



Hampton High Road

Take the high road, it is often the one less traveled

February 2016

The Hampton High Road is an unaffiliated, non-political publication. Our mission statement is "To pay tribute to the past, cherish the present, and celebrate the diversity of our community." We are dedicated to publishing material that will inform while promoting goodwill, tolerance, and Hampton's sense of community.

This e-mail publication is delivered monthly to all e-mail addresses in our data base. **To be added to our data base, please send us your e-mail address at hamptonhighroad@gmail.com. E-mail addresses will be kept confidential.**

If you have any news that you would like to share with the community, please submit it to our e-mail address. Ideas include birth, wedding, engagement announcements, obituaries, recipes, DIY and craft projects, old Hampton photos, special collections you may have, or things you want to "swap". Submissions will be included at the discretion of the Editorial Board and may be edited for space considerations.

Editorial Board: Anne Bladen, Jill Barton, Ben and Trudy Brockett, Joan Marquis, Violet Marquis.

Quote of the Month

There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right.

~Martin Luther King, Jr.



3rd Annual ...



Heart of Hampton

...a recognition of the Hampton resident who best embodies the spirit of giving, and love for their community in action.

Joan Feeny Fox



Joan Fox has a long history of dedication and service to the town of Hampton.

Many years ago, she belonged to the Hampton Players and performed in the play *Pirates of Penzance*.

More recently, Joan has served on the Democratic Town Committee and as the Democratic Registrar of Voters.

In keeping with Joan's love for and dedication to education, she has served on the Regional District 11 Board of Education, and currently is a member of the Hampton Elementary School Board of Education. Joan is always ready and willing to serve her community.

Joan was born on May 29, 1941 in Providence, Rhode Island, the only child of Marion LaBelle and Harold Feeny.

Joan attended St. Patrick's Elementary School and St. Patrick's High School, both in Providence.

After Joan graduated in 1959 from St. Patrick's, she joined the Religious Sisters of Mercy Convent in Providence, Rhode Island. While there, she graduated from Salve Regina College with a Bachelor's Degree in Math. She became a teacher, and taught at Fall River, MA.



She left the convent in 1969, after 10 years there. She recently published a book, *Fifty Shades of Black and White*, which tells her story of life in the convent.

Joan married Jim Fox in 1970, and he passed away in 2012. Jim had two brothers.

Joan and Jim had two children, Meghan and Timothy. Meghan lives in Wilmington, MA, with her husband, Quinn Jones, and two daughters, Adele and Bronwyn. Tim lives in Mount Airy, Maryland, with wife Kelly and two sons, Damien and Killian.

After Joan left the convent, she began teaching Math at Mansfield Middle School, in Mansfield, CT. She taught there until 1996.

Joan and Jim lived at Foster Drive in Mansfield until purchasing their home in Hampton in 1972. They saw the house in an advertisement in the Willimantic Chronicle. The Real Estate agent brought them to see the home; as soon as they turned onto Cedar Swamp Road, Joan knew that it was the house she wanted.

Joan recounted a couple of adventures that happened when her children were little.

On one occasion, Meghan and Timothy decided to run away from home. They left with their small red wagon and items for their trip – underwear and peanut butter. They made it to Main Street before they were found and returned home.

Another time, neighbor Leon Berard came to Joan's door to tell her that her son, Timmy, was on the porch roof. In disbelief, Joan ran upstairs to find that Meghan had thrown a toy out the window onto the porch roof, and Timmy had climbed out to get it.

Later, Joan taught her grandchildren to ride their 2-wheel bikes in the parking lot of Our Lady of Lourdes Church.

The couple moved to Florida in 1978 so Joan could attend Florida State University for Curriculum Design. They returned to Connecticut in 1980, and returned to teaching at Mansfield Middle School.

After Joan retired from Mansfield Middle School, she went to Tarrytown, NY, to teach at Hackley School, a private school for grades K-12. While there, Joan taught Math in grades 4th through 10th. Joan also chaperoned a high school group from Hackley to Greece, as part of an Ancient History class.

She retired from Hackley in 2007, and at that time a Hackley article said Joan was 'exuberance personified.' Student Conor Mook said enthusiastically. "She was a tough grader, but the way she explained stuff, you always did well." Of course, he couldn't resist teasing his beloved teacher about her Red Sox fixation: "I would always leave Yankees memorabilia all over her room," he recalls, "and then she would throw it in the trash!" But, he says, "she said she would give us a week of no homework if the Red Sox won the World Series and she did." Another student 'liked her Boston accent.'

Soon after leaving Hackley, Joan received a call from a friend, Julianne Puente. Puente, who was in Jordan, told Joan that a Math teacher was needed there. So Joan went to teach at Kings Academy in 2010 and 2011. Joan loved Jordan, and if not for missing family, she probably would have stayed there.



Joan is a past President of Teachers of Math in Connecticut. She has received numerous awards including the Woodrow Wilson Fellow at Princeton, and the Mary Lambos Chair for Excellence in Teaching and the Parents Chair for Excellence in Teaching, both while she was at Hackley.

Joan has been an avid traveler. Her son, Tim, was in the Peace Corps in the Ukraine for two years, and Joan visited him there. They traveled to Poland, as well, during her trip.

While Tim was in high school, they hosted an exchange student from Finland, and Joan later visited him there.

Joan traveled to Ireland with a 6th and 7th grade trip, and to France with a friend. She went to Italy and Spain with her sister-in-law. And in addition to Jordan, she has also traveled to Russia, Israel, and Turkey.

Also a New England Patriots fan, she took a Patriots cruise. She saw six retired players on the trip, including Kevin Faulk.



At the moment, Joan is making a twin sized quilt for her granddaughter Addy's bed. She has the fabric and pattern ready to create one for Bronwyn, as well.



Quilt Joan is working on for her granddaughter.



Another of Joan's quilted creations.

Joan enjoys gardening, reading, quilting, hiking, traveling and most of all, spending time with her family. ~



Scene Around Town



Twins arrived at the Fuller/Gluck farm in early January. They and their mom have been enjoying the mild winter weather.



The Hampton-Chaplin Ambulance responded to a two car accident in Chaplin (above) and a car versus two horses and a pony (below).



HAMPTON HAPPENINGS



Fletcher Memorial Library

Librarian Musings

I'd like to share some interesting facts, generally unknown, about Theodor Seuss Geisel, better known as Dr. Seuss:

- The Cat in the Hat was written when the author was asked by his publisher to write and illustrate a children's primer using only 225 "new reader" vocabulary words.
- At the time of his death on September 24, 1991, the author had written and illustrated 44 children's books. His books had been translated into more than 15 languages, and over 200 million copies had been sold around the world.
- When asked his formula, the popular author replied, "logical insanity".

Over half a century ago, Dr. Seuss made learning to read an adventure. He made reading aloud something parents could enjoy as well.

February Events

Take Your Child to the Library Day - Saturday, February 6th 9:00 a.m. – 3:00 p.m.

Check out your local library. Fletcher Memorial Library invites the community to visit our beautiful library. A love of reading and books starts with pictures, stories & rhymes, which even the youngest children will enjoy; and Take Your Child to the Library Day is a great excuse to drop by.

Valentine's Day Card Making – Saturday, February 13th 10:00 – 11:00 a.m.

Come to the library to make a Valentine's Day card. All ages are welcome!

Dr. Seuss's Birthday/Read Across America is on March 2nd. We will be celebrating in the library on **Saturday, February 27th from 10:00 – 11:00 a.m.** with Dr. Seuss stories, a craft, a birthday cake, and a visit from **The Cat in the Hat in person**. He will be available for pictures, and an autograph.

Coloring for Adults – Experience the stress-reducing and meditative benefits of coloring. Unwind with creative coloring at the library. Coloring sheets and pencils will be provided, but feel free to bring your own. Free drop-in program. For more information, please call 860-455-1086.

New books

Lots of good new adult fiction, including work from two Nobel Prize winners (Pamuk Orhan and Patrick Modiano), plus new novels from Mary Gaitskill and David Mitchell and a host of thrillers and mysteries. New Juvenile work, too.

