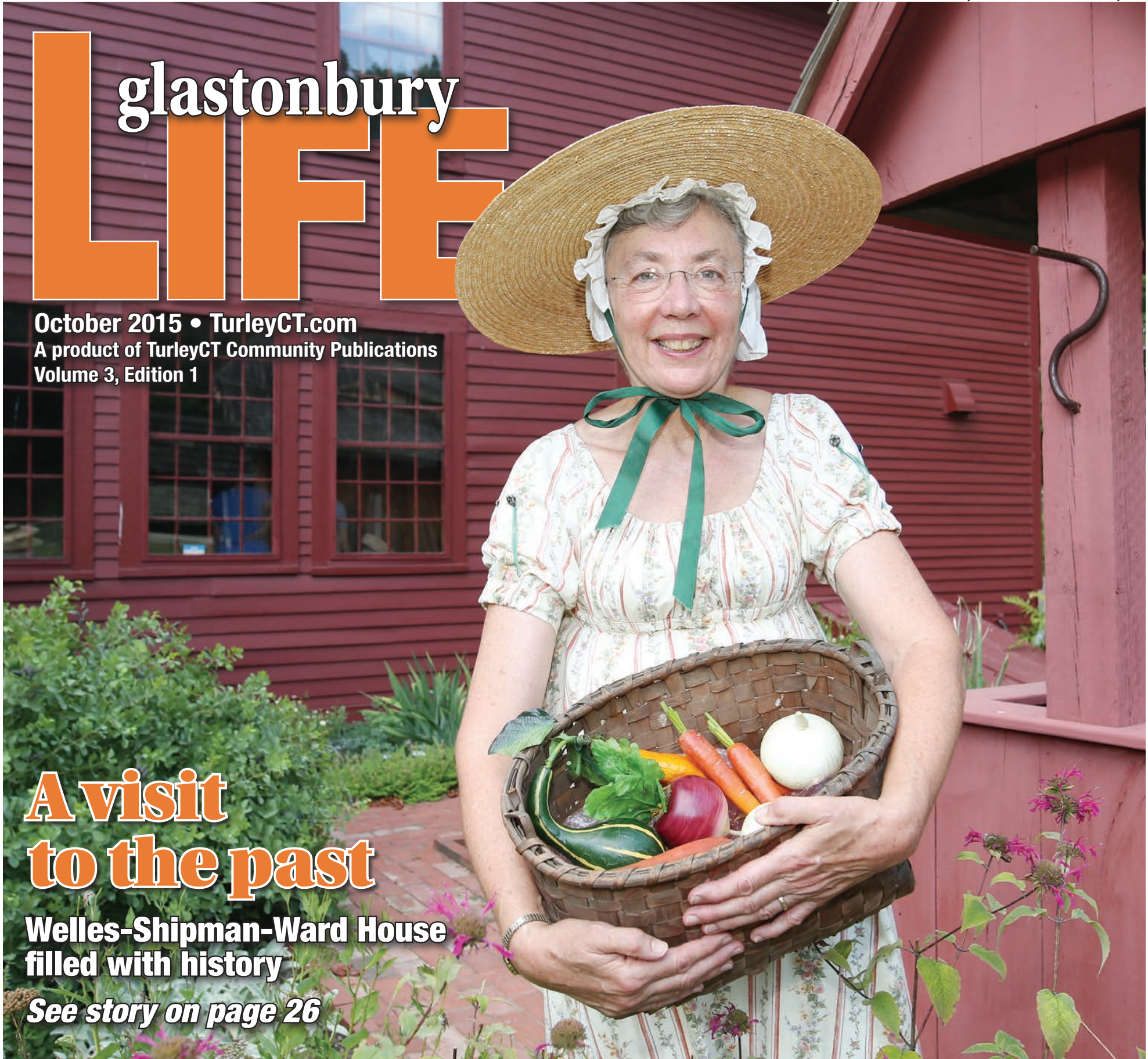


glastonbury LIFE

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A visit to the past

Welles-Shipman-Ward House
filled with history
See story on page 26

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<p>NEW TO MARKET!</p> <p>Glastonbury \$588,900 Open floor plan with double sided fireplace. An entertainers dream with spacious dining room and gourmet kitchen. Remodeled eat in kitchen! Wonderful views of private level backyard. First floor master bedroom w/ remodeled master bath. Fabulous walk in closet. Flexible floor plan with first floor Master! Walkout lower level.</p>	<p>FABULOUS UPDATES!</p> <p>Glastonbury \$549,900 Curb appeal galore. Totally renovated. Open floor plan. First floor office with built-ins and a first floor bedroom with walk closet & stylish tile shower. All bedrooms are en-suite with full baths. Master bedroom bath with 9 foot tiled shower.</p>	<p>NEW LISTING!</p> <p>Glastonbury \$879,900 Dramatic 2 story foyer and great room overlooking private backyard. Open concept floor plan. Spacious eat in kitchen with island. Large private backyard. Second floor master bedroom with sitting area complete with propane fireplace. Walk out finished lower level!</p>	<p>NEW LISTING!</p> <p>Glastonbury \$699,900 Open floor plan, elegant yet casual for today's lifestyle. Toll Brothers built. Two story foyer. Expansive gourmet kitchen. Spectacular 2 story family room with gas fireplace. Master Suite with tray ceiling, huge walk-in closet with closet system and large luxurious bathroom. Wonderful outdoor entertainment space.</p>	<p>CURB APPEAL!</p> <p>Glastonbury \$299,900 Newly remodeled kitchen that opens to dining room with views of the private backyard. Formal living room opens to 4 season porch. Second floor hosts roomy bedrooms. Additional SF in finished lower level. Patio and outdoor stone fireplace.</p>
<p>NEW PRICE!</p> <p>Glastonbury \$289,900 Enjoy this move-in ready Colonial with convenient access to town! Beautiful refinished hardwood floors and roomy eat-in kitchen. 3 bedrooms on upper level and plenty of storage space! Spacious and level outdoor space with flowering dogwood, apple and cherry trees. Don't miss out on this one!</p>	<p>UPDATED HOME!</p> <p>South Glastonbury \$369,900 All new Stainless, granite kitchen, hood for range, new lighting, expansive dining area in kitchen. Warm maple cabinets with marble backsplash. Living room with stone propane fireplace. Bathrooms remodeled with new vanities and granite. Second floor laundry.</p>	<p>NOB HILL!</p> <p>Glastonbury \$475,000 Great location in ever popular Knob Hill neighborhood, cul-de-sac with private backyard. Winter views of Hartford. Kitchen opens to Family room with pellet stove. First floor master suite w/ adjacent sitting room or nursery. Central air and whole house generator</p>	<p>TOLL BROTHERS!</p> <p>Glastonbury \$639,900 Beautiful Glastonbury Heights Toll home in prime location! Two-story foyer, updated eat-in kitchen. Bright and open family room, two staircases and spacious master with seating area, over-sized closet and bath, in addition to 3, generously sized bedrooms. Natural gas, public water & sewer, a 3 car garage.</p>	<p>GREAT OUTDOOR SPACE!</p> <p>Glastonbury \$499,900 Stunning 4 bedroom home with gleaming hardwood floors! Open floor plan and chefs dream kitchen! Oversized master suite. First floor office! Finished lower level. Apple trees, grape vines and mature plantings add charm to the lovely yard! Covered deck fabulous for entertaining!</p>
