



# Love: How It Shapes Good Health

By **Stephanie Beling, M.D.**  
*Observer Columnist*

IN 1964, President Lyndon B. Johnson established American Heart Month. Since then, heart health is front and center every February. It is also the month when we celebrate Valentine’s Day and once again the heart is front and center.

Love is spoken of as an emotion of the heart, but its influence reaches far beyond feelings and relationships. Increasingly, research shows that love—expressed through connection, care, and belonging—is deeply intertwined with health. From biological processes to mental resilience and social well-being, love plays a vital role in shaping how healthy we are and how well we heal.

At the biological level, love has measurable effects on the body. Positive social bonds stimulate the release of oxytocin, known as the “bonding hormone,” which helps reduce stress and lower blood pres-



sure. When people feel loved and supported, the body produces less cortisol, the stress hormone associated with inflammation, immune suppression, and chronic disease. Over time, this physiological calming can reduce the risk of heart disease, improve immune function, and promote better sleep. Love is not abstract. It is embodied, influencing the systems that keep us alive.

Mental health is, perhaps, where the connection between love and health is most visible. Humans are social beings, and isolation can be as damaging as many traditional health risks. It is strongly associated with depression, anxiety, and substance use. Conversely, loving relationships—whether romantic, familial, or communal—provide emotional safety and meaning. They offer spaces where individuals can be vulnerable, express fear

*Love, continued on page 2*

# Nursing Center Chief Named

Rob Straznitskas, administrator of Charlene Manor, an extended-care facility in Greenfield, has been appointed administrator of the Kimball Farms Nursing Care Center. He is expected to take his post in February, said Bill Kitzler, who currently holds the position. Bill is in line to replace Sandy Shepard at Kimball Farms.

Bill said at the Residents Association meeting on January 5 that Rob was an administrator for 15 years of facilities similar to Kimball Farms, and joined Integritus six months ago as administrator of Charlene Manor.

“He did a good job,” Bill said, adding that Rob specializes in building relationships with staff and a culture of togetherness.

Bill plans to be on the Kimball campus on Wednesdays and Fridays and on other days at the Kimball Nursing Care Center until the administrative changeover takes place.

*Chief, continued on page 2*

**Love**, continued from page 1

or grief, and be met with understanding. This emotional buffering helps people cope with stress, illness, and trauma, fostering psychological resilience in the face of adversity.

Love also shapes health through behavior. People who feel cared for are more likely to care for themselves. Supportive relationships encourage healthier choices, such as eating well, exercising, taking medications as prescribed, and seeking medical help when needed. In illness, love often becomes a powerful motivator for healing. Patients with strong social support tend to recover faster, adhere better to treatment plans, and report higher quality of life, even when living with chronic disease. Love provides not only encouragement, but also accountability, reminding individuals that their well-being matters to others.

Beyond personal relationships, love can be understood more broadly as compassion and social responsibility. When societies value love in the form of

empathy and care, they invest in public health, accessible healthcare, and protections for the vulnerable. Healthcare itself is most effective when grounded in humane, compassionate relationships between providers and patients. Feeling seen and respected can reduce fear, build trust, and improve outcomes.

Ultimately, love is a foundation of health, not a luxury separate from it. While medicine and technology treat disease, love sustains the person who is ill. It supports the body, steadies the mind, and gives meaning to survival itself. To ask what love has to do with health is to recognize that healing is not only a physical process but a profoundly human one, rooted in connection.

**Chief**, continued from page 1

On other topics, he said the 4.5 percent increase in resident fees for 2026 was attributable to increases in energy and food costs.

The immediate priorities for 2026, he said, are to maintain a strong census across all areas of the community, successfully complete the planned furniture upgrade, ensure a positive and compliant survey outcome at our assisted living operation, and continue quality care at the nursing care center.

