



SALISBURY SAMPLER

AMESVILLE, LAKEVILLE, LIME ROCK, ORE HILL, SALISBURY, TACONIC

March. Copies of books will be available at the library. For more info, call 435-2838.



DEAR FEMALE: LETTERS

Join Ellen E. Rand, granddaughter of famed local artist Ellen Emmet Rand, as she discusses her new book

Dear Females, an intimate look through highly personal letters into the lives of young women studying art in Paris in the 1890s. Ellen Emmet (later Rand), her sisters, cousins, and friends wrote frequently and passionately to each other, with the opening greeting of “Dear Females...” as they devoted themselves to excelling in their chosen fields and earning their own livings. The lecture, co-sponsored by the Salisbury Association Historical Society and the Scoville Library, will be on Saturday, September 26 at 2pm, in the Wardell Room; books will be available for sale and signing. For more info, call 435-2838.

MARGARET JUNTWAIT READS LANDOWSKA

As part of an ongoing collaboration with the local community to celebrate the life of extraordinary musician, and Lakeville resident, Wanda Landowska, Crescendo will present Margaret Juntwait, host and announcer of the Metropolitan Opera broadcasts. She will read excerpts of Landowska’s thoughts on early and modern music, interpretation, and audiences from the book compiled by Denise Restout and Robert Hawkins on Sunday, September 20 at 2pm, in the Wardell Room of the Library. For more information, visit www.crescendoberkshires.org.

FILMS AT THE LIBRARY

Thanks to film aficionado, Pat McMullan, the library has a wonderful selection of films on tap over the next several months. Sunday, September 13 at 7pm, the Film Society will screen *Never on Sunday* (UR; 93 minutes). On Film Night, Tuesday, September 22 at 5pm, *The Last Laugh* (UR; 91 minutes). Both films will be shown in the Wardell Room; doors will open 30 minutes before show time. For more information, call 435-2838.

CIVIL WAR LITERATURE

James Kraft will give a series of four lectures examining the literature of the Civil War, a significant event of American history that preoccupies people to this day. He will consider in the works written how the war shaped our culture and what it meant to be an American. Sunday, September 27 at 4pm, in Scoville Library’s Wardell Room, Kraft kicks off by discussing, in his witty, probing and engaging style, Harriet Beecher Stowe’s *Uncle Tom’s Cabin*.



Having read the book beforehand is not a prerequisite; copies are available at the library. For more information, call 435-2838.

SALISBURY FORUM

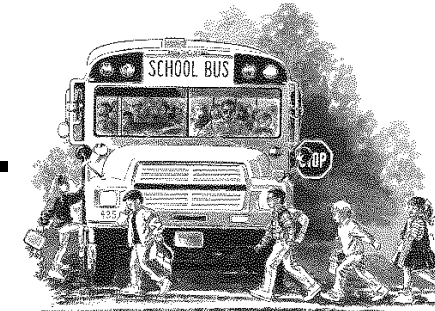
The free Forums return in Oct & Nov. First will be “Current Issues of Global Importance,” in October—watch the paper for date and place. The second Forum: Friday, November 6, 7:30pm at Housatonic Valley Regional High School, “Immigration in America: What’s in Store?” For more information go to www.salisburyforum.org.

THE BENEFITS OF LONG-TERM-CARE INSURANCE

Getting older is not easy and trying to figure out the increasingly expensive long-term options for you, or perhaps your aging parents, is daunting and confusing. Ed Erbacher, industry veteran and Lakeville resident, will discuss how long-term-care insurance evolved and works, and compare companies that sell it. The presentation will be on Saturday, September 26 at 10am, in the Library’s Wardell Room. For more information, call 435-2838.

SCHOOL’S OPEN—DRIVE CAREFULLY

With the start of a new school year, our first concern should be the safety of our children as they return to school. Please use caution when driving on our country roads, especially in the area of a school zone, between the hours of 8:15–9:15am, and 2:45–3:45pm. Our youngest citizens are often in the roadway at these times as they travel to and from school. Drive carefully! Be watchful! Look for the Crossing Guard! Slow down!



TLC: LEARN FOR FUN

Taconic Learning Center presents, for the Fall 2009 session, 13 non-credit, college courses in a wide variety of disciplines such as politics, music, writing, economics, Latin, self-growth, poetry, to residents of the NW corner of CT and adjoining areas in Massachusetts and NY. Two-hour weekly classes, beginning the week of September 21, are held at convenient locations such as Noble Horizons, Geer Village, and Scoville Library.