<p>NEIGHBORHOOD!</p> <p>Glastonbury \$399,995 Popular Glastonbury neighborhood! Perfect for those who love to entertain! Open floor plan and gourmet kitchen featuring breakfast bar, and TWO dishwashers. HW throughout home, 2 car garage, public H2O & sewer, natural gas! 5BR, 2.1 BA, 2723 SF.</p>	<p>REMODELED KITCHEN!</p> <p>South Glastonbury \$289,900 Quartz counter in kitchen, convenient island and new tile floor. Master bedroom suite with private bath. Spacious rooms. A family room with fireplace, laundry room and 1/2 bath in walk out finished lower level.</p>	<p>10+ ACRES!</p> <p>South Glastonbury \$599,900 Open floor plan farmhouse on 10+ private acres. Beautiful chef's kitchen w/ granite, vaulted family room, first floor office, and in ground pool. In-law apartment over garage. Wood stove and propane fireplace. +\$850,000 for additional 6+ acres.</p>	<p>SALE PENDING!</p> <p>Glastonbury \$474,900 Beautiful backyard views of neighboring pond, gardens and countryside! Eat in updated gourmet kitchen, family room with brick fireplace. First floor library with custom shelving. Master bedroom suite with double walk in closets! 4 BR, 3 Bath, 3589 Sq. Ft.</p>	<p>EXCEPTIONAL ESTATE!</p> <p>Glastonbury \$1,199,000 Architect designed custom brick home in orchard. Great room w/ 20 foot ceilings, gas fireplace. Gourmet kitchen w/ desk area opens to family room w/ second fireplace and deck access. First floor library/office, gorgeous master. 1st and 2nd floor laundries, wine cellar, finished walk-out lower level and unfinished in-law apartment.</p>
<p>SALE PENDING!</p> <p>Glastonbury \$379,900 Colonial in VERY convenient location to town. Light maple cabinets warm up the eat-in kitchen. Hardwood floors and gas fireplace in the family room. Dining room or first floor office. 650 additional SF in finished lower level with family room space. 3 BR, 2.1 Bath, 1863 Sq. Ft.</p>	<p>1ST FLOOR MASTER!</p> <p>Glastonbury \$799,900 Hardwood floors, library, remodeled baths, and more. Large foyer, stone fireplace and tons of natural light. Fully updated eat-in kitchen w/ walk-in pantry. MB w/ large walk-in closet, en-suite bath and walk-out to deck. Full, finished basement, three additional BR, and more!</p>	<p>MOVE IN READY!</p> <p>Glastonbury \$264,900 Move in ready! Great neighborhood on a quiet street. Living/Dining room with dramatic vaulted ceiling, neutral decor and great character. Roomy bedrooms, recent updates throughout. Finished, walk out lower level with inviting fireplace. 2 car garage! 3 BR, 1.1 Bath, 1718 Sq. Ft.</p>	<p>HOME & RECREATION BUILDING!</p> <p>South Glastonbury \$1,750,000 Five en-suite bedrooms, first floor library, home office, expansive chef's kitchen, and pool. Room to relax or entertain, this home has it all! Remarkable 2500sf recreational building with basketball court. Seen on MTV's "Teen Cries".</p>	<p>3+ MAIN ST. ACRES!</p> <p>Glastonbury \$1,090,000 Landmark home on 3.79 Main St Acres! Updated w/ today's conveniences but historic charm and appeal abound. Formal living room, spacious dining room. Marble fireplace and first floor central air! Kitchen w/ adjacent butler's kitchen. 3rd floor in-law or au-pair. Fabulous master suite w/ dressing area.</p>