### OBSERVER MISSION

*The Kimball Farms Observer is written by and for the residents of Kimball Farms. Our mission is to enlighten, connect, and entertain Kimball residents. Submissions that advocate, complain, or otherwise conflict with that mission will be referred to the administration.*

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## Transport Offered to Airports, Train

Transportation for a fee to airports and train stations in the region is now available for Kimball residents. Michelle Rosier, director of residential services, said one-way service is \$150 to Bradley International Airport in Windsor Locks, Conn., and Albany International Airport. It is \$125 to the Metro-North stop at Wassaic, N.Y., and the Amtrak station in Albany-Rensselaer. Add \$50 for nighttime service. There is no service offered to JFK airport in New York or Logan in Boston.

Michelle said the service will be provided by Kimball Farms drivers with Kimball vehicles on an as available basis. The charge will go on to the resident's bill.

President's Letter*Weathering Winter's Challenges*

WELCOME to February — and it is still snowing. What a winter this is turning out to be! We are all jealous of the snowbirds among us, who are jetting off to Florida or other points south for extended vacations.

Welcome to Bill Kittler, who starts his official stint as our executive director in February. Stop by the administration office to introduce yourself, if you don't already know Bill. We already presented him with one of our challenges when the Internet went down for a couple of days in January. This gave us the opportunity to test our communication systems. We are happy to report that those who signed up for VoiceFriend received messages online or on the phone. We encourage everyone to sign up in the administration office. We also tested the Residents Association's phone tree, which reaches out to residents by knocking on doors or calling land lines. Thanks to all who helped make it work.

Thanks also to Donna Lucido, who does the wonderful decorations in the dining room and throughout the building. We will eagerly await the Valentine's Day display! There are also marvelous photography and art displays in the Conference Room and in the PineHill hallway.

On February 8 there will be a Super Bowl party in the auditorium. John Cheney, Nancy King, and Kimball Singers will serenade us for Valentine's Day on February 13. On February 21, the Recycling Committee will sponsor one of its periodic collections of items difficult to eliminate from your closets and cupboards.

February promises a lot of opportunities for entertainment. Trips are planned to museums, shopping centers, and restaurants. Sharon Lazerson has lined up more excellent concerts and the Speakers Committee will bring in interesting talks.

Stay warm, stay safe, and wait for the first signs of spring!

— Pat Steele, President,  
Kimball Farms Residents Association

Editor's Desk*All About Love*

LOVE leads this month's *Observer*. It's celebrated big time on Valentine's Day, February 14. It also contributes to good health and healing — as columnist Stephanie Beling, MD, explains, a restorative tonic in midwinter. Everyone needs to give and receive love, no matter the gender, race, religion.

Love also bonds us with our animal companions, as evidenced by how we dress them for winter walks, or even against household chills. Our "Dogs in Togs" photo feature had this photographer twisting, kneeling, and cajoling to get canine eye contact.

Ruth Bemak in PineHill extends the love topic with an essay on how she shared a bond with her late husband, Walter, through a walrus collection,

Moving on, contributor Pat Gazouleas explains how traveling solo needn't be a social ordeal. Writer Peggy Braun offers ways to stop pretending to be *FINE* when we actually feel lousy. And Book Editor Mary Misch reviews a new memoir by Ina Garten, better known as "The Barefoot Contessa."

News, schedules of events and trips, and candid photos are also on view.

— Charles Bonenti, *Observer Editor*



Photo by Charles Bonenti

*Instructors from the EdanSe Company & Ballroom Dance Studio in Enfield, Conn., will present a pre-Valentine's dance demonstration and lesson on February 6 at 7 p.m. in the auditorium.*

# A Life in East Asian Studies

By **Ellen Kanner**  
*Observer Contributor*

PETER FROST is used to breaking new ground. He was the first historian to teach East Asian studies at Williams College, and while he's just beginning his move into Apt. 130, he's already mastering the new terrain. We met in my apartment for this interview five days after he arrived at Kimball Farms. His had boxes everywhere and nowhere to sit, but he had high praise for the KF staff who had already helped him sort through his furniture and connect his electronics.