TLC membership is open to all; annual tax-deductible dues cover overhead expenses. Advance registration is required to enroll in the free TLC courses, all led by volunteer instructors. For more information, or to sign up for courses, go to www.taconiclearningcenter.org.

APARTMENT IN HOME

Tri Corner Alliance, an initiative of the Berkshire Taconic Community Foundation, is starting an “Apartments in Homes” program to assist homeowners in creating an apartment in their homes—or properties (above a garage or barn)—from design and permitting, to financing and tenant selection. Input is needed from interested residents to answer the following:

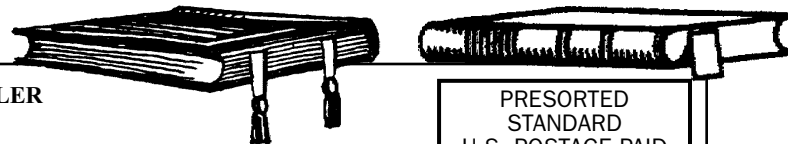
1) in what areas do homeowners most desire assistance, 2) what meaningful incentives could be provided for the creation of apartments in homes, and 3) how can the program remove any barriers that might exist?

Please contact Jocelyn Ayer at 435-5839, or jocelyn@nwctplanning.org, for more information or to explore the idea.



SALISBURY SAMPLER

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SEE ARABIAN HORSES

Quarry Hill Farm, the Arabian horse breeding farm at 345

Sharon Road (Route 41) in Lakeville, is holding its fifth annual open house on Saturday, September 12, from 12:30–4pm. The day will consist of open barns, lunch, and presentation of horses including farm stallions, 2009 foals, and sale horses. *Reservations are required.* For more information: call 435-2571, email info@quarryhillfarm.com, or log on to www.quarryhillfarm.com. All are welcome.

FREE HEALTH SERIES

Dr. Richard Malik, naturopathic physician of Lakeville, CT and Bennington, VT, will give a free 3-part health series at Noble Horizons. Starting with “The Prevention & Treatment of Heart Disease & Stroke,” at 7pm in the Community Room on Friday, September 11, Dr. Malik will explain heart and arterial disease. He will review the most important diagnostic tests, appropriate interpretation of blood test results, LDL (bad) & HDL (good) cholesterol, C-Reactive Protein (CRP), high blood pressure, homocysteine, prescription statin therapy, red yeast rice, nutritional supplements, and herbal medicines.

Anne Hummel, R.N., a well-known certified diabetes educator, will join Dr. Malik in the Learning Center on Wednesday, September 23 from 7–8:30pm, to discuss “The Prevention & Treatment of Type 2 Diabetes.”

Elevated blood sugar silently damages arteries, nerves, skin, muscle, and organs throughout the body. They will explain important diagnostic tests, fasting & random glucose, home glucose testing, hemoglobin A1C, neuropathy, gastroparesis, diabetic ulcers, nutritional supplements, and herbal medicines.

The third program will address cancer prevention and treatment on Friday, October 17. For more information call 435-9851, extension 190.

SWIM & WALK 2009-10

The Hotchkiss School pool and indoor track will be available October 6, 2009 through June 12, 2010 on Tuesdays, Thursdays and Saturdays.

Adult-only lap swim from 9–10:30am; fee is \$200 for the season or \$5 per session of use.

Walk and jog from 8–10am; the fee is \$100 for the season or \$2 per session of use. All track participants are asked to follow these guidelines:

1. No street shoes on the track. Please change into walking shoes before entering the track.
2. Slower walkers and joggers should stay to the outside and allow those who are faster to pass using the inside lane.
3. Food is prohibited on the track.
4. Everyone should travel in the same direction. Track direction changes every 15 minutes.

Holiday and other closings for both programs are posted at www.salisburyct.us; click on recreation news on the right side of the page. Make season checks payable to Salisbury Recreation and mail to P.O. Box 548,

Salisbury, CT 06068. Contact Lisa McAuliffe about either program at 435-5186 or email salisburyctrec@yahoo.com.

POOCH PARTY

Dog owners and lovers and everyone else are invited by Noble Horizons, the Sand Road Animal Hospital and Millerton Veterinary Practice to a fun-filled afternoon of games, hilarious competitions, demonstrations, and training opportunities at 11:30am–1pm on Sunday, September 20, at Noble Horizons. It all will culminate in an award ceremony (prizes for all!), and a dazzling parade of dogs (costumes encouraged). In addition, there'll be

lunch for dogs and people, Scooby-Doo and other life-size dogs will visit, veterinarians will be on hand for “ask the vet,” a large variety of animal products and services will be raffled, and animal rescue and pet therapy programs will be present. Event and registration details at: www.noblehorizons.org, or call 435-9851, ext. 190.