<p>ACTIVE ADULT!</p> <p>Glastonbury \$417,900 Our Rosemary model features 2 bedrooms on the first floor; great room with gas fireplace & cathedral ceiling; stylish granite and stainless kitchen. This model features a separate formal dining room and a breakfast nook as well. 55+ community. 3 BR, 2.1 BA, 2225 SF. What a deal!</p>	<p>SALE PENDING!</p> <p>Glastonbury \$219,900 Land mark home in prime location on Main Street. Great possibilities, perfect for the remodeler, the home is being sold "AS IS". 10 year old roof, newer vinyl siding, 4 year old gas furnace, public water and public sewer. First floor remodeled handicap bath. Remodel or rebuild on this great lot!</p>	<p>GREAT PRICE!</p> <p>Glastonbury \$285,000 Remarkable value in this home nestled in a wooded setting within a neighborhood. Soaring ceilings, open floorplan, dramatic beams. Lots of natural light and windows. Space and storage aplenty. Selling "as-is". 3 BR, 2.1 Bath, 2516 Sq. Ft.</p>	<p>BEAUTIFUL MASTER!</p> <p>Glastonbury \$299,900 Functional floor plan, updated kitchen w/ eat in space. 2 comfortably sized bedrooms and a generous master with en-suite bath. Lower level contains family room and half bath. Newer roof, AC, natural gas. Spacious fenced in backyard. 3 BR, 2.1 Bath, 1964 Sq. Ft.</p>	<p>NEW LISTING!</p> <p>Rocky Hill \$1,195,000 Dramatic foyer leads directly into the 2 story great room with a glimpse through french doors into the indoor pool area. Open concept floor plan boasts bar area with counter seating aplenty and expansive eat in kitchen. A separate entrance in-law or au-pair suite.</p>
<p>SOLD!</p> <p>Glastonbury \$750,000 Superb craftsmanship, detail & great style in this neighborhood home w/ convenient access to town. Spacious eat in gourmet kit opens to expansive PR w/ vaulted ceiling & stone fireplace. Lovely private yard w/ sparkling in ground pool. +1000 in fin. LL. 3862 SF, 5 BR, 4.1 BA</p>	<p>PRIME LOCATION!</p> <p>Vernon \$269,900 Fabulous remodeled 4 bedroom 2 1/2 bath home. Meticulously cared for and boasts hardwood floor throughout the first floor, granite counters and stainless steel appliances. Good sized recreation room in the lower level. Large fenced in level yard. Just minutes from highways and shopping.</p>	<p>NEW LISTING!</p> <p>Marlborough \$499,900 Very popular open concept floor plan. Updated gourmet kitchen. Master Bedroom with separate sitting area and fireplace. Sumptuous master bath with double sinks and Whirlpool tub. Very private lot with beautiful plantings and landscaping. Walk up attic!</p>	<p>NEW LISTING!</p> <p>Manchester \$699,900 Magnificently restored mansion in an enclave of other stunning properties. Park-like setting, this property is conveniently located near major highways, shopping and schools. The perfect property for entertaining, hosting overnight friends and relatives; or potentially working your business from home. Become a part of history!</p>	<p>LOTS & LAND!</p> <p>Glastonbury, \$649,999 Ash Swamp, 36.20 acres Glastonbury, \$2,650,000 Feldspar Ridge, 30 acres S. Glastonbury, \$139,900 130 Main St, 2.59 acres Haddam, \$210,000 Jackson Road, 20 acres</p>