Born in Boston, Peter grew up in Cambridge in what he calls "a family that placed a high value on education." He traces his lifelong interest in East Asian studies to his mother's passion for collecting Japanese art and his experiences growing up during World War II.

After graduating from Phillips Exeter Academy, he attended Williams College for one year, but

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*He looks back with particular fondness on the five years he lived in Japan.*

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transferred to Harvard, which offered a more robust curriculum in Asian Studies at the time. At Harvard, he went on to earn a BA, a Masters and a PhD in East Asian history and languages, with an emphasis on Japan. To prepare for the degree, he was required to learn Japanese, French, and Chinese. He then returned to Williams, where he enjoyed a 37-year career in teaching and administration and served an additional 15 years in half-time positions at the University of Mississippi.

Peter has traveled to East Asia often. He looks back with particular fondness on the five years he lived in Japan as a student and while on sabbatical. His two home-stay experiences enabled him to master the Japanese language and the subtleties of Japanese culture.

There was a learning curve, however. "The night I arrived in Japan," he said, "a nice young woman in a traditional dress lit what I thought were votive candles to the Buddha. The next night I discovered that they were lit, alas, to repel mosquitoes."

Peter met his wife, Margaret Harrison Parsons, known by all as Marnie, in Maine when they were teenagers. For many years their paths crossed occasionally—including a chance encounter in London when Peter was on his way to begin his two-year Ford Foundation fellowship in Japan.

When he returned to the United States in 1964 to accept his first teaching position at Williams, Marnie was teaching history at St. Bernard's School in New York City. When they met that year, "the sparks flew" and they were married "within the academic year" in 1965.

The couple spent their first two summers finishing the shell of a house they bought on Broom Island, Maine—the only structure on a 21-acre island near Marnie's parents' vacation home. To the newlyweds, finishing the walls and ceilings and floors together was "romantic." They weren't even fazed by the lack of electricity or indoor plumbing. "We loved it," Peter said.

They had three sons and seven grandchildren and were married for 58 years, until Marnie's death two years ago.

Here at Kimball Farms, Peter plans to continue writing and publishing and is looking forward to meeting new people in his new home.



Courtesy photo

*Peter Frost*



Photos by Charles Bonenti

*Walruses, as stuffed toys, greet visitors to Ruth Bemak's apartment.*



Courtesy photo

*Flag, top, flew on all six "Walrus" named boats. Steuben glass walrus, with silver tusks, marks a special anniversary. Walter and Ruth Bemak shared a happy moment in the past.*

## Walrus That Sailed the Sea

**By Ruth Bemak**

*Observer Contributor*

EVERYONE who visits me wants to know why the walrus has significance to me. Outside my apartment, a rack holds several toy walruses. Above the door, there's a copy of the sailing flag flown on six different boats by my late husband, Walter Bemak,\* and me. That flag shows a walrus, and each boat was named The Walrus.

I think it goes back to high school, when my friends called me Rusty because my maiden name was Ruskin. Walter, whom I met when I was 17, always used that nickname.

In the 1960s, we bought a home in a seaside town, Eatons Neck, on Long Island. Our property included a boat mooring connection in the harbor. As a result, we felt compelled to buy a boat.

My husband said, "Let's name the boat after us: Rusty and Walter." We took the first syllables of our names—Walter and Rusty; hence, "Walrus." Our first Walrus was a Boston Whaler, a small vessel with an outboard motor. All the boats we owned since, from a sailing dinghy to a 32-foot sailboat, were named Walrus.

So began my collection of walruses from many different places that we sailed to or visited. I even have a Steuben glass walrus—an anniversary gift. I also designed and made a needlepoint pillow based on our sailing flag.

We saw real walruses in some of our travels. They're such big, lumbering animals, but meaningful to me.

