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## LOVE IS IN THE AIR!

February is here, and with it comes the official holiday of romance: Valentine's Day! It's a holiday that you either love, or love to hate. But we're embracing this official season of love, because love is beautiful and pure, and it warms your heart and soul. For that reason we'd like to expand on the theme of love! (Keep reading and I'll elaborate).

Our February cover is quite literally, sweet. And a number of our advertisers are sporting hearts, romantic gestures, and have some great specials, offers, and deals for Valentine's Day. Don't leave your sweetheart empty handed this February! Our advertisers would be happy to help you out like Elizabeth's Jewelry, Country Gardeners Florist, Trotta's Liquors (for the bubbly), D's Salon for couples massages ... there are many others and I won't spoil it all here. Flip on through the magazine and check all of our advertisers' ads out along with some of our great stories and features!

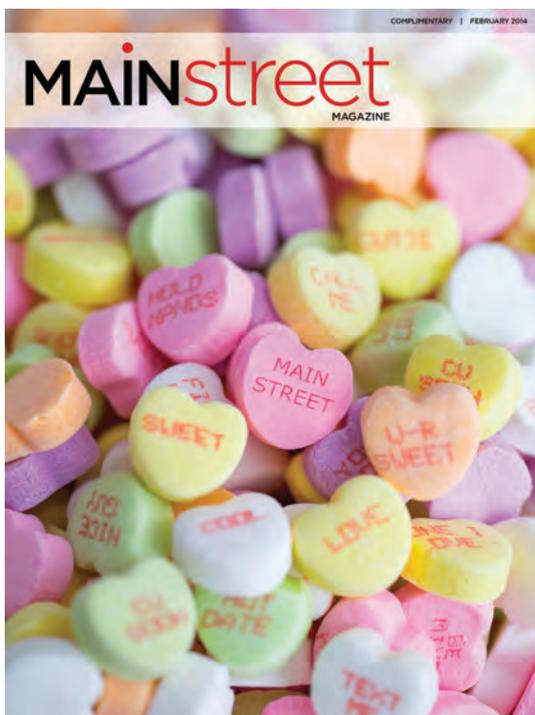
### It's all about the love of weddings in our March issue

Besides sporting some Valentine's Day themed ads this month, titles, stories, and our cover, we're going to expand on this romantic theme and continue it in our March issue. You see, our March issue will be our second official themed issue and in it we're going to focus on everything wedding related! But don't let this scare those of you off who don't have weddings on the brain. We will bring you another fantastic issue that will be filled with fascinating people, businesses, and stories!

We thought that March was an opportune time to feature the subject matter of weddings, because well over half of engagements happen between October and Valentine's Day (I can very happily say that I contribute to that statistic). And what does that mean? It means that well over half of the engaged couples planning their weddings are planning them right now. We thought we might be able to help them out with a few fun wedding facts, things to consider when planning, and by so doing we will highlight a few businesses that also cater to this industry, and a number of other great stories that in one way or another touch upon this subject matter. We're very excited to be working on the March issue while you're enjoying this February issue.

As always, thank you for your support and readership!

- Thorunn Kristjansdottir



FEBRUARY 2014

A sweet Valentine's Day offering.

Cover photo by  
Steven Steele Cawman

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# artists in LOVE

## two artist couples

INGRID FREIDENBERGS  
& JACK FEDER  
AND  
PAULA JOSA-JONES  
& PAM WHITE

By *Steven Steele Cawman*  
arts@mainstreetmag.com

Throughout history, artists have sometimes found the love of their lives in their studios. The famous surrealist photographer Man Ray fell in love with his model, and fellow photographer, Lee Miller. Pablo Picasso spent six months courting his second wife, Jacqueline Roque, and he spent the last twenty years of his life with her. He frequently depicted her in his work. There have also been many great artists who fell in love with a fellow artist, seeking inspiration and support in art and matters of the heart. In 1918, for example, Georgia O’Keeffe accepted financial support from photographer Alfred Stieglitz, spending a year painting in New York City. The two fell in love and married in 1924. Stieglitz worked tirelessly to promote O’Keeffe until his death in 1946, putting on annual shows of her work at some of the most prestigious galleries in New York. Other great artist couples include Diego Rivera and Frida Kahlo, Christo and Jean-Claude, Jasper Johns and Robert Rauschenberg, and Charles and Ray Eames. A mutual understanding of the creative process and the struggles faced by artists strengthened their relationships.

### The story of Ingrid and Jack

As February dawns, Valentine’s Day draws near and thoughts turn to affairs of the heart. This is a great time to get to know two artist couples in our area and learn how their relationships are enhanced through their mutual involvement in the Arts.

The first couple that I met was Ingrid Freidenbergs and Jack Feder of Lakeville, Connecticut. The two first met in 1960, when they were both living

in New York City. Initially, the time was not right for romance and the two went their separate ways. As fate would have it, they became reacquainted in 1976. They were both practicing psychologists. Jack had a successful private analytic practice in the city and Ingrid was working at New York University Medical Center.

In 1977, the two moved in together into an apartment that was steeped in artistic energy and creative spirit. The apartment had previously belonged to their friend, the famous author and illustrator, Maurice Sendak. Sendak wrote and illustrated timeless books like *Where the Wild Things Are*, *In the Night Kitchen*, and many more. In addition, Gladys Brown, a Ziegfeld Follies dancer, Julius La Rosa, Dorothy McGuire, Herschel Bernardi (the lead in *Fiddler on the Roof* on Broadway), Suzanne Vega and Frank Christian resided in Jack and Ingrid’s building over time.

### Jack, the picture-taker

Jack had a longtime interest in photography and began pursuing his interest in earnest the 1960’s. In the early 1970’s, Jack attended an Aperture Magazine workshop put on by the renowned photographer Robert Frank, who greatly influenced Jack’s shooting style. Frank is famous for his snapshot-style photographs of seemingly mundane subjects, elevated by his masterful composition and intentional photojournalistic style. Jack’s work is reminiscent of this unique style. His photographs of New York City have complex compositions that capture the frenetic energy of the city and reveal

wonderful details of people and the places they inhabit.

### Ingrid’s art and assemblage

Jack encouraged Ingrid to explore watercolor painting for many years. She took classes in the city and discovered a natural aptitude for painting. With the birth of their son Paul in 1981, she had less time to paint and began to explore the world of assemblage and collage. Ingrid’s work creates a visual connection between the past and the present. She uses vintage photos of her family from Latvia, along with other modern items, to create pieces with a sense of history and time. Her studio is a treasure trove of objects from the past: Kewpie Dolls, vintage lace dresses, feathers, spools of thread, keys, buttons, and much more. As in her collages, everything in her studio seems to be in just the right place. Every item has a story, forming vignettes.

In 1980, Jack and Ingrid bought their home and studios in Lakeville. Initially, it was a weekend home, but the two now live there year-round.

### Collaborators in art as in life

As fellow artists, the two support and nurture each other. Since Jack’s stroke in 2004, Ingrid has increasingly helped him with his photography, serving as his assistant. The two have a very complimentary aesthetic and eventually agree on most things. Ingrid will give Jack feedback on his work and, while he doesn’t always agree or resorts to “selective hearing,” he will frequently go back and reconsider her suggestions. In return, Jack provides

encouragement and an insightful critique of her work. Jack and Ingrid also create collaborative pieces in which Ingrid takes a photograph and Jack digitally enhances and manipulates it. In art, as in life, they are truly a couple.

Currently, Jack is working on digitizing the collection of many thousands of images that he has taken. He is also experimenting with manipulating the images digitally on a computer, ranging from minor changes to radical transformations. Ingrid plans to continue working on her assemblage and collage pieces and would like to get back into painting. She is also busily curating her collection of found paintings and curious objects. As in the famous Barnes Collection of Philadelphia, these are creatively and whimsically hung.

**The story of Paula and Pam**

The second couple I interviewed was Paula Josa-Jones and Pam White at their home in Sharon, Connecticut. The two met in Boston in 1986 and moved to their current residence in 2006. In that time, they have assembled an expansive menagerie of companions: seven cats, four dogs, two Andalusian horses, and one Friesian horse. Paula's background is as a dancer, improvisational movement artist, choreographer, equestrian, movement therapist, educator, writer, filmmaker, and actor. During the rehearsal process, Paula masterfully coaxes original movement out of her performers through a series of improvisational exercises. She weaves these original spontaneous movements into a finely choreographed seamless piece. Her work is a balance between motion and stillness.

**Paula's grace in equine form**

Through her work, Paula not only explores human movement, but has also incorporated horses into her work as well, creating a graceful harmony between the human and equine form. It started in 1998 when Paula created an inter-species company with horses, dancers, and riders. According to Paula: "Horse Dancing connects my love of horses with my passion for movement of all kinds. The dances we make with horses reflect what they can teach us about the wild and subtle language of the body that we share with them."

One of her pieces, "Flight," creates a new dimension in inter-species performance with aerialist and dancer Paola Styron and Paula's Andalusian stallion, Cappricchio. It was created with the help of the premiere theatrical flying company "Flying by Foy." In the piece, Josa-Jones explores the metaphor of a creature who flies without wings.

**Pam, the photographer, the experimenter**

Pam White is a talented photographer and painter.

Continued on next page ...



Opposite page: Part of *Ocean Series*, Photograph, Pam White, 1999.

Top large image: *Central Park*, Bethesda Fountain, Photograph, Jack Feder, c. 1995.

Left Column:  
 Top: *Summer Dreams* (detail), Assemblage, Ingrid Freidenbergs, 2010. *The Number #2392*, Assemblage, Ingrid Freidenbergs, 2010.  
 Center: *The Taste of a Less Complicated Summer*, Assemblage, Ingrid Freidenbergs, 2011.  
 Bottom: Ingrid Freidenbergs (left) and Jack Feder (right). Pam White (left) and Paula Josa-Jones (right).

Right Column:  
*Domino Sugar*, Photograph, Jack Feder, Digital Manipulation of Vintage Slide, 2012. *Chairs and Table, Mexico*, Photograph, Jack Feder, c. 1970. *The Umbrella Project (Winter)*, Photograph, Ingrid Freidenbergs, 2011.



She has been drawing, painting and photographing since she could hold a pencil or camera. She has achieved success as a commercial, event, and fine art photographer. Many of her spectacular photographic images have been created through experimentation in the darkroom. In addition to developing her own film, Pam has done much of her own printing. This has allowed her to try different processes to create the final image. Sometimes it involved changing the concentrations of the chemicals, adding additional ingredients to the solutions and varying the time the paper spends in various chemical baths. These experiments resulted in interesting effects like posterization, in which tones are reduced in some areas of the picture and richly textured shadows appear in others.

Pam really began exploring painting in 1992. At that time, she was completing a residency at the Virginia Center for the Creative Arts when she injured the finger she used to depress the shutter on the camera. As a result, she began experimenting with painting. Pam originally lacked confidence in her painting, but having a studio to herself and a month to experiment liberated her from these inhibitions. Today, she frequently uses horses as the subject matter in her painting. She creates wonderful images of the horses using bright acrylics and oil sticks in a palette reminiscent of the Fauve painters. The Fauve painters were a group of early twentieth century modern artists known for their use of strong color and bright palates.

### Pam and Paula's collaborations

Pam and Paula provide great support for one another. When Paula works on a new piece, she relies heavily on Pam's discerning eye to help hone the work. Paula also credits Pam with getting her back into the theatre and encouraging her to do more to create and perform solo dance pieces. In return, Paula supports Pam as she explores her photography and painting. The two have collaborated often, with Pam photographing Paula's work and Paula serving as the subject for Pam's camera.

This year, Paula will spend the month of February in a fellowship at the Bogliasco Foundation near Genoa, Italy. The foundation is one of the few residential institutions in the world dedicated exclusively to the humanistic disciplines.