Adult Fiction

Mary Gaitskill	The Mare
Elizabeth George	A Banquet of Consequences
Tess Gerritsen	Playing with Fire
W.E.B. Griffin	Deadly Assets
John Grisham	Rogue Lawyer
John Irving	Avenue of Mysteries
Iris Johansen	Shadow Play (Eve Duncan)
Jan Karon	Come Rain or Come Shine
Faye Kellerman	The Theory of Death (Decker/Lazarus)
John Land	Strong Light of Day (Caitlin Strong)
Anthony Marra	The Tsar of Love and Techno (stories)
Davit Mitchell	Slade House
Patrick Modiano	So You Don't Get Lost in the Neighborhood
Stewart Neville	Those We Left Behind
Pamuk Orhan	A Strangeness in My Mind
Douglas J. Preston	Crimson Shore
Nora Roberts	Stars of Fortune
Jane Smiley	Golden Age
Nicholas Sparks	See Me
Adriana Trigiani	All the Stars in the Heavens
Stuart Woods	Foreign Affairs Large Print
David Mitchell	The Thousand Autumns of Jacob de Zoet

Non-fiction

Dors Kearns Goodwin The Rivals
Jon Katz The Second Chance Dog
Chris Matthews Tip and The Gipper
Michael Paterniti The Telling Room
Eric Schlosser Command and Control

Juvenile Books

Andrew Clements Because Your
Grandparents Love You (picture book)
R.J. Palacio Auggie and Me (short
stories)
Eric Carle Very Hungry Caterpillar

Parish Hill Middle/High School



Empty Bowls Fundraiser

Parish Hill Middle/High School is preparing for the annual Empty Bowls supper that is held in the spring. Residents are invited to help by making bowls during the winter.

To sign up for a time, please contact Mrs. Govoni at ggovoni@parishhill.org or 860-455-9584 ext. 405, or Mrs. LaRose at mlarose@parishhill.org or 860-455-9584 ext. 107. There will also be walk-in opportunities to create bowls with Mrs. Govoni on Wednesdays, starting in January, from 4 pm to 7 pm.. There is a Parish Hill newsletter for parents and guardians. If you aren't getting one, please email Parish Hill with your name and email address to newsletter@parishhill.org.

Middle School Bingo Fundraiser

The Parish Hill Middle School students are selling tickets to a Foxwoods Bingo Fundraiser and everyone is welcome to come! Friday February 19th, 2016 at 6pm. Tickets are \$15 each. Please contact Kathy Freed at 860-245-2343, katfreed@yahoo.com if you are interested in attending. Your ticket purchase will benefit the Parish Hill Middle School Washington DC trip. Thank you for your support.

You can contact Mr. Yeo, too, at 860-455-9584 x427.

Upcoming Schedule

2/11 Early Release, NEASC
2/12 No School, Professional Development
2/12-15 Canada Trip – Winter Carnival
12/15-16 No School, Winter Break
2/18 Middle School Sports Awards 6pm
2/19 Bingo Fundraiser at Foxwoods 6pm
Empty Bowl: Make a bowl. To sign up contact Mrs. Govoni at ggovoni@parishhill.org or 860-455-9584 ext. 405 or Mrs. LaRose at mlarose@parishhill.org or 860-455-9584 ext. 107.



Our Lady of Lourdes Church

OUR LADY OF LOURDES CHURCH ANNUAL AUCTION

Coming up the end of March or beginning of April. We are looking for quality items for consignment Or for donation. If you have any items that you have been wondering how to get rid of, now is your chance. This will be our 4th auction and we have had great success for our church and for our consigners.

The gist of how it works is the consignor gets 75% of the sale price and the church gets 25%. If you sold at an auction house they would get the 25% or more. We do not except tag sale items, modern clothes, stuffed animals or toys that cannot be washed. We do not put reserve prices on items. Mayor Ernie Eldridge and his crew will be doing the auctioneering honors again. For more information please call Naomi Ayotte at 860-208-2273.

Hampton Republican Town Committee

There will once again be a Super Bowl Sunday Grinder Sale on **Sunday, February 7th** to benefit the town of Hampton's Emergency Fuel Fund, sponsored by the Hampton Republican Town Committee (HRTC). All contributions to the fund are tax-deductible.

Last year, this effort brought a total of over \$2,700 to the Fuel Fund between the grinder sale proceeds and donations. Your generosity is much appreciated!

This year, we are offering a choice of turkey, ham, salami and veggie grinders at the same price of \$7 each, or you can elect to have a whole wheat or gluten-free wrap instead! Each grinder or wrap comes with provolone, lettuce and tomato; veggie grinders also have cucumbers, shredded carrot, red onion and red pepper, and optionally, hummus!

They will be available for pickup from the Hampton Community Center lower level from **1-3pm on Super Bowl Sunday, February 7th**. Ingredients will be provided by Bob's Windham IGA. All proceeds from this fundraiser will be directed to the fuel fund which is restricted to helping Hampton households in need of fuel assistance.

Although the price of oil has dropped recently, tough financial times continue for our less fortunate town residents, and many of them do not heat with oil. If you would like to support this worthy cause, please order a grinder/wrap or two, or consider a tax-deductible donation. A portion of each grinder/wrap ordered is also tax-deductible.

Checks should be made payable directly to the Town of Hampton, with "fuel fund" noted, and mailed to Town of Hampton, PO Box 143, Hampton, CT 06247, or dropped off at the Hampton Community Center on Super Bowl Sunday, 2/7, from 1-3 pm. All donations can be acknowledged upon request with a receipt for tax purposes, and will be forwarded to the Town.

PLEASE NOTE: checks for grinders/wraps or donations to the fuel fund should be made payable to the Town of Hampton. Any check made out to the Hampton Republican Town Committee will be considered a contribution to the Committee and is NOT tax-deductible.

Orders for grinders can be made by calling 860-455-9864 or via return email to

hrtc063@hotmail.com, and will be accepted until the morning of Wednesday, February 3rd.

Please provide the following:

Name

Address

Phone# (so we can call to remind you to pick up your grinder/wrap if you forget!)

What you'd like to order (turkey, ham, salami, veggie) and how many of each

On grinder roll or wrap? If wrap, what type (whole wheat or gluten-free)

If veggie, hummus desired?

Thank you again for your generous support of this cause!



PFLAG Hampton

**Hampton Community Center
178 Main Street, Hampton, CT
Third Tuesday of Every Month
6:30 pm**

Several members of Hampton PFLAG will be attending the 23rd Annual True Colors Conference at the University of Connecticut on March 18. The True Colors Conference is the nation's largest and most comprehensive lesbian, gay, bisexual, transgender and ally (LGBTQA) youth concerns event. Hampton PFLAG was also able to provide scholarships for 6 students from Parish Hill High School to attend. For more information go to www.ourtruecolors.org.

If you are interested in volunteering with PFLAG, you can attend a meeting, which are held on the third Tuesday of each month at 6:30 PM at the Hampton Community Center. You can also contact Trudy Brockett at PFLAGHampton@gmail.com.

Joshua's Land Trust

Joshua's Trust Winter Walks

Just forming now is a Joshua's Trust Winter Walking Group. This group will take guided walks on different JT properties, giving about a one week's notice via email, allowing

adjustments for weather predictions regarding temperatures and amounts of snow. If interested please email Marcia Kilpatrick, at kalmia1234@gmail.com. Include how often you might be interested in walking and indicate your preference for weekends, weekdays or have no preference.



Hampton-Chaplin Ambulance Corps

The Hampton-Chaplin Ambulance responded to 36 calls for service during the month of January.

Chief Ben Brockett and Treasurer Trudy Brockett recently became certified American Heart Association CPR Instructors. If you are interested in hosting or attending a CPR Class, contact Ben Brockett at 860-455-9149.

Hampton Fire Company



Eight year old Dorian Murray, of Rhode Island, has terminal cancer. His wish is to be famous.

"I'm just thinking before I go to heaven to try to be famous as much as I can," Dorian said.

In attempt to make that wish come true, people all around the world are photographing themselves hold signs saying "D-

Strong" in honor of the boy. The Hampton Fire Company added their photo to the campaign.



Programs at the CONNECTICUT AUDUBON SOCIETY

Grassland Bird Conservation Center

**218 Day Road, Pomfret Center, CT 06259
(860) 928-4948**

Trail Wood Writer and Artist In-Residence

Prose Readings & Art Exhibit

Sunday, Feb. 7, 2-4 p.m. at the Center, 218 Day Rd. in Pomfret.