LIBRARY PROGRAMS

All the following will be at the Scoville Memorial Library.

A “Meatballs” Party: The classic children's book, *Cloudy with a Chance of Meatballs*, is now a movie. On Saturday, September 19, 2–3pm, listen to this funny story, play some games, make



crafts, and enjoy snacks in the Wardell Community Room. It is free and open to all ages.

Pre-School Story Time Wednesdays 10:30–11:15am, will be filled with stories, finger plays, action rhymes, music, crafts, and more, aimed at children 3–6 years old. No registration or prior sign-up is required. Younger siblings & friends are welcome to attend.

Tots And Tunes A half hour for young children on Thursdays from 10–10:30am in the children's room for music, socialization, dancing, books, finger plays,

and fun for the 0-3 crowd and their caretakers. **Friday Night Lights** The classic Disney film, *Alice in Wonderland*, based on the Lewis Carroll book, will be shown Friday, September 18 at 6:30pm, in the Wardell Community Room. Popcorn and drinks will be provided.

CHRISTOPHER POULER PAINTINGS

Included in Lakeville artist Christopher Pouler's painting exhibit are portraits of ten tri-state citizens who have authored essays inspired by iconic newscaster Ed Murrow's program, *This I Believe*. Attracting writers as diverse as Eleanor Roosevelt, Harry Truman, Jackie Robinson, as well as cab drivers, poets and beauticians, it has broadcast to an estimated 39 million listeners and spawned a weekly column in 85 leading newspapers. It inspired

four international best-selling books, and currently airs on NPR stations across the country.

With this inaugural event, Noble Horizons, in collaboration with NPR affiliate WHDD-FM, is launching a regional *This I Believe* series featuring the essays and portraits of ten accomplished individuals with strong tri-state region roots. The community is invited to meet the artist and the authors on Friday, September 25, from 5–7pm, at a free opening reception in Noble's L3 Gallery. The exhibit includes audio of the authors reading their essays and is open weekends, 11am–4pm, through October 30. For information call 435-9851, ext. 190.

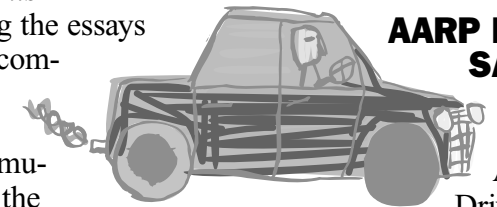
JANE LLOYD FUND BENEFIT CLAMBAKE

The 4th annual Jane Lloyd Fund Clambake returns to SWSA'S Satre Hill on Saturday, September 12, Noon–7pm. Highlights include a traditional New England clambake, clam chowder, beer, wine, hamburgers & hot dogs grilled by the Lakeville Firemen; live music through out the day by Eliot Osborne and friends, and Maximum Dosage, our doctors from Sharon Hospital. 100% of the proceeds goes to help families battling cancer by relieving the stress of day to day living expenses. For more information please call Tanya Tedder at 435-9661, or Donna Lloyd at 824-5493.

MOTOR VEHICLE APPEALS

Property owners who want to appeal their 2008 Grand List motor vehicle assessments must

appear in person, with their motor vehicle if possible, before the Board of Assessment Appeals at Salisbury Town Hall on Monday, September 21, 2009, between 5–5:30pm.



AARP DRIVER SAFETY

The two-session AARP Driver Safety Program, sponsored by Salisbury Senior Services, will be held at Salisbury Town Hall, Monday, October 5, and Wednesday, October 7 from 8am–12pm. A refresher course for motorists over age 50, it updates driving knowledge, reviews the rules of the road, helps drivers compensate for normal, age-related physical changes, and understand the effects of medications. Participants must attend both sessions and need not be AARP members. Those over 60 completing the course may save up to 10% on their insurance (check your company). Refreshments will be served. Please bring a check payable to AARP to the first class for the \$12 fee (\$14 per non member). To register, call Senior Services Director, Mike Beck at 435-5191.

IT'S BOOK CLUB SEASON

Anne Kremer kicks off the Second Saturday Book Club with a discussion of *The White Tiger* by Aravind Adiga on Saturday, September 12 at 4pm, in the Wardell Community Room. For a complete list of this year's books, visit www.scovillelibrary.org (click on Library Services), or stop in for a printed copy. Leaders are needed for February and