### Art, love, and collaboration

Both Ingrid and Jack and Paula and Pam embody the best of what can happen when two artists fall in love. Both couples have forged a successful partnership of creative minds, helping and supporting each other to become successful artists. They have the gift of a partner who truly understands the challenges artist face as they struggle to create original work and find ways to share their art with others. ●

*If you would like to learn more about Jack or Ingrid's work, they can be contacted at [ingrid.freidenbergs@gmail.com](mailto:ingrid.freidenbergs@gmail.com). Ingrid's work can also be seen on Facebook on the [Ingrid Freidenbergs Art page](#). To see a collection of videos featuring Paula's dance pieces, or to learn more about her work, visit [www.paulajosajones.org](http://www.paulajosajones.org). Pam can be reached through [www.pamwhiteart.com](http://www.pamwhiteart.com).*

*Are you an artist and interested in being featured in Main Street Magazine? Send a brief bio, artist's statement and a link to your work to [arts@mainstreetmag.com](mailto:arts@mainstreetmag.com).*



Left Column:  
Top: *Flight*, Human and Equine Dance, Choreographed by Paula Josa-Jones, Performers: Paola Styron (dancer/aerialist), Brandi Rivera (rider), Capprichio (horse), Photograph by Jeffrey Anderson, 2008.  
Bottom: *Pony Dances*, Human and Equine Dance, Choreographed by Paula Josa-Jones, Performers: Ingrid Schatz and DeAnna Pellecchia (dancers), Escorial (horse), Photograph by Jeffrey Anderson, 2007.

Right:  
*Frogs in a Well*, Dance, Choreographed and Performed by Paula Josa-Jones, Photograph by Pam White, 1986.

Bottom:  
*Seven Horses*, Acrylic and Oil Stick, Pam White, c. 2010.

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## friendly faces: meet our neighbors, visitors and friends



**Elizabeth Agustin** is a full time mom to her five-year-old son, a full time student (she's working on becoming an English teacher), and she works full time at Country Gardeners Florist in Millerton. Valentine's Day is a big deal at the florist shop every year, and Liz is anxious to experience the local holiday fun – complete with beverage service all day (\*hint \*hint boys). Liz really enjoys working for Joanne Scasso, who's a very motivating boss, but she's not only a good employer, but a good friend, too. Liz also commented on how nice everyone in Millerton is and that it's a great place to raise a family. Speaking of family, Elizabeth's son loves math. She thinks that maybe one day he'll follow in her footsteps to become a (math) teacher. She left us with this life philosophy: "You should learn something new every day – you never know when you will need it!" She's a natural-born teacher!



**Lucian Rex Alexander-Roy** is a very talented 10-year-old young man that you may have noticed lugging a guitar case around Main Street in Millerton. It was only five years ago that his parents gave him a guitar for his birthday, and he has been hooked ever since. Lucian says that the first song that he learned to play was *Iron Man* by Black Sabbath, "I love that song!" Lucian has worked with Johnny Grusauskas at the Music Cellar for about four years to improve his skills. "Learning from Johnny is a lot of fun and he has even been encouraging me to sing." Lucian considers himself to be an alternative rock artist and hopes to form another band with his friends. He would also really like to learn a brass instrument one day, too. Lucian said that playing music allows you to release energy, "a bad day can have a good ending."



**Victoria Boyles** started working part time at Ghent Wood Products while in high school. After graduation she became a full time administrative assistant at Ghent's sister company, Meltz Lumber. She loves meeting new people and of course working with all of her great coworkers. Victoria is originally from Ancramdale, but now lives in Hillsdale. She likes the area for the seasonal changes. Her favorite time of year is the fall, "I enjoy watching the leaves change colors and the brisk air." Outside of work you'll find Victoria hanging out with family and friends, but most of all her fiancé, Jeffery Meltz, Jr. In April through September they spend Saturday nights at Lebanon Valley, where she watches the Meltz boys race. Victoria is perhaps most excited about this coming September however, when she and Jeffery will tie the knot and start their new journey.



**Ron Brant** works in the Millerton office of Taylor Oil Inc. He has been with the company for 27 years and brings a wealth of industry knowledge to their Millerton customer base. During most business hours you can find Ron in the office, answering calls, and greeting customers that elect to stop by for a chat to discuss their business related needs, or to just discuss the local community. One of Ron's favorite reasons for working for Taylor Oil is that he feels the company is "large enough to handle all of our customers' needs, yet small enough to care." It's the sense of being able to provide the personal touch to his customers, that Ron relishes most in his work day. A lifelong resident of Ancramdale, Ron, his wife, and two daughters enjoy living in the Millerton area, and taking part in the many activities the area offers.



**Jessica Casey** is the new manager at First Niagara's Millerton branch. Jessica may be new to the branch, but she has 10 years of experience in banking. She is very proud of the company that she works for and likes the fact they give back to their community. Jessica not only likes to give back the community while at work, but also while she is at home with her husband and two kids. She has taken her kids to community events and encourages them to help with volunteer work and donate their toys. Jessica always tries to spend as much time with her family as she can, doing fun outdoor activities. This time of year that means sledding, but she's looking forward to going to the beach every weekend when summer finally arrives. Aren't we all?



**Marc Lei** has worked in the health care industry for the past eleven years and is now the Administrator at Sharon Health. In that role, Marc directs the day-to-day functions of Sharon Health Care Center in accordance with federal, state, and local standards and regulations that govern long-term care facilities, assuring the highest degree of quality care and services are provided to his residents. Ultimately, he is responsible for their overall quality of care and quality of life in addition to maintaining the overall operation of the facility. At home with his family, Marc enjoys family outings and dining out. He's happy and honored to be serving the region and remains committed to maintaining "open communication" with his residents, their families, and caregivers along with his team of dedicated professionals.



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# MAINTAINING A HEALTHY LIFESTYLE: finding balance

By Laura J. French, DPT  
info@mainstreetmag.com

*Laura French is a full-time physical therapist at Sharon Health Care Center in Sharon, CT. She attended Sage Graduate School in Troy, NY where she earned a Doctorate in Physical Therapy.*

I stepped out onto my front stoop, in part of my daily mad dash to warm up the car and get my two small children and myself out the door by 7:10am. When I stepped down with my right foot I instantly realized I was stepping on ice. I put my left foot down and found the same to be true – in that slow motion second I knew that I had no chance! My frantic reach for the railing was useless and down I went. Luckily the only thing hurt was my pride. After I picked myself up and quickly looked around to make sure none of my neighbors saw, I took a look at my stoop. It was covered with ice and I realized that there was absolutely nothing, in that moment, that I could have done to save myself.

We've all been in those situations where we are unable to prevent a fall, slip, or trip. I had already been asked to write this article and I had plenty of ideas for what a healthy lifestyle means to me, but then I thought why not pick an aspect of our daily life that most of us neglect, and talk about the importance of it: balance.

Balance is something that we take for granted, unless we have had an incident (like my recent one) where the situation we are in, the forces we are moving against or the forces moving against us, cause us to lose our balance. Balance plays a role in everything that we do whether its sitting at the edge of the bed while we get dressed, walking, or standing in line at the post office.

## The complex nature of balance

The Merriam-Webster Dictionary defines balance as “the state of having your weight spread equally so that you do not fall” and “the ability to move or remain in a position without losing control or falling.” Those definitions describe what balance is, but they still leave one asking “but how does it work?” Balance is an intricate and innate combination of various neurological and musculoskeletal systems that all work in unison so “you do not fall.”

A few major components of balance are vision, hearing, proprioception (the communication between sensors in the muscles/tendons with the brain that allow the brain to know the position of our body as well as how it is moving), and the vestibular system (which lies in our inner ear and senses change in position, gravity, and orientation). These components work together through a speedy complex system of messaging to the brain

and ultimately are what keep us balanced. Unfortunately, these components are greatly affected by the aging process and naturally decline at various rates depending on the individual over the years. Injury to any of these listed components will also impact balance. Other factors that can negatively affect our balance are limited joint range of motion, decreased strength, impaired sensation, postural changes, various neurological conditions, pain, medications, malnutrition, and dehydration. Our bodies are meant to move. We are not built to be sedentary creatures. When something interferes with our ability to move, our bodies will find a way to compensate. If any of the above listed factors exist, chances are we have already developed compensatory strategies that may negatively affect our balance.

## Signs of diminishing balance

Signs that we have decreased balance can range from the subtle to the obvious. How many of us put one hand down on the kitchen counter when we go to reach up for something out of the top cupboard? And how many of us sit down on the bed when we go to put our pants on rather than stand up to do it? These are just some of the adaptations we make to compensate for decreased balance, but to also help ensure our safety. Some other signs are grabbing onto furniture when walking, avoiding walking on soft surfaces and inclines/declines, avoiding walking in open spaces (where there is not anything to grab onto), pushing the back of your legs against the chair you are sitting in when going to stand, slowing down when going to step up on a curb or avoiding curbs altogether, needing one or two rails to negotiate stairs, and using an assistive device, like a cane or walker, to ambulate. These are just a few of the compensatory strategies we use when our balance becomes compromised. However the most obvious signs of decreasing balance are near-falls (when you come close to falling but can catch yourself) and falling.

## Safety in the home

For those readers who are having difficulty with balance or are taking care of a relative or friend who has signs of balance deficits here are some suggestions for safety: remove throw rugs on the floors, be aware of footwear – well fitting sensible shoes are best, remove clutter and obstacles, make sure lighting is adequate, make regularly used items easily accessible, and add railings where there are stairs.

## Balance and the Physical Therapist

As a full-time physical therapist at Sharon Health



Care Center I have the pleasure of working with short-term and long-term residents. I am especially concerned with and intrigued by balance because both populations are afflicted with balance deficits. A balance assessment is part of the evaluation process and is something that is monitored constantly and targeted during our treatments.

Balance, like strength, needs to be challenged and “if you don't use it, you lose it.” In addition to challenging patients' balance I am also working on correcting the underlying causes of their balance deficits within the scope of my practice. When someone is nearing discharge from therapy questions always arise like “Is this person safe to return home?” or “Are they safe to walk in the halls without a staff member nearby?” When you think of balance the words “independence” and “safety” should also come into mind. Ultimately my goal as a physical therapist is to make my patients as independent and safe as possible.

Balance is an integral part of our everyday lives and therefore something that we should be aware of. So when we are working out, standing at the counter making a salad, performing a pose in yoga, or just walking down the street, we should be grateful for the complex system that is balance that allows us to do all of these activities, and so many more, successfully. ●

*If you are ever concerned about your balance always check with your doctor to determine if a script for physical therapy might be necessary.*

*Sharon Health Care Center is a skilled nursing and rehabilitation center, which provides short term care including physical, occupational and speech therapy in addition to long term and dementia care. It is managed by Athena Health Care Systems, Inc. For additional information visit [athenahealthcare.com/sharon](http://athenahealthcare.com/sharon). To learn more about Sharon Health Care Center please contact Jessica Lasch, Director of Admissions at 860.364.1002 or [admissions@sharonbcc.com](mailto:admissions@sharonbcc.com).*

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# 30 years of reading minds

## MERRITT BOOKSTORE IN MILLBROOK, NY

By Christine Bates  
christine@mainstreetmag.com

In this issue of Main Street we interviewed bookseller and community catalyst, Scott Meyer, in his green-shingled bookstore on Front Street at the end of Franklin Avenue, near the Millbrook post office.

### How did you go about starting a bookstore?

I grew up in the Town of Washington, went away to college at Franklin Pierce, and then taught school for seven years. Several people suggested that I start a bookstore and in 1983 I did the paperwork to begin a business. I sold my first book in 1984 – *The History of Bits* – that's horse bits. Initially I set up a stand in front of the Corner News Store, but when it rained all of my inventory got wet. So I moved inside to small temporary spaces up and down Franklin Avenue. Taylor Oil gave me some space and, in exchange, I answered their phones on weekends and they sold books for me while I was substitute teaching.

For a while I had space in the Village Department Store, but then they decided to rent it to a hair salon in 1987. That's when George Whalen Jr. came along and said that I could use this empty building for a couple of months. At the end of 1987 we moved the inventory across Franklin Avenue with grocery store carts that we borrowed from Marona's Market. Three years passed and in 1991 the bank decided it was about time for us to sign a lease.

### You've been in business for 30 years. What makes a bookstore successful?

Ideally a bookstore should have parking, foot traffic, and be located in an area with a population of at least 20,000. I didn't know any of this when I began my business. Like any business, a bookstore also needs financial backing and working capital. The Bank of Millbrook has really supported us financially.