Free. Exhibit through March 30.

Owl Walk

Saturday, Feb. 20, 7 p.m.

Join our Sanctuary Manager in search of wintering owls. We will attempt to find screech, barred, and great-horned owls. In years past saw-whet and long-eared owls have also been observed. Most calling will be conducted from the road. Program cancelled due to bad weather (rain, snow, high winds). Cost: \$5 CAS members/ \$10 non-members.

Monthly Bird Walk

Thursday, Feb. 18, 1 p.m.

Join Andy Rzeznikiewicz in search for wintering bird species. We will look for horned larks, ducks, hawks, sparrows, yellow-bellied sapsuckers and more. Cost: \$5 CAS members; \$10 non-members.

Wednesday Noon Walks

Feb. 3 through Feb. 24, Noon

Join Connecticut Audubon Society volunteers for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Cost: Free to CAS members; \$3 non-members.

Creativity through Construction (ages 7 and up)

Saturday, Feb. 27, 10-11 a.m.

Saturday, March 26, 10-11 a.m.

Led by longtime center volunteer and educator, Kathleen Hart, children will be explore the fun and imagination that comes with architecture and construction. Activities will be oriented

around bridges, tunnels, and other building structures. This is a great STEM (Science, Technology, Engineering and Math) enrichment program. Registration required and limited to 10.

CAS members \$7 per child per session; non-members \$14 per child per session.



THEY ARE BACK!!

Thursday Morning Walks

Feb. 4 through Feb. 25, 8:30 a.m.

Are you a morning person interested in getting out on the trails in the quiet beauty of the early day? Consider coming out for guided walks on the sanctuary with our longtime volunteers who will explore and search for animal tracks and sign along the way.

Free to CAS members; \$3 non-members

After School Nature Club

February Session – Grades K-6

Thursdays, Feb. 4, 11, 18, & 25

www.ctaudubon.org/center-at-pomfret for info and forms. Cost per session: \$40 CAS members; \$50 non-members.

Wildlife Tracking and Monitoring Winter Schedule

Become a Citizen Science Volunteer Wildlife Monitor by attending training and monitoring hikes offered throughout the year. Full training is six hikes; participants select hikes that suit their schedule. Registration is required. Hikes subject to change due to weather. Training fee per hike: \$50 CAS members/\$60 non-members.

Training Hike, location TBA

Saturday, Feb. 6, 9 a.m. to 3 p.m.

Training Hike – location TBA

Saturday, Feb. 20, 9 a.m. to 3 p.m.

Woodstock Monitoring/Training Hike

Saturday, March 5, 9 a.m. to 3 p.m.

For more info, contact

Citizen Science Coordinator at paulacoughlin@charter.net.



Programs at TRAIL WOOD

93 Kenyon Road, Hampton, CT 06247

860-928-4948 www.ctaudubon.org

Second Sunday Walk

Sunday, Feb. 14, 2 p.m.

Clear your head with the quiet of Trail Wood. Caretaker, Vern Pursley will guide you along the trails. Take a few hours to get away from it all and soak up winter's beauty. Cost: CAS members free; non-members \$3.

Full Moon Walk

Saturday, Feb. 20, 7 p.m.

Trail Wood takes on a magic all its own under the moonlight. Consider a winter evening walk under the stars. You will not be disappointed. Cost: CAS members free; non-members \$3

After School Nature Club

February Session – Grades 1-6

Wednesdays Feb., 3, 10, 17, & 24

www.ctaudubon.org/center-at-pomfret/trail-wood for info and forms. Cost per session: \$40 CAS members; \$50 non-members.

Sunday, Feb. 7, 2-4 p.m.

Bring your favorite Teale passages to read, share and discuss. Join caretaker Vern Pursley in the Trail Wood Museum. Crackling fire, coffee and tea provided. RSVP to vernpursley@gmail.com.

Free - Donation always appreciated.

Edwin Way Teale & the Literary Character of Trail Wood

The Writer's Workshop Series

Sunday, Feb. 21, 2-4 p.m.

Alison Davis, author and close friend of the Teales will lead an indoor and an outdoor winter writer's workshop. This one in a seasonal series emphasizing the literary character of Trail

Wood where E.W. Teale wrote so many of his books. Preregistration required as location TBD. Cost: \$10 members; \$20 for non-members

SAVE THE DATE

Stroll, Story, Stew and Song

Sunday, February 28



James L. Goodwin Conservation Center

Snowshoeing

Sunday, February 7th

1:00pm-3:00pm

Snowshoeing dates back to 6,000 years ago when it was used by Inuit ancestors to migrate from Asia to North America. One of the most ancient forms of transportation, snowshoeing has now developed into a winter sport loved by many. Join Naturalist Emma Lorusso and see the winter landscape in a new way—above the snow! Both beginners and experienced snowshoers welcome. **A limited amount of snowshoes are available to borrow upon request**, we have both adult and children's pairs. To reserve a pair, please contact the Goodwin office.

Forestry For Landowners: Introduction

Thursday, February 11th

10:00am-12:00pm

REGISTRATION REQUIRED

The Goodwin Conservation Center will host the introductory program of the Forestry For Landowners Discovery Series. This will be the first of several sessions discussing basic forestry concepts and skills used in Connecticut. The woodland backdrop to life in our state is often taken for granted. However, it was shaped from human activity as far back as the Native Americans. This program will explore how Connecticut came to be nearly 60% forested and how foresters from the time of James L.

Goodwin to modern day have helped shape and protect this valuable resource. All are welcome to this indoor program. Inclement weather postpones, call for more information.

Snow Buddies

Monday, February 15th

10:00am-12:00pm

Through games and activities Naturalist Emma Lorusso will teach how snow and ice is formed. Then we will have our own fun in the snow! Depending on how much snow has formed, we may make an igloo, have snowball fights, build snowmen or play footprint tag! And no snow-time adventure would be complete without hot cocoa, which will be provided. Come join in on the fun! **Dress appropriately:** 2 pairs of wool socks, snowpants, waterproof jackets, waterproof gloves, extra clothes etc.

BYOS: BRING YOUR OWN SLEDS AND OTHER SNOW TOYS TO SHARE.

Snowshoeing

Wednesday, February 17th

1:00pm-3:00pm

Snowshoeing dates back to 6,000 years ago when it was used by Inuit ancestors to migrate from Asia to North America. One of the most ancient forms of transportation, snowshoeing has now developed into a winter sport loved by many. Join Naturalist Emma Lorusso and see the winter landscape in a new way—above the snow! Both beginners and experienced snowshoers welcome! **A limited amount of snowshoes are available to borrow upon request**, we have both adult and children's pairs. To reserve a pair, please contact the Goodwin office.

Bluebirds

Saturday, February 20th

10:00am-12:00pm

REGISTRATION REQUIRED

\$10 per box (non-members) / \$3 for Friends of Goodwin

Get an introduction to the beloved bluebirds with Naturalist Emma Lorusso and Master Naturalist graduate Ed Boisits. Bluebird populations were on the decline since the late 1800s, but are making a comeback, partially due to the increased amount of bluebird boxes that

have been built and set up by people! Join us to learn about basic bluebird behavior including breeding, competition, diet and migration. Following this talk you will have the chance to build your own bluebird box to take home.

Please register with how many boxes you would like to build. Registration limited.

Senior Walk

Wednesday, February 24th

10:00am-12:00pm

These are easy to moderate and casual walks taken on forest trails. These walks are a great opportunity to get outside, learn something new and maybe even meet a few new friends. These walks are very popular, and not just for seniors! All are welcome. Hiking sticks are available to borrow. Inclement weather CANCELS. Please call if the program is in question.

Gardening Workshop

Saturday Feb 27th

10:00am-11:30am

This workshop is intended for gardeners with several years of experience. It is designed to help answer specific problems that you may face in your gardens. We'll share best practices and gardening advice for this part of Connecticut. The February workshop will be a **discussion of flower gardening**. These monthly workshops cover a wide-range of topics, so please come with your questions, your expertise, and with your own stories of success or failure in your gardens.

Who Lives in the Snow?

