinkled with castles, fortresses, watchtowers, monasteries, and radiant rivers—Umbria also boasts charming medieval towns and rich cuisine. Bicycling aficionados will delight in rides through Spello's

olive groves and forests; Bevagna, known for its ceramics and silver; Todi, with its narrow passageways; and Orvieto, home to what Boies calls, “the most beautiful cathedral in Italy.”

## TUSCANY, ITALY

Recognized for its neatly formed, sprawling vineyards and rolling hillsides, Tuscany is an idyllic combination of natural magnificence and sculpted precision. The land, brimming with productivity, encompasses everything from the tiniest hamlet to Florence, the capital city of the region. Cypress trees and winding sandy roads comprise the landscape of Tuscany, lesser-known for its skilled cowboys. Bikers can bask in the sun as they cycle through the villages of Pienza, Montalcino, Castellina in Chianti, the Crete, and the Val d’Orcia. “Tuscany is hilly, but good hills mean grand views,” says Boies. “Our days there are timed to hear the monks sing their Gregorian chants.”

## PROVENCE, FRANCE

An inspiration for the gifted strokes of Van Gogh and the famed prose of F. Scott Fitzgerald, Provence is resplendent with herb-scented hills, yacht-filled harbors, lavender fields, and sunlit beaches. Cyclists can

adventure through remnants of ancient Roman settlements, medieval villages, and flourishing vineyards. “The area has become built up,” says Boies. “But our well-chosen roads take us through the Provence that existed a century ago. Each small town has a monument in the main square with the names of those who gave their lives in the Great War and the Second World War. We always stop for those.”

## WEST COAST OF TURKEY

Travel to the Aegean shores of Turkey and you’ll find unspoiled beaches enveloped by olive groves, rocky crags, and pine woods. Voyage farther south and the climate improves, the season lengthens, and the water temperature warms. The main point of access is Izmir, a bustling regional capital with wonderful shops and facilities. And then there’s the spectacular countryside, which, according to Boies, is best traveled by bike. “Gas prices are so high that you rarely see a car on the back roads. Instead, you pedal by old women leading cattle to their next pasture; goatherds and donkey carts. The mosques are even more beautiful than those in the big cities, and there are ancient ruins everywhere.”

## clean & simple

■ **TAKE A STAND** Looking for fresh garden produce? Visit one of our local farmer’s markets. The produce sold at these venues stays in the ground or on the vine longer before harvesting, yielding a better flavor. They also travel a fraction of the distance of those sold at conventional grocers. There are great markets in the area, convenient to all parts of Bedford.

■ **BBQ COLORS** When hosting a barbecue this summer, consider arranging mason or jam jars on a tray with brightly colored spoons to hold condiments. The presentation is pretty and summery and the condiments will stay neater than if placed in bowls. Guests can also write their burger and dog orders on post-its or the bottoms of paper plates to be placed next to the chef as he or she grills.

■ **TANGLED UP IN GOLD** Untangling a fine gold chain can be next to impossible, but a dab of baby oil massaged into the chain should help loosen it. Simply lay on smooth surface and work the chain a little with a pin or sewing needle and it should come loose very quickly.

■ **THIN PIE** It can be difficult to get an even result when making graham-cracker pie crust. After pressing the crumb mixture into place, try pressing a pie plate of equal size onto the cracker mixture. For a thinner crust, use a smaller pie plate inside the larger one, and slide it over the crumb mixture, then even the edges. —Meredith Ward