Above: Scott and Alison Meyer in Merritt Bookstore in Millbrook. Photo: Christine Bates.  
Below left: The bookstore in the spring. Photo courtesy of Scott Meyer.

### How has the book selling business changed over the last 30 years?

This business is always changing and we have always tried to stay ahead. In the 1980's, Ingram, one of the largest book distributors, asked us to beta test bookstore computer systems. Merritt had one of the first websites, even before the American Booksellers Association had one.

When Internet commerce came along in the late 80's most Internet booksellers had the advantage of not charging customers state sales tax. As a member of a special committee of The New England Book Sellers Association, we tried to persuade state governments to change this practice and make it fairer, which some states have now finally adopted.

What we sell has changed also. We sell less fiction and mystery now. Maybe people are reading those on e-books. For many bookstores, books are no longer their biggest item, but 70% to 80% of what we sell here remains books.

### Have you ever had a business plan?

Never.

### How many employees do you have? Is it difficult to find good employees? What do you look for when you hire?

Besides my wife Alison and myself, we have eight employees, but only two of those are full-time. We

always have a stack of resumes of people wanting to work here. They just fall into our lap.

I look for people who are intellectually playful, can work with others, and are willing to do everything. We employ students from area high schools. We train them and give them large responsibility. Speaking at his high school graduation ten years ago, one of our former employees said, "Thank you for treating teenagers like people."

### What are the margins like in a bookstore? How do you make money?

First of all you have to pay for your books within 30 days of delivery. On a hardbound book that retails for \$19.95, the bookstore's cost is around \$12, so our gross margin is about 40%. Independent bookstores try to end up with an after-tax profit of 2%. Have you ever heard the saying about publishing? "How do you make a small fortune in publishing? Start with a large fortune."

### What is the most difficult aspect of your business?

Promoting our bookstore is difficult, but our biggest problem, like most businesses, is always cash flow.

Continued on next page ...





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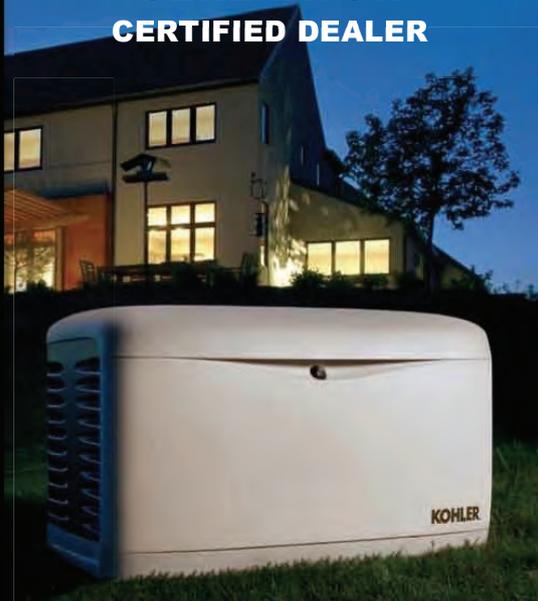


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the  
hillsdale  
house  
GREAT GASTRONOMY



By Thorunn Kristjansdottir  
info@mainstreetmag.com

The Hillsdale House is one of Hillsdale's oldest buildings, constructed in the mid to late 1800's. It is situated on Route 23 across the street from The Mount Washington House and next to the IGA Supermarket. To the best of my knowledge, this building has served as one of the gathering places for the Hillsdale community since its early days. These days it serves as one of the local watering holes as well as a great place to enjoy a meal – whether it's bar fare that you're craving, a nice thin crust brick oven pizza, or a gourmet steak – you can get it all there.

It was a snowy Saturday evening when my parents, fiancé, and I ventured to Hillsdale to enjoy a great and relaxing meal together. We entered through the bar side and saw a few friendly faces that greeted us with big, welcoming smiles. The low ceiling of the bar is reminiscent of the building's age, but as soon as you get to the heart of the building it opens up to the dining room to your right, where the brick oven is located. We opted to sit in the smaller dining room area to the left, which is closer to the front door, and where the walls are adorned with old photos from the region.

### The menu choices

I've been coming to the Hillsdale House for many years, and the menu has more or less stayed the same. I'm pleased about that, because there are so many great choices. The appetizers include a French Onion Soup, steamed mussels, fried calamari, crab cakes, and from the brick oven you can choose between a Bianca which is their own dough

topped with fine herbs and garlic infused oil; the Focaccia which is a special blend of four cheeses, caramelized onions and fresh rosemary; and finally, the Mezzaluna which is the house dough, crescent filled with sun dried tomatoes, caramelized onions and fine herbs.

As for the salads, I'm a huge fan of the Hillsdale House salad, in particular due to their creamy herb house dressing – it is delicious! But they also boast a smoked Atlantic salmon salad, a grilled portabello salad, and Caesar salads. It's hard to go wrong with any of these choices.

The entrée choices as well as the bar fare menu truly run the gamut: you may have a hard time deciding what to have, we certainly did. Whether it's deciding between the steaks or the seafood dishes, the delicious burgers and steak sandwiches, and let's not forget all of the brick oven choices! From the brick oven you can choose between seven different pizzas and four calzones, and if that's not enough, you can make your own!

### Steaks, salads and a pizza

After much back-and-forth, we had finally decided what to order. I ordered the house salad and the Gorgonzola pizza, which is the house dough brushed with olive oil, topped with fresh baby spinach, sauteed mushrooms and crumbled Gorgonzola. My mom ordered the Caesar salad with chicken as her main course, because my dad had ordered wings for the table. For his main, he ordered the Steak au Poivre: a 12 oz. strip steak that is encrusted with cracked peppercorns, and is finished in a

peppercorn, cognac sauce. To my delight, my fiancé ordered the French Onion Soup (which I hadn't tried there yet), and for his main he ordered the Gorgonzola steak which is a tender strip steak that is grilled and topped with Gorgonzola and served with the house salad. And because they're delicious, we ordered fries for the table.

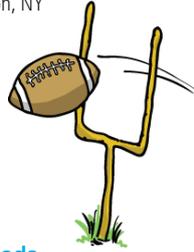
The house salad: delicious! The French Onion Soup was out of this world! Definitely top five that I've ever had – just incredible. I've tried the wings at the Hillsdale House on numerous occasions and they're always a big hit, and this time was no different. When the main courses arrived, the plates were so large that they literally took up the whole table. My mother's salad was enormous! The steaks were quite impressive, too, and it wasn't before long that the whole table went quiet as we feasted on the meals before us. My thin crust, brick oven Gorgonzola pizza was amazingly delicious. My dad and fiancé compared their steak choices and relished in their savory steaks, complimenting the chefs as their eyes rolled back with every savory bite. My dad explained that the peppercorns made his steak a little spicy, but that's how he loved it. Every fourth bite or so included a French fry, and it wasn't like we needed them, but as the self-proclaimed French fry connoisseur that I am, the fries are crazy good! If you like fries, you must try them.

The Hillsdale House checks all of the boxes: great food, check; large portions, check; affordable prices, check and check! Our compliments to the chefs in the kitchen, another great meal courtesy of the Hillsdale House. ●



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Photo by B. Docktor



# jacuterie

jack peelee's charcuterie

TALES OF A FARM GROUPE

By Memoree Joelle  
info@mainstreetmag.com

When I lived in France, lunch for me was often a small wedge of cheese, some bread, and several slices of *saucisson sec*, the classic French dried sausage. When I returned home, I assumed my days of devouring delicious charcuterie were over, aside from what I might find on forays into New York City. It turns out I had to look no farther than Anramdale, where Jack Peele is making classic European dried sausages on his family's farm.

A few years ago, Jack started smoking his own bacon whenever his dad had any spare pork belly from their Herondale Farm hogs. A graduate of the French Culinary Institute, he had worked briefly as a professional pastry chef before turning his attention to meats. Smoking bacon was a fun transition from sweet to savory, and it wasn't long before salami and dry sausages piqued his curiosity. He took a course on charcuterie making at the French Culinary Institute, but learned most of his techniques on his own, culling his knowledge from books and pure trial and error. Last July, he decided to renovate the old dairy barn that sits on the Herondale Farm, and turned it into a sausage making facility, complete with a curing chamber and a USDA stamp of approval. Jacuterie was born.

## Charcuterie traditions and experimentation

Jacuterie draws from old world flavors and traditions from around the world, but Jack keeps his ingredients local. Most of the pork that goes into the sausages is Herondale Farm meat, and he also sources meat from several local farms. He is currently experimenting with different breeds of pigs to determine which ones work best for charcuterie, which requires a specific kind of fat.

He makes five flavors of salami, including the classic French *saucisson sec*, which is flavored only

with salt. The Tuscan *Finocchiona*, with fennel, garlic, and red wine has become my favorite, followed closely by the *Chorizo*. If you're a fan of authentic Spanish Chorizo, known for its pronounced flavors of smoked paprika, chile, and garlic, you'll be pleasantly surprised. Jack also makes a sweet Italian salami, *Soppressata*, which is seasoned with red pepper, white wine, and garlic. There is also an interesting *Alpine Cervelat*, infused with mustard seeds, nutmeg, coriander and ginger, true to the Swiss style. All of the recipes were developed by Jack himself, and as of now, he is a one man operation. When he first started the business, he even butchered the animals himself, though now he has delegated that task so that he can concentrate on the sausage-making aspect of things. He is diligent with quality control, and he has to be: dried sausages while fermenting and drying need continual inspection.

## Sausage science and nitrates

Making dried sausage is a precise science that carries with it a time-honored tradition of preservation. While the spices vary, all of the salamis undergo the same treatment. Curing salts, spices, and lactobacillus culture are added to the raw meat, which Jack then stuffs into natural casings and ties by hand. They then get put into a fermentation chamber, always at 83 degrees, where they ferment for 48 hours. Finally, they go into the curing chamber, which remains a controlled 55 degrees Fahrenheit, and more importantly, is kept at a humidity level of 65%. They will hang for three to five weeks, during which time much of their moisture evaporates through osmosis. And voila! Perfectly preserved sausage that doesn't require refrigeration, and is ready for the cutting board.

The subject of nitrates often comes up when talking about cured meats, and I confess that I used to be one of those people who feared them.

Now I regret wasting what might have been prime bacon-eating years. Fortunately, I did some further investigation, and discovered that most cured meats contain much less nitrate content than vegetables we eat with abandon, like spinach and celery for example. Jack uses the minimum amount of sodium nitrate required by law, adhering to food safety regulations. The final product, one whole salami for example, contains .02% nitrates or less. And if you do some research, you'll see that even if that amount were higher, there are many reasons why that wouldn't be such a bad thing.

