

## Pizza for a Perfect Super Bowl Party

Well, the Pats didn't make it to the Super Bowl this year, but you can be guaranteed that Super Bowl XLIV in Miami will be one for the ages. Whether you're throwing a huge bowl bash for all of your friends, or just watching with the family, try out the General Store's made-to-order pizza for a quick, delicious, and nutritious Super Bowl meal. **Order by Friday, February 5, for pickup on Sunday and get an extra topping or a free 2-liter soda for every pizza you order!** For our menu, visit [www.newsalemgeneralstore.com/NSGS\\_Pizza\\_and\\_Deli\\_Menu.pdf](http://www.newsalemgeneralstore.com/NSGS_Pizza_and_Deli_Menu.pdf).

Also, check out our sidebar here for our February wine, beer and spirits tastings, catered once again by the talented chefs of New Salem-based Harvest & Home Food Co. (see their column on Page 2). See you soon!

*Rick*

Rick Oliver, Proprietor

**Local Author Spotlight:**  
**Michael Tougias**

**"I'm a little bit amazed that an ordinary person can do something so difficult, and out of curiosity I want to learn, 'How did you do that?'"**

By Jake Ware

This month, we sat down with local author Michael Tougias. Not only has Tougias authored 19 books, covering a wide variety of topics, but the New Salem General Store offers all 19 of his books, already autographed. We covered his best sellers in this area, as well as the lessons learned from the topics he covers. For more information, visit Michael's website at [www.michaeltougias.com](http://www.michaeltougias.com).

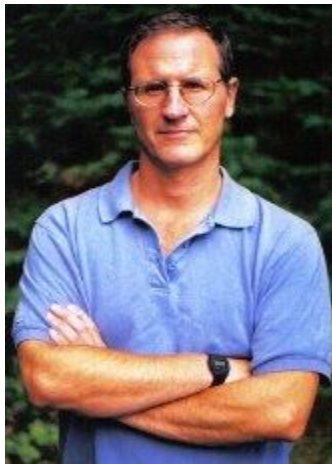
**Do you primarily write survival stories?**

Actually, only my last few books were about survival. Prior to that, a lot of books about the outdoors, and history, New England history. I actually combine those two topics with a book about the Quabbin. It's called, *Quabbin: A History and Explorer's Guide*.

**So you must be familiar with this area. Did you grow up around here?**

Yeah, I grew up in Springfield, Mass, and spent many years hiking though the Quabbin.

*(continued on page 2)*



## News & Events

**Wine Tasting**  
**Thursday, Feb. 11**

**4:30-6:30pm**

With Valentine's Day right around the corner, we're tasting Italian dry red wines by Carpento Wines. Come by for a taste – and be sure to pick up a bottle or two of these romantic wines to share with your sweetheart.

**Beer Tasting**

**Berkshire Brewing Company**  
**Berkshire Mountain Distillers**  
**Thursday, Feb. 25**

**4:30-6:30pm**

Come try a variety of BBC brews, plus the new line of spirits from BMD, including rum, gin, vodka and corn whiskey. Plus, Apple Ice Wine from Still River Winery in Harvard, MA.

**Both tasting events will be catered by Karen Powers & Lisa DeWitt of Harvest & Home Food Co.**

**Winter Hours**

Monday-Saturday 6am – 8pm

Sunday 7am - 6pm

## Valentines Day Feb 2010: Keeping a Heart-Healthy Kitchen

By Karen Powers

Harvest & Home Food Co.

I suppose I could talk to you about good fats and bad fats, sugar, salt, caffeine and all the rest but I would rather talk to you about the kitchen being a place where the



heart can create and easily send out the intention of love through food. Food is an essential element in our lives, we need certain nutrients to thrive, but beyond the science of survival is the art of food and

beyond the art is the spiritual nature of the offering – whether it be at a community pot luck or half of the last Twinkie. When we make an offering of food we are offering the very essence of love. [www.HarvestAndHome.blogspot.com](http://www.HarvestAndHome.blogspot.com)



### Local Author Spotlight: Michael Tougias (continued from Page 1)

#### How has your research changed over time, with the Internet? Do you still like field research?

I like to be on the scene and interview people face-to-face, and use a tape recorder if I can. I research and track people down on the Internet. A lot of conversations are with Coast Guard people who were involved in the rescues; I try to get down to the scene of where it happened, unless it's way, way out at sea. For me, the research is actually the most fun part of the whole project. The writing is tough and promoting the books can be difficult too, especially now where so many newspapers are in trouble. For every book, I put the book into a slide program and different organizations will hire me to do a presentation. For example, I do one on the Quabbin reservoir, and one on *Ten Hours Until Dawn*. And that way, the audience can live through that experience. I use the presentation to tell the story and I just developed a new one. This is for small-firm businesses and associations; it's a Powerpoint program about everything I've learned from survivors that we could all use when faced with a difficult situation.

#### What is it about survival stories that are attractive to your readers and yourself as well?

I'm a little bit amazed that an ordinary person can do something so difficult, and out of curiosity I want to learn, "How did you do that?" and "What were you thinking?" and "How did you keep going?" In some cases, the survivors do have some common mindsets and techniques, so those are the things I'll talk about in the Survival Lessons Program. It's a lot of hard work but very gratifying when you get all these people's different stories, you know, for one incident, and put it all together for a book.

#### Does your research ever give you an "a-ha" moment where the story all clicks?

Not really, to be honest, it all just comes early on when I hear the story and I know that there's enough to sustain a book or short stories or magazine articles. It's rare to come across a story so complex and interesting that it would make a good book. Knowing whether it's worthy of a book or magazine article happens early on. Lately, I've been working on a course called, "Get Published," and it helps writers who have book ideas – not so much their writing but tips on how to find the very best publisher because it is so difficult. The business aspect can be so difficult. This program I put on twice a year. I teach the course and give you the tips that we had to learn the hard way. I find it fun to help inspire other writers.

#### Why do you think your books sell so well at the New Salem General Store?

I hear every now and then that, because there are fewer bookstores now, and Rick does a great job and carries all 19 of my books, word gets out that, "Oh, you can get Tougias' book at the General Store." There's definitely impulse buying of my books going on. People go in to get a soda and say, "Oh, look, a book about the Quabbin."

#### Is that your best seller at the NSGS?

Yes, and then *Porcupine in the Outhouse*, which is a humor book about a cabin I own in Vermont, and *King Phillip's Indian War*, that sells well there too. They all tend to have a little local twist.

