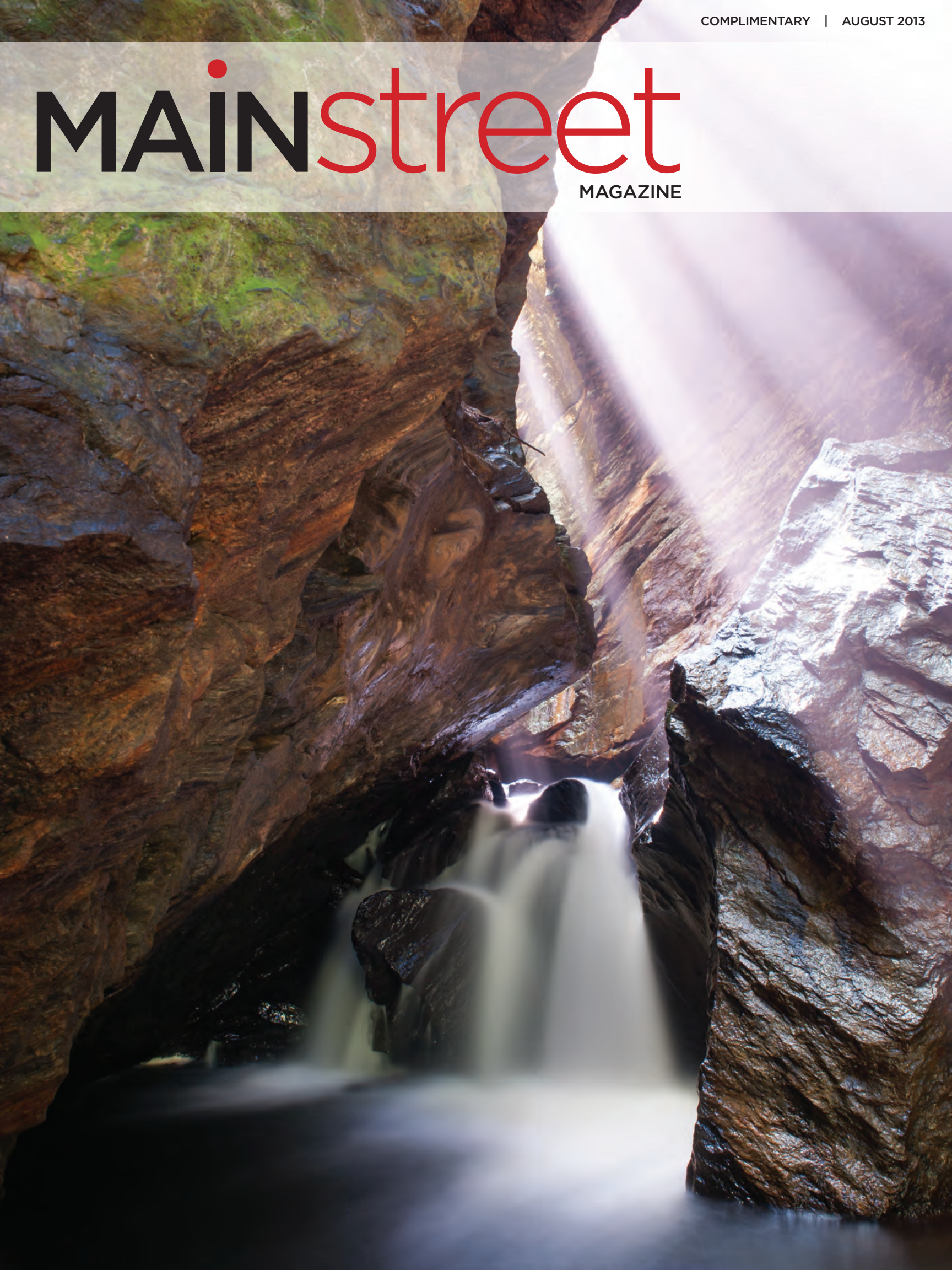


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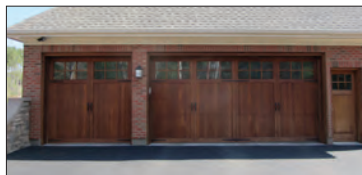
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Technology is wonderful in that it allows us to reach people quickly and around the world – or right next door. For a magazine such as this, technology allows us to reach a wider audience, and I'd like to tell you about what we're doing on our website and on our Facebook page.

Our website

In designing our website, I opted to keep it fairly simple and to the point. It is primarily an information site, so that the viewer can easily find out what the magazine is about, who the people behind it are, what our past covers looked like, the content of the current issue, what our distribution area and distribution points are, what our ad rates are, and if you ever miss an issue you can see a PDF of the whole magazine on our website! So no matter where in the world you are, if you have an internet connection, you can see and read all of our past issues. This is also great for our advertisers because their ads live on. And if you saw an ad from one of our advertisers in a certain month but they aren't advertising in the current issue, you can always go back to find their contact information. And even though I say that our website is primarily an information site, the website also has a number of online ads. All of them are mouse-overs to the advertiser's own websites, making it very easy for our viewer's to connect directly with the advertiser.

One of the ever-changing pages on the site is our events page where we post a lot of local events. So if you're looking for a fun event take a look at our events page and you're sure to find a great outing! And if you have an upcoming event, please email us the details and we'll post it for free!

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Like us on Facebook! By doing so you'll stay up to date with everything, get sneak-peaks of what we're working on, what's new and happening in the area, as well you'll see when we post all of the pages of the magazine – and then they go viral! For example the interview with landscaper Robert Haldane from our June issue had dozens of hits and comments from around the world, in addition to all of the local hits. And if you're one of our advertisers, like us too, because we'll tag you when we post your ad page.

As always, thank you for reading and thank you for your support!

- Thorunn Kristjansdottir



AUGUST 2013

Dover Stone Church, Dover Plains, NY. The Dover Stone Church is a natural grotto located on the Stone Church Brook, a tributary of the Ten Mile River. It is located on the Taconic Ridge. According to local legend dating back to the 1600's, Pequot Indian chief Sassacas and his warriors sought refuge here to escape capture by the English Army.

Cover photo by
Steven Steele Cawman

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transforming trinkets & trash into treasures

HARRY LAZARE, ASSEMBLAGE ARTIST

By Steven Steele Cawman
arts@mainstreetmag.com

High atop a hill overlooking the Catskill Mountains, you will find the home and studio of Harry Lazare in Ghent, New York. Harry has been a resident of the Hudson Valley and active in the community since 1982. A man of many talents and interests, Harry worked at a number of small local papers. Most notably, he was the advertising director for the now defunct *The Independent* in Hillsdale for over ten years. He also owned a local bookstore for five years and headed one of the largest energy conservation programs in the state.

Harry graduated from Rutgers in 1969 with a degree in Art History. All of his rich experiences and perspectives and his background in Art History can be seen as Harry brings out the enduring beauty in even the most mundane objects. Entering his studio, you are surrounded by his work and are captivated by a display of the many items he has collected to create his art. The experience is reminiscent of visiting a museum, taxidermy shop and incredibly organized odds and ends shop all at once. His study is a finely curated storeroom with sections devoted to animal bones, rusted bits of metal, door knobs, old keys, and odds and ends neatly arranged in boxes and jars around his work bench. Despite being an incredibly expansive and disparate collection, Harry keeps the items incredibly ordered and sees the transformative grace and beauty in all of them.

Inspiration takes flight

For as long as he can remember, Harry has been an avid bird watcher, bird print collector and collec-

tor of interesting bird art objects. During the early 1980's he shared his love for birds with others through his art. Harry would spend hours watching birds and created wonderfully detailed pen and ink drawings of the birds he spotted. Each piece had amazingly intricately detailed feathers, eyes, beaks and bodies. Creating these fine lined works required Harry to have a very steady hand and intricate, skilled movements of his fingers.

During the late 1980's however, Harry started to notice something troubling. His once rock steady hands were now a little shaky. He was diagnosed with Essential Tremor, a nervous system disorder that causes rhythmic shaking in almost any part of the body, though the trembling occurs most often in the hands. This is particularly seen when trying to do simple tasks, such as drinking from a glass, tying shoelaces, writing or shaving. It is sometimes confused with Parkinson's Disease however, unlike Parkinson's, the shaking only occurs when a person makes an intentional movement or gesture, not occurring while the person is at rest. As a result, Harry was no longer able to create his exquisitely detailed pen and ink drawings.

One door closes, another opens

His desire to create and share his art was not stopped by this, however. Not one to throw in the towel or give up his love of creating art, Harry began to explore other ways to create. He began experimenting with other artistic mediums, and how he could hold a piece of paper above a candle flame and collect and manipulate the soot deposits on the paper. At first, Harry thought he might have

created a new art form. In doing more research he discovered that this process of painting with soot, called fumage, had been around for centuries and had been used by surrealist artists like Wolfgang Paalen and Salvador Dali. As with all of his artistic efforts, he was able to apply his creativity and vision to fumage. Almost as if gazing at a Rorschach test, Harry would decide what he saw in the light and dark patterns he had deposited on the paper and would then lighten areas using a pencil eraser or add in detail using ink. Always an innovator, he would use the dropper from the ink bottle to create loose gestural strokes on the paper, as he was no longer able to hold a pen steadily.

In 2006, the shaking of his hands continued to increase and he set out to find a new way to express himself. He then landed on the method he uses today to create his three-dimensional wall sculptures. His background in Art History, rich life experience, and experience in graphic design helped to guide and develop the aesthetics of his collage work, also known as assemblage. Over ten years working in newspaper advertising, Harry designed over 5,000 newspaper ads. These experiences and perspectives enrich his assemblage and his ability to see how ordinary objects can be transformed. Harry believes that creating one of his assemblage sculptures is in some ways similar to laying out an advertisement from his days in the newspaper business. Instead of arranging headlines, pictures, blocks of copy or graphics he now uses the items he has collected in place of these elements. This experience in graphic design, plus his keen powers of observation acquired from years of bird watching have given



Above: An assortment of Harry's unique works. Inspired assemblages in the first and fourth column. Hand drawn bird (second column) and Japanese inspired plants in the third column. Next to the Japanese drawing, a box of found bones awaiting transformation into future work.

him the insight to assemble even the most eclectic collection of objects in a holistic way.

What is Assemblage?

Assemblage can be thought of as the art of creating three-dimensional collages using found, everyday objects. Origins of the art form date back to the constructions made by cubist artists Pablo Picasso around 1913, when in collaboration with Georges Braque, he created his sheet metal guitar. Two years before that, the often cheeky Dada artist Marcel Duchamp attached a bicycle wheel to a stool and called it a "readymade." Being the stylistic chameleon that he was, Picasso continued to use new methods and different types of materials, even junk, to create his assemblage sculptures. In 1943, his sculpture known as *Bull's Head* was made with the seat and handlebars of an old bicycle.

To develop his pieces, Harry has a unique process for creating his works. He writes about his work: "Finding form in chaos is to create something beautiful from fragments of the ordinary. It is both to respect and celebrate the sacredness of all things." To create these forms, he starts with the board that he has found and that will serve as the background. He lays the board flat on a table and starts placing items that he has collected on it. Perhaps, it may be an interesting piece of rust, or a key or a railroad spike that has oxidized so that it almost looks like it has feathers. Initially, he does not glue the pieces down. This allows him to add, subtract and rearrange the piece until he feels it is complete. This may take several days or several months. This is a reflective and inspirational process. When asked

how he knows when a piece is finished, he replies, "You just do." Once completely satisfied with the layout, he has mastered holding the glue bottle with two hands to steady it and applies a small amount of the strong adhesive, repeating the process until all of the pieces are attached.