*\*Walter Bemak was editor of the Observer from 2008 to 2014.*

# Observer Spotlight



*Photographer Jonathan Selkowitz and his mother, Betsy, left, chat with friends John Gambone and his mother, Carole, at opening of Jonathan's art show.*



*Snow piled up on Kimball grounds in mid-January giving Jeanne Fenn and Nancy King, at left, a chance for a snowshoe outing.*



*Amy Booth, lead receptionist at the front desk, is a font of information for Kimball residents and guests.*



*Wanda Houston, above, sang on New Year's Eve while Charles and Diane Cook, left, dressed in style.*

## Photo Action on the Ski Slopes

By Jean Rousseau  
Observer Contributor

THE SLALOM SLOPE succeeded the fashion floor as an exhibition topic in the Connector Gallery. Both shows featured images by locally based but widely recognized professional photographers.

Jonathan Selkowitz, a former official photographer for the U.S. Olympic ski team, opened his exhibition January 21. Last December's show of wearable art designs by Deborah H. Carter featured photos by celebrity portraitist Eric Korenman and commercial photographer Ogden Ghili, among others.

Pittsfield-born Jonathan and his older brother, Peter, got an early start in skiing thanks to their late father, Mark, who combined his insurance business with ski-patrol duties at Bousquet Mountain.

Their mother, Betsy Selkowitz, who now resides in PineHill, said this show is "the biggest I've seen of his work. I'm proud of him."

Jonathan was dedicated enough to downhill racing to choose Colby College in Waterville, Maine, which had a strong downhill-racing team. Obligated to take a science elective, he chose photography and a career was born. Accepting that he wasn't likely to achieve the highest levels as a downhill racer, he got himself hired as the ski team photographer.

After Colby, he joined the Jackson Hole Ski School as an instructor. He soon also began training young downhill racing candidates at the Jackson Hole Ski Club, where he met and trained many who went on to become U.S. National and Olympic Team competitors. He says that meeting them as kids and again as young champions has been one of the great satisfactions of his career.

He then became the U.S. Ski Team official photographer for seven years, followed by a dozen years of commissioned work for skiing periodicals, equipment companies, and moviemakers.

The exhibition includes examples of Jonathan's work in the Berkshires, especially at revivals of the vintage Thunderbolt races on Mount Greylock. It



Photo by Jonathan Selkowitz



Courtesy photo

*Above: U.S. Ski Team athlete Resi Stiegler in the San Sicario, Italy, 2006, Winter Olympics. Left: Jonathan Selkowitz with his mother, Betsy, in 2024.*

also features his years at Jackson Hole, with the U.S. team, and largely following the Olympics from 2000 onward.

The change from film to almost total digital imaging has brought many changes to professional photography, not all of them favorable, he says. The ease, economy and rapidity of digital means that the perfect film shot competes with a plethora of digital images, any one of which might be almost as good, or good enough, and less expensive to produce.

The parallel decline of print media, particularly ski magazines, has reduced the demand for print images as well. Jonathan has coped by broadening his subject matter. It is illustrated in the exhibit by several straightforward portrait images.

Open Mic  
*Embracing Solo  
 Travel*

By Patricia Gazouleas  
*Observer Contributor*

I HAVE FLOWN solo to visit boyfriends, grandparents, and in-laws, but the first extended trip I took on my own was in 1986. I was 51 and saw an ad in the *New York Times* for a four-week course at Oxford University in England, sponsored by the University of California at Berkeley. My husband did not want me to go off by myself, but I persuaded him, bought my ticket, and took a bus to JFK.

I wore a suit and stockings for the overnight flight to Heathrow. The man in the next seat chatted me up and asked me to have dinner with him in London. I turned him down because I had to catch the bus to Oxford, but things do happen when you travel alone.