## The bacon side of the business

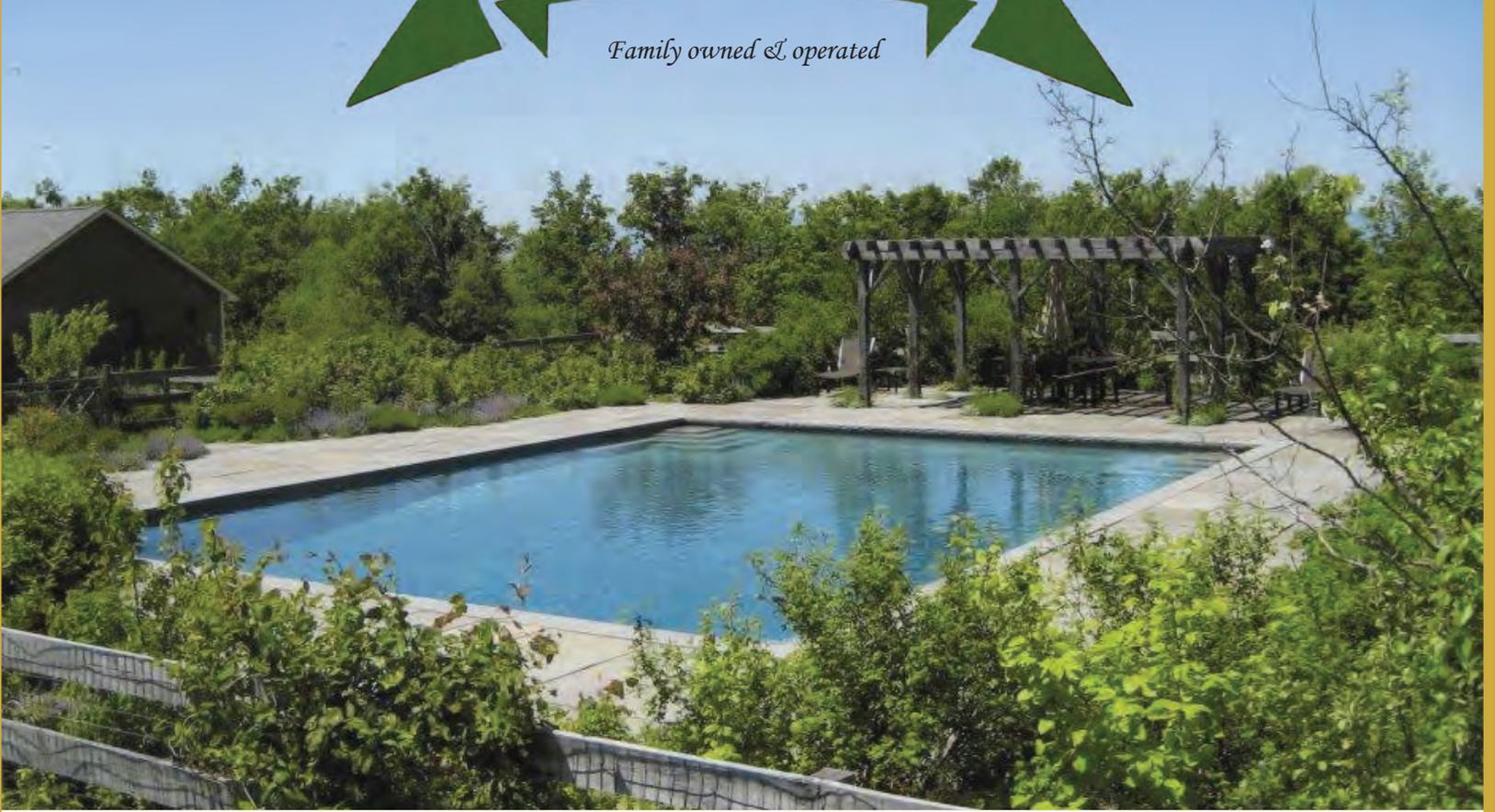
While Jack's main focus are the dried sausages, he also makes uniquely flavored bacons and fresh sausages, which are available at the farm store at Herondale in limited quantities. My personal favorite is the maple bacon, cured with locally produced maple syrup then applewood-smoked. He also offers a honey-garlic variety, an Italian style *Pancetta*, and of course, the classic bacon cured with sea salt and brown sugar. Fresh sausages include the classic *British Banger*, a spicy lamb *Merguez*, *Boerewors*, a South African beef and pork sausage, and the *Bombay Banger*, Jack's own curry-infused creation.

He's always trying out new recipes true to his culinary training, so expect more unique flavors to sample at the Millerton market in the near future. ●

*You can find all five dried sausages at the Jacuterie farm stand each week at the Millerton Farmer's Market, and this Spring look for them at the Hillsdale market as well. They are for sale along with the fresh sausages and bacon at the Herondale Farm Store, and lucky Herondale CSA members in the city now have the option to join the Salami Club, which you can read about on Jack's site. Connect with Jacuterie on Jack's website, [www.jackiscooking.com](http://www.jackiscooking.com). Read more about sausage-making, see what flavors he has cooking up, and get some sweet and savory recipes.*

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# estates are back

## REAL ESTATE IN THE TOWN OF WASHINGTON

By Christine Bates

christine@mainstreetmag.com

February's Main Street real estate focus returns to the dynamics of a particular real estate market in our coverage area. We spoke with the assessor's office, real estate professionals, bankers, building and planning departments, and analyzed market data to present a current picture of real estate activity in the Town of Washington, New York. Main Street looked at the Village of Millbrook separately in our June 2013 issue.

Like the Town of North East and the Village of Millerton, the Town of Washington and the Village of Millbrook are separate municipalities; each with their own elected officials, highway departments, and tax base. When people say "I live in Millbrook," it usually means the open fields and rolling hills that surround the Village of Millbrook. The Town of Washington, a.k.a. Millbrook, has been called the Hamptons without a beach and with a faster drive from New York City. It appeals to those seeking privacy, rural beauty and quiet, either full time or just on weekends. There are actors, celebrity hairdressers, fashion designers, hedge fund managers, and writers who have homes here. The social scene revolves around the Millbrook Hunt, Fitch's Corner, the Millbrook Golf and Tennis Club, polo, and entertaining at home.

### The residents' view for the future

Town of Washington residents themselves described their community of 4,741 in the draft comprehensive plan that has been in the works for years. Their vision for the town's future is also an accurate picture of the present.

"We envision the Town of Washington will remain a rural community with great scenic beauty, a healthy natural environment and a high quality of life for its residents. We envision protecting our Town by ensuring that our working farms, beautiful historical landscapes, water resources, and natural habitat is preserved for the future. We believe in managing our fiscal house responsibly. We believe in maintaining a vibrant and diverse local business community located in the Village Center, and we want to maintain our historical character because of its importance in preserving the look and feel of our community."

Because of this "responsible fiscal management" and the high value of its trophy properties (Town of Washington's total assessed valuation is \$1.2 billion compared to less than \$600 million in nearby Amenia and North East) the town has a low property tax rate of only 1.47 mils per thousand assessment



Above: The former home of Mary Tyler Moore, Grace Hill Farm with 149 acres, is on the market for \$14,950,000. Photo courtesy of Adam Hade, Houlihan & Lawrence.

as compared to 2.34 in Amenia and 2.94 in North East. The town is also rich in educational institutions, including an excellent public school system, the renowned Innisfree Gardens, Cornell Cooperative Extension of Dutchess County at the Farm and Home Center, the Carey Institute of Ecosystem Studies, and two private schools, Dutchess Day School and the Millbrook School with its own 75 year old zoo.

### 2013 was the best year for realtors since 2005

Washington is second home to many high profile, wealthy professionals who seem to have decided that 2013 was the year to buy that million dollar weekend house or gentleman's farm. Although there were 12 million dollar plus sales, including raw land, as compared to the record year of 16 in 2005, the total dollar value of million dollar+ sales was higher than 2005. (See Over \$1 million dollar sales chart). These million dollar plus sales accounted for a whopping 77% of all real estate dollars spent in 2013. The Big House chart shows 22 sales of houses and estates with more than five acres of land, the most since 2005, with a solid mid point of \$1,800,000.

Activity in the standard house category, residences on less than five acres, was also high with 28 good sales, again the highest since 2005. BUT the average sales price is still well below the levels

of 2005 to 2009. Increased sales activity in this segment along with lower average prices is similar to the rest of the Dutchess County real estate market.

### The two most expensive properties in recent Millbrook history were sold in 2011

Sales figures from 2011 are distorted by just two sales totaling over 33 million dollars. The most expensive property purchased in the last nine years was 276 acres at 409 Overlook, which sold in 2011 for \$18,375,000 to the unidentified Jack's Holding on the Hill LLC. Also sold in 2011 was Willow Grace Farm, yes that's named after *Will & Grace*, the hit TV series directed by Jim Burrows, which was sold for \$15,000,000 to Jack Meyer, Harvard University's former endowment manager.

### The difficult segment

"Selling a property between \$500,000 and \$1,000,000 is slower than it should be," according to Homer Guernsey of H.W. Guernsey Real Estate which has been selling properties in the Town of Washington since 1908. In 2013 only four properties sold between a half and one million dollars, in contrast to 31 below and 12 above that level. Currently there are 14 properties for sale within this asking price range.

Continued on next page ...

**REAL ESTATE SALES TOWN OF WASHINGTON 2005-2013\***

YEAR	AGRICULT. LAND \$ MILLIONS	1-2 FAMILY RESIDENCES \$ MILLIONS	RURAL RESIDENCES WITH LAND & ESTATES \$ MILLIONS	VACANT LAND \$ MILLIONS	TOTAL \$ MILLIONS
2005	\$5.0	\$14.1	\$34.4	\$2.6	\$56.1
2006	\$5.5	\$10.8	\$13.4	\$9.9	\$39.6
2007	\$12.9	\$12.1	\$9.1	\$1.8	\$44.1
2008	\$7.9	\$5.2	\$3.9	\$1.8	\$18.8
2009	\$2.8	\$10.8	\$9.6	\$1.8	\$24.9
2010	0	\$7.4	\$9.7	\$1.1	\$18.1
2011	\$22.7	\$7.2	\$20.5	\$1.1	\$51.4
2012	\$5.7	\$7.6	\$15.6	\$.7	\$29.7
2013	\$9.5	\$8.5	\$29.9	\$.7	\$48.6

Excludes sale of commercial buildings

**BUILDING PERMIT ACTIVITY IN TOWN OF WASHINGTON 2010-2013**

	2010	2011	2012	2013
New Homes	3	4	3	3
Swimming Pools	9	10	7	4
Additions	1	2	2	9
Renovations	5	10	9	17
Barns	5	11	7	8

Information provided by Town of Washington Building and Zoning Department

\* Data compiled from Dutchess Real Property Tax Service Agency data base, Town of Washington Assessor and MLS sales listings for 2013. 2013 statistics may not include all sales through the end of the year.

**OVER \$1 MILLION DOLLAR SALES 2005-2013**

YEAR	# OF SALES	SALES TOTAL >\$1 MILL. \$ MILLION	% OF ALL SALES
2005	16	34.9	62.2%
2006	9	20.5	51.6%
2007	6	19.8	45.0%
2008	3	4.1	21.9%
2009	7	13.4	53.7%
2010	4	6.8	37.7%
2011	6	44.6	86.8%
2012	7	17.4	58.5%
2013	12	37.4	77.0%

Includes agricultural land and farms, residences and vacant land. Does not include commercial

**BIG HOUSE SALES 2005-2013**

YEAR	# OF SALES	\$ SALES MIDPOINT
2005	23	\$1,400,000
2006	8	\$1,474,000
2007	8	\$725,000
2008	3	\$1,470,000
2009	7	\$1,800,000
2010	9	\$1,400,000
2011	7	\$780,000
2012	8	\$1,600,000
2013	22	\$1,800,000

Includes residences and estates with over five acres of land. Does not include agricultural or vacant land sales.

**SALES OF SINGLE FAMILY RESIDENCES <5 ACRES 2005-2013**

YEAR	# OF SALES	AVERAGE SALE US \$
2005	32	\$455,455
2006	16	\$675,663
2007	24	\$503,367
2008	13	\$402,494
2009	22	\$491,023
2010	19	\$386,890
2011	25	\$286,031
2012	18	\$424,206
2013	28	\$304,411



Above top: Built in 2000, this atypical log home offers total privacy near Orvis Sandanona. It's on the market now at a price of \$885,000. Photo courtesy of listing broker, Paula Redmond.

Above lower image: The hounds from the Millbrook Hunt make an annual appearance on Millbrook's Community Day. Photo by Christine Bates

**The market has returned to "normal"**

In general, real estate prices in the Town of Washington did not drop dramatically during the downturn and now seem to be stable or rising with renewed demand at the upper end. Building permits issued over the last four years confirm stable activity with a notable increase in renovations and additions in 2013. (See chart of permits between 2010 and 2013). We asked realtors if this is a buyers or sellers market, and they all agreed that conservative, methodical buyers may still have the upper hand, and that sellers now have more realistic expectations.

Paula Redmond, of Paula Redmond Real Estate, senses, "There's not a lot of new inventory and a lot of properties have been listed for a long time. Bidding wars occur occasionally, but usually only with new listings."

At the Bank of Millbrook, the only bank in town, David Fountain has seen a "Strong uptick in activity since the fall of 2012."

Joshua Mackey, an attorney who is also the Chairman of the Town of Washington Planning Board, confirmed that he is "Seeing a fair amount of activity. You might even call it brisk."