He has many ways to acquire the components for his work. He gathers much of it on his own, but as his reputation has grown, so has his following of helpers. They may see something they think he may be interested in and bring it to him. These objects will then be transformed and their natural beauty and grace highlighted. "Art is just a very interesting thing to be done with everyday stuff," he explains. He freely admits to turning around on roads to pick up an interesting piece of metal or even a dead turtle. He also shares that once he even snapped off a piece of colorful rust from a car that he had parked next to. "Rusty crap can be something beautiful," he says. Lazare is a proponent of the Japanese Wabi-sabi aesthetic that is centered on the acceptance of the imperfect, impermanent and incomplete nature of an object, reminding us to find beauty in the simple things in life. In many ways, this aesthetic suffuses his work and is part of its draw.

Lazare's work, like the artist himself, is incredibly approachable. He takes great pride in keeping his work affordable, pricing pieces between \$100 and \$250. He encourages the viewer to see their own meaning in the pieces and there is no hidden political agenda or anything subversive in his work. He gets great joy out of his work being enjoyed by what he calls "everyday people." He explains that

he feels that art really serves no practical purpose and we venerate and give value to a piece by putting it on display in its own little sacred space. "Works of art should be something done not only for the artist, but for the viewer as well," he says. He draws the analogy that art galleries are like little private chapels or churches and thinks of museums as grand cathedrals. "What good is it doing thousands of sketches or paintings if you don't share them with others?" he asks.

Harry is active in the community and has a strong affinity for the Hawthorne Valley School. He has served on their Board of Directors several times. His grandson was the first graduate of a graduate from the school. He graduated in 2010, and Harry's daughter graduated from the institution as well, in 1990. You can also frequently find him hanging around the Hawthorne Valley Farm Store. Harry Lazare's studio and home gallery are open to visitors by appointment. Every visit to his gallery is an inspiration, where one appreciates how any object has a beauty and grace that can be appreciated every day. He is more than happy to show his work and is a wonderful host. •

If you are interested in visiting his studio or learning more about Harry and his work, he can be reached at 518.755.9551 or by emailing derosalazare@yahoo.com. Select works of Harry's can also be seen on display at Victor Trivelli's Manna Dew Café in Millerton.

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.

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Suzy Dahoney, the owner of Mane Street Salon on Main Street in Millerton, loves everything about her business: hair cutting, coloring, nails, up-do's, and everything bridal related. She's had a passion for hair since she was young, so there was never a question about what career choice she'd make. Suzy loves working in Millerton, her customers are great and she loves watching families grow. Her clients become friends and extended family. She has a great staff, Christine Mordarski, who is a hair dresser, and Nancy Killawee, who does the nails. There's also so much to do in Millerton and Suzy loves being a part of the business community. She stays active and is involved in tennis and volleyball during the summer, and loves walking on the rail trail and hiking. Her siblings, nieces and nephews, and mom are right down the road from her. Suzy, can you pencil me in for a trim?



Mike Lilly said it all started 28 years ago when he was getting muffler work done to his car and heard that Brick Block Auto Parts in Millerton was looking for help. Mike ran down, applied for the job, and has been there ever since. Mike was knowledgeable about cars before the job, but has learned a great deal about cars and car parts over the years. Mike laughs and says, "I better have learned something after being here for so long." And it comes in handy when Mike helps out his customers. We asked him if he has a car collection of his own, like so many of his customers do, and he said he has an old car but was shy about the details. Mike likes to spend his days off relaxing and spending time with his family. Next time you need to spruce up your ride or pimp it up a little, ask for Mike at Brick Block!



Jane Markonic is a very talented 16 year old. Painting is her passion, but it wasn't until a few years ago that she discovered her talent. Her freshman year of Webutuck High School is when it all fell into place. Up until then, she had never given herself enough credit for her natural given talent, then she won "Best of Show" at her school's art show. The following year Jane enrolled herself into as many art classes as she could take. More recently she has started working on her own projects at home. She is photographed above with her most recent art mural in her mom's laundry room, it is a breathtaking scene of woods in a fall setting. Jane is contemplating pursuing art as her career for the future, more specifically as an art teacher. With plenty of time to decide, Jane is going to kick back, relax and paint, because school's out for summer!



Janel Ferrari is a native of the area. She grew up in Amenia and joined one of the local banks, Bank of Millbrook, almost four years ago. She works as one of the friendly tellers at the Amenia branch of the bank. Janel likes her job very much, and specifically enjoys building relationships with her customers. When her customers come in every week she likes making small talk with them and getting to know them all individually and on a personal level, because she believes it's important to build relationships with all of her customers. Janel has a Bachelors Degree in Human Resource Management and hopes to one day move forward in her banking career at the bank, putting her degree to good use. It's easy to stay busy at home with her six year old son who is the love of her life. The duo spend as much time together as possible by going on bike rides, playing outside, and going swimming.



Wendy Sherman lives and works in Canaan, CT, and loves her short drive to work. She is a dental assistant at Livingstone Dental Excellence and has worked there for nine years. Wendy loves her patients and everyone that she works with. She likes the small town country feel that Canaan has. Wendy also thinks the Berkshire Mountains are quite picturesque. She enjoys spending time with her family, friends, and loves her three girls. Even though her daughters are growing up and becoming more independent, whenever possible mother and daughters love to listen to music together, dance, and go to the movies – all of the typical girly things. Wendy is looking forward to a 5k Zombie Run in Rehoboth, MA this summer. It will include obstacles, climbing, racing down slides, going through mud puddles, and trying to out-run the zombies. Good luck! ... But wait, what's that behind you? A zombie?! Only kidding!



Up early every morning to go to work, **Leonard Fournier** is one of the hardest working retired men I've ever met. As they say, breakfast is the most important meal of the day and for that reason you'll most likely find Leonard at Dad's Diner in Copake almost every morning for his Cup of Joe and a meal to jump-start his day. He keeps himself busy by mowing lawns throughout the week and tinkering with his four antique tractors. By the time the weekend rolls around, all of the tractors are squeaky clean and ready for the local tractor pull. Leonard usually takes home a couple of ribbons and has quite the collection from over the years. "I had to take the weekend of July 4th off, my granddaughter got married. It was worth it though, it was a beautiful wedding and I had a great time." Good luck at the next pull, Leonard! Did the announcer just say full pull?



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the health benefits of pilates

MAINTAINING A HEALTHY LIFESTYLE

By Thorunn Kristjansdottir
info@mainstreetmag.com

I recently caught up with- and interviewed Helen Killmer, the owner of A Private Training Studio at 41 Gay Street in Sharon, CT, and her chief Pilates instructor, Sarah Oberschall, to learn more about Pilates and its health benefits, as well as about these two ladies and the studio. Here's my talk with Sarah...

What is Pilates, how does it differ from other forms of exercise, what are the benefits of this form of exercise over others?

The best way I can answer this is by quoting the first paragraph of *The Pilates Body* by Brooke Siler: "[Pilates] is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape."

The Pilates' classes and private lessons that I teach at the studio are a refreshing mind/body workout. They're gentle, yet challenging. Anyone at any fitness level can participate in Pilates at our studio because all classes are "open" – students flow through the sequences at their own pace and ability. Pilates is also a wonderful rehab option for people recovering from injury, as it provides conditioning and strengthening through low-impact movement.

The benefits of any exercise regimen are endless, but, if we're talking Pilates-specific, we believe our clients gain better mental concentration, greater bio-mechanical control, a feeling of centeredness through core connection and stronger back muscles, reduction in stress levels, they are less

injury-prone, have enhanced sports performance, and most importantly, increased strength, agility, balance and coordination.

What's involved? What does one do? Is it cardio, strength training, burns calories?

Pilates is a strength and flexibility training system and is best combined with a cardio routine. Although once students learn the basics of it, they can increase the speed and sequence flow of the exercises. Then Pilates becomes both challenging and even a bit sweaty!

But Pilates is not a cardiovascular exercise. Our Pilates, yoga classes, and one-on-one training sessions compliment our dynamic indoor cycling or spinning program, and our cross training group fitness classes. Spinning, in particular, works in tandem with Pilates because it offers people a non-weight-bearing, high-intensity heart workout to increase fitness, tone the lower body, and, what everyone loves to do, burn calories! Many of our clients combine spinning and Pilates in one visit – bang for the proverbial buck – for a holistic, integrated approach to athleticism. Before or after spinning or cross-training, people join me for Pilates, where the focus is on stabilizing and strengthening from the inside out, hence the term "core workout."

Pilates is done either on the mat using various props or on special machines: the Reformer, Cadillac, Chair, Tower and Barrel. The first three use springs for resistance. The feeling that this dichotomy creates is what clients come back for again and again. They're working hard, but with no strain or pain. Clients are toning and lengthening muscles without grunting or groaning.

What's the history of Pilates, where did it originate from, how did it originate? Has it changed over the years?

During World War I, Joseph Pilates "rigged springs to hospital beds, enabling bedridden patients to exercise against resistance, an innovation that led to his later equipment designs." (Pilates.com). In 1926, Pilates then immigrated to New York City from Germany and opened the first Pilates studio.

Our approach to fitness is effective, and most importantly, innovative and enjoyable. And speaking of innovations, we've just launched a Paddle Board Program and offer private and group lessons as well as Paddle Board Pilates. With all the watering holes nearby, it's a wonderful way to work out, using the assets of our lush environment.

What are your backgrounds?

Helen Killmer has been a fitness instructor for near-



ly 30 years. She was born and trained in England, and brings her focused, yet fun approach to health and exercise to all the programming at her studio.

I received my full Pilates' certification from The Physical Mind Institute in New York City. I hold additional certifications in Standing Pilates, Integrative Yoga Therapy, Barre Fit, Reiki, Kripalu Danskinetics, and Paddle Fit level 1 and 2. Complementing my Pilates training, I also studied Iyengar yoga, Alexander Technique, anatomy and physiology, and I'm experienced at teaching all ages from beginners to professional dancers, and those with special physical needs, tailoring private mat and equipment lessons for each individual's body, needs, and goals. Most importantly, I focus on alignment, flexibility and flow to build strength and create length. ●

The 41 Gay Street Studio offers group and private mat and Pilates, paddle boarding, personal training, and yoga sessions. In addition to Pilates group and private sessions, Helen and Sarah offer their clients all the assets and equipment of a full-service athletic center in a relaxed, personal space. Housed in a sunlit modern-designed barn, the atmosphere is upbeat and focused on the client and his/her fitness goals. From rousing indoor cycling/spin to meditative yoga classes, 41 Gay Street has a weekly potpourri of exercise options. Whether someone is recovering from an injury, training for a triathlon or, most importantly, staying fit for health and longevity, the Studio has a personal trainer and/or group fitness class for any athlete at any stage of life. Call the studio at 860.364.9350 or email helenkillmer@earthlink.net or sarah.oberschall@gmail.com.