For a first time out, a course of some kind is a good choice. You get to pursue a special interest in an interesting place with people of similar interests. At Oxford I stayed in St. John's College, had my own bedroom, and took a course in British archaeology.

I liked living in a historic place and even made a friend with whom I took two later trips. In the end, my husband surprised me by coming to get me, and we spent a few days in London together.

There are lots of possibilities for study abroad, such as cooking in Tuscany and learning French in Provence or Spanish in Mexico. Many of these courses are offered through American universities. They are open to all ages and genders, but I found the majority of participants were 50 or older, mostly women traveling alone. There were couples, and sometimes a single man.

River cruising is another option for solo travel. I have done all the rivers of Europe with great pleasure. Many river boats carry about 120 passengers, all in outside cabins. The group is small enough so you can get to know people. Not everyone is going



Courtesy photo

*The author on  
 a river cruise.*

to be friendly, but I found that women on their own or in pairs and gay couples are very easy to get to know.

River cruises and other organized tours offer maps and suggestions for your free time. When at loose ends in a strange city, go to the tourist office for help. Sightseeing on your own has advantages. You see what you want to see at your own pace.

Where I had difficulty was with meals. I could go to a restaurant at lunchtime with no problem, but dinner was another story. My solution was to order a club sandwich from room service. Every hotel in the world has a special club sandwich.

When planning a solo trip, I always look at how often and where I will have to face dinner. Most organized tours will abandon you to your own resources some of the time. I avoid tours that do this the first night out. Later in the trip, I have made friends so there is company for dinner. On a cruise, of course, all meals are included, so dining alone is never an issue. (Though anyone who has walked into the Kimball Farms dining room without a plan knows what open seating is like.)

I would like to go on to tell you about my dinner alone in Istanbul, but think I've written enough. I always take organized tours and will go almost anywhere except a war zone. However, in places where the role of women is back in the 19th century, I stick close to the group.

## Offbeat Remedies for Feeling Bad

By Peggy Braun

Observer Contributor

WE'VE ALL READ the usual advice for aging well: Eat unprocessed foods and lots of fiber and protein; exercise regularly; spend time with friends; and get adequate sleep. All well and good.

The eating part is doable by anyone of any age. However, if your arthritis is so bad you can barely hold your fork and you are so fatigued that you fear you will collapse, how can you be jolly and interesting with your friends as you are advised to do?

Exercise just plain hurts. And we all know we don't want to hurt. You would get a good night's sleep if you could, but frequently it's hard to just go to sleep! And when you accomplish that, you will undoubtedly have to wake up at least once (or quite a bit more) to head to the bathroom. Getting back to sleep is never guaranteed.

In fact, it offers a perfect opportunity to worry about all the things you were too busy to worry about during the day. So what's a body to do?

I have discovered my own remedies for these common problems of aging, and while they won't take away pain or help you to sleep, they might improve your mood for a few minutes. Luckily, there is no data to support these guidelines, since our current government has demonstrated how important it is to avoid data rigidity. So...

**COMPLAIN:** Complain first to your friends and acquaintances at Kimball Farms, most of whom have similar problems. They will feel empathetic

about your problems and are likely looking for a good audience to talk to about their own. You can also complain to anyone who is paid to offer service—staff, hairdressers, check-out people at the grocery store, etc. because they are forced to listen to you whether they want to or not. If someone asks you how you are, don't say *FINE*. Tell them how you *really* are, and in great detail.



Illustration by Charles Bonenti

**FEEL SORRY FOR YOURSELF:**

No one else will do this for you because they are too busy feeling sorry for themselves. It's another version of loving oneself. It is important because it is only too easy to be angry at a troublesome body, but anger will only make the situation more troublesome. Better to treat it well by feeling sorry for yourself.

**DISTRACT YOURSELF:** Watch a lot of TV and read murder mysteries. Why should you have to feel what you are feeling? Better to do anything you can to avoid what is going on.