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QUOTE OF NOTE:

“We stumbled across this place when we were picking up Chinese food one night. Snowplows had knocked the sign over.”
- Douglas Barber

See story page 41

ON THE COVER

Lin Scarduzio welcomes guests to the Welles-Shipman-Ward House, where history comes alive.

Photo by Brian Ambrose
See story page 26

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Weaving a fine life

Mary Elva Erf is a mentor and friend to many

by Nancy Thompson
Editor

As a child, Mary Elva Erf learned to embroider from her grandmother, an accomplished artisan.

Weaving, which was to become her passion, came later.

As an adult, she took lessons in spinning from Margareta Ohberg, a Swedish weaver who had come to the U.S. in the 1920s and lived on a farm in Colchester. While there, Erf noticed Ohberg's 15 or so looms.

"She told me I had the patience to be a weaver," Erf said. "I told her I don't have room for all these looms."

Erf took lessons from Ohberg for three years, got one loom and eventually added six others. She was hooked.

She joined the CT Weavers Guild, where she honed her skills and started to teach, lecture and do research about historical American textiles and dyes made from natural materials.

She continues to be part of the guild, which meets five times a year at the Congregational Church in South Glastonbury. Occasionally she serves as a speaker for weaving guilds about Shaker textiles, which have become her specialty.

Erf came from Shaker Heights, Ohio, but admits she never knew much about the Shakers while she lived there. Her interest in the group's textiles came about 40 years ago when she visited Shaker museums and saw their rugs and other textiles. Later the museum curators, fearing that their original rugs and other textiles might be harmed by changes in temperature and humidity, put them in a climate-controlled

area, so none were on display.

Eventually, Erf became an expert in the Shaker style and created rugs, towels and other items that can be seen in Shaker museums and even in the Metropolitan Museum of

Her second book, "Shaker Textiles for the 21st Century," was published in 2005. In it, she documents 28 Shaker towels with weaving information from the Shaker communities. A third book,

"I accept no pay except for my train fare," she said. Instead, she requires that each student donate one of their Shaker-style pieces to the museum.

While at a Shaker village in Pleasant Hill, Kentucky, she made a startling discovery. She found "Congleton," her maiden name, in one of the historical records there, asked the director about it, and discovered that her great-great-great-grandfather's brother was part of the Shaker community there in the early 19th century. She later uncovered an inventory of what her ancestor brought to the community, including feather beds and looms.

Erf volunteers at the Hartford Artisans Weaving Center, an organization that gives seniors and people with impaired vision the opportunity to weave scarves, shawls, placemats, blankets, towels and other items with help from accomplished weavers.

The items are sold throughout the year at the center and at an annual sale on the second weekend in November.

"This is where my weaving enthusiasm comes from at this point in my life," Erf said, adding that she also teaches public weaving classes there.

"Mary Elva is a very active member of the guild who is always ready to share her knowledge and skills," said Fran Curran, the center's executive director.