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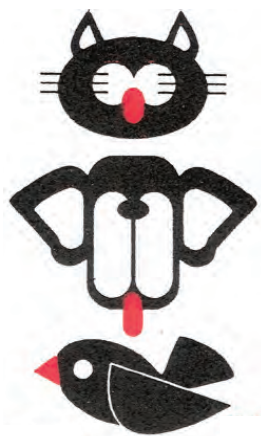
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COLLISION REPAIR TO ANTIQUE TRACTOR PULLS

By Christine Bates
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For August's Main Street issue, business writer Christine Bates visited with Roger Elwood, the founder of Sharon Auto Body which is located across the road from the Tri-Arts Play House in Sharon, Connecticut. Like other entrepreneurs Main Street has interviewed, Elwood attributes his success to a strong work ethic, commitment to delivering high quality service to his customers and fostering excellent employee relations.

Where did you grow up?

I was born on a farm near here in Amesville and moved to Litchfield in 1955.

How did you get started in this business?

When I was 15 years old I had a paper route. One of my customers ran an auto body shop and asked me if I would like to learn bodywork. It sure beat delivering newspapers on my bike. After I got out of the Army I studied sheet metal work and got a job in a Waterbury plant producing brass and copper fittings. I worked there for seven years and then with plastics replacing metal and the end of the Vietnam War, the company went out of business. My wife worked as a nurse at Sharon Hospital so I found a little vacant garage here, and started my own business.

Did you have a business plan when you started? Was it difficult?

No, I never had a plan. I just started the business. In our second year of business our competitor burned down my shop. The police knew who did it, but they could never prove it. There was a big fire and explosions and all of my equipment was lost. I had very little insurance. That was difficult. People in the community reached out to help me start up again. For a while we were working in some temporary space where the Sharon Bargain Barn is located today.

I did take some business management courses along the way and that was very helpful.

How would you describe your business and your competition?

Sharon Auto Body is the biggest operation in the vicinity. Businesses like ours are now called auto collision shops. We have 24 bays for working on cars and two spray booths for painting. There's not another collision repair shop within a 25 miles radius of here. We don't really have any competition locally and we don't have to worry about China. We are direct writers with fifteen insurance companies and almost all of our business comes from



insurance recommendations and customer referrals.

What makes Sharon Auto Body distinctive? How do you differentiate yourself?

It's very simple. We do quality work at a fair price. Not cheap, but fair. And we have great customer service. Linda has been at our front desk for 12 years and handles any issues immediately. Our customers are especially delighted with how clean their cars are when they get them back. We wash every car before it gets repaired and then wash, clean and vacuum the interior, before giving them back to the customer.

I've seen dentist's waiting rooms that are not as nice as your entrance and customer reception area. This whole place is so neat.

I don't want to work in a dump. I always say that the first impression is the last impression.

How many employees do you have? Are they hard to find and to keep?

Yes, sometimes it's difficult to find talented people. I usually have to try four or five until I get one



Above top: Sharon Auto Body is a busy place.
Above: Roger Elwood who started Sharon Auto body in 1976.

Continued on next page ...



Above: A pedal Farmall tractor from 1952, part of Elwood's antique toy tractor collection, sits in the front office at Sharon Auto Body. Top right: Elwood's one hobby is antique tractors. This year he won first prize in an antique tractor pull in Ocala, Florida. Bottom right: Sharon Auto Body employees eat lunch together every day between 11:40am and noon, we caught a quick candid photo of them, sandwich in mouth and all.

good one. I go with my gut.

I have 15 employees – six body men, three painters, a parts guy, Jimmy my general manager who has been here for 25 years, Eric who drives our truck, Larry our mechanic, and Linda at the front desk. We supply everyone, except Linda, with work T-shirts embroidered with their name. Most of the guys have worked here a long time and we have very little turn over. I think they stay because we try to financially take care of our employees and provide everyone with medical insurance without any employee contribution.

Our hours are from 7am to 3pm. Employees get paid while they are having lunch, but it's only 20 minutes and then back to work. Right now they're in the back eating together at the picnic table. Everybody likes each other.

I have never laid off anyone and when work is slow I keep them busy painting my tractors.

Speaking of tractors, what are all these toy tractors and the ribbons for tractor pulls?

That big tractor is a Farmall from 1952, and most of the smaller toy tractors in the case are Fords. I have about 35 or 40 antique full size Ford Tractors in a barn near here, and in the winter I take two down to a friend's house in Ocala, Florida. I help him out on his farm and compete in antique tractor pulls. This year I won first prize. I would rather be in a hay field than at the beach. I really don't have time for any other hobbies.

What is the most common cause of auto collision? What's the most expensive to fix?

Backing out of your own driveway you hit your mother-in-law's car because it's so familiar to you that you don't look. And deer of course.

Anything repaired on the front end is expensive. It can cost as much as \$3,600 just to replace two headlights.

What don't people know about running an auto collision shop?

They don't understand the process of repairing a car and the attention to detail that is required. It takes a lot of time and a lot of equipment. Some of the equipment, like each paint rooms which costs \$100,000, is very expensive. In order to repair a car properly, we have to take it apart and put it back together perfectly. Those side air bags in vehicle doors are really complicated. My employees are experts and professionals.

What are the big issues in running an auto collision shop? Have you made any mistakes?

The issue for me is that while margins are coming down, the cost of insurance, Worker's Comp, fuel, and medical insurance are all going up. One business mistake I made was trying to do restoration work. We don't do that anymore.

Has the Internet affected your business?

The Internet has made everything happen faster. We write our own software programs and have an

in-house IT specialist.

What is your advice to a beginning entrepreneur?

Have a father with a lot of money. It's really tough to start a business today. I don't think I could do it now. You need to have a lot of drive, and not give up, even if your business is burned down. Expect to work 70 to 80 hours a week from seven to five or six every day. The people with stores in Millerton, they work really hard.

You started the business in 1976. How many customer complaints have you had in 37 years?

Just one and I think he complained about everything. Nice people live around here. They appreciate what we do.

What's on the horizon for you and Sharon Auto Body?

There's not enough work for us to get any bigger and when I decide to leave the business one of my trusted employees will take it over. •

Author's Disclosure:

The author has used Sharon Auto Body to repair extensive front end damage caused by a collision with a deer in Dover.

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By Thorunn Kristjansdottir
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As those in real estate and business know, location is everything. The perfect setting can make a special occasion even more magical. We have one such location at The Pond Restaurant in Ancramdale, NY. I recently attended a beautiful wedding there and was taken aback by the venue and the setting. I had such a wonderful time that I want to share this hidden gem with our readers.

The Pond is located on Route 3, midway between the small town of Ancramdale and Route 22, just south of Copake. The restaurant is set on a beautiful pond with serene country views. Nestled among some of the area's most beautiful scenery, you are surrounded by trees, a farm off in the distance in one direction, and a Columbia County Land Conservancy park off in the other. The Pond has seen a few transformations in the last 20 years with the current owners having totally renovated and rejuvenated the restaurant.

Every bride's dream-come-true

Before attending this wedding I had dined at The Pond a handful of times. Each time, I had had very enjoyable meals that were beautifully prepared and presented, well portioned and fairly priced.

As soon as I took my first sneak peak at the banquet hall right before the ceremony, I was taken back to childhood daydreams of a Cinderella-esque wedding reception, complete with tasteful décor and romantic extras. Lace ribbons graced the chairs, pink and white roses and pedals filled the room, a three tier white and lace wedding cake was artfully staged, the dance floor was ready for a night of celebration, and candlelit tables set the stage for a magical celebration. Linda, one of the restaurant's owners, and her staff were busily preparing the final touches before the guests arrived, seeing to every detail. The bride and bridal party were preparing their own final touches. Every detail was expertly taken care of by Linda and her attentive staff, who prepared a beautiful spread of h'orderves for the bridal party complete with cheeses and crackers, fruit, and a vegetable dish with an assortment of

dips. At The Pond, the bridal party was pampered even before the party began.

As the guests arrived they occupied the restaurant side of The Pond, where they mingled and nibbled on h'orderves and cocktails. The Pond's unique setting allows guests to enjoy drinks and good company in one room while the main hall is prepared for the reception. Once the clock struck 3:30 p.m. on this beautiful mid-summer's day, the guests ambled outside to the pond, where white benches and flower pedals lined the isle. The ceremony was filled with laughter and tears of joy in the beautiful serenity of nature.

Let the party begin

After the ceremony and photos, everyone made their way in from the warm sun to the air conditioned banquet hall. There, the champagne began flowing. Over one hundred guests found their seats on either side of the spacious dance floor in the center of the room. The bridal party and newlyweds were introduced and the first dance began.

As soon as the bride and groom had found their seats at the head table, Linda's staff began serving the first course. A refreshing salad of simple greens with a gourmet dressing was perfect for such a hot summer's day. With champagne served and a dedicated bar within the banquet hall, all were refreshed as they enjoyed a special day.

For the main course, the bride and groom had offered their guests quite a few choices: there was juicy T-Bone steak with garlic mashed potatoes and fresh vegetables; a delicious pasta Primavera with broccoli, peas and other fresh vegetables; and a wonderful fresh salmon plate cooked just right, or Chicken Oscar, a delicate dish of chicken breast and asparagus in a velvety butter sauce. This dish has an interesting history, first having been created and made for a Scandinavian king. It was truly a dish fit for discerning palates. Children enjoyed these plates or could choose a special children's plate of chicken tenders, crispy fries, and some other goodies.

And the option, I chose the Chicken Oscar, prepared in a special way for this wedding. The chicken was tender and juicy and its flavors played delicately with the velvety, comforting butter sauce. It was topped with shrimp and broccoli, which the newlyweds had asked for instead of the traditional asparagus. The flavors of earth and sea complemented each other and created a delicate, yet rich meal for a memorable day. It's accompanying fresh string beans added a light and crisp texture that beautifully balanced the rich warmth of the chicken. A dollop of garlicky mashed potatoes added one more layer of indulgence to this special dish. As was said by many, the dinner was fabulous.

The best man, seated to my left, was very pleased with his T-Bone steak and thoroughly enjoyed the meal, as did everyone else who I spoke with. As with all the other meals that I had previously enjoyed on the restaurant side of The Pond, the flavors were delicate, the ingredients fresh, and the portions just right!

The perfect day

After everyone's meals were finished and speeches and toasts were made, it was time to cut and enjoy the wedding cake. This is often one of my favorite parts of the meal. The wedding cake, an elegant confection of vanilla, strawberry and white fondant was as delicious to taste as it was beautiful to behold. In a joyous mood, all hit the dance floor, as the DJ worked the crowd into a festive frenzy amid dance lights and camera flashes. A wedding should be a day of joy, friendship, laughter and camaraderie. As we danced and we toasted, we celebrated the union of two very special people in a unique and lovely setting.

It was a truly happy day for all of us in attendance. These are the days that stay with us throughout our lives. These memories last a lifetime. In such a lovely setting as The Pond, all memories are worth sharing and retelling. •

Photo by Steven Steele Cawman



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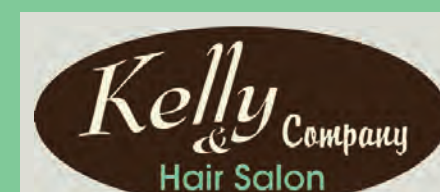
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By Memoree Joelle
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In 1943, as the second World War raged on, Joachim Beneke left behind his deli business in Brooklyn, and headed north in search of greener pastures. A German-American, he and his wife Engel relocated to Millerton to begin a new life as dairy farmers. The couple had no farming background, and so they had to pioneer their own way, as so many Americans did during the war and its aftermath. Their fortitude is what began the Beneke family farming legacy, and Willow Brook Farms is now a third generation farm, currently managed by Joachim's grandson, Kenneth Beneke.