**AVOID HEALTHY PEOPLE:** The reasons are obvious. If you watch your friend jogging for three miles while you can barely walk to the dining room, you are bound to have some negative feelings. You need to surround yourself with people who are suffering as much as you are.

**BE YOURSELF.** Don't pretend to be a positive person. Allow yourself to be as negative as you really feel so that people will admire your authenticity.

Pardon me, I must stop now; my back is killing me and I have to take a nap. I'm feeling awful; I'm sure you understand.

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*I have discovered my own remedies for these common problems of aging.*

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# The Contessa of Cooking Tells All

By **Mary Misch**  
Observer Columnist

INA GARTEN'S recent bestselling memoir, *Be Ready When the Luck Happens*, has recurring themes of love and trust. Her accomplishments in the fields of publishing and television as The Barefoot Contessa make up only part of Ina's story. All of it is told in the breezy, friendly manner familiar to anyone who has ever heard her speak. Black-and-white photos throughout fill in the visual record. Our library has this book.

The book's prologue gives delicious glimpses of the teenaged Ina Rosenberg and her Dartmouth College boyfriend, Jeffrey Garten. The first chapter jumps abruptly to Ina at age 30, married to Jeffrey for 10 years, and both holding responsible jobs in Washington, D. C. She reads in *The New York Times* a classified ad offering a "Catering, Gourmet Foods & Cheese Shoppe... In the Hamptons." Jeffrey supports Ina in exploring this opportunity. By the start of summer, she is the new owner of the business in Westhampton, N. Y., called The Barefoot Contessa.

The balance of the book comes in chronological order. We see Ina and her older brother strictly brought up by a surgeon father and a nutritionist mother in Connecticut. In high school, Ina wins two top science awards, one for an A-Maze-Ing Mice project. With early acceptance at Syracuse University, Ina becomes an economics major. Jeffrey, with an ROTC scholarship, faces four years of army service, and he casually presents to Ina the prospect of becoming an army wife. She tells her friends, "I think I'm engaged." Her parents give in to the idea, and after a proper wedding and an island honeymoon, she says, "Jeffrey reported to the base to con-

tinue his jungle training, and I went back to Syracuse to take my finals." With limited cash, she took on "my first foray into the food business." Selling purchased doughnuts at a markup to other students, Ina "learned something about unit pricing and profits, which I filed away for the future."

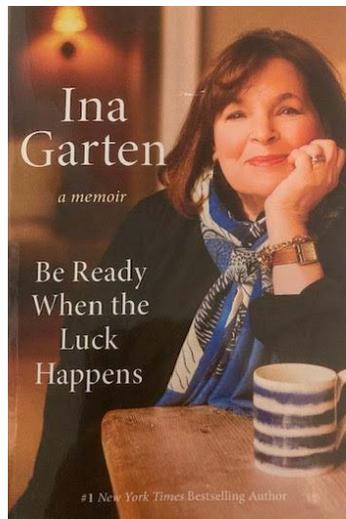
Joining Jeffrey in North Carolina near Fort Bragg, Ina plunges into cooking and entertaining.

As a paratrooper and a Green Beret, Jeffrey is next sent to Thailand.

Ina's only idea "was to move in with my parents in Stamford and finish college at a local university." That accomplished, she rejoins Jeffrey in Bangkok. They finish his service tour in Colorado. With six months before his graduate studies, they embark on a camping tour of Europe. Here the book is given over to rapturous descriptions of the foods available in street markets, to be cooked in a tent on a budget of five dollars a day.

Washington life merges with Hampton summers for a good number of years. Ina develops her own cooking style, with repeated experiments resulting in her own set of rules. For one: "I don't think there should be more than three prominent flavors in any recipe." Ina's business shifts to East Hampton, until it suits her to sell it to her key staff. Then begin the 13 cookbooks and numerous TV seasons by which she is known.