Curran has known Erf since the early 1980s, when she joined the



Mary Elva Erf displays a Shaker rug she's made.

Nancy Thompson photos

Art in New York.

Erf became widely known as an expert in Shaker textiles. Her first book, "Tiny Textiles," was published in 1991 and focuses on miniature documented textiles for doll houses. It comes with two Shaker pieces, a dresser scarf and a silk scarf.

"Weaving Shaker Rugs,"

will be published in November. The book shows 18 original and reproduction rug drafts from the Shaker communities.

Erf has taught traditional Shaker techniques at Shaker museums, with an interesting twist.

Handweavers' Guild of Connecticut. "Since the Hartford Artisan Center opened in 2009 she has come in every week as a volunteer to share her expertise and help wherever needed," she continued. "I am constantly impressed by Mary Elva's upbeat personality and positive attitude. She always has a smile and words of encouragement and is genuinely interested in all the artisans and fellow weavers."

Curran also praised Erf for her expertise about Shaker textiles. "She wove many of the reproductions of Shaker linens that are in the Metropolitan Museum of Art," she said. "In addition to the wonderful book on Shaker towels that she published several years ago, the local weaving community is already excited about her new book on Shaker rugs that is due to be published this fall. Mary Elva has conducted workshops throughout the U.S. on many aspects of Shaker textiles, and her knowledge and passion has helped increase awareness of these wonderful historic tex-

tiles and traditions. Mary Elva is an inspiration to us all and we are really appreciative for all she has contributed to the weaving community."

Erf also continues to weave at the Welles-Shipman-Ward House's annual Farm Day celebration and helped to get the house's 19th century Glastonbury loom back in working order.

Lin Scarduzio, the curator at the Welles-Shipman-Ward House, has known Erf for more than 15 years, since Erf was involved in a local weavers' guild.

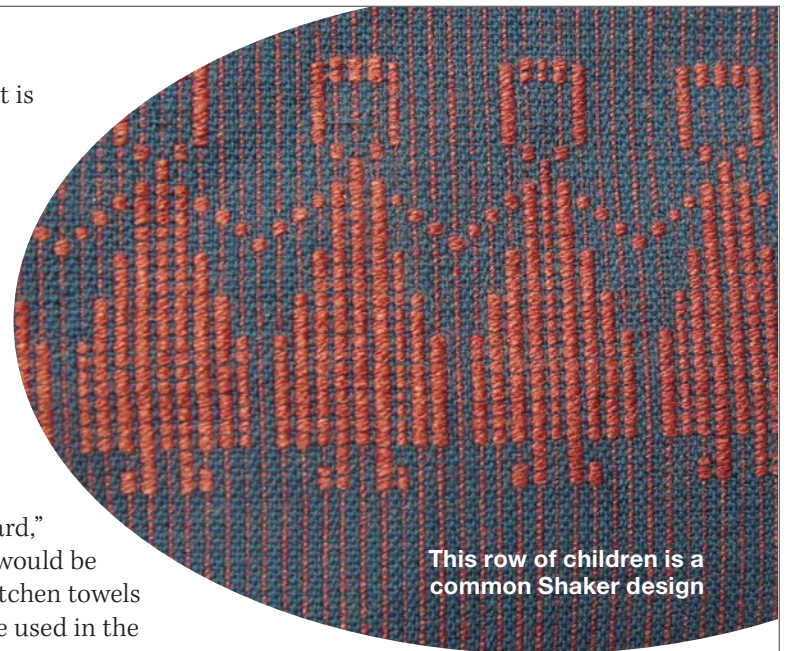
"These women did all of the weaving at Welles-Shipman-Ward, anytime there was an event," she said. "They were willing to teach others and donated a lot of time to Welles-Shipman-Ward and the Historical Society of Glastonbury." She said Erf has helped the society to acquire equipment, sometimes loaning or even donating her own, and also has donated books she has written about weaving to the society and provided the base for the

program as it is today.

"A few years ago, as curator, I determined that we should be weaving something period-appropriate to Welles-Shipman-Ward," she said. "It would be nice to do kitchen towels that could be used in the cooking classes we give. Mary Elva said that was fine, but I was going to make them. And so she taught me how to weave. It was a privilege to be taught by someone so well known in the field," she said.

Liz Miller, associate minister, the Congregational Church in South Glastonbury has taken lessons from Erf and has come to share her passion for the art and for learning.