Henry Beneke, Joachim's son and the second generation to farm at Willow Brook, began breeding high profile pedigree cattle and is currently a director at the Dutchess County Agricultural Society. While still active at the farm, he has since handed over the reins to his own son, Kenneth, and his wife Jane Naylor. Like his father, Kenneth always wanted to farm, and his passion is his pedigree cows. He learned to artificially inseminate his own herd at the tender age of fourteen, and has since mastered pedigree breeding and has expanded his operation.

Kenneth practices sustainable farming methods, including growing his own feed for his animals. He agreed to give me a tour of the farm and the milking facilities, and on a sweltering day in July I followed him into a large white barn that was the original building his grandfather had built in 1943, upon which Kenneth has since built an addition. Inside, one hundred and fifteen registered Holstein and Jersey cows of various sizes stood in rows on either side of the cool building. The remaining two-hundred thirty-five were in other barns and

pastures, including twenty bulls and a group of "dry" cows, who hadn't had calves this season and thus were not yet able to produce milk.

Pampered cows indeed!

The producing cows weren't being milked on my visit, since that happens at four a.m. and four p.m. everyday, as Kenneth explained. At ten a.m., the ladies seemed to be relaxing out of the heat of the sun. I learned that they require a steady temperature of between 60 and 65 degrees Fahrenheit to remain comfortable, and thus are not let out to pasture until 6 p.m. They also need comfortable foot bedding to stand on, and Kenneth pointed out the recycled rubber mattress pads under their hooves. Each cow has a name, written neatly at the top of her stall. As I strolled by the rows, they appeared content and rather nonchalant about the whole affair, but when I took out my camera a few of the pedigree distinguished cows perked up. I suppose they're used to the attention, since Kenneth shows these beauties at the Dutchess County Fair, the Eastern States Fair, the New York State Fair, and the World Dairy Expo. If cows were celebrities, I guess these would be celeb-cows. I learned that the show cows get some extra TLC for the fairs, not the least of which involves regular pedicures, including a polish. I wondered if the other girls were jealous.

The entire herd goes out to roam the green pastures on one of Millerton's loveliest hillsides each evening, where they graze and spend the night under the stars. After the morning milking, they



Above top: Two of Willow Brooks' cows get pampered with the best hay possible that's made right on the farm. Above: A bushel of the farm's famous sweet corn.

Continued on next page ...



each get the same “salad” feed that is mixed by a nutritionist specifically for their needs as dairy cows. Kenneth explained it as the diet requirements of an athlete, since these cows need extra energy and vitamins to produce, collectively, eight thousand pounds of milk everyday. I have only bought milk by the quart, and couldn’t imagine what eight thousand pounds of milk might look like, but I do know that some of it is in the yogurt I eat for breakfast, and the cheese I serve after dinner. Some of that athletic diet is comprised of Kenneth’s own premium hay, which he grows on his property and other pastures he rents nearby. He sells the hay to local farms, including the award winning Arethusa Farm in Litchfield, CT, and to individuals, who can purchase by calling the farm.

Piggies, corn and more...

Kenneth and Jane expanded from dairy cows to beef cattle and pigs in 2005. The four hundred twenty-five acre farm where his family lives and where his dairy is operated is home to three hundred-fifty dairy cows; a mix of Holsteins and Jerseys. There are only an average of twenty beef cattle at any one time, and sixty Berkshire-Yorkshire crossbreed pigs. While the farm is most notably known as a dairy farm, Willow Brook has also made a name for itself with their sweet corn, as well as their hormone and antibiotic free beef and pork.

The milk is all sold to larger companies, and goes into local Hudson Valley Fresh dairy products, as well as Cabot cheeses. The beef, pork, and corn is available at the Millerton farmer’s market on Saturdays, and at the farm.

Last year, Jane and Kenneth opened the farm store, and in addition the sweetest (non-GMO) butter-sugar corn I have ever tasted, I anticipate trying their newly planted heirloom tomatoes. Jane opens the store Fridays through Sundays in the summer, and I have since made it a weekend habit to stop in on my way home from swimming in Copake Falls. The store is airy and bright, and was built by a family friend from local trees. There is nothing better on a Saturday afternoon in summer than a Hudson Valley Fresh soft serve ice cream after a swim, except maybe the hot dogs and sweet corn you can pick up at the store to grill later on. In addition to their own meats, the store conveniently carries an array of local and artisanal goodies, with everything from a Hudson Valley Fresh dairy case to homemade pies, farmhouse cheeses, and salad greens. And of course, that amazing summer sweet corn, which you should take advantage of right now, because summer doesn’t last forever, and neither does corn that’s this good.

After my tour, I popped back into the farm store for some Cabot butter seasoned with garlic, scallions, and chili flakes to spread on my corn for

lunch. And even though it was a bit early, I couldn’t resist a tiny taste of the ice cream before I left. I had to remember what all those eight thousand pounds of milk went into, of course. Harrison, the youngest Beneke at age two, seemed to have the right idea when he asked for a whole cone for breakfast. Just one scoop, he insisted. He didn’t get his request that morning, but you can’t blame a future fourth generation dairy farmer for trying. His first word was cow, after all. •

Willow Brook Farms beef, pork, vegetables and sweet corn can be purchased at the farm at 196 Old Post Rd. 4 in Millerton (just off Route 22) Fridays through Sundays in summer, and by appointment: www.wbfarms.net; wbfarmsny@yahoo.com; 518-789-6879, and on Saturdays at the Millerton Farmer’s market. The farm will be roasting their delicious sweet corn on Copake Falls Day in Copake Falls on August 17th. Check www.copakefallsday.org for details.

The photos depicted on this page are all courtesy of the Beneke family.

Clockwise: The farm store exterior and interior, farm fresh veggies, a view of the farm and one of the ponds, Kenneth’s son Harrison and niece Ella Beneke Main have the dairy business in their genes, and the famous Beneke hay being cut.



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the real estate market

IN THE TOWN OF SHARON, CT

By Christine Bates

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In every issue of Main Street Magazine we examine the dynamics of a particular real estate market in our coverage area. We talk to Assessors, bankers, building departments, and real estate professionals, and collect and analyze sales data to present an accurate, objective picture of each town.

With its long village green bordered by Federal houses Sharon, Connecticut looks like a classic New England village should look. It's a town where everyone knows one another and is "consistently quiet," according to realtor Chris Garrity of Bain Real Estate. Sharon's location, with easy access to Salisbury, its neighbor to the north, the restaurants and Movie House of lively Millerton, the lush Berkshires, and the Metro North train make it very attractive to second home buyers.

"Sharon has the whole package now," observed Elyse Harney of Elyse Harney Real Estate. "The country club has been updated, and the super market is open. It has Metro North near by, the hospital, the Audubon Center, Sharon Tri-Arts Theater, the library, the historical society, activities for kids at Mudge Pond, and a good coffee shop."

What has happened in Sharon?

Financial and real estate market crashes are slow to reach Sharon, but eventually affect local real estate prices. The market crash of the late 1980's didn't affect sales activity and prices until 1991, and then it took until 2000 to stage a come back. After 9/11 both Salisbury and Sharon experienced a tremendous surge in value. Prices rose again during the housing bubble. Figures show that the real estate market, which began to crash nationally in 2006, didn't reach bottom in Sharon until 2009; however the recovery has been jagged. While the average price of a single-family home in Sharon bounced up in 2010, it sank again in 2011 and 2012. According to multiple listing data, supplied courtesy of Sotheby's International Litchfield Hills, the average price of a Sharon home in the first six



Above: A Sharon interior mixing new and old by designer Matthew Smyth. Photo courtesy Matthew Smyth.

Below left: The grand Colgate Mansion is on the market for \$8,999,000 with 109 acres. Photo courtesy of Litchfield Hills, Sotheby's International.

months of 2013 is at its lowest level since 2007, largely because of sluggishness at the upper end of the market, and down 58% from 2010 when nine homes sold for over a million dollars.

According to historic sales figures compiled by Bain Real Estate, the median sales price in Sharon in 2012/2013 is only slightly higher than 2004/2005, when the run-up in prices began. While the average number of square feet of homes sold in Sharon has risen since 2004, the price per square foot has declined by 25% in the same period. If you can buy a house for \$170 a square foot why would you build? And indeed, permits for the construction of new residences have almost come to a halt with only one permit issued so far in 2013, and that was for a modest sized home.

Unlike the 17 towns in Litchfield County tracked by Sotheby's where there has been an overall 20% increase in unit sales in the first six months of 2013 compared to 2012, Sharon had eight fewer sales in the first six months of 2013 than in 2012. No one can attribute this dip to anything specific – just the vicissitudes of a small market in unsettled times.

The million dollar Sharon property is still looking for a buyer

At the beginning of July, 2013 there were 21 list-

ings in Sharon over one million dollars according to a Sotheby's analysis, and sales activity at the upper end of the market remains very sleepy. The only sale over a million in the first six months of 2013 was a "bring your toothbrush and move in" new home on Caulkinstown Road for \$1,490,000. It sold in ten days at only six percent below the asking price. The most expensive house on the market is the Colgate Mansion, a turn of the century masterpiece on 106 acres which would cost an estimated \$43 million to recreate in today's dollars. It has been reduced by two million dollars from its original 2012 offering price to \$8,999,000.

What's happening to the rest of the market right now?

If the difficulty of getting real estate brokers on the telephone is any sign, the Sharon real estate market is definitely getting busier. Deals and discounts to asking prices are disappearing as owners become more realistic when listing their property. In May a house on Williams Road listed at \$565,000 sold for \$555,000.

"We could sell houses like that all day long,"

Continued on next page ...



SHARON SINGLE FAMILY RESIDENCE SALES 2007 TO 2013

| | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | SIX MONTHS 2012 | SIX MONTHS 2013 |
|------------------------------------|---------|---------|---------|---------|---------|---------|--------------------|--------------------|
| # single family home closed sales | 34 | 19 | 17 | 39 | 22 | 31 | 20 | 12 |
| Single family home median \$ price | 424,000 | 532,000 | 328,000 | 515,000 | 397,000 | 358,000 | ** | ** |
| % price change previous year | ** | +25% | -38% | +57% | -23% | -10% | ** | ** |
| Average sale price | 714,000 | 642,000 | 541,000 | 720,000 | 520,000 | 440,000 | 475,600 | 423,616 |
| % change previous year | +35% | -10% | -16% | +33% | -28% | -15% | ** | -11% |
| # +\$1 million sales | 8 | 3 | 3 | 9 | 4 | 2 | 1 | 1 |

* Information provided courtesy of Litchfield Hills Sotheby's International Realty based on multiple listing sales of single residence homes. Data is compiled consistently year to year but does not include private sales, multiple family residences, condos or raw land.