When *The Barefoot Contessa Cookbook* provides Ina with money to spare, Jeffrey urges her to pursue their youthful dream to have a home in Paris. She accomplishes this, and much more, while he continues a worthy career in government, finance, and education. Their lifestyle today merges New York and Paris and the Hamptons, with plenty of fine dining. As Ina would say, "How hard could that be?"



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## February Trips

**Friday, February 6**      **Bus at 9:30 am**

Breakfast at Ozzie's Steak & Eggs  
w/ride to Williamsburg General Store

**Tuesday, February 10**      **Bus at 10:30 am**

Clark Art Museum  
Williamstown

**Friday, February 20**      **Bus at 12:30 pm**

*Titanic: An Immersive Voyage*  
Armory Studios, Schenectady, N.Y.

**Tuesday, February 24**      **Bus at 6 pm**

"Let's Eat Out"  
Frankie's Restaurant

**Friday, February 27**      **Bus at 5:15 pm**

Hevreh in Great Barrington

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## *Birthday Wishes*

**Twenty-five residents have February birthdays.**  
There is a 35-year spread between the youngest and oldest celebrants.

February birthdays belong to: Bridget Connolly, Herbert Hodos, William Ryan, Bruce Bernstein, Steve Blanchard, Nelli Van Batavia, Amy Sample, Jane Shea, Ruth Bemak, Suzanne Daignault, Alan Hoffman, Eugene Leibowitz, Claire Williams, Dorothy Mandel, Linda Griffin, Nancy Haase, Joan Kadin, Betty Simmons, Elaine Sabatelli, Joanna Strauss, Reed Hand, June Ann Mason, Peter Strauss, Lita Moses, and Irene Goldman-Price.

*Happy Birthday to each of you!!*




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## February Events

**Monday, February 2 • 7 pm**

Speaker Series  
Auditorium

**Friday, February 6 • 7 pm**

EdanSe Valentine's Dance, demo and lesson  
Auditorium

**Sunday, February 8 • 6 pm**

Super Bowl Party  
Auditorium

**Wednesday, February 11 • 11 am**

Sewing Workshop with Deborah Carter  
Limit of 8; beginners welcome  
PH Art Room

**Wednesday, February 11 • 7 pm**

Olga Dunn Dance Company  
Auditorium

**Friday, February 13 • 10:30 am**

Valentine's Day Party w/KF Singers  
Auditorium

**Tuesday, February 17 • 7 pm**

Olga Vinokur, Pianist  
Auditorium

**Wednesday, February 18 • 6 pm**

Berkshire Camera Club  
PH Art Room

**Saturday, February 21 • 1:30 – 3 pm**

Recycling Fair  
Auditorium

**Wednesday, February 25 • 11 am**

Matt Tannenbaum, The Bookstore owner,  
sharing recommendations  
Auditorium

**Thursday, February 26 • 7 pm**

Peter Blanchette, ArchGuitar  
Auditorium

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# Dogs in Togs

## Residents Dress Pooches to Suit the Weather

Photos by Charles Bonenti



**LUCY** lives with Bridget Connolly. A mixed terrier, 3, she wears an insulated coat with the same silver outer-layer fabric used by astronauts.



**STELLA** lives with Lisa Gamble. A Boston terrier, 2, she wears a knitted coat indoors and a blue denim reversible outside.



**FINLAY** lives with Nancy Jones and Gilbert Schrank. A Cairn terrier, 7, he wears this fleece tartan with a reversible waterproof lining.



**LITTLE BEAR** lives with Joan Barrett. A Labrador retriever, 8, he sports a cable-knit sweater for cool weather walks.



**KIWI** is lives with Carolyn Vandervort. A Yorkie, 4, she wears a down coat with a hood on outdoor walks and a pink sweater indoors.



**CHARLIE** lives with Linda Griffin and Freling Smith. A beagle mix, 14, he sports a fleece-lined, faux-fur-collared coat with a pocket for treats.