Guernsey summed it up succinctly, "The market is getting stronger, but it's not a buying frenzy like 2005 to 2007. It's more normal."

**What's on the market now**

At the end of December 2013 there were 60+ properties listed for sale in the Town of Washington, including building lots and parcels of vacant land, that had a total asking price value of over \$112

million dollars. Of these 60 or so listings, the most expensive five properties accounted for more than half of that value. Around 25 properties were listed for less than \$500,000, while 21 have asking prices over \$1,000,000.

Grace Hill Farm at 147 Altamont Road, formerly owned by Mary Tyler Moore, is the most expensive residence with an asking price of \$14,950,000. Adam Hade, the listing broker with Houlihan and Lawrence, observed that in the past few years the Town of Washington has recorded some of the highest sales prices in all of Dutchess county, frequently outstripping Westchester and Putnam as well. "People have discovered how beautiful it is here and are creating the most incredible estates in the country."

Unlike the traditional farming and dairy communities to the north and east of the town, the Town of Washington has been an estate and equestrian area since the nineteenth century when Gilded Age industrialists carved the countryside into gentleman farms built by Italian stone masons. Many of the original families, the Thornes, the Hitchcocks, are still here. The Town of Washington, which has a moratorium on subdivision development in place, is protecting itself from the creeping suburban sprawl to the west and south to maintain its open fields, stone walls, and way of life. It's still a rural town with dirt roads and doesn't intend to change. •

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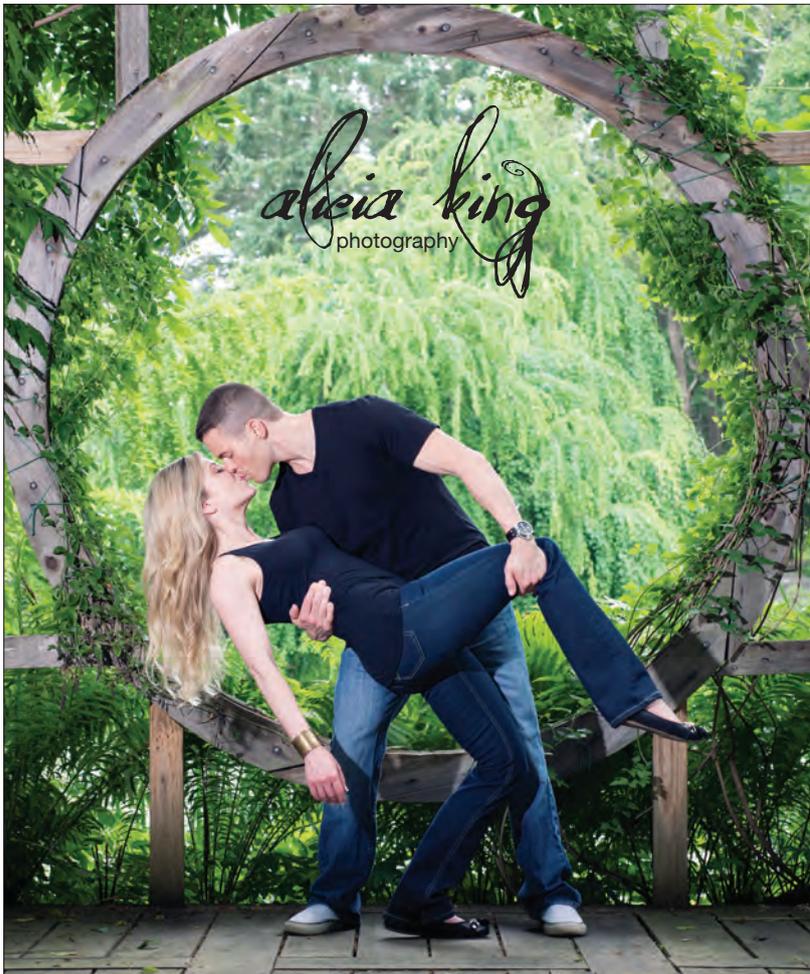
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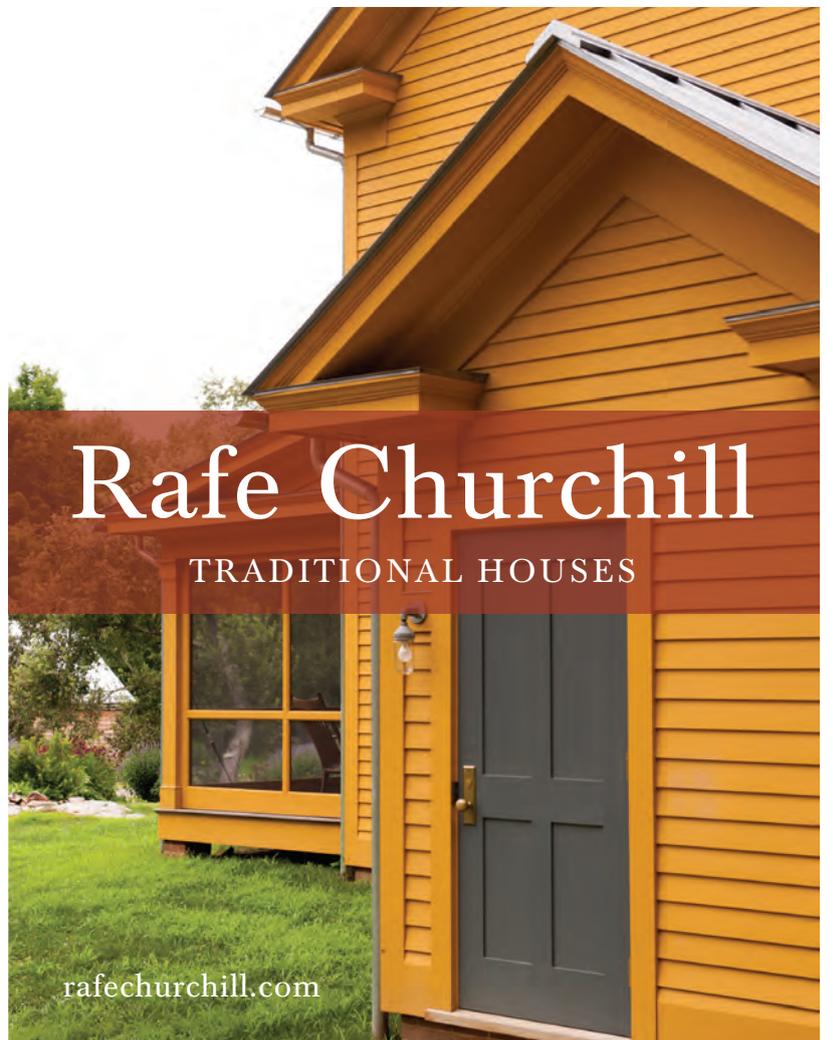
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## TWO LOCAL VETERAN SERVICES

By Sarah Ellen Rindsberg  
info@mainstreetmag.com

On Memorial Day and Veterans' Day, all eyes and ears are attuned to those who have served our country in the armed forces. Thanks are given for their services, parades are given in their honor, and then, the focus shifts to other pressing concerns. Not so for those organizations which provide services for veterans on an ongoing basis.

Two of these groups, Team Red White and Blue and The Equus Effect, share a common purpose, that of assisting former members of the forces (mainly those who were deployed to Iraq and Afghanistan) as they re-adjust to civilian life. Both groups are dedicated to recreating a sense of community, so deeply ingrained in all branches of the armed forces. The Equus Effect pairs veterans with horses who become their new best friends, while Team Red White and Blue focuses on a myriad of sporting activities.

### Samantha Case and a horse, of course!

At The Equus Effect in Sharon, Connecticut, horses help draw veterans out of their shells and instill social skills. This program is based on the innate ability of horses to sense their human companion's needs. The equine-assisted therapy begins with the veteran holding onto a lead for the horse as they meander around the ring. When a bond of trust develops, the horse walks with the veteran, sans lead. Mutual caring restores and bolsters the veteran's self-esteem.

Team Red White and Blue provides countless opportunities to become involved and fit at the same time. There are yoga classes, workouts, and joint participation in several local sporting events, including the Sharon Triathlon.

In Sharon, Connecticut, the efforts of these two organizations have become intertwined due to two factors: the nature of the population served, and one tireless volunteer, Samantha Case. This 26-year-old Sharon resident, graduate student, and mother of three-year-old Williston, manages to carve out time from her busy schedule in order to help veterans.

### The road back to civilian life

The road back to reintegration into American society is a difficult one. Case explains the root of the problem: "In the service, you are up at 4:30am for physical therapy with your platoon. Then you come back here and have no team, no uniform."

Case highlights the staggeringly high suicide rate (approximately 22 veterans daily, according to a VA study published in February 2013).



Top right: Samantha Case with Apache. Photo: Laurie Gaboardi. Above: Team Red White and Blue at the Sharon Triathlon. Photo: Brian Wilcox.

"For the majority of veterans who commit suicide, it's the isolation that's pushing them. They come from a huge socially intact brotherhood. How do you make that transition?" Both The Equus Effect and Team Red White and Blue stand at attention, ready to help.

Case's interest in equine-facilitated therapy dates back to her childhood. Her grandmother, Mary "Sis" Gould, founded High Hopes, a therapeutic riding center. Later on, while conducting research as an undergraduate, Case focused on the benefits of equine therapy for children with developmental disorders. In graduate school she encouraged veterans involved with Team Red White and Blue to come to The Equus Effect.

### Tom McCall and Amelia Benavente

Veteran Tom McCall points to the horses' innate ability to reach out to human beings. "A horse is a biofeedback device," he begins. "If you're feeling anxious, the horse picks up on that." The veteran senses the horse's emotional connection and begins to calm down in an effort to be compatible with the animal. "It helps you lower your stress level. An interactive relationship with the horse develops," McCall observes.

When McCall took time out of his busy day to speak with this writer, he paused to highlight the poignancy of a particular day in the fall. This past October 23rd marked the 30th anniversary of the bombing of the barracks in Beirut, Lebanon where McCall was stationed. "We lost 241 people in one day" he recalled. While helping younger veterans

(in both programs), McCall too, reaps the benefits.

His extensive role in both groups stems from the lack of support available upon his return to civilian life. "There was no GI bill for me," he notes. "I want to be involved to ensure that these younger guys [and gals] are getting the support that we didn't get."

Amelia Benavente, a military police officer in the Connecticut Army National Guard gushes with gratitude when she speaks of the Equus Effect's role in her life. When she returned home after serving in Iraq and Kuwait, her situation was grim. "I was in a really bad marriage. I was suicidal, at rock bottom," she recalls.

Today, Benavente is in school, attends bible study, and is writing a book about her life in the Guard (highlighting the lack of support from the Guard for those dealing with PTSD), and relishes her participation with The Equus Effect. She works with Apache, a cocoa brown and white paint horse.

As Case notes and Benavente concurs, both parties share common characteristics. "I relate to Apache as far as mood and I've always liked a challenge," Benavente says. •

*For further information about The Equus Effect and Team Red White and Blue, about volunteering and joining the programs, contact Samantha Case at skcase@albany.edu or visit [theequuseffect.org](http://theequuseffect.org) and [teamrwb.org](http://teamrwb.org).*



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# archaea: something different<sup>1</sup>

## A NEW TREE OF LIFE, BACTERIA, GREEN ENERGY AND LOCAL FARMERS

By Thomas Schindler  
info@mainstreetmag.com

Thomas Schindler has run the science gamut! He began his professional career (his first career) conducting basic research at Sloan Kettering Cancer Center in New York, eventually leaving that career to work in biotechnology. He then spent 14 years at his second career as a biology and chemistry teacher at the high school in Falls Village, Connecticut, retiring in 2007. Retirement only led to his reinvention as a science writer – his third career. In the midst of Schindler's application process to the graduate writing program at Johns Hopkins (which he was accepted to), he needed to submit writing samples. He wrote numerous articles about subjects that he used to teach his students, and that is how he stumbled upon the topic that he decided to share with us in this article. In it Schindler walks us through a science lesson of sorts. He begins with the new tree of life, explaining how this science discovery impacts us, and how some of our farming neighbors factor into Archaea and the new tree of life. Get your #2 pencils out!