** Comparable information not available.

REAL ESTATE BY THE SQUARE FOOT

| | 2004 & 2005 | 2012 & FIRST 6 MONTHS OF 2013 |
|------------------------------------|-------------|----------------------------------|
| Median sq. footage of home sold | 1,800 | 2,200 |
| Price per sq. foot | \$227.37 | \$170.43 |
| Median sale price | \$375,000 | \$405,000 |

Data provided courtesy of Bain Real Estate

BUILDING PERMITS FOR SINGLE FAMILY HOMES IN SHARON, CT

| YEAR | # OF PERMITS | RANGE OF CONSTRUCTION ESTIMATES |
|----------|--------------|---------------------------------|
| 2007 | 10 | \$70,000 to \$1,000,000 |
| 2008 | 7 | \$50,000 to \$2,000,000 |
| 2009 | 7 | \$74,000 to \$1,095,000 |
| 2010 | 7 | \$150,000 to \$338,000 |
| 2011 | 3 | \$300,000 to \$800,000 |
| 2012 | 3 | \$350,000 to \$500,000 |
| 2013 YTD | 1 | \$100,000 |

said Elyse Harney Morris of Elyse Harney Real Estate, who sold another house at the beginning of July in one day with three offers.

Properties coming on the market right now are more realistically priced at today's market levels. "Not everything is 10% off," warned Garrity. And there are values up and down the scale. Webster Bank publishes a chart showing that a first time home buyer can buy a farmhouse in Sharon for \$210,000 with 5% down and a monthly \$1,000 payment, less than the cost of renting a home.

"There is a flurry of activity at the lower end," according to Sharon Assessor, Patricia Braislin. "Sales run in cycles."

Sharon will be expanding subsidized affordable rental housing by 12 units this year. "We are trying to keep young people here," said Sharon's First Selectman Robert Loucks. "It's part of giving back."

The real deal may be raw land, which is off 40% to 50% from the peak. In the past a parcel of 30 to 40 acres for an estate might cost \$30,000 an acre at the peak, and now it's down to \$18,000 per acre for a large parcel. John Harney of John Harney Real Estate said the most spectacular deal he saw in 2012 was a 91 acre parcel on Jackson Hill Road with 50 mile views which sold for \$1,555,500 – just over \$17,000 an acre.

Who are the buyers and what do they want?

No one knows what percentage of buyers are part-time residents, but a consensus estimate of brokers and assessors is that, like Salisbury, approximately 50% of buyers are weekenders looking for a country house.

"The mind set of the second home buyer has changed," according to Garrity. "Previously, the second home decision was aesthetically driven and now potential buyers are looking for value and less exposure."

Mardee Cavallaro of Best & Cavallaro agrees. "The economy in the last five years has changed, and buyers are more conservative."

"Buyers used to be from Manhattan but now everyone lives in Brooklyn," observed Garrity. They are younger, well-educated families with two salaries and they want to spend less and have more privacy. Before the housing market decline buyers expected to pay on average between \$550,000 and \$650,000 and now the sweet spot has moved lower to the \$350,000 to \$450,000 level.

What they want for their money has also changed. "Twenty five years ago I could sell antique houses all day long," said Garrity. "Now that's more of a challenge. People don't have the time or money to fix up old houses. They have lost their affinity for the old."

What's most important to buyers remains privacy and the surrounding environment of the land. A country kitchen that melds kitchen and living space is almost a requirement. The new twist is the desire for designed exterior spaces with beautifully situated pools, outdoor fireplaces, hot tubs, and cooking facilities. And on the inside, current buyers don't want fixer-uppers either. Highly acclaimed New York-based interior designer Matthew Smyth, who owns a house on the Sharon Green, commented on the interiors that his clients want to create.

"My clients often ask for a clean and classic style that incorporates the history of the area with a 21st



This renovated barn on Williams Road sold quickly for \$555,000.

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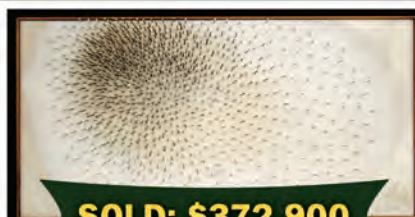
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women drivers

THE LADIES OF LIME ROCK PARK

By Mary B. O'Neill
info@mainstreetmag.com

Lime Rock Park is a tradition in this area. Its rich history, place in the racing world, and passionate founders and owners have shaped and defined it as a venue for guys and their race cars. Hey wait a minute, it's 2013, where are the girls and their cars? It turns out they are there too. Skip Barber and Lime Rock Park have created a place where women can enjoy motorsports from spectator to professional driver and every pit stop along the way.

According to Lime Rock Park's Rick Roso motor sports are a gender equalizer. He can think of no other sport where men and women can compete as equally in the same competition. Once the helmet is strapped on being male or female does not matter, because at that point it is a test of patience, endurance, reflexes and control – not one of absolute strength or power. What unites drivers at Lime Rock, from amateur to professional, is a pure passion for driving. The atmosphere at all levels is competitive but it's not unusual to see one driver lending an engine to another in the morning and then going wheel to wheel in the afternoon. As Roso remarked, "That's the gestalt of the place."

The presence of women in motorsports and at Lime Rock is slowly growing both as professionals and amateurs. At the Park there is no special attempt to attract women and yet they are finding their way to the starting line and feeling like they have a place there. CEO Georgia Blades also observes that several senior leadership roles at Lime

Rock are populated by women. This is due to an organizational culture cultivated and supported by Barber. In addition, many "right handers" or park volunteers are also women.

1st Lap: Spectators

Lime Rock Park is unique to other race tracks because it is just that, a park. This is obvious from its tree-lined entrance to grassy spectator areas surrounding the course. You could call it Tanglewood with a track. What's missing is also obvious – a grandstand. According to Roso, this started out as a decision owing to the topography of the land on which the track was built, which resembles a natural amphitheater. It has now become a decision that reflects the type of spectator atmosphere that Lime Rock wants to cultivate – casual, relaxed, family friendly and one that promotes movement in the park, not just on the track. As a woman, this is definitely appealing. Perched on metal bleachers in the baking sun sandwiched between two die-hard fans is somehow not as attractive as setting up my own blanket or chaise longue beneath yon shady tree.

My first time to Lime Rock was the July 6th American Le Mans Series (ALMS) event. The ambience was relaxed, yet every event was precisely timed to the minute and a tribute to logistical orchestration. Race cars and drivers were on display and accessible to fans. The Park was buzzing with all kinds of people camped out for the day. It was an awesome sight bordering on sensory overload. You could move around and find your favorite

viewing position and take peeks through fences at the pit area, which I found particularly fascinating due to the focus and speed of the crews. You certainly do not need to be a racing fanatic to enjoy a day at Lime Rock.

2nd Lap: The Racing School

The Skip Barber Racing School, started by Barber in 1975 and sold in 1999, still retains his name. Now it rents space at Lime Rock as its east coast base to conduct classes. This is a common place where women have their first encounter driving at Lime Rock Park and yet interestingly women are not specifically marketed to by the school.

Two types of driving courses are offered: racing and driving. While their goals are different the techniques taught are markedly similar. The driving school transforms you into a better driver by simulating situations you would encounter in your everyday driving life. This makes a perfect gift for women and particularly for mothers who do most of the local family driving. The racing school is where you go to improve as a driver on the track and perhaps pursue amateur or professional racing.

Liza Pinder Steinmetz received a course at the driving school from her racing husband – not exactly Tiffany's but a gift is a gift. For Steinmetz, the present was precipitated by a not-so-graceful slide off the road which landed her and her young son in a frozen ditch and the local police blotter. Her

Continued on next page ...

husband John thought the course would give her the skill to handle these conditions more successfully in the future. Reluctantly, Steinmetz enrolled. Exuberantly, she graduated the three-day course empowered with an understanding of how to make 3,000 pounds of metal bend to her will and encounter any road situation with more confidence and calm. Most of all she says she enjoys driving more than she ever has – from go-carting to carting a load of Boy Scouts to earn their next badge.

3rd Lap: The Drivers Club

Lime Rock Drivers Club was founded in 2008 by Skip Barber to meet the needs of car enthusiasts who drive the kinds of vehicles you cannot open up on the highway, well not legally anyway. Admittedly, this is a white glove way for women to access Lime Rock Park. However, if you love driving, have the resources, and want to share your passion with other like-minded people this is a good choice for you. Simon Kirkby, the Club's director, is the real deal in the racing world with a CV that runs as far as the open road. Members have access to him and his staff of coaches, track days, club events, and a dedicated club house and viewing chalet. You can participate in races or just come to the track and drive – it's up to you. Jeanette Veitenheimer is the Club's efficient administrator who organizes Club days and events and keeps things humming along.

Stephanie Economu, Kim Estep, and Carole Halvorsen are women members of the Drivers Club. All took divergent paths to get there. Economu came through the driving school, Estep through the BMW and Porsche Clubs, and Halvorsen as part of a Father's Day gift for her husband that she decided to share in. On paper these women may seem strikingly different but what ties them together is the passion for racing and a competitive spirit honed in sports like skiing. All of them were casting about for that nebulous "thing" in their lives. In racing and the Driver's Club they have found it. For each of them their love for driving is palpable and infectious. When they speak about racing their eyes brighten, they sit up straighter and their hands move a mile a minute as if shifting and steering.

For Halvorsen, a mother of two grown children, racing has awakened her competitive nature dormant during her child-rearing years. Estep, a mom of two young girls eagerly describes the role racing plays in her family. Her husband drives and her daughters go-cart. She looks forward to the day when they can all be at Lime Rock driving together, but fully accepts that to keep this up she can't quit her day job. Veteran member Economu is the Club's best publicist and diplomat. Her motive is pure – she loves racing and wants you to love it too. Being part of the club has been life changing for Economu in many ways. It has given her an outlet to pursue a passion that she believes is now deeply part of her. Founder of Gearhead Girls Racing, a



Top left: Carol Halvorsen with her bright Porsche. Top right: Stephanie Economu, Kim Estep, and Carole Halvorsen in the Drivers Club Chalet for ALMS race. Above left: Shea Holbrook at Lime Rock (photo courtesy of www.shearacing.com). Above right: Stephanie Economu. Photos courtesy of Rick Roso of Lime Rock Park and Mary B. O'Neill.

website to support and advocate for women in motorsports, she is eager to help other women "find their line" and connect them with fellow racing sisters.

The three assert that the Club and Lime Rock are incredibly welcoming to women due to the culture of the Park, the Club coaching staff under Kirkby, and Veitenheimer's management. They echoed the same observations as Roso – a spirit of cooperative competition that blurs the lane lines of gender. After spending the afternoon in the clubhouse with these ladies it was obvious that this passion-transcends-gender idea was no tale spin. Men and women were sitting together talking cars and trading stories of vehicles surreptitiously purchased and smuggled home without the knowledge of unsuspecting partners and spouses. Club members travel to race destinations together and there is a genuine respect for their fellow drivers, regardless of car preference. In addition, despite the financial depth one would need to join the Club it did not have an air of privilege. Sweaty members hot off the track were having lunch and talking road conditions and tires – not exactly the makings of posh conversations.

Economu then arranged for me to be "Simonized," an affectionate term for getting a ride on the track with Kirkby. Aside from my husband he is the only man to make me feel weak in the knees. What a rush! On the third lap I dared to glance at speedometer quivering at 125 M.P.H. on the

straightaway before abruptly decelerating to 60 M.P.H. on the turns. A relaxed but focused Kirkby was steering and drifting with cool confidence. Shakily emerging from the car, I felt it was the ride of a lifetime. Yet, with the Club it does not have to be. This kind of experience can be a regular occurrence, except with you behind the wheel. Hmm, maybe the kids don't need college...