"What impresses me most is



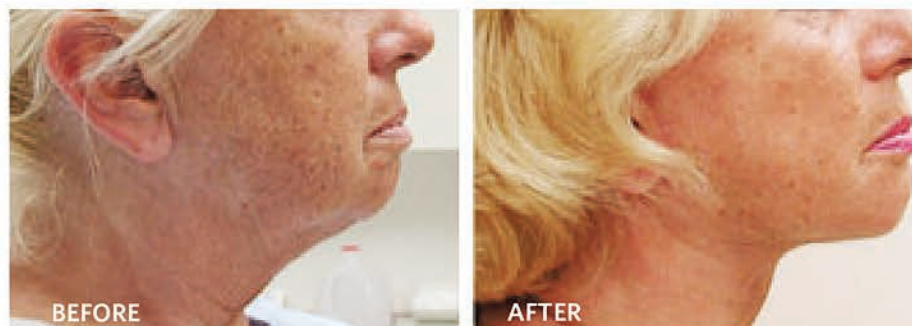
This row of children is a common Shaker design

Mary Elva's lifelong passion for learning of all kinds whether it is the arts, history, or theology," she said. "She asks deep questions and she seeks out the people, resources, and places that might have something new to teach her. Her passion for learning is contagious, making her a perfect combination of both being a life-long student as well as a

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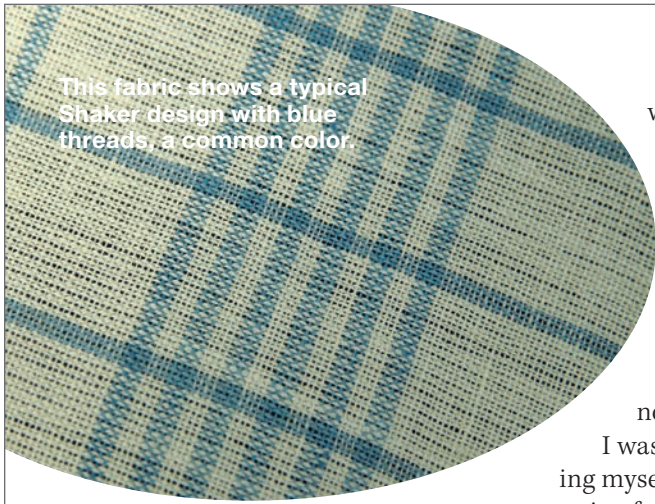
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This fabric shows a typical Shaker design with blue threads, a common color.



teacher to the people around her.”

As an example, she said Erf took her to a local weaving exhibit a few years ago.

“In talking with her about the different work we viewed, I learned an incredible amount about weaving techniques and different styles,” she said. “But more importantly, I was infused with the love that she had for that art form. She taught me about the hard work, creativity, and perseverance that artisans put into each piece. Her understanding of

weaving was more than you can read in a text-book; she turned each piece that we discussed into a living, breathing entity of its own. She brought life to the textiles before us. Because of that afternoon and that experience,

I was inspired to begin weaving myself. Her wisdom and her passion for it has been one of the guiding forces that has encouraged me to learn as much as I can, take creative risks, and weave with the same zeal that she brings to her art and to her life.”

Erf was philosophical as she reflected on her life.

“It’s funny how life moves you on a new path,” she said, adding that there have been four significant experiences in her life as a weaver.

The first was meeting Ohberg, back when she thought she wasn’t interested in learning to weave. The second was learning about the Shakers, whom Erf called “a very

industrious people.”

The third was discovering the Congleton family connection at the Shaker museum in Kentucky, and the fourth was her interest in Shaker rugs.

“You have to listen to what people see in you. Weavers and others have shared with me some valuable life lessons.” **GL**

Erf’s books are available at WEBS, a yarn store at 75 Service Center Rd. in Northampton, Mass. (yarn.com, 800-367-9327) and on amazon.com.



Nancy Thompson photos



One of Mary Elva Erf’s specialties is small furniture done in typical Shaker style, such as this bed

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YOUR THOUGHTS

At times, it seemed as though the construction might go on forever, but, delays and traffic jams aside, the bridge repairs are finally completed. Glastonbury LIFE wanted to know if all those months (and months) of construction were a major inconvenience or just a minor irritant. Here's what you had to say.



Lyn Stuart

It was short hold-ups every so often. I never tried to cross it when it was really bad. These apps make it so much easier. Waze has been very valuable.