Sunday, February 28th

1:00pm-3:00pm

We put away our shorts and t-shirts, and take out our sweaters and mittens, but how do animals get ready for winter? Join Naturalist Emma Lorusso and learn about hibernation, torpor and other ways that animals prepare for the winter. We will play games, participate in activities and a walk through the forest.

UConn Basketball Schedule

Women

2/3 Women v Tulane @ New Orleans TBA
2/6 Women v East Carolina @ Gampel 1pm
2/8 Women v S. Carolina @ Columbia, SC 7pm
2/14 Women v Temple @ Philadelphia 12 Noon
2/17 Women v Cincinnati @ Gampel 7pm
2/20 Women v E,Carolina @ Greenville, NC 6pm
2/24 Women v SMU @ Gampel 7pm
2/27 Women v Tulane @Gampel 1pm
2/29 Women v USF @ Gampel 7pm

Women's March Madness begins 3/4/2016

Men

2/4 Men v Memphis @ Memphis 9pm
2/7 Men v East Carolina @ Gampel 12 Noon
2/11 Men v Temple @ Philadelphia 7pm
2/13 Men v Tulsa @ Gampel 8pm
2/18 Men v SMU @ XL Center TBA
2/20 Men v Cincinnati @ Cincinnati TBA
2/25 Men V USF @ Tampa, FL TBA

Men's March Madness begins 3/10/2016

BEFORE AND AFTER



Photo c. 1920's

153 West Old Route 6





Freezin' For A Reason

Covenant Soup Kitchen Polar Plunge

It's that time of year for the 2016 Covenant Soup Kitchen Polar Plunge. Once again both Kevin and Bryan Letson will be taking part in raising money for the soup kitchen while taking a swim in the Willimantic River on a **February 6th**. The plunge will take place at Lauter Park, 115 Ash Street, Willimantic at **12:00 PM**.

The swim is at noon and they both look forward to it as they have done for the last few years. All the funds raised go directly to the Soup Kitchen and help provide hot, fresh meals and as well keep the shelves stocked for local families in need. This fiscal year the Covenant Soup Kitchen expects to serve more than 150,000 meals to those in need.

Besides the swim both Kevin and Bryan volunteer 8 hrs at the soup kitchen every 3rd Saturday each month. They help with food preparation, cleaning, dishes and serving. Any sponsorship is appreciated.

Donations are tax deductible and can be made out to the Covenant Soup Kitchen. **Mailing address for Kevin and Bryan is 117 Old kings Hwy Hampton Ct 06247**. The Plunge is February 6th at noon in Lauter Park.

Again, thank you for Your Support!

Look for the Polar Plunge Form before the games section.

When a poor person dies of hunger it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed.

~ Mother Theresa

Town Tidbit from Newspaper dated February 21, 1902: Entertaining Folk Lore from the Lips of Ebenezer Jewett.

Judge Griffin was a hard working, thrifty farmer. One spring day he and his hired man were weeding corn and worked continuously until after sundown, as the judge was anxious to finish. Noticing his hired man was hoeing the weeds and pulling the corn he demanded the reason for such actions. The man straightened up. "To tell the truth, Judge, I had got so 'moon-blind' that I couldn't tell the difference between corn and weeds," he said.

The Judge dropped his hoe: "If that's the case we had better go home. We have worked long enough for one day," he declared.

Farmers then worked on their farms all of the daylight, doing their chores when they could no longer work in the fields. Their motto was to never let the sun shine on the cows in the barnyard, but to have all chores done by sunrise. How hard must have been their lives, both farmers and wives, during the long, hot summer days.

Their food then consisted mainly of what they raised on the farm, and many of the old settlers here in town would go for months without buying anything for which they had to pay cash. Butter, eggs, and farm produce were exchanged for groceries. They lived well and were happy. Seventy years ago corn bread and 'rye 'n' injun' were more common than wheat bread; Johnny cakes baked on a shingle, in the fireplace; potatoes roasted in the ashes, - and they were good, too. Boiled puddings, pies, turnovers, delicious and rich are memories of my boyhood; also the huge fireplace, with the forelog blazing in front, lighting the room at night when the spinning wheels were brought out. Many families then had no light but the tallow-dip. Persons of my age can remember having glowed out and the tinder box was empty. It was not a pleasant experience on a winter's day. Friction matches were a great boon when they were introduced. ~



Good News in the Neighborhood

Birthdays

February 4	Michael Brockett
14	Mario Fiondella
14	Marjorie Newcombe
15	Paul Carbone, Sr.
17	Dave Demontigny, Jr.
21	Grace Bladen
23	Carol Kilburn
26	Jim Kilburn
27	Jessica Brockett
27	Barbara (Fitts) Cairns

* Our apologies for an error in last month's birthdays. January 28 was listed as Arlene Becker's birthday; it is actually Arlene Burr's birthday.

Pomfret School Honors

Emily Buell, Thomas Castle, and Gregory Rice, all of Hampton, were named to the Pomfret School High Honor Roll for the Fall, 2015 Semester. Abigail Castle was named to the Honor Roll for the Fall 2015 semester.

Quinebaug Valley Community College Dean's List

The following Hampton students were named to the Fall 2015 Dean's List at QVCC: William Lehoux, Trisha McNally, and Sydney Rodriguez.

Lasell College Dean's List

William Jones of Hampton was named to the Dean's List for the Fall 2015 Dean's List at Lasell College in Massachusetts.

University of Vermont Dean's List

Ian Lake of Hampton was named to the Dean's List for the Fall 2015 semester at the University of Vermont.

University of Connecticut Dean's List

The following Hampton students were named to the Dean's List at the University of Connecticut for the Fall 2015 semester: Tristyn Drake, Danielle Greene, Samantha Card, and Michael Brockett. Also named to the UCONN Dean's List was Mansfield resident Lucas Bladen.

Keene State College

Hampton residents Aeden Lake and Patricia Norton were named to the Dean's List for the Fall 2015 semester at Keene State College in New Hampshire.

February Trivia

Birthstone: Amethyst

Flower: Violet

Aquarius (January 20 - February 18)

Pisces (February 19 - March 20)

- February 1865 is the only month in recorded history not to have a full moon.
- Before 2002, Super Bowl Sunday was held the last Sunday in January, but since 2002 it is more commonly held the first Sunday of February.
- According to pagan beliefs, February is the time of the 'Ice Moon,'
- February is the period described as the 'Moon of the Dark Red Calf' by Black Elk.
- February has also been known as 'Sprout-kale' by the Anglo-Saxons because this is when kale and cabbage was edible."
- American Heart Month, Bird-Feeding Month, Black History Month, Canned Food Month, Cherry Month, National Children's Dental Health Month, Chocolate Lovers Month, Creative Romance Month, Grapefruit Month, Hot Breakfast Month, Potato Lovers Month, Return Shopping Carts to the Supermarket Month, and Snack Food Month are all celebrated in February.

Clevis Lock Pin

Ron Gluck lives on the Fuller Farm, and not long ago found a box of old Combination lock pin clevis devices in the barn.

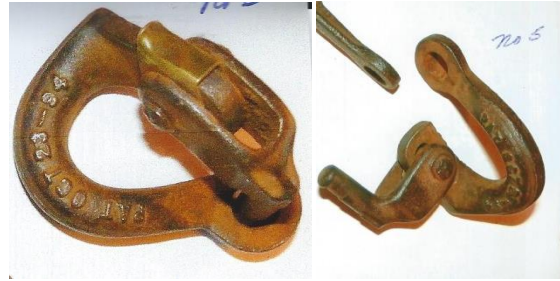
A **clevis pin** is a fastener that has a head on one end and a hole through the other end of the body for fitting a cotter pin through for locking. It is similar to what is now called a cotter pin.

From the Farm, Field, and Fireside, July 4, 1896: (Illinois Digital Newspaper Collection): NEW CLEVIS OR PATENT LOCK PIN. One of the neatest things in a clevis is the Combination Lock Pin, manufactured by the Cormany Manufacturing Co., 225 Dearborn St., Chicago. Its simplicity, strength, and durability are what recommend it to the users. This clevis can be attached and detached almost as quickly as one can snap a check into a bridle rein. It works very simply, but will stand the strain of two or three teams. The manufacturers have several illustrations of it in a circular which they will be glad to send to any one free upon request. To see this clevis means to be immediately impressed with its practicability and to want one. The manufacturers want agents to introduce them.