Above: Matt Freund in the pasture for a photo shoot of the CowPots retail packs, surrounded by some very curious cows. Photo: Gloria Freund.

### The new tree of life

The tree of life has grown a new trunk. Science teachers still use the silly mnemonic, “King Phillip Came Over For Good Spaghetti,” to help their students remember Kingdom, Phylum, Class, Order, Family, Genus, Species. Now the tree trunk supporting the ancestral branches of all living things has been radically modified. Recent evidence from the field of taxonomy and phylogeny place the four (mostly) familiar kingdoms – Animals, Plants, Fungi and Protists – on the major branch called Eukaryota. Eukaryotes are all made of cells with a true nucleus (eu = “true” + Karyo = “kernel”). On the other side of the new tree of life is the second major branch called Bacteria. Bacteria are very different from eukaryotes: their cells are much smaller and they lack a true nucleus. They are referred to as Prokaryotes, pro = “before,” because they evolved billions of years before eukaryotes. The middle major branch is the major modification. This is the branch, Archaea. As their name implies the archaea are very ancient as are the bacteria. Like bacteria, they are also single-celled, very small organisms. But they definitely do not live like bacteria. None cause disease and almost all archaea have very extreme lifestyles.

Domain, is the new official name for each of the three major branches of life. Although Carl Woese and his colleagues first announced the Three Domains System in 1977<sup>2-4</sup>, it has taken years for their organizational scheme to gain widespread acceptance. But now this phylogenetic tree of life is standard in every biology textbook. Recent discoveries about the novel biochemistry, exotic habitats,

and important applications are making archaea famous.

### Bacteria, reclassified

The first bacteria to be reclassified as archaea were the methanogens, bacteria that live in the stomachs of cows and other ruminants. In the early 1960s Carl Woese labored in obscurity on a new approach to classifying microorganisms based on molecular biology. He believed that the genetic sequence of ribosomal RNA could be used to move phylogenetics – the evolutionary relatedness of organisms – to a whole new level, molecular taxonomy. If microorganisms were really the ancient ancestors of all of life, then there should be evidence of their evolution in the fundamental molecules of life such as RNA. He began this study when molecular biology was in its infancy and many of the new automated and computerized technologies were not available. Using a time-consuming technique known as oligonucleotide cataloging, he was able to catalog about 60 bacteria. He made some modest new discoveries that certain bacteria were more related than had been appreciated.

He worked this way for a decade, completing the rRNA sequences of about 60 diverse bacteria and arranging them by genetic similarity. Slowly he began unraveling the tangle of microbial relationships, publishing phylogenies of chloroplasts and mitochondria – cellular organelles thought to have originated as symbiotic bacteria – and groups of bacteria. In some cases, he made surprising findings, for example that the anaerobic bacteroids and the aerobic flavobacteria are related. During

this period, Woese received modest \$50,000 grants from NASA and served the university by teaching molecular biology. But with each untangled group, he added another twig to his tree of life.

Ralph Wolfe, a colleague of Woese's, also on the faculty of the University of Illinois, suggested that he look at an odd group of bacteria, the methanogens, that didn't fit in with any other bacterial lineages. When he first saw the results of the analysis on methanogenic bacteria he almost couldn't believe what he saw.

As Wolfe recalled: “And that's when Carl came down the hall, shaking his head. ‘Wolfe, these things aren't even bacteria.’ And I said, ‘Now, calm down, Carl; come out of orbit. Of course, they're bacteria; they look like bacteria.’” But, as Woese now knew, morphology in bacteria meant nothing. Only their molecules told the story. And the molecules proclaimed that the methanogens were not like any other prokaryote or eukaryote – they were something unto themselves, a third branch of life.<sup>5</sup>

It would take years for other scientists to accept the notion of a third branch of life, but new evidence has solidified the three domain system. In 1996 the entire genetic sequence of *Methanococcus jannaschii* was announced.<sup>6</sup> Almost half of the organism's genes “are entirely new to science.”<sup>7</sup>

### Archaea + local farm = CowPots

The commercialization of archaea has also contributed to their new status. The search for sustainable

Continued on next page ...

green energy sources has revealed the power of methanogens to produce methane gas. Dairy farmers have discovered that cow manure can be used to produce an inexpensive source of methane.

Freund's Dairy Farm in Canaan, Connecticut is not a typical family farm. The Freund brothers, Ben and Matt, have been way ahead of the current fashion known as sustainable agriculture. Most dairy farms grow corn to feed the cows. But a lot of the valuable nutrients in feed corn end up in manure rather than milk. So like most dairy farms, the Freunds store liquid waste in an 80,000 gallon holding pond. Liquid manure is typically spread twice a year, once in the fall and once in the spring to fertilize feed corn and other crops. But the manure solids also contain a lot of nutrients.

Not content to merely use or sell their manure as compost, Ben and Matt Freund secured government funding to help finance their methane digester. Since 1997 their operation captures the energy from each day's accumulation of manure. Each day more than 10 tons of manure from 250 cows is collected and forced through an auger that separates the liquids from the solids. The liquids are stored in the holding pond and the solids go into the methane digester. About the size of a backyard swimming pool, it acts like a giant incubator nurturing the growth of methanogenic archaea. The digester is maintained at 100°F, as warm as the inside of cow's stomach, the optimal temperature for methane gas production. The methane is burned to heat farm buildings.

### Local efforts affecting global efforts

Not only does the farm benefit from the heat energy from manure, but the planet benefits from a significant reduction in methane gas released to the atmosphere. Methane is much better at trapping infrared energy than carbon dioxide: over a twenty year period a molecule of methane traps 72 times more heat than CO<sub>2</sub>.<sup>8</sup> The Freund's methane digester sustains their farm and reduces its contribution to global warming. Their success has attracted other neighboring dairy farms to form Clearview East Canaan Energy. The Clearview Cooperative has designed a plan to turn manure into electricity via methane-powered fuel cells.<sup>9</sup>

Once they were able to convert manure nutrients into methane, the Freunds considered the potential of the leftover fibrous solids. Having successfully obtained government funding for their processor, they won another federal grant through Connecticut's Agricultural Businesses Cluster. They ran through these funds during years of experimenting, but their hard work produced the CowPot, an eco-friendly version of peat pots.

"Molded of dried, deodorized manure fibers, CowPots hold water well, last for months in a greenhouse and can then be planted directly into the ground, sparing the seedling transplant shock



Above left: Matt Freund holding a #5 Round and #6 Square CowPot that were wintered over with spring bulbs. Photo: Gloria Freund. Right: Theresa Freund, Matt's wife who owns Freund's Farm Market. It was Theresa's greenhouse and garden center that helped inspire Matt with the idea of making a biodegradable pot intended for horticultural use. Every year Theresa transplants 1,200 tomato seedlings in #4 Square CowPots in her greenhouse. Photo: Amanda Freund.

and letting tender new roots penetrate easily. As the pots decompose, they continue to fertilize the plant and attract beneficial worms."<sup>10</sup>

This past year the Freund's CowPot factory has produced millions of units. In an economy that makes it hard for dairy farms to make a living by selling milk, the CowPots generate enough profits to more than offset the losses from falling milk prices. And dairy farming in East Canaan, CT just keeps getting better and better. The Freunds recently installed 550 solar panels on a half acre that will create 130 kilowatts of energy. That's enough electricity to run their cow milking operation and CowPot manufacturing process. Managing sunlight resources was a logical next step for the Freund brothers, who have already succeeding in effectively recycling energy and fibers in cow manure.<sup>11</sup>

### Archaea in the CSI lab

A more familiar application of archaea technology is the key component of the polymerase chain reaction, PCR. PCR is the powerful technique used in every modern forensics laboratory to amplify traces of DNA in blood, hair and body secretions. The critical component of this new technology is the DNA polymerase extracted from *Thermus aquaticus*, an archeon found in the hot springs of Yellowstone. When bacteriologist Thomas Brock first started studying bacteria living in hot springs, nobody believed that a living organism could survive temperatures above 73°C (167°F). Brock found pink filamentous bacteria living in pools at 82-88°C.

"Here were organisms living at temperatures above the reputed upper temperature of life."<sup>12</sup>

In order to survive and reproduce in such a hot environment, *T. aquaticus* needs a thermostable enzyme that copies DNA, the so-called T<sub>aq</sub> polymerase. For each cycle of the PCR, the replication mixture must be heated to 90°C to allow newly synthesized DNA strands to separate. At that temperature normal DNA polymerase is inactivated. The important innovation that substituted T<sub>aq</sub> polymerase greatly enhanced the procedure, leading to the automated PCR used today. This discovery won Kary Mullis the 1993 Nobel Prize in Chemistry.<sup>13-14</sup>

Carl Woese's three domain system places the Archaea branch growing between the Bacteria and Archaea branches. Life on Earth is estimated to be 3.5 to 3.8 billion years old. Most scientists suppose that the oldest living ancestor of life's three domains was a bacterium known as the "last universal ancestor," LUA. Today, most diagrams of the Tree of Life show Bacteria and Archaea branching off from the LUA. But no one really knows which is older.

Exobiologists, scientists studying "life on Mars," consider archaea the likeliest candidate for ET. Derek Lovley and colleagues study ecosystems on earth that most closely simulate conditions on Mars, actually conditions far below Mars surface.<sup>14</sup> "On Mars and other planets or moons in our Solar System on which life might exist, liquid water is only available below the surface where there is no sunlight. So, if there is life out there, it must use alternative energy sources."<sup>15</sup>

They recovered samples of archaea from deep below the surface of the Lidy Hot Springs in Utah.<sup>16</sup> These primordial methanogens subsist on only geothermic hydrogen and carbon dioxide. Their unique metabolism is the same as the archaea that power methane generators on dairy farms, and functioning at temperatures as high as those preferred by *T. aquaticus*. This lifestyle is radically different from the rest of life on Earth that requires sunlight as the primary energy source. Now that's really "something completely different!" ●

To learn more and to reach Thomas Schindler visit [www.evilschindler.me](http://www.evilschindler.me). To learn more and to reach the Freund Farm visit [www.cowpots.com](http://www.cowpots.com).

