

August CALM

*Such sweet compulsion doth in music lie,
To lull the daughters of Necessity.*

—John Milton, from “Arcades”

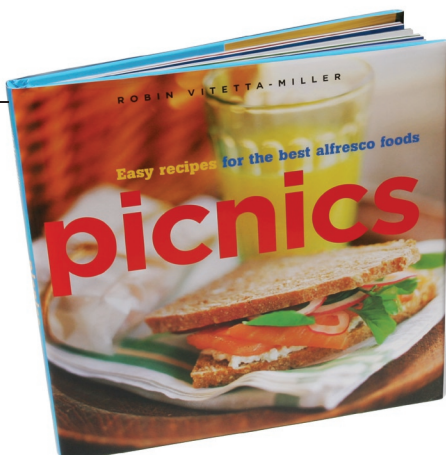


August’s sultry days are an invitation to slow down and stay cool. Go where the sea breezes blow. Or follow the sound of music to the 2005 Caramoor Jazz Festival II: Celebrating Sinatra, on Saturday, August 6, in Katonah. Meander as you

please through six sets in this all-day fest with today’s hottest jazz stars. At 8pm acclaimed tenor saxophonist Joe Lovano will present a tribute to Frank Sinatra: the songs, the style, the swing. Bring your own picnic basket. Or order a picnic dinner one week in advance from La Potager. Chef Joe Jenkins will also grill chicken, ribs, burgers, and hot dogs on the picnic grounds. Tickets, \$45 and \$55. (914) 232-1252. www.caramoor.org

PILLOW TALK

Experience the serenity of an August night with exquisite meditation pillows made of imported silks in a variety of color palettes. These traditional zafu and zabutons designed by Nancy August for Zenskye are a tranquil addition to any home. The zafu is filled with organic buckwheat hulls and lavender. The zabutan is hand-stuffed with 100% organic cotton batting. Available locally at ABC Carpet and Home, NYC; Cat Bamboo, Nyack; and Cradle and All, Englewood; or www.zenskye.com.



RECOMMENDED READING

PACK A PICNIC Soaring temperatures call for simple food, refreshing drinks, and carefree outdoor dining. *Picnics: Easy Recipes for the Best Alfresco Foods* (Clarkson Potter, 2005) is packed with sensational recipes and expert advice from food writer and nutritionist Robin Vitetta-Miller. Spread out a beach blanket or a luxurious linen tablecloth, sit down, and enjoy!

BEACH BOYS BENEFIT

August 5
WESTPORT
The legendary superstars of summer in a special performance to benefit the Levitt Pavilion’s Summer 2005 Free Concerts Series.
9pm. \$50 & \$75 (preferred seating). Picnics welcome. (203) 226-7600. www.levittpavilion.com

FOLK AND BLUES

August 10
DEMAREST
Singer-songwriter and guitarist Peter Karp performs his own music, as well as some favorites, at the Demarest 2005 Summer Concerts Series. The gazebo at Hardenburgh Avenue and County Road. 7:30–9pm. Free. Bring lawn chairs. (201) 768-0167. www.demarestnj.net

HUDSON RIVER JAZZ

August 11
SLEEPY HOLLOW
Gary Smulyan, 2004 Jazz Journalists’ Baritone Saxophonist of the Year, performs with his quartet, as part of the Sleepy Hollow Concert Series. Kingsland Point Park on the river. 6:30–8pm. Picnics welcome. (914) 631-1000. www.jazzforumarts.org

EDWARD HOPPER HOUSE

August 18
NYACK
25th Anniversary Jazz in the Garden Summer Concert Series. The Hopper House Arts Center. 7:30pm. Free. Refreshments will be sold to benefit the Art Center. Bring folding chairs. (845) 358-0774. www.edwardhopperhouseartcenter.org

CANOE TRIP

August 27
STANFORD
Families and adults learn basic paddling and safety. Identify wildlife, use binoculars for birding. Holly Pond/Cove Island State Park. 10:30am–12:30pm, 2–4pm. \$24; discount for SoundWaters members. (203) 323-1978. www.soundwaters.org