Town Tidbit from newspaper dated June 11, 1897: Mr. Harry Hammond Fuller is general agent for the Combination lock pin clevis. As it is a great improvement on the old style clevis no one will be sorry for calling to see and purchasing said article. Mr. Fuller's P.O. address is Hampton, Conn.



Clevis Lock Pin #2, close and open



Clevis Pin # 5, closed and open

LAND TRANSFERS

\$196,000

321 East Old Route 6

B. Michael P. Difazio

S. Joyce A. Fiondella

\$225,000

354 Hartford Turnpike

B. Hampton Belles LLC

S. BBKV Associates LLC

\$26,667

Pudding Hill Road

B. Ralph A. Scarpino

S. Phillip V. Scarpino

\$215,000

36 Windy Hill Road

B. Rachel Stimson

S. Tania M. Archambault



Manny & Tanner— A Dog's View of Life

Dogs don't rationalize. They don't hold anything against a person. They don't see the outside of a person but the inside of the person.

~ Cesar Millan

News from Parish Hill Middle/High School Winter 2015 Newsletter

Parish Hill Four Year Graduation Rate is State's Best

The Parish Hill High School Class of 2015 has been identified by the State Department of Education as having a 100% graduation rate over four years. The 2015 Four Year Cohort Graduation Rates have just been released by the state. The rate is calculated by tracking an individual student based on their entrance into a particular graduating class in Grade 9. The students are then tracked through graduation with a regular high school diploma in four years or less. This means that every student in this count graduated on time and there were no dropouts during the entire four year cohort period!

SAT Scores Continue to Impress

The Class of 2015 continued its impressive accomplishments, with three students – Melissa Allen, Samantha Card, and Jedidiah Sprague earning combined scores of 2100 or above. Furthermore, another eight students scored in the 1800, 1700, and high 1600 range. The class of 2015's best scores exceeded the national and state averages in all three categories: Critical Reading, Math, and Writing.

Advance Placement Test Scores and Student Participation Show Impressive Gains

Approximately 45% of the Class of 2016 and 35% of the Class of 2015 took Advance Placement (AP) Exams during last school year. AP courses are rigorous, college-level courses designed to challenge students with college level thinking and learning. Parish Hill AP scores continue to rise each year. For example, 100% of all *AP Calculus BC* students earned a passing score of "3", with 50% earning a "5," the highest score possible. Likewise, 100% of all *English Literature and Composition* students earned a passing score of "3," with 38% of test takers earning a "4" or "5" score. Our goal is to

continue this upward path in both outcomes and participation. Kudos to our AP students!

2015 Fall Sports Awards

High School Boys Soccer

MVP	Henry Tiemann
Coaches Award	Jacob Clark
Most Improved	Thomas Lehoux
Scholar-Athlete	Kyle Jacobson

High School Girls Soccer

MVP	Jaida Davis
Coaches Award	Hannah Meister
Most Improved	Shaunali Rivera
Scholar-Athlete	Lydia Kinzer

High School Boys Cross Country

MVP	Cory Harrington
Coaches Award	Skyler Sears
Most Improved	Peter Leal
Scholar-Athlete	Cory Harrington

High School Girls Cross Country

MVP	Sabrina Chesters
Coaches Award	Kelsey Zator
Scholar-Athlete	Sabrina Chesters

Middle School Boys Soccer

MVP	Zachary Mihok
Coaches Award	Cuyler Brine
Most Improved	Josiah Gonzalez
Scholar-Athlete	Zachary Mihok

Middle School Girls Soccer

MVP	Delaney Card
Coaches Award	Madisyn Stimson
Most Improved	Greta Fowler
Scholar-Athlete	Sadie Kinzer

Middle School Boys Cross Country

MVP	Cipactli Perez-Andrulonis
Most Improved	Kyle Benito
Scholar-Athlete	Benjamin Card

Middle School Girls Cross Country

MVP	Julianna Bartlett
Most Improved	Lucy Haesche
Coaches Award	Maggie Bolduc

World Language Students to Travel to Quebec City

The World Language Department is getting ready for its biennial trip to Canada during the February 2016 winter break. A group of 23 students, parents, and chaperones will travel to historic Quebec City for four days.



Health and Safety Corner

By The Hampton-Chaplin Ambulance Corps

Thyroid Awareness

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland influences the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin.

An estimated 15 million Americans have undiagnosed thyroid problems. To help with early detection and, in some cases, help you find lumps or enlargements in the neck that may point to a thyroid condition, you can perform a simple Neck Check self-exam.

How to take the Thyroid Neck Check

All you will need is:

A. Handheld mirror

B. Glass of water

1. Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones, and below the voice box (larynx). Your thyroid gland is located in this area of your neck.
2. While focusing on this area in the mirror, tip your head back.
3. Take a drink of water and swallow.
4. As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow. Reminder: Don't confuse the Adam's apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.
5. If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland or a thyroid nodule that should be checked to determine whether further evaluation is needed.

For more information, go to

www.thyroidawareness.com.

Charity of the Month

Windham No Freeze Hospitality Center

Many of the Windham area's homeless live in makeshift camps along the along Willimantic River all year-round.

Organizers of the No Freeze Center want to provide a clean, safe and warm alternative. The Windham Region No Freeze Hospitality Center is a Community Coalition founded in 2003 by individuals dedicated to making sure no one is left out in the cold. Our goal is to provide basic overnight shelter from cold weather for homeless persons over the age of 18 from November 15th through April of each year. No one is turned away; all we ask is that our guests respect the volunteers and each other.

Drop off donations at our office:

75 Bridge Street, First unit in the plaza
Willimantic, CT 06226

Monday through Thursday from 1:00-4:00pm

- Non Instant Coffee, Sweetener, Non-Dairy Creamer, Hot Chocolate, Paper products, Toilet paper, paper towels, napkins.
- Vinyl or plastic Pillow case covers
- Coffee cups (small size, disposable)
- Plastic utensils (spoons/forks)
- Socks (white preference)
- Men's boxer shorts all sizes
- Women's briefs – all size
- Razor blades
- Shaving Creme
- Toothbrushes
- Deodorant
- Women's hygiene products (pads, tampons)
- Plastic soap saver boxes
- Sweat pants/shirts (med/large/X/XX large)
- Laundry detergent (powder)
- Floor and bathroom cleaner
- Office supplies – Call to see what our needs are
- Gift Cards to Stop & Shop, BJ's Walmart, Staples and Home Depot of any value

Mail monetary donations to:

WRNFHC

P.O. Box 46

Willimantic, CT 06226

www.windhamnofreeze.com

IN MEMORIAM



Charles E. Pike - 90, of Hampton passed away after a lengthy illness, to be with his wife in Heaven on January 27, 2016. He was born on September 24, 1925, the son of the late Clarence E Pike and Alice Alberty Pike. Dad was a wounded U.S. Army veteran of WWII who saw action in the South Pacific. The transport ship he was on was torpedoed and a piece of shrapnel hit him in his right arm. A tough man, Dad bound up his own wound and carried on, retaining the shrapnel in his arm for the rest of his life. Growing up during the Great Depression, Dad learned what hard work was when his father pulled him out of school while in the eighth grade and required him to work in order to help support the family. From that early introduction to work, Dad learned to be a "Jack of all trades," skilled in carpentry, electricity, plumbing, mechanics, in addition to many other skills. Later, Dad worked for the Molnar Construction Company from the 1950's until 1974 and was known as "Charlie Ponds" for the countless ponds he dug in the local area. Dad also cleared the land on which Parish Hill High School in Chaplin now sits. He founded Charles E. Pike and Sons Portable Sawmill in 1974 and worked full time on the mill into his late 70's, and part time after that.

Besides his parents, he is predeceased by his wife Virginia, who passed away in 2008, and his sister Alice. He is survived by his stepson Randall Baird, and sons Clarence, Daniel, Charles Jr, William, and his daughters Alice and Norma. He was a father, a grandfather, and a great-grandfather. Home is not going to be the

same without him. We are going to miss you Dad!

A Calling Hour will be Monday, February 1, 2016 from 10:00 to 11:00 AM with a Funeral Service at 11:00 AM at the Gagnon and Costello Funeral Home, 33 Reynolds Street, Danielson, CT. Burial in the spring in Litchfield Cemetery, Hampton with Military Honors.