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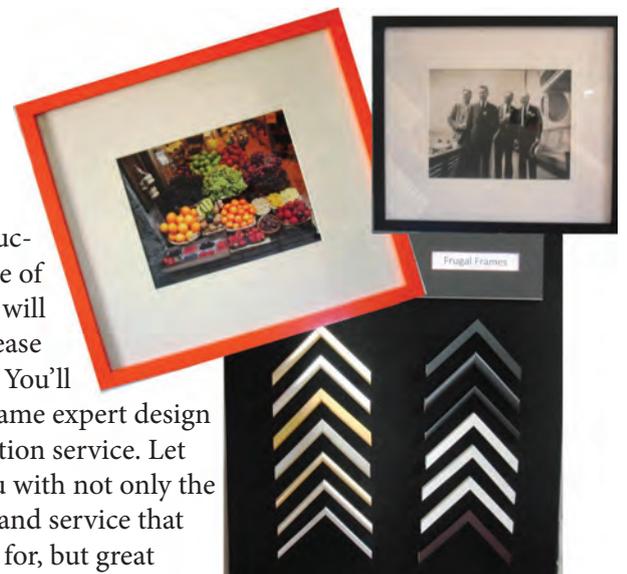
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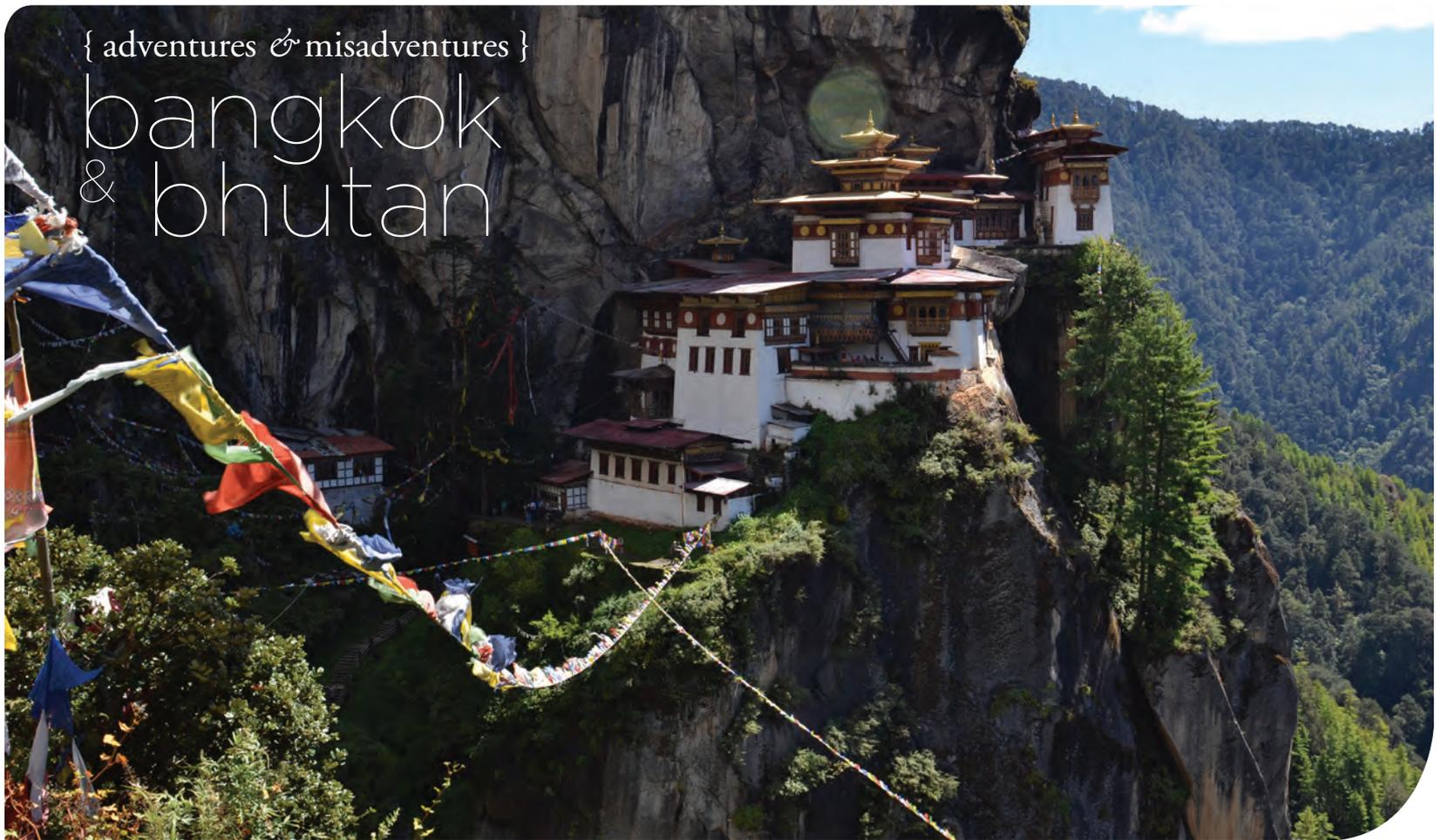
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Above: Taktsang Palphug Monastery (also known as the Tiger's Nest), Paro, Bhutan.

{ adventures & misadventures }

# bangkok & bhutan

By Melissa Batchelor Warnke  
info@mainstreetmag.com

*If the gray Northeastern winters have you popping Vitamin D and parked next to your sunlamp, this installment in our travel series will be of particular interest to you. Our contributing writer, Melissa Batchelor Warnke, recently took a whirlwind trip across Asia, traveling to Bangkok, Bhutan, Nepal, Tibet, and Hong Kong. In this first of three pieces, she tells us about the world's official smallest capital and the world's unofficial spiciest lunch.*

### Getting there

At the sentimental end of *The Eternal Sunshine of the Spotless Mind*, a movie I'd already seen at least ten times, I wept quietly into my cold seafood salad. I was the only person in my little curtained land who was awake. I could have danced in the aisle. Could have ordered those two-glass bottles of red wine over and over again until the stewardess pressed her own help button. But since the sleeping pill I'd swallowed at takeoff had worn off only five hours in, I'd been in a daze. I barely even enjoyed my beloved *SkyMall* magazine; for once, I didn't dream what life would be like wrapped in a self-heating robe or with a Brite Beatz™ Jingle Bells Music and Light Show Toothbrush. In the 16 hours and 50 minutes I was in that seat, my dreams had become focused, more concrete. My dream was to get off the damn plane.

### Bangkok

Upon arrival at the Bangkok airport, our guide

invited us to use the “happy room” and whisked us through immigration, in a line marked “Diplomats, Foreign Government Officials and Specials.”

Imagine my continuing surprise when we arrived at the Mandarin Oriental Bangkok, a majestic hotel with a 20-foot fountain dripping in orchids and a view of the Chao Phraya River, Bangkok's equivalent of the Potomac. I'd been to Bangkok ten years before; a friend and I had stayed on bunk beds at the broke-student-friendly Shanti Lodge, where we choked down the local granola and took in a nearby \$4 massage. But this time – for the first time in 13 years – I was tagging along on a trip with my parents, who traveled in higher style. The life of a “Special” was so very easy to get used to, I thought, as I picked my travel-wear bones up and deposited them in a warm mineral bath, in an ensuite “happy room” the size of my old Brooklyn apartment.

After a sleepless night adjusting to the 12-hour time difference, we plodded along to lunch at Celadon, a spectacular restaurant at the Sukhothai hotel. I was ashamed to weep at the table in such an elegant environment, but weep we did. We are not Thai, as we were reminded when ordering the “medium spicy” Tom Yum soup. My dad turned purple, my mom screamed silently into her napkin, which she also used to gently wipe her tongue, and I took photographs.

Continued on next page ...

Right: Lunch at Celadon, The Sukhothai Hotel, Bangkok, Thailand. Below: Flower market, Bangkok, Thailand.



In our three days to follow, there were many highlights: the spectacular flower market, a half painful, half pleasant Thai massage, more delicious curries and coconut custards and a lively Muay Thai boxing match where the heavyweight clocked in at 130 lbs.

Perhaps my favorite sight was the Emerald Buddha – a two-foot statue elevated on an enormous throne and housed on the grounds of Bangkok’s Grand Palace. The King himself changes the Buddha’s cloak of precious jewels three times a year, at the change of seasons. I fell in love with the treasured little diva at first sight.

On our fourth day, we woke at 2:30 am and hauled our cookies to the airport. Where we were going, there’s only one daily flight and it leaves at five in the morning. Nobody cares if you’re a Special.

**Bhutan**

What I knew about Bhutan six months ago: it had established a “Gross National Happiness Index,” was sandwiched between China and India and had held its first democratic elections in the past ten years. I’d learn upon arrival that Bhutan had nominally been an Indian princely state under Britain’s supervision, but was largely untouched by colonial powers due to its natural fence of deathly mountain ranges.

Paro, the country’s only international airport, wasn’t built until 1974. Nestled in a valley, it is such a dangerous place to land that only eight

pilots in the world are certified to make the trip. Coming in, our pilot said without a note of sarcasm that he was “going to attempt to land,” then banked a hard left, barely missing the cliffside as he dropped beneath the cloud cover. In order to enter the country, an advance visa is required and tourists must use one of the government’s approved travel companies.

**The mountains are off-limits**

The challenges of getting into Bhutan are numerous, but the intrepid find their reward. The portions of the country we saw moved from green and verdant to rocky and bare, but the landscape was consistently awe-inspiring. Bhutanese consider the mountains sacred and most are protected, forbidden to exploration by trekkers and Bhutanese alike. It’s a romantic policy and an ecologically progressive one, but it limits the country’s development considerably. The national constitution mandates that 60% of the country be preserved; at present, 72% is forest. Driving along one of the narrow, bumpy dirt roads etched into the mountainside, you’ll see few people aside from those working in the fields, tilling red rice to send to India. The farmers themselves mainly eat white rice – it’s cheaper. Fewer still are the farmhouses, with bright chiles drying on every roof. Bhutan’s the size of Switzerland with a tenth as many people, 700,000 in the entire country.

And forget nightlife: the world’s smallest capital city, Thimphu, shuts down around 8 pm. So few people live there that there’s no need for a stop light; a single, elegant traffic conductor gestures as if in a ballet, smoothing the cars left and right. So what to do in Bhutan, exactly? Take a day’s hike (or mule ride) up to Tiger’s Nest, an ancient monastery



Above top: Buddha Dordenma, Thimphu, Bhutan. Above: Beer can lanterns, Bangkok, Thailand.

10,000 feet above sea level (see picture on page 33). Visit the Buddha Dordenma, a \$47M USD, 169-ft gold-gilded statue, financed by a Singaporean businessman. Try on the local dress – a gho (a sashed robe for men) or a kira (a short jacket and long, striped skirt for women). Eat some of those chile peppers, on dried beef or with cheesy potatoes. Attend an archery match, where you can drop in to watch the Prince square off against his challengers.

Take your Dramamine and buckle your seat belt as you take the dancing road from Thimphu to Punakha, Bhutan's capital from the mid-1600s until 1962. The ancient palace and river are majestic, but the best part comes halfway through the drive, when you stop at the Dochula Pass. There you'll find a breathtaking view of the Himalayas, 108 small stupas dotting the mountainside and a sea of colorful prayer flags twisted along the railings and restaurant. We stood for the better part of an hour just staring into the Tibetan peaks and were still sorry to leave.

Both Paro and Thimpu offer little outside of the traditional tourist wares; better to save your ngultrum for the Dochula Pass shop, which carries the most beautiful jewelry, clothing and statues we saw.

### Modesty and no helicopters

I have a lingering affection for the place, for its kind and gentle people, for its contented peacefulness. Bhutan is so modest that the country is still saving up to buy a helicopter, which reveals a bit about life in the remote kingdom. The King lives sensibly in a small palace and drives along the dancing road when he travels. But because of the lack of a simple helicopter to drop water, forest fires often rage in the mountains for weeks on end.

Bhutan is becoming more integrated with the rest of the world, but very slowly. Television and the internet were not introduced until 1999. It is impossible, at present, to imagine a developed Bhutan, a Thimpu with a business district. On the difficult end, the life expectancy in Bhutan is only 67 years old. Few people would rise at 4 am to grow rice they can't afford to eat if given other options. For those educated and ambitious Bhutanese who wish to remain in-country, they are offered only the competitive and clogged track of civil service or working in the highly restricted tourism sector.

But there are extraordinary positives to their distinct culture: the Bhutanese we met were family-oriented, patriotic and interested in learning more about the rest of the world. One day, we stopped by Memorial Chorten – Thimphu's oldest stupa – at the same time as a Buddhist Grand Lama was about to arrive from Japan. Thousands of Bhutanese were assembled to be touched on the forehead by this man and, rather than jostle to make it to the fore, the crowd was respectful, joyous when recognized



and dignified when not. Inspired by the Bhutanese acceptance of circumstance, I vowed to take things in better stride. That lasted until I arrived in Kathmandu, where peace of mind goes to die a sputtering death. •

*In our next installation, the author will take you across Nepal – from the chaos of Kathmandu to a water-logged elephant safari in the Chitwan forest.*

Top: Masks make a house a home, Paro, Bhutan. Bottom: Traditional Bhutanese dancers, Thimpu, Bhutan.

All photos in this article by Melissa Batchelor Warnke.

# Profitable growth through design, marketing and branding:

## It's all about you

It's all about aiding you and or your business in achieving profitable growth. I am here to serve you, my clients, whether you have design, marketing, branding, photography, web, web hosting, or social media needs.

I will not talk over your head by throwing corporate jargon at you, that is not who I am. Instead I work WITH you at a human level to better understand not only your business but your very specific needs. Every business is different. And I approach every business' needs with that in mind – there is no such thing as a cookie-cutter solution. My design, marketing, branding, and web solutions are as individualized as you are.

## Design

To design is to create, execute or construct according to a plan. I design by creating according to your very specific needs. There are many design solutions, but by getting to know you and your needs, the solutions become fewer and clearer. My design bias and passion is always to strive to create the "wow" factor. My design bias is fairly Euro in that I like clean lines, beautiful typography, and a clear hierarchy. That being said, every client's needs are different and I design based on my client's needs.