4th Lap: The Professional Racer

Professional racing is another aspect of motorsports where women are making a dent. Women arriving at the pro level will have shown they have the mettle to compete on a crowded track and earn their place on the podium.

On July 6th two women and their teams competed for the first time at Lime Rock. Katherine Legge raced in the 10th and final American Le Mans Series (ALMS) Northeast Gran Prix and Shea Holbrook competed in the Pirelli World Challenge.

Katherine Legge is the more seasoned driver of the two. According to her father, Legge started her career go-carting at the ripe old age of nine in her native England. This is considered a late start but she soon caught up by virtue of her grit and passion for the sport. She's been at it ever since and this year placed 26th in the Indy 500 race.

At Lime Rock, Legge drove in the ALMS Prototype 1 (P1) class. She is part of a driving team developing and testing the DeltaWing, which according to car's website "embodies a new era of eco-

friendly technological advancement, with nearly half the weight, aerodynamic drag, horsepower and fuel consumption of its competitors.” All you really need to know is that it resembles a very cool shiny silver bullet with wheels. Legge found the setting of Lime Rock reminiscent of circuits in England. For her the course is distinctive due to its short 1.5 mile length and seven corners. While racing this track she says, “...you are always doing something and the pit wall is very active.”

As for women in racing Legge observed that there has only ever been a few of them and this is all she has ever known. For Legge, “The car does not know the difference. To it, you are just a driver.” It is not about sheer physical strength, it’s more about endurance. She has found that the small numbers of women in pro racing is a double edged sword. You have to do more to prove yourself because of the male-dominated nature of the sport. However, she is also quick to observe that the novelty of women in professional racing does open some doors in a very insecure business, where you need financial backing and a good team to keep racing and progress in the sport. She is grateful for each day that she has a chance to race and do what she loves doing.

Holbrook, a competitive water skier in a family of modest means, changed lanes after participating in a Richard Petty Driving Experience in her teens. Although she was sure of her calling as a racer her parents – particularly her dad – needed to be convinced. So at the next Performance Racing Industry Trade Show she peddled her business cards and made contacts. In 2011, after spending time building street cred and graduating college Holbrook won the Gran Prix of Long Beach – her first major race. She is still establishing herself. Last year she and her team were offered a two-year sponsorship by TrueCar, through a contact she made at that trade show years earlier.

In her race, Holbrook drove a Honda Fit modified to do some things yours can’t – like go really fast. For Holbrook, this is what makes her kind of racing so accessible to fans, because it is in cars they might own and drive. In her estimation, Lime Rock is a tough course to race fast primarily due to the variability of weather conditions in the Northeast, which can change rapidly and dramatically within the space of 20 minutes. Track challenges aside, being at Lime Rock made her feel like she was entering history since it is permeated with racing tradition. The track has a unique energy and makes for a special racing experience because Skip Barber is in residence there and she earned her racing license at the school that bears his name.

The Finish Line

Women in motorsports at any level are still few and far between. While slowly changing due to the efforts of some extraordinary women and men, it remains very much a man’s world. So much so that



Above: Katherine Legge with the DeltaWing which “embodies a new era of eco-friendly technological advancement, with nearly half the weight, aerodynamic drag, horsepower and fuel consumption of its competitors.” Photos courtesy of Katherine Legge’s website, www.katherinelegge.com.

while there are manufacturers making road-hugging equipment none are making tools of the trade like racing suits or seats to hug a woman’s curves. Members of the Drivers Club are still taking men’s equipment and tailoring it to conform to their needs.

As with any field dominated by men, women need to work that much harder to prove themselves worthy, particularly at the highest levels of competition. The women who drive at Lime Rock Park are breaking through the glass finish line one lap at a time – they are watching the sport, developing skill, racing for fun and competition, and as professionals garnering the wins and sponsorship they need to progress.

In our local area, Lime Rock Park, the Lime Rock Drivers Club and the Skip Barber Racing School have created a seamless web of opportunity for women to take a drive on the wild side and pursue motorsports from spectator to professional in a supportive way. If you have the passion and the drive, they can get you where you want to go. Ladies, start your engines. ●

For more information:

Lime Rock Park, www.limerock.com

Lime Rock Drivers Club, www.limerockclub.com

Skip Barber Racing School, www.skipbarber.com

Gear Head Girls Racing, www.gearheadgirls racing.com

Literary Intrigue at Lime Rock

For those of you who want to read about a woman racer at Lime Rock Park check out *Dead Man’s Switch*, the first in the Kate Reilly Racing Mysteries by Tammy G. Kaehler. Set at Lime Rock on the weekend of the July ALMS aspiring race-car driver Kate Reilly pulls into the parking lot and bumps into the corpse of a talented but not well liked racer. She is not only a suspect in the case but the woman selected to take the victim’s seat in that day’s race. The book visits favorite haunts in the Northwest Corner as well as familiar spots in the park.

Dead Man’s Switch is available at Darren Winston, Bookseller located at 81 Main Street, Sharon, CT or www.darrenwinstonbookseller.com.



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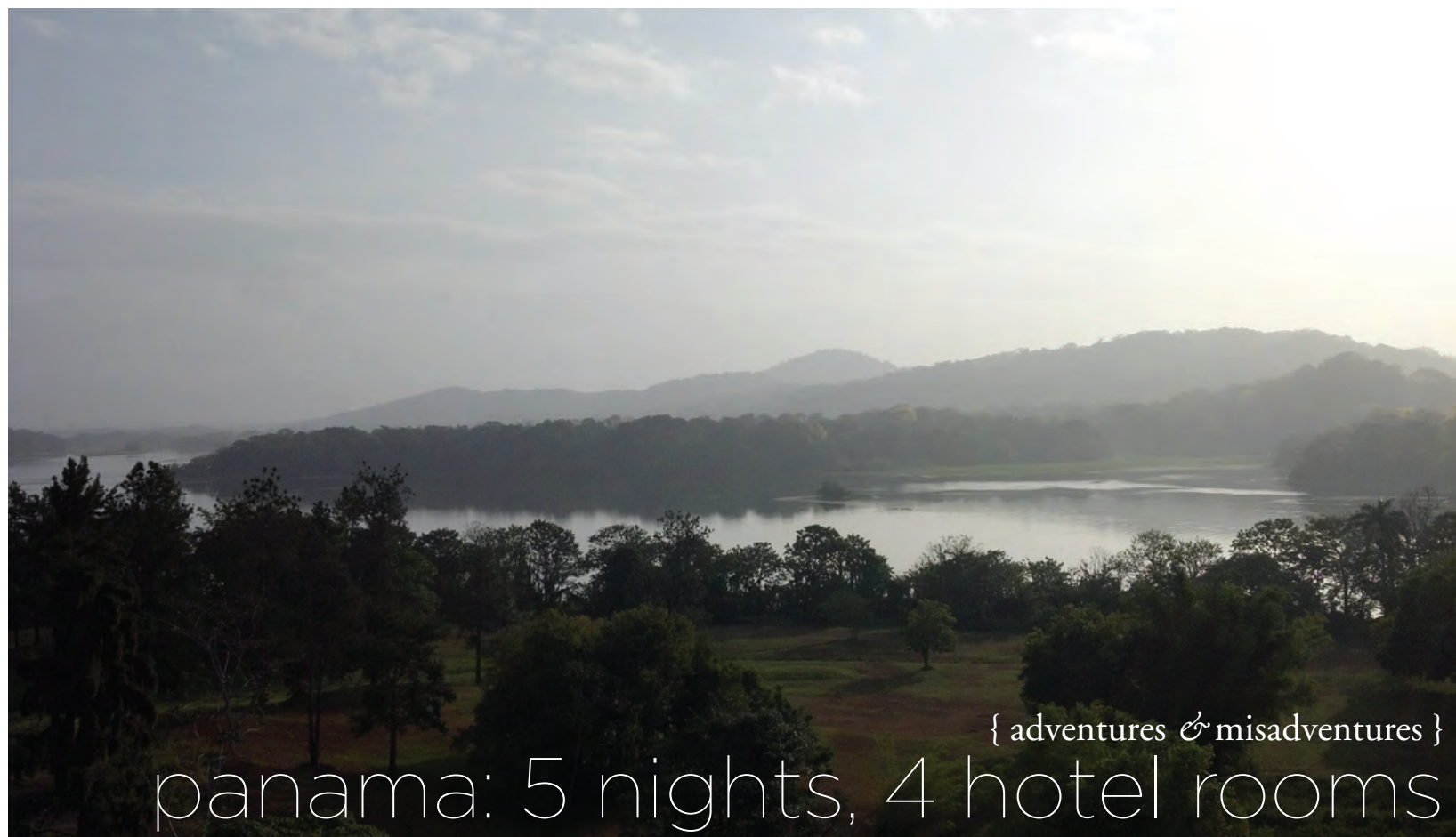
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{ adventures & misadventures }

panama: 5 nights, 4 hotel rooms

By Christine Bates
christine@mainstreetmag.com

Panama seemed like a perfect choice for a long weekend in another country that neither my daughter nor I had ever visited – five hour non-stop flight from New York, a one hour time change, no Visa required, no foreign exchange – they use U.S. dollars, small and easy to get around, and lots of positive travel articles about eco-tourism, restored historic buildings, the canal and beaches. I forgot that travel articles are always positive.

The importance of the small print

Let's start with visas. The thick Panama guidebook said Americans can enter with just a U.S. passport – no visa required. The tiny print in the back section added that passports must be valid for six months. I read this small print on a Metro North train headed to pick up my 30 year old daughter, on the way to Newark airport. Her passport expires in October. A call to the Panamanian Consulate in New York confirmed the six month rule, no exceptions.

"No problem," said the United Airlines agent after looking at her information screen. "It says passport valid for three months. You can get on the plane."

Passing through Panamanian immigration in Panama City, my daughter was photographed and fingerprinted. I wondered if they do this before they deport you. "Why don't you take my fingerprints?" "You're too old to work or be a terrorist. Welcome to Panama."

Short cocktail dresses and the bar scene

Casco Viejo, the old part of Panama City, is a UNESCO designated World Heritage site with centuries old, newly renovated buildings now transformed into hotels, bars, colonial condos, and offices. Our hotel, The Hotel Tantalo, sits in the center of Casco Viejo. Young women in short cocktail dresses and high heels, and idling BMW's crowded the entrance to the lobby that is a packed bar at night. Tantalo is a *Trip Advisor* 2013 Best Service Winner and gets a 9.1 "wonderful" score on Booking.com. The noise in the room from the bar below, the rooftop bar above, and the disco somewhere outside our balcony reverberated through the walls of our white, cubical room with the requisite iPod dock and cement floors. Panama is a place to party!

Panama is not a place to eat. And it's expensive. Is it the influence of Americans? The hot weather? We left our free hotel breakfast including fried bread and bland hot dogs and our \$50 lunch at "the bright new star" on the restaurant scene, uneaten. Our best meal was the cheapest – at the dockside Ceviche Loco at the fish market – \$17 for cokes, shrimp cocktail and fresh water langostinas with excellent French fries. A refined dinner for two at Las Clementinas recommended by the *New York Times* was good except for the yucca chunks and the New York City price.