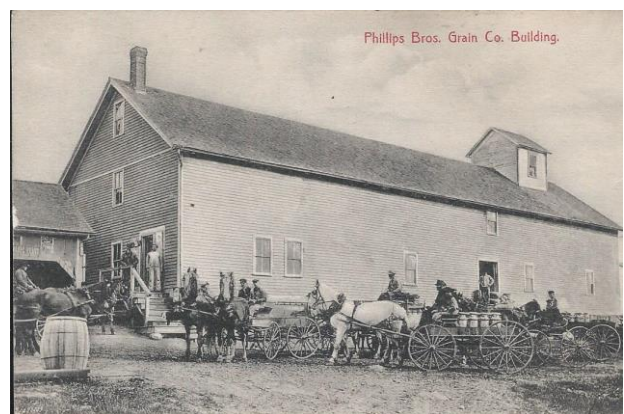
Julia A. (Urbanowski) Zator, of Weymouth Rd., Enfield passed away on Thursday, January 21, 2016. Julia was married for 66 years to the late Frank J. Zator who preceded her in death on February 5, 2005. She was born in Suffield on February 27, 1918, to the late Fred and Mary (Noga) Urbanowski and has resided on Weymouth Rd. since 1949. She leaves two sons and a daughter-in-law, Frank J. and Mary Ann Zator of Windham Center and Thomas of Enfield; seven grandchildren, Ann (Jason) Bousquet of Scotland, Paul (Jennifer) Zator of Columbia, Susan (Mark) Herrick of Windham, John (Lisa) Zator of Hampton, Michael (Leslie) Zator of Scotland, Teri Burch of Tulsa, OK and Brenda Schwartzkopf of Saratoga, WY; 16 great-grandchildren; three step-great grandchildren and four great, great-grandchildren. Julia also leaves two sisters, Frances Babiarz of Windsor Locks and Bernice Wadsworth of Gilsum, NH; a sister-in-law, Mary Shykula of Windsor and many nieces and nephews along with a very special friend, Terry Rush of Windsor Locks with whom she enjoyed many Sunday Polish picnics. In addition to her husband, Julia was also preceded in death by an infant son, Paul Allen and her brothers, Joseph, John, Theodore and her sisters, Dominica Larson and Jeanne Seaha.

Julia was a great cook and gardener. She took much pleasure in maintaining all the flowerbeds in her yard and received many compliments for the array of flowers throughout the property. She was very much loved and will greatly missed by all her family and friends. Relatives and friends are welcome to join the family during visiting hours on Tuesday, January 26, 2016, from 10 am to 11:30 am at the Leete-Stevens Enfield Chapels, 61 South Rd., Enfield. A funeral service will follow at 11:30 am at the funeral home. Burial will follow in St. Adalbert Cemetery. For online expressions of sympathy or directions please visit www.leetestevens.com



M. Idabelle (Phillips) Chapman, 104, a former resident of Woodstock, CT, died on January 8, 2016 at Pierce Memorial Nursing and Rehabilitation Center. Born in Willimantic, CT, she was the daughter of the late Dwight and Hattie (Irons) Phillips. She was the loving wife of John H. Chapman for 62 years until his passing in January 2003. Idabelle graduated from Windham High and Bryant College. Her early career began with employment in her father's business, **Phillips Brothers Grain Company and General Store at Hampton Station**. After her marriage, she and her husband John, owned and operated Pinecroft Farms in Woodstock, CT. She was a highly competent office manager as well as a skilled truck driver. She was very proud of getting her class II driver's license. Over many years she was actively involved with nearly all aspects of the farm. She did not retire until she was well into her 80's. In addition she was a member of Farm Bureau and served as past president of the State of Connecticut. She also was a prior member of a local camera club

and a member of the Grange. Mrs. Chapman was known for her lively spirit, abundant energy and her zest for life. She loved to travel with her husband and did so extensively throughout the United States, Canada and Europe. She especially enjoyed spending summers on Great Eastlake, NH. She was an accomplished cook, gardener and seamstress. She also loved her family and enjoyed time spent with them. All who loved her will miss her. Survivors include her son, John Chapman and his wife, Noreen of Woodstock CT, her daughter, Judith Joly and her husband, Lucien of Bloomfield, CT; her grandchildren, Jason Chapman (Angela) of South Windsor, CT, Dana Chapman of Woodstock, CT, Brett Joly (Teresa) of Branford, CT, Dr. Kyle Joly (Julie) of Fairbanks, AK, and Rebecca (Joly) and John Grounds of Washington, DC; eight great grandchildren; and she had the privilege of becoming a great great grandmother. She was predeceased by her daughter, Arlene Chapman. The family would like to express their enormous appreciation to all the staff at Pierce Memorial for their wonderful care. They also want to thank the staff at the Village at Waterman Lake Assisted Living Facility for her active and happy years with them. There are no calling hours. Private Burial at Quassett Cemetery in the Spring. Donations may be made in Idabelle's memory to a [charity of one's choice](#) . Share a memory at www.smithandwalkerfh.com.



Phillips Brothers Grain Company and General Store, Hampton Station, at corner of Station Road and New Hill Road

Harold "Harry" E. Walkup Jr., 78, of Columbia, husband of Carol (Brown) Walkup, died Sunday January 17, 2016 surrounded by his family. He was born in Springfield, MA, January 21, 1937, the son of the late Harold and Clara (Hulse) Walkup Sr. Harry and Carol were married November 23, 1962 in West Springfield, MA. He was a veteran who served in the United States Army. Harry worked at the Rogers Corporation and Travelers, where he retired from in 1996. Besides his loving wife Carol, Harry is survived by a son Timothy Walkup, a daughter Patricia Walkup, two grandsons Vincent and Tyler Walkup, a great granddaughter Paisley Mae, and two nieces Diane Perkins and Janet Stone. He was predeceased by his brother Walter and a sister Helen. The family would like to thank the Hartford Health Care at Home/Hope hospice for their care and compassion for Harry. Harry's family received relatives and friends on Friday January 22, 2016 from 5:00pm to 7:00pm at Potter Funeral Home, 456 Jackson St. (Rte. 195). Burial will be at the convenience of the family. For an online memorial guestbook please visit www.potterfuneralhome.com.



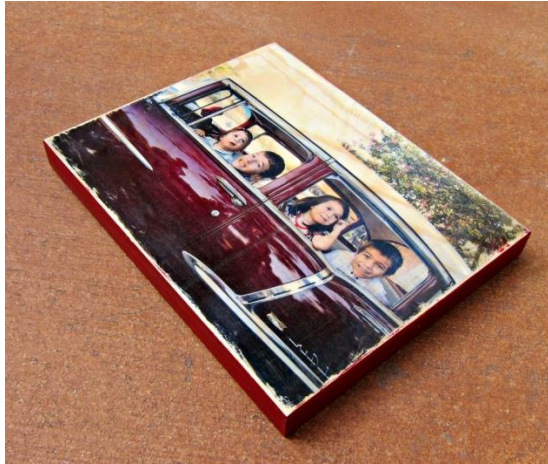
Look Closer, by Phyllis McCormack

*What do you see nurses?... What do you see?
What are you thinking... When you're looking at me?
A cranky old man... Not very wise,
Uncertain of habit... With faraway eyes?
Who dribbles his food... And makes no reply
When you say in a loud voice... 'I do wish you'd try!
Who seems not to notice... The things that you do.
And forever is losing... A sock or shoe?*