## Marketing

Marketing is done by a process or technique of promoting, selling, or distributing a product or a service. There is no one marketing solution that works across the board – that is my belief at least. Every client's marketing needs are different, and so the marketing plans that I develop for my

clients are all custom-made for them and their specific needs, to try to achieve their desired outcome.

## Branding

Branding is the promotion of a product or service by identifying it with a particular brand. (A brand is a class of goods or service or business that are identified by a name as a product of a single firm or manufacturer). In creating a brand for my clients, I establish what makes my clients different and what makes their brand unique, what makes them stand out from the rest and their competition. I help them promote those assets and often utilize those features when creating and designing a logo and their overarching brand and identity system.

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A new year might mean a new house for some of you. Whether you are looking to buy, sell, rent, or are looking for vacant land: Paula Redmond Real Estate is here to help you. Paula started in real estate in 1984 and created her business in January of 2003. They service central and northern Dutchess County, southern and central Columbia County, and are also licensed in Connecticut. Paula Redmond Real Estate has two convenient locations; their main office is in Millbrook and they have a branch in Rhinebeck. The entire staff is passionate about what they do. They love talking about real estate and keeping up with what is happening in the marketplace. With only 10 agents, they work hard for their buyers and sellers, finding the right house for their clients, and provide a smooth transaction all the way to the closing. Based on unwavering principles of ethical, professional and personal service, combined with equal strengths in buying and selling properties, their reputation and performance have brought success and a long line of satisfied clients. Paula is extremely happy with how the company has progressed. She and the entire staff will continue to gain knowledge about the area and being attentive to her buyers and seller's needs.



### Salon K

Unisex hair salon: hair cuts, color and highlights, waxing and more.  
260 Rudd Pond Road, Millerton, NY. (518) 789-4754.

Are you long overdue for a much-needed haircut or even a new hairstyle? Kelsey Stahovec is the proud owner of family owned and operated Salon K. Although Kelsey just celebrated her one-year anniversary in January as the salon owner, she can recall growing up in the salon and helping her mom, Kathy, who was the previous owner. Kelsey attended Boces while in high school and graduated in December of 2007 with her hair-dressing license. Salon K is a unisex hair salon specializing in highlights and offers haircuts, color services, permanent waves, wash and sets, cuts, blow outs, updo's, facial waxing, and children's cuts. Kelsey has many regular clients but looks forward to meeting new ones, too. Kathy has 44 years of experience as a hairdresser and still helps out at the salon to continue the relationship with her customers. Salon K welcomes walk in's but recommends making an appointment. With great hours; Tuesday, Thursday, Friday, and Saturday 10am-6pm and Wednesday 12-7, you're able to freshen up your hairdo before or after work. Don't put off your hair cut any longer. It's a new year, why not start it off at Salon K with a new hair style.



### Catamount

Ski and snowboarding resort. (518) 325-3200.  
[www.catamountski.com](http://www.catamountski.com)

Looking for something fun to do this winter, but don't want to travel? Check out Catamount ski resort! They're conveniently located on Route 23 in Hillsdale, NY and are excited to be celebrating 75 years in operation, providing their visitors with quality snow for skiing and snow boarding. With reasonable prices for the entire family, you're sure to make fun winter memories that will last a lifetime. Never been skiing or snowboarding before and don't have the proper equipment either? No worries. Catamount offers rental equipment where you are properly fitted, as well as group lessons and learn to ski packages for people of all ages. You'll work alongside a safe, trained, and skilled trainer. Catamount has a great variety of beginner and intermediate trails as well as several advanced and expert trails to choose from. With a total of 34 trails you will certainly find terrain that you love whether the trail is a long gentle novice run, a mile-long intermediate cruiser or a steep expert trail. After hitting the slopes, you can charge the batteries in the cafeteria where you can find both food, snacks and hot cocoa. The Catamount staff works around the clock to insure a safe and fun experience. The trails are groomed nightly and snow is made every week from late November to the end of February. Don't wait, there's fresh powder awaiting you!



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Gentlemen, there is a good chance that your significant other is expecting a beautiful bouquet of flowers on Valentine's Day. So it's the perfect time to stop in at Country Gardeners Florist, the biggest flower shop in the area. Owner Joanne Scasso is celebrating her 28th year in business, and she has a fun Valentine's Day tradition that the guys are sure to appreciate: beer is served all day. With two floors of inventory, Country Gardeners Florist also specializes in weddings, but is also happy to help with anniversaries, themed parties, funerals, fresh cut flowers, dried flowers, potted plants and also has pottery available to beautifully display your plants. If you don't have a green thumb, don't worry, the knowledgeable staff can help. Country Gardeners is also happy to announce they are bilingual, as Liz is fluent in Spanish. They are open seven days a week, and they don't mind coming into work early or staying late to help accommodate their customers. Same day deliveries are available to all surrounding towns on a daily basis. No matter the occasion, the staff at Country Gardeners Florist is happy to help. Call, click, or stop in today to place your order for a spectacular floral arrangement.

## INSURING YOUR WORLD

Welcoming in 2014 brings a New Year as well as a time for us all to get our financial houses in order. Insurance is no different, when is the last time you reviewed your coverages for auto, home, umbrella, life, or health? Automobile policies can be affected in many ways, do you have a ticket or accident that is falling out of the chargeable period? If the answer is yes, call your carrier and ask for a quote or perhaps get other competitive bids. Do you still need coverage for comprehensive or collision on that old vehicle, if not, take it off and realize a nice savings. Are you still being charged for a youthful operator that no longer resides in your household? How about your homeowners policy, when was the last time you had a valuation done on your home, they are free and may detect either over insurance or under insurance. Have you put an addition on or built a new structure that has not been updated on your policy? Or perhaps you should raise the deductible and realize a nice premium reduction? Do you have a liability umbrella policy, if not, get a quote, for as little as \$200/yr. you could add a lot of peace of mind to your financial security. How about life insurance, perhaps it's time to cover that loan with a low cost term policy or step up to a nice whole life policy, get a review, don't delay!!! And lastly, make sure with your health insurance that you understand all of the changes that Obamacare has introduced. Don't delay, remember the old saying, an ounce of prevention is worth a pound of cure... Happy New Year.

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## Health and Beauty

### ALMOST FEELS LIKE HALLOWEEN!

Winter hair can be pretty scary. Well ... not so much "pretty." Frigid temperatures and dry air, inside or out, can create some interesting hair styles, but not those that one would truly wish to have. Often hair can go completely straight and flat, or it will fly about with electricity in highly frustrating ways. The instinct may be to double down on volumizing shampoos and conditioners. The truth is that winter air, so cold and dry, needs moisture to support curl or volume. Just think of the fullness your hair has at the beach.

Product is your savior in this scenario! Using a shampoo and conditioner which offer moisture will create more volume in winter than the most volumizing shampoo. Combining this approach with some light, volume-support styling products can create your best hair. You might also consider a light body-wave or a Pravana keratin-free "defrizzing" application, which can be lifesavers.

Tip: Use your conditioner sparingly in the shower. Squeeze out excess water, use a small amount, work through patiently, rinse. If your hair is extremely dry, you can put a dab of conditioner in your hair after you leave the shower for day-long moisture.



Janice Hylton & Bonnie Hundt  
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## the importance of your graphics

A logo is not just a logo. Your logo is your symbol, your identifier, and it is often the first thing that people will see, or the first thing that they will associate with your business. Your logo and identity system is what represents your business to your customers, potential customers, and to the world – the two are synonymous. But a logo is also only as good as the business that it represents!

A logo is just the first step in a business' overall identity system, however. The identity system can be simple or complex, and it can range from your business' chromotype (the color that is present in the company's logo and identity system) and logotype; the font that is chosen; the "style" of design that is present on your business' letterhead, business cards, brochures, lettering, products, etc.; the imagery that is used as part of your identity – to name just a few. The decisions made to create your identity system are important, because they should not only look professional and beautiful, but they need to be true to your business and accurately represent your business. For example, using a beautiful cursive font with a pink chromotype may not be the best choice to represent a construction company, just like a dark and blocky font may not be the best choice for a hair salon.

What does your logo mean to you?



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# WHAT'S YOUR SIGN?

## ARIES (March 21-April 19)

Gutsy decisions are good for the soul. Don't have your feet planted too firmly on the ground, you who never notice anything! You will appreciate your new circumstances.

## TAURUS (April 20-May 20)

To create everything between heaven and earth will make you feel amazing. Write down your ideas, thoughts and dreams. Do not give up too easily.

## GEMINI (May 21-June 20)

Take it slow and don't take other people's opinions too much to heart, because as will be evident, you are on the right track! But give yourself enough time to examine things.

## CANCER (June 21-July 22)

You will fully apply yourself to stand behind your promise and word. Go to a bookstore, take a weekend course, a play - your daily routine allows you time to try new things.

## LEO (July 23-Aug. 22)

You've been very worried as of late, but you can't let the stress or anxiety cripple you. Traditional romance should be present every day.

## VIRGO (Aug. 23-Sept. 22)

You think you've tried it all before and you don't want to relive the past. Remember that there is more that unites mankind than separates it.

## LIBRA (Sept. 23-Oct. 22)

You've been too good to yourself, because you're unable to accomplish anything in a timely fashion when you return from vacation. Stay true and this too shall pass.

## SCORPIO (Oct. 23-Nov. 21)

All business dealings that have to do with selling and buying will go well. The trick is to know when to hold your cards and when not.

## SAGITTARIUS (Nov. 22-Dec. 21)

A co-worker feels that you're butting into his work area. So that your daily life doesn't suffocate you, create room for unexpected events.

## CAPRICORN (Dec. 22-Jan. 19)

You don't have to anticipate everything when you make your plans. Sometimes a fight is necessary, and evil is best dealt with when it's over.

## AQUARIUS (Jan. 20-Feb. 18)

You have a lot of friends and admirers. You don't get tied up by the details and you quickly find solutions. You're exceptionally smart when you have to learn new things.

## PISCES (Feb. 19-March 20)

Your voice of criticism leads you down the road to becoming eccentric instead of just doing the job that is before you. Think about what you want to happen, it's the opposite of your worry.



“Empowering women to understand their health... from maternity to menopause & every stage in between...”

– Elizabeth Lucal, MD, FACOG



Regional Healthcare Associates is pleased to welcome Dr. Elizabeth Lucal to our physician group practice. Dr. Lucal has been practicing Obstetrics and Gynecology for over 13 years. She is Board Certified in the specialty and also earned Fellow status in OB/GYN in 2007.

Dr. Lucal is a Connecticut native who, prior to starting with RHA, developed her skills in OB/GYN by serving as an active duty physician (in OB/GYN) at Fort Drum, NY. In 2008, she deployed to Iraq serving as the Battalion Surgeon for an Army Combat Unit. Upon honorable discharge from the Army, Dr. Lucal started an OB/GYN office for a large medical center in Northern New York. During this time frame she decided to transfer her love of the job to the Sharon Hospital community where she can be closer to her family.

Dr. Lucal enjoys all aspects of OB/GYN but does have special interests in high risk obstetrics, minimally invasive GYN surgery, menopause and infertility. She is a member of the American Congress of Obstetrics and Gynecology, the American Society for Colposcopy and Cervical Pathology as well as the Society for Laparoendoscopic Surgeons.

Dr. Lucal is now accepting new patients at Regional Obstetrics & Gynecology with offices located at:

Sharon Medical Arts Building,  
29 Hospital Hill Rd., Suite 1400, Sharon, CT,  
and 2 Old Park Lane, New Milford, CT.

For more information or to schedule an appointment, please call 860.364.5527.

*Birthing Suites*  
at Sharon Hospital



**Elizabeth Lucal, MD,  
FACOG**

Specializing in Obstetrics & Gynecology, High Risk Obstetrics, Minimally Invasive Gynecologic Surgery including LAVH Laparoscopic Assisted Vaginal Hysterectomy, Total Laparoscopic Hysterectomy, Infertility & Menopause.

Empowering women to understand their health & make informed decisions.

For more information, to schedule an appointment with Dr. Lucal, or for a tour of The Birthing Suites, please call 860.364.5527