Above top: Gamboa. Photo by Susan Leonard.
Above: The best meal of the trip, the \$17 shrimp cocktail and water langostinas with French fries and two cokes.

Continued on next page ...



Above: The empty canal from the viewing balcony.



Above top: A wall mural in Panama City.
Above: A house in ruins in Casco Viejo.



Above: The fish market.
Below: A howler monkey.

The new Panama

Panama is a place to marvel at the old, as well as the new, which is going up everywhere – hospitals, subways, housing developments, roads. In Casco Viejo a pristine colonial building sits next to a rotting structure with tall trees growing in the interior. Downtown Panama City feels like Houston with glass towers, a Trump Tower, a Hard Rock Hotel, and McDonald's. New is racing against decay.

"Watch the ships go through the canal locks – thrilling," instructed my husband who had been to Panama many times, including during the 1968 coup. We taxi out to the Miraflores lock, not far from Panama City on the Pacific end of the canal. We watch a brief 3-D movie on building the canal and then stare out from the viewing balcony at the empty water. We look east and west – no ships on the horizon. "You're supposed to phone ahead to see when the ships are coming through." We thought ship traffic would be backed up for miles. Isn't the canal busy on a Friday at noon?

Next we discover that we can't fly to Bocas del Torre to see the Atlantic side of Panama because we'll miss our flight home. "You're not serious. Our book said it was 20 minutes, the hotel said no problem." This may be a small country but travelling around requires time, and patience.

The jungle and howler monkeys

We recalculate and decide to spend a day on the coast away from the city. The beach is actually a rocky, mud flat with flotsam floating by and a line of canal-bound ships in the distance. The swimming pools are filled with children on school holiday.

One night later we decide to try the jungle – Gamboa Rainforest Resort in the middle of the Parque Nacional Soberania on the Chagres River. There is no air conditioning in the steamy lobby, the elevator is out, the on-site Indian village has been evacuated, and the nostalgic canal worker housing is closed for renovations. But the nature tours sounded great – that's why we came here. The guide didn't know much about flora or fauna, and less about ecosystems – "That's a jungle owl." "No, that's a hawk," observed the Canadian birder with binoculars and a bird book on our early morning walk. But we did hear howler monkeys, an eerie sound like a tropical Hound of the Baskervilles. And then we saw them at the top of a fig tree eating leaves while the babies hung by their tails a few branches below. It was worth the journey to see them and be swallowed by the jungle. The walk back was long and hot. Our guide hadn't taken her phone, and the hotel bus at the meet-up location had simply left and forgotten about us.

When we checked out we wanted to know how two nights, one dinner, and two lunches had cost \$698. It took 20 minutes to explain. Our taxi to



the airport hit heavy morning traffic, the driver took the wrong turn-off and then did a U-turn returning to the expressway the wrong way on an entrance ramp.

In spite of frustrations with unpredictable pricing from taxis to hotels to mojitos, with poor information, and the missed connections, Panama is an intriguing country. Everyone we encountered was helpful, and pleasant. The birds and forests are a marvel. There are indigenous people like the Guna who proudly retain their culture and land. This is a place to go back to, with more time, more accurate information and cooler weather. ●



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the sandwich generation

FROM DIAPERS TO DEPENDS

By Sarah Ellen Rindsberg
info@mainstreetmag.com

In the best of all worlds when babies arrive, grandparents are there to greet them. Then the fun and treasured memories begin. Soon afterward, reality sets in for the parents – at some point, two generations of the family will become dependent on them. The parents take on the role of the tuna fish in the middle of the sandwich, caring for both pieces of bread.

With the advent and acceptance of scientific developments – first, in vitro fertilization and subsequently, the freezing of eggs – more and more women are choosing to delay their childbearing years. By the time the decision is made to give birth or adopt, the likelihood that their parents will need care has increased dramatically.

Support and services

The good news is that since baby boomers comprise the majority of those who are now the stuffing in the sandwich, resources and services are proliferating. When listening to National Public Radio, one is virtually bombarded with names of elder care agencies. There is always a visiting nurse association (VNA), adult day care or nursing home ready to step in and help. All these services are targeted at the aging side of the sandwich. For those with youngsters, child care may also be required. Entrepreneurs take note, herein lies a niche opportunity: a business which incorporates services for both sides of the sandwich.

What child chooses to stand idly by when an elderly or infirm parent requires care? Sometimes – whether by choice or by necessity – an adult child becomes the sole care provider. In this scenario, a different set of tools is required. Since this situation tends to be rather isolating, the opportunity to share and learn is key. There are actual and virtual support groups run by county and state agencies as well as private entities. Hotlines are also offered by various groups including the Alzheimer's Association. A workshop for caregivers and a seminar on elder care were offered recently at the North-East Millerton Library.

Friends and other networks

And friends (ha ha! You say, who has time to keep up with friends in this situation?) are a key element. If ever there were an ideal time to accept the offer of a helping hand, this is it. In her book *Strength for the Sandwich Generation: Help to thrive while simultaneously caring for our kids and our aging parents*, Kristine Bertini champions this method. The exchange of play dates for the younger set and rides to medical appointments for the older set, help balance the equation. To alleviate concerns



All in the family, Mary Murphy revels in a gathering of her relatives. Front row: Joe and Cherie Lydon and grandson, Liam Murphy. Back row: Bill Murphy, grandson Connor Lynch, cousin Kathy Hanley Perez, Jose Perez, daughter Mary Murphy, grandson Owen Lynch.

of indebtedness, Bertini advocates finding ways to help others. Acts like delivering groceries or gardening, lessen the caregiver's workload.

When friends are too busy, it's time to build an additional network. In *The New Old Age* blog on the *New York Times*, Jane Gross found a viable solution during her interview with Jeannie Keenan, at My Health Care Manager in Indianapolis. Keenan recommended forming "an informal circle who will look in on each other's parents, during vacations or simply when they happen to be around."

Although Mary Murphy professed to not have all the answers, she did indeed have a goodly number. This mother of three and daughter of parents living at Geer (a nursing home in Canaan which offers many services for the elderly) is a prime example of the sandwich generation. On her first day as dean of students at Webutuck, she received a call notifying her that her father was in the emergency room. From the hospital, she arranged for her children to go home with a friend. On another day while Murphy was at Geer, one of her sons sustained a concussion during a basketball game. "In general, you weigh out who has the biggest crisis," she said.

Integrating the two generations is one of Murphy's fortés. Before a visit to Geer, she "plant[s] the seeds of conversation," for her youngest. The topic of World War II sparks a lively talk with the grandfather, while artwork, an area of interest for the grandmother, works well with her. Recently,

grandson and grandfather looked at a coin collection together.

A multi-generational connection

Nancy Cunningham Hodgkins sees the positive side of being surrounded by two generations. When speaking of her daughter, Mairead, Hodgkins said "She can be a part of the solution not the problem." Mairead helps by working with her dad at the family business, Crossroads Deli and Fuel. On Friday nights, (Hodgkins's turn to spend with her mother, the rest are covered by siblings), Mairead accompanies her.

In addition to her own responsibilities, Hodgkins also provides care for others. She matches her team of helpers with a rapidly growing segment of the elderly, those determined to live at home as long as possible.

Hodgkins really understands her clientele. "The stages they go through are sometimes more painful for us than for them," she observed. From explaining how to take control of finances when a parent is no longer competent, to taking the car keys, Hodgkins facilitates it all for fellow members of the sandwich generation. •

Sources and resources:

www.geercare.org, www.churchhomes.org/noble.html, and www.nytimes.com/ref/health/nea_resources.html

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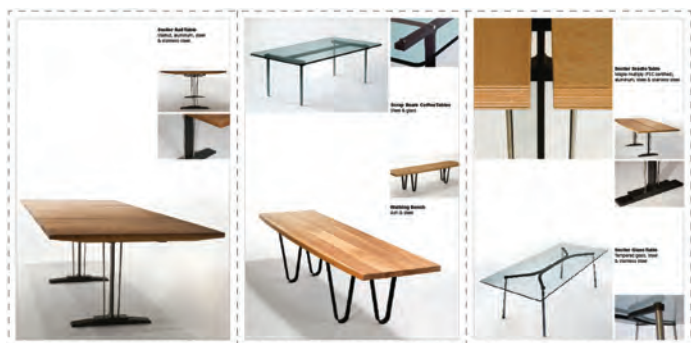
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The Hillsdale General Store

2642 Route 23, Village Square Plaza, Hillsdale, NY 12529.
(518) 325-3310. www.hillsdalegeneralstore.com

The Hillsdale General Store opened in October of 2011. Owner Matthew White says the store was launched for a few reasons, the main one being the desire to see the historic building restored and put to good use. Also, after being in the antique business back in the 90's, Matt was itching to get back into the business and to help create local jobs. The store is a true general store, without the groceries. They sell anything from housewares, toys, seasonal items, antiques, and they have an old-fashioned candy counter. Matt loves to see people's reactions when they come into the store for the first time and chatting with them about their memories of the country store from their past. He says opening The Hillsdale General Store is a great way to contribute to the town and helping to create a destination in town. Matt and his staff get to meet people from all over - they come from everywhere! We asked him how he decides what items to collect for the store, his answer: "It's all about quality, a certain aesthetic and emotional connection, and I like to have things well priced for what the item is." Going forward, Matt hopes to launch their online store later this year. The Hillsdale General Store encourages you to come visit! There is even a delicious restaurant under the same roof, that serves breakfast, lunch and dinner.



Kelly & Company Hair Salon

8 Old North Road, Amenia, NY 12501.
(845) 373-8490. www.kellycompanyhair.com

Kelly & Company is a unisex hair salon providing Schwarzkopf hair coloring, foils, cutting, straightening, permanent waves, glossing, conditioning treatments, and facial waxing. Owner Kelly Kilmer was 13 years old when she knew that she wanted to do hair and makeup, and was determined to become a hairstylist who took the time to really understand the different types of hair, and give a great haircut. She graduated from Richard's Beauty School for Cosmetology in 1986. After years of working in a salon and then out of her home, Kelly opened Kelly & Company in February of 2012. Being able to connect and meet incredible people is the rewarding part of her career. Staying up to date with all the current hairstyles is easy, because Kelly and her staff attend educational classes throughout the year. Kelly has a truly amazing staff: Lorraine goes above and beyond her secretarial duties; Kellie Parsons, a hairstylist, has been with Kelly since day one and always brings a positive attitude to the salon; Leah Brady is the newest addition to the salon and comes with years of experience, having a creative vision for gorgeous updos is one of her specialties. It takes each unique personality to create a comfortable and welcoming environment, which Kelly is proud to say Kelly & Company offers to all who walk through their door.