*Who, resisting or not... Lets you do as you will,
With bathing and feeding... The long day to fill?
Is that what you're thinking?... Is that what you see?
Then open your eyes, nurse... You're not looking at me.
I'll tell you who I am... As I sit here so still,
As I do at your bidding... As I eat at your will.
I'm a small child of 10... With a father and mother,
Brothers and sisters... Who love one another.
A young boy of 16... With wings on his feet
Dreaming that soon now... A lover he'll meet.
A groom soon at 20... My heart gives a leap.
Remembering, the vows... That I promised to keep.
At 25, now... I have young of my own.
Who need me to guide... And a secure happy home.
A man of 30... My young now grown fast,
Bound to each other... With ties that should last.
At 40, my young sons... Have grown and are gone,
But my woman is beside me... To see I don't mourn.
At 50, once more... Babies play 'round my knee,
Again, we know children... My loved one and me.
Dark days are upon me... My wife is now dead.
I look at the future... I shudder with dread.
For my young are all rearing... Young of their own.
And I think of the years... And the love that I've known.
I'm now an old man... And nature is cruel.
It's jest to make old age... Look like a fool.
The body, it crumbles... Grace and vigor, depart.
There is now a stone... Where I once had a heart.
But inside this old carcass... A young man still dwells,
And now and again... My battered heart swells.
I remember the joys... I remember the pain.
And I'm loving and living... Life over again.
I think of the years, all too few... Gone too fast.
And accept the stark fact... That nothing can last.
So open your eyes, people... Open and see.
Not a cranky old man. Look closer.
See... ME!*

Craft

Photo Transfer to Wood



Supplies needed to transfer a photo to wood:

- Unfinished Wood Painting Panel
- **Photocopied Image on Regular Copy Paper** (you must use a photocopy of your image or it will most likely *not* turn out correctly. To begin with, know that you cannot use an image that comes from your ink jet printer at home. The ink will smear and you'll be disappointed (unless you were going for an impressionist style piece!). You need to use a photocopied image. You can go to my local public library to use the color copier.
- Mod Podge* - If you want the wood grain to show through, use regular *Mod Podge Matte*. If you want a white background with no wood grain showing through, use *Mod Podge Photo Transfer Medium*.
- Craft Paint
- Core'dinations Sand It Gadget
- Krylon Clear Glaze Spray

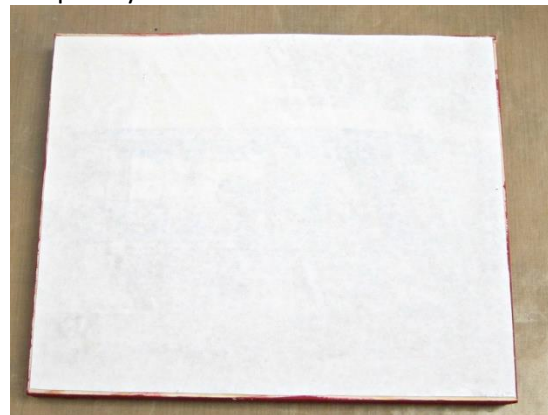
Directions:

Step 1: Paint the edges of your wood panel.

Step 2: Apply a generous amount of the transfer solution to the image. You'll need a thick layer.



Step 3: Press the image, photo side down, onto the wood panel. Rub firmly to smooth out the image and remove air bubbles. Let it dry completely.



Step 4: Use a damp cloth or sponge to wet one section of the paper at a time. Begin rubbing gently to remove the paper and expose the transferred image below. I like to remove the top layer first, let it dry slightly, and then repeat the process as needed to remove the "fuzzies" that were left behind.



Step 5: Once you are satisfied with the image, sand the edges lightly. Seal the photo to wood transfer with a finishing spray.

Recipes

In honor of American Heart Month we are sharing some heart healthy recipes.

Cheese and Vegetable Frittata with Fruit Salad



Ingredients

- 6 large eggs
- 2 Tbsp. whole-wheat flour
- 1 tsp. black pepper
- 1 medium onion (about 1 cup), cut into 1/2-inch pieces
- 1 cup fresh or frozen spinach, cut into 1/2-inch pieces
- 1 cup red and/or green bell pepper, cut into 1/2-inch pieces
- 1 cup fresh mushrooms, sliced into thirds **OR**
- 1 cup canned mushrooms
- 1 clove garlic, finely chopped
- 2 Tbsp. fresh basil leaves, finely chopped
- 1/3 cup part-skim mozzarella cheese, shredded
- cooking spray
- 2 tsp. olive or canola oil
- 2 Tbsp. fresh mint or basil leaves, left whole, removed from stems

Directions

1. Preheat oven (regular or toaster oven) to broil setting.
2. In a large bowl, whisk eggs together until foamy, stir in the whole wheat flour, black pepper, and baking powder.
3. Using a heavy skillet with an ovenproof handle, coat the skillet with cooking spray and heat on medium.

4. Add the onion and cook until it starts to get soft, then add the spinach, bell pepper and mushrooms and cook for 2-3 minutes more.
 5. Add the garlic and basil and cook for 1 minute. Stir to avoid burning these.
 6. Add the egg mixture into the pan and stir to mix the vegetables with the eggs.
 7. Cook for 5-6 minutes or until the egg mixture has set on the bottom and begins to set on top.
 8. Add the shredded cheese and using the back of the spoon, push lightly under the eggs, so it won't burn in the oven.
 9. Place pan into the oven and broil for 3-4 minutes until golden and fluffy.
- You can vary the vegetables added to the frittata.
- Serve with Fruit Salad, made with fruit of your choice.

Healthy Chocolate Chip Cookies



Ingredients

- 3 Mashed Bananas (ripe)
- Applesauce
- 2 c oats
- 1/4 c Almond Milk
- 1/2 c Raisins or dark chocolate chips
- 1 tsp Vanilla
- 1 tsp Cinnamon

Directions

- Preheat oven to 350. Bake for 15-20 minutes!
Yummy!

"STROKE OF GENIUS" By Bernice Gordon — Edited By Timothy E. Parker

ACROSS

- 1 Willing partner
- 5 "--- luck!"
- 10 Knew somehow
- 14 Start a bungee jump
- 15 Plant with a fragrant rootstock
- 16 Ingredient in hand cream
- 17 Start of a humorous quip
- 20 Venomous serpent
- 21 Up in years
- 22 Gold miner's stake
- 23 Cambodian currency
- 24 Speaker of Siouan
- 26 Pianist Rubinstein
- 29 More of the quip
- 34 Younger sister of Venus
- 36 Bygone autos
- 37 Coach Holtz
- 38 Speaker in Cooperstown
- 39 Town employee of yore
- 41 Mah-jongg piece
- 42 Currycomb
- 43 Pâté de foie ---
- 44 Migratory sorts
- 46 More of the quip
- 49 Pennant chases
- 50 Fill the hold
- 51 Actor Bates
- 53 Musical assn.
- 56 Jump for Kwan
- 57 Watch pocket
- 60 End of the quip
- 64 Altercation result
- 65 Composer of "Carmen"
- 66 Walk offstage
- 67 Homeric output
- 68 Iditarod vehicles
- 69 Legend's cousin

DOWN

- 1 Operatic soprano Gluck
- 2 Ottoman dignitaries
- 3 Ganseneck e n

- 4 Center starter
- 5 Member's meeting place
- 6 Author of "Animal Farm"
- 7 Set foot
- 8 Title for Anthony Hopkins
- 9 Make inquiries
- 10 Down
- 11 Director Kazan
- 12 Norse god of discord
- 13 Come down in buckets
- 18 Historic Scottish county
- 19 Kilt wearers
- 23 Has many regrets
- 24 S-shaped molding
- 25 Rose feature
- 26 Pro from Houston
- 27 Second showing
- 28 Chief concern?
- 30 "When --- Eyes Are Smiling"
- 31 Referring to hip bones
- 32 German expressionist Emil
- 33 Surmise
- 35 Bitterly pungent
- 40 The latest fad
- 41 Counterfeiter's enemy
- 43 Blueprint
- 45 Some exams
- 47 Blows up
- 48 Prepared for take off
- 52 Natives of Riga
- 53 Big round do
- 54 Used a firehouse pole
- 55 Hard Rock ---
- 56 Cutting tool
- 57 Good-lookin'
- 58 "Don't bet ---!"
- 59 Eric Heiden's sister
- 61 They're sculpted on infomercials
- 62 Not a whit
- 63 Priceless joke

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1	2	3	4		5	6	7	8	9		10	11	12	13		
14					15						16					
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20				21						22						
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53	54	55							56					57	58	59
60						61	62					63				
64						65						66				
67						68							69			

Valentine's Day

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

P I H S D N E I R F D I P U C A L
V D H S U R C A C F B A L E N D O
N Y N T I A E A S O L C T O Y M V
S R N E N S N L Y E H O I E R I E
T L E D I D S F A O N T W S A R B
R E Y S L R R E C T C T L E U E I
A W S E R I F O N A I A I C R R R
E E S E E E L L R D S O O M B S D
H J C N S A V T R O N U N T E D S
T G D N T O T O P I P O A S F N A
E N Y E A A R O L L G C F E H I T
E I S D U M R B E L O V E D B I G
W L O D R P O A F F E C T I O N P
S R E M A L F R R E N T R A P A R
E A Y C N A F O R E V E R L I K E
R D R O T I U S D N O I T O V E D

ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART

[Did you enjoy this puzzle? Visit:](http://www.puzzles.ca/wordsearch.html) <http://www.puzzles.ca/wordsearch.html>

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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

LEWDL

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NAHYD

MZYEEEN

ANKAWE

Check out the new, free JUST JUMBLE app

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



SHE NEEDED NEW TIRES FOR HER CAR, AND THE TIRE SALESMAN WAS READY TO —

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

“STROKE OF GENIUS”

By Bernice Gordon

1	A	2	B	3	L	4	E	5	L	6	O	7	T	8	A	9	F	10	E	11	L	12	T
14	L	E	A	P	15	O	R	R	I	S	16	A	L	O	E								
17	M	Y	M	I	18	N	D	W	O	R	K	19	S	L	I	K	E						
20	A	S	P	21	A	G	E	D	22	C	L	A	I	M									
23	R	I	E	L	24	O	T	O	E														
26	A	27	T	28	U	R	29	L	I	G	H	T	N	31	I	32	G						
34	S	E	R	E	N	A	35	R	E	O	S	37	L	O	U								
38	T	R	I	S	39	C	R	I	E	R	41	T	I	L	E								
42	R	U	B	43	G	R	A	S	44	N	O	M	A	D	S								
46	O	N	E	47	B	R	I	G	H	T	48	R	A	C	E	S							
50	L	A	D	E	51	A	L	A	N														
53	A	54	S	55	C	A	P	56	A	X	E	L	57	F	58	O	59	B					
60	F	L	A	S	H	A	N	D	I	T	S	63	G	O	N	E							
64	R	I	F	T	65	B	I	Z	E	T	66	E	X	I	T								
67	O	D	E	S	68	S	L	E	D	S	69	M	Y	T	H								

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PIHSDNEIRFDIPUCAL
VCHSURCACFBALENDLOV
NYNTIAEASOLCTOYMV
SRNENS NLYEHOIERIE
STLEDIDSFAONTWSARB
REYS LRRECTCTLEUEI
AWSERIFONATAICRRR
EES EELLRDSOOMBSDS
HJCN SAVTROMUNTEDS
TIGDNTOTOPIPOASFNA
ENYEAAAROLLGCFEHIT
EISDUMRBELOVEDBIG
WLODRPOAFFECTIONP
SREMA LFRRENTRAPAR
EAYCNAFOREVERLIKE
RDROT IUS DNOITOVED

The hidden message is: VALENTINES DAY CARD

Jumbles: DWELL HANDY ENZYME AWAKEN
Answer: She needed new tires for her car, and the tire salesman was ready to — WHEEL AND DEAL



Forest Animals



v	c	o	e	j	o	t	b	e	a	r	r
i	x	s	j	p	w	y	f	v	n	l	a
m	s	f	d	o	l	r	o	d	h	y	b
s	k	o	y	r	o	s	x	e	i	x	b
u	u	r	k	c	v	q	t	e	i	o	i
q	n	e	q	u	o	u	g	r	u	j	t
n	k	s	w	p	k	i	l	p	n	h	q
a	b	t	o	i	g	r	g	y	x	u	n
j	c	r	l	n	x	r	c	i	e	w	e
c	b	x	f	e	h	e	w	q	e	x	o
p	k	k	p	f	f	l	s	h	z	p	m
w	r	a	c	c	o	o	n	t	q	l	y

forest

deer

bear

fox

owl

raccoon

squirrel

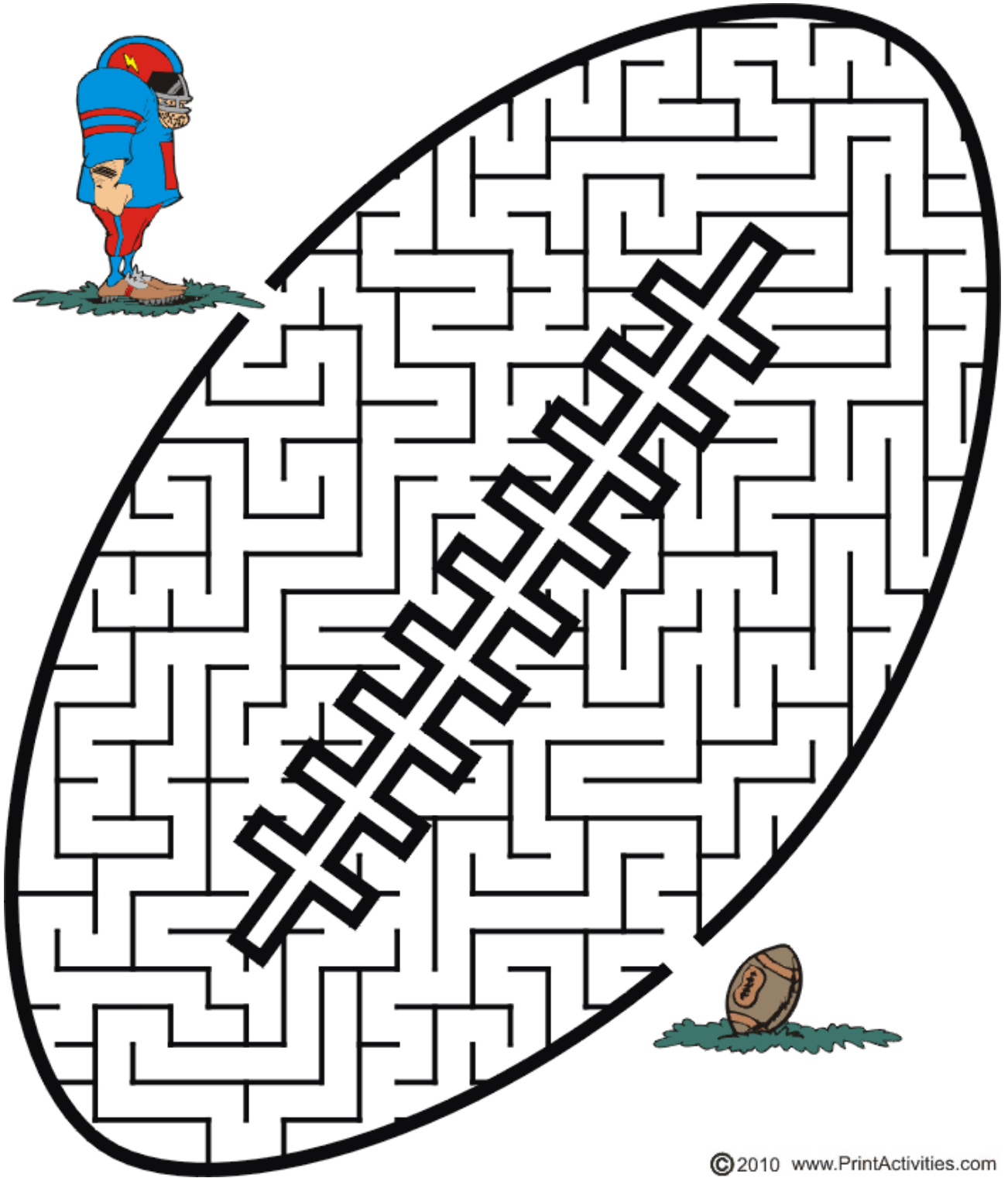
rabbit



skunk

wolf

porcupine



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Plunge for Hunger
 Saturday, 6 February 2016
 Lauter Park, 115 Ash St. Willimantic
 12 pm, Noon

Donation Sign-up Sheet

Plunger's Name/Team Name:

Plunger's e-mail:

Please have each donor print their information on this form. All checks should be made payable to Covenant Soup Kitchen.

Donor Name	E-mail	Address	Amount	Paid

WAIVER: I hereby waive all claims against Covenant Soup Kitchen or any/all sponsors or personnel for any injury I might suffer in this event. I attest that I am physically fit, prepared for this event and I am able to swim.
Signature: _____


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