Valentine Monument Works & Sandblast

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(518) 789-9497. valentinemonument@hotmail.com

Bruce Valentine is the man behind Valentine Monument Works & Sandblast. He worked with his father as a kid and has been working in this field ever since. His skills range from making gravestones and markers for people and pets, to on-site lettering at cemeteries, to sandblasting patio furniture and car parts. Bruce sees a lot of old patio furniture, but not as many car parts. Bruce is into cars himself, especially old ones. It's not uncommon for people to buy a gravestone ahead of time, and contrary to what you may think, they're not that expensive. With a catalogue full of options you're sure to find what you're looking for. Bruce gets all the material from Vermont. Marble deteriorates over time and you can't do much about it, but granite will look just as good years from now as it did the day it came out of the showroom. Mistakes rarely happen, but when they do, the stones are shaved down, resurfaced and put to good use. Just like any other business, Valentine Monument Works has competitors, but Bruce has a shop unlike any other! He's always willing to travel to meet with you. So the next time you're thinking about having an item sandblasted, or you've been thinking about what you want for a gravestone - call Bruce. He's friendly and always gets the job done in a timely manner.



Roe Jan Lockworks - Mobile Locksmith

Office/fax: (518) 329-1465 or cell (518) 755-1523.
roejanlocksmith@yahoo.com. www.roejanlockworks.com

Have you ever been locked out of your home, car or office? If you have, you know it's a pain in the rear! And who can you call when you're locked out? You can call Roe Jan Lockworks' Ralph Kilmer, who will come to your rescue ASAP. When the business' previous owner, Randy Proper, retired after being in the business for about 20 years, he asked Ralph if he would like to take over the business. Ralph said yes and started school right away to learn the trade. Ralph officially took over Roe Jan Lockworks in December of 2009, and has numerous skills in his field. He handles lockouts, re-keying, repairs, installing new locks, and even makes keys on site. He has a supply of locks at all times on hand in his van. Roe Jan Lockworks services Columbia and Dutchess counties, and is also licensed in Connecticut. Ralph likes his job and enjoys meeting all kinds of people, but more importantly, he enjoys helping his customers with their lock problems. To Ralph it is a very important job, helping people protect their valuables as well as themselves. So the next time you have a lock problem and are looking for a trust-worthy person to help you out, pick up the phone and call Ralph Kilmer of Roe Jan Lockworks.

INSURING YOUR WORLD

Since the weather lately has been less than kind with the great rainfalls as well as hail storms, I think it prudent that we review the consequential coverages under homeowners policies. Most homeowners policies provide coverage for hail yet after a claim occurs it is important to check your roof and gutters as well as siding since unnoticed damage can create real problems in the winter months to come. The force of hail on a 20 year old shingle can cause cracks that are not visible by the naked eye yet when snow and ice accumulate, the shingle will fail. In most cases it is too late to claim for the hail damage! So make sure you contact a qualified local contractor and have them go over your entire home to inspect for any unforeseen damage. The next question might be, are fallen trees or branches covered? The answer is yes if they have fallen on the home or an additional structure, garage, shed, or even a fence. All debris removal will be paid for by your carrier. If a tree falls across your driveway, that too will be covered since the blockage of a means to enter the home is also a covered claim. And lastly make sure you have coverage for sump pump malfunction or backup of sewers and drains. Remember, on ounce of prevention is worth a pound of cure so don't let these summer storms get you down.

Kirk Kneller
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Brad Peck, Inc.

Are ticks a danger for my horse?

The Hudson Valley has ticks carrying *Borrelia*, *Anaplasma*, and *Babesia* species, so we need to be vigilant in both preventing tick bites, and recognizing early signs of disease in animals as well as people. In horses, the favored areas for tick attachment include the underside of the jaw between the mandibles, under the elbows, the sheath or udder, the inside of the thighs, in the mane or tail, and between the hind limbs. Tick bites generally appear as round hairless areas about the size of a penny, often oozing serum from the center, with an intense itch or sensitivity. The tick may still be embedded in the center of the area and may be as small as a poppy seed. Some horses react intensely to tick bites, and form a "volcano" at the site of the bites.

Regular inspection of your horse for ticks during grooming will alert you to their presence, and you can remove them carefully by grasping them with tweezers close to the skin and pulling straight out. Most pyrethrin-based fly repellents will help repel ticks. Topical "spot on" products are also available for application to the skin every few weeks, similar to those available for dogs. It is important to read the directions of these products carefully.

Horses that become ill from tick bites can show a variety of signs, but most commonly they have high fevers (104°-107°F), swollen legs, depression, and loss of appetite. Some horses only show sensitivity to touch and changes in behavior. Fortunately, treatment with appropriate antibiotics is very successful in resolving this infection, and most horses feel better within a few days of starting treatment. Do not delay in calling your veterinarian if your horse shows any of these signs.



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Health and Beauty

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- **Use sunscreen and antioxidants.** Applying sunscreen is essential, summer or winter, rain or shine, 365 days a year. Recent studies have shown that topical antioxidants, the gold medalists of anti-agers, enhance the efficacy of sunscreen. There are tons of antioxidants out there, including vitamins C and E, coffeeberry, green tea, and fruits such as acai, blueberries, and pomegranate.
- **Wear sunglasses.** Less squinting equals fewer fine lines and crow's-feet. Choose a pair with 99 percent UVA and UVB protection, and use them all year long. Remember, snow reflects 80 percent of UV rays, nearly doubling overall exposure.
- **Exfoliate selectively.** Do it, but don't overdo it. Exfoliation sloughs away dead skin cells, smooths fine lines, and improves skin texture and tone. But FDA studies have shown that overusing chemical exfoliants increases sensitivity to UV rays. For manual exfoliation, try a gentle microbead scrub.
- **Feed your face.** Good skin care starts from the inside out. Eat healthfully: Omega-3 fatty acids found in salmon and walnuts fight wrinkle-causing inflammation; citrus fruits and spinach enhance collagen production; and lycopene, found in tomatoes and pink grapefruit, protects against sun damage. What to avoid? Sugar. Heightened levels in the bloodstream cause a process called glycation, one of the principal causes of cellular aging (and wrinkles).
- **Stress less.** Stress not only affects your sanity, it affects your face. A 2004 study by the University of California at San Francisco found that chronic stress affects your body at the cellular level, speeding deterioration. And frowns and knitted brows cause creases all their own. So take up yoga or try deep breathing exercises, and at least an hour before bedtime, hit the "off" switch on everything that has one. Your epidermis will thank you.

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WHAT'S YOUR SIGN?

ARIES (March 21–April 19)

The stars advise you to get back into the swing of things. You'll forget your past frame of mind and be able to prepare for a new adventure. Your vitality will be as strong as it has ever been. You will probably meet someone who has a beneficial influence.

TAURUS (April 20–May 20)

There's a certain quality in your personal relationships that motivates you in life. This is one of the reasons why your emotions play an important role in the scheme of things. You're guided by your emotions. You'll be in the best disposition to meet a lot of people who will give new impetus to your life.

GEMINI (May 21–June 20)

This period is full of difficulties and you will tend to question yourself. You'll start thinking about your personality. Your ego risks bruising, and you'll have the greatest difficulty turning your intention into real action. Your sensitivity prevents you from materializing your ideas.

CANCER (June 21–July 22)

It would be fair to say that you love being recognized. You'll organize the day. You'll accept your responsibilities and your smarts will help you welcome the day's challenges. But stay humble and keep your actions simple, especially after intense emotions.

LEO (July 23–Aug. 22)

You have a dynamic personality. With today's celestial energy, you should try to avoid expending your energy on pointless conversations. Try to be a little more pragmatic. Consider any possible compromises very carefully. If you stand strong, you will reach your objectives much more quickly.

VIRGO (Aug. 23–Sept. 22)

You could learn a lot from other people who are similar to you. They have the ability to get easily involved and go straight to the heart of any problem. The world is in constant flux. You have to question yourself if you want to attain your objectives. Try to be open-minded, adapt to the situation, and act before it's too late.

LIBRA (Sept. 23–Oct. 22)

The stars will compel you to clarify your position within the collective. You have a lot of power when you're part of a group, but you're clumsy about communication. You can't always succeed. The planets' positions will have a beneficial impact, and you'll tend to put your life under the microscope.

SCORPIO (Oct. 23–Nov. 21)

You've always wanted to change the world, and you want to share your dreams with your friends. But today you don't have enough enthusiasm to fulfill these dreams. You question your personal strategies. You shouldn't try to convince others all the time. Your friends appreciate you the way you are.

SAGITTARIUS (Nov. 22–Dec. 21)

You have the tendency to plan everything. You need to feel in charge of things. You should try to listen to others around you. Let yourself go for a while, even though you aren't used to it. Furthermore, you need to develop your personality. You can do this by opening up to others.

CAPRICORN (Dec. 22–Jan. 19)

You're attracted to eccentric individuals with very strong personalities. But realize that behind this attraction lies a very strong need for freedom. In your life, freedom is more fantasy than reality. The time has come for you to do some soul searching. Try not to hide from the realities of your life.

AQUARIUS (Jan. 20–Feb. 18)

Today will destabilize you. You're trying to rebuild your life on new foundations. Perhaps you should try to change your point of view. Also, you need to preserve your perception, because it will allow you to adapt to all situations. You need to be fully alert and prepared at all times. Try not to become discouraged.

PISCES (Feb. 19–March 20)

You have a tendency to get very involved in your projects. It's already clear that you aren't afraid to work long hours to ensure that your projects end in success. But your entourage will probably have difficulties keeping up with you – you're too full of energy.

Source: www.horoscope.com

Welcoming Marty Clark, MD Orthopedic Surgeon & Sports Medicine Specialist to Sharon Hospital

Enhancing Quality of Life One Patient at a Time.



Regional Healthcare Associates is pleased to welcome Marty Clark, MD, to our physician group practice. Dr. Clark has been practicing Orthopedics and Sports Medicine for over 13 years. He is Board Certified by the American Board of Orthopedic Surgery and a member of the American Academy of Orthopedic Surgeons.

Dr. Clark received his Bachelor of Arts, Cum Laude, in Biology from Harvard University and his Doctor of Medicine from Columbia University, College of Physicians and Surgeons. Dr. Clark did his Internship and Residency in Orthopedic Surgery at New York-Presbyterian Hospital, Columbia University. He did his Sports Medicine Fellowship at the Steadman Hawkins Foundation, in Colorado.

Dr. Clark was a professional squash player and a four-time US National Champion, as well as a Silver and Bronze Medal winner in the Pan American Games. He has provided event and team coverage for the PGA and LPGA, Texas Rangers and Colorado Rockies spring training, Denver Broncos, US Men's and Women's Ski Teams, as well as NY Yankees stadium coverage. In addition, he provided coverage for the PSA (professional squash association), including the Tournament of Champions at Grand Central Station, just to name a few.

Dr. Clark enjoys all aspects of Orthopedics and has a special interest in Sports Medicine. His procedures include: Arthroscopic Surgery of the Shoulder, Knee and Hip, Rotator Cuff Repair, ACL Reconstruction, Joint Replacements including Total Knee and Total Hip, Tendon Repair, Carpal Tunnel Release, as well as Major and Minor Fracture Care.

Dr. Clark and his family have relocated to the area and are looking forward to becoming members of the Sharon Hospital community. Dr. Clark is now accepting appointments in his new practice, Regional Orthopedics & Sports Medicine, located in Sharon Hospital's Surgical Suites, 50 Hospital Hill Road, Sharon, CT 06069.

For more information or to schedule an appointment,
please call 860.364.4532.

Marty Clark, MD,
Orthopedic Surgeon &
Sports Medicine Specialist

Specializing in
Arthroscopic Surgery,
ACL Reconstruction,
Total Joint Replacement,
Tendon Repair & Fracture Care