Brad Biondello

It was pretty bad. It was worth the inconvenience in the end; it really needed it.



Mary Dresner photos

Sharon Benoit

I didn't come that way. I understand from talking to people that it was very time-consuming.



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Putnam Bridge work and new walkway are done

Walkway connections still up in the air

by Nancy Thompson
Editor

The construction crews, heavy machinery, state police cars and barriers are gone. Traffic is moving freely. The \$30+ million Putnam Bridge rehabilitation project is done, including a new pedestrian walkway along the down-river side of the span.

At the moment, it's a path that's inaccessible and goes nowhere, but officials at the Connecticut Department of Transportation and bicycle and fitness advocates throughout the area hope that will change before long.

Jennifer M. Carrier, a professional



Courtesy of State Department of Transportation



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Courtesy of State Department of Transportation

This map shows new bicycle path/walkway details on the Glastonbury side of the Putnam Bridge.

engineer and director of transportation planning for the state, said the state and the Capital Region Council of Governments are working together on the project.

“Project funding and schedules have yet to be identified,” she said, adding that the regional council and the transportation department are working with municipal stakeholders.

She said the regional group recently corresponded with the state about potential funding and prioritization for the completion of the connecting multi-use paths in both Glastonbury and Wethersfield. “The region expects to continue discussions ... and are hopeful that this project can be initiated soon,” Carrier added.

Glastonbury bicycling advocate

Deb Dauphinais has been hoping to see the project become a reality for several years.

“An increasing number of people are choosing bicycling as a healthy and environmentally friendly transportation alternative and as a form of exercise and recreation,” she said. “State and local advocates have been working on this bridge access for over

a decade, and we are excited to see it come to fruition over the next couple of years. We are grateful that the state took the opportunity to install the center portion during this phase of the bridgework, and are hopeful that regional, state, and federal funding will be forthcoming to complete the project.”

While some have asked why the walkway was constructed before it went anywhere, Dauphinais, who owns Bicycles East with her husband, Steve, said that was the best way to do it.

“It was always the plan to create the walkway before the approaches were even close to being ready,” she said. “This only made sense because the DOT was working on the bridge at the time and it was the most appropriate and economical time to do the addition. We knew that it would be a few years to go through design, funding, wetlands issues, etc. The state is looking for sources of regional, state, and federal funding. This is a regional/state transportation project and it is not expected that the bill will be paid by Glastonbury and Wethersfield taxpayers.”

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She also clarified the intended use for the new walkway on the bridge.

"There is also confusion about the use," she said. "It is a pedestrian walkway. That is because there are strict regulations about width and so on that determine when you can call something a bikeway. The structure of the Putnam Bridge limited the width that the cantilever could hold. This is true of other bridges in the state. Technically, you are supposed to dismount the bike."

She said the approaches will be designed to accommodate bicycles as well as people on foot.

The six-foot-wide walkway can be seen along the side of the Putnam Bridge, which carries State Route 3 across the Connecticut River. The decision to include the walkway in the rehabilitation project was reached in 2011 after several meetings with local and regional officials and organizations, Goodwin College, and bicycle

and pedestrian advocates who had been hoping for a path across the bridge for many years. The walkway added about \$5 million to the \$26 million bridge rehabilitation project.

At the time the pedestrian path was announced, Gov. Dannel P. Malloy called it, "an important way to integrate multimodal transportation into our existing infrastructure." He continued, "In our pursuit of smarter, more efficient, and cleaner transportation options, these types of pedestrian-and bike-friendly paths become critical to meeting our overall goal of finding alternatives to driving. As we partner with communities and other stakeholders, we hear a real commitment to making these options happen."

Goodwin College in East Hartford owns hundreds of acres along the river in East Hartford, Wethersfield and Glastonbury and has said it would like to have connections to and from the Putnam Bridge to accommodate

a trail network it is planning.

As part of the announcement that the walkway would happen, DOT Commissioner James P. Redeker said his department is committed to working with regional and local agencies and other interested parties.

"This is a great step forward in allowing access across the Connecticut River in this area of the state," he said. "The only other connection for bicyclists and pedestrians are located in Hartford or Middletown. This kind of 'quality of life' action benefits everyone and illustrates our commitment to promoting every mode of transportation. It also demonstrates the importance of partnering with stakeholders at every level." **GL**

The transportation department's final report on the multi-modal connections at both ends of the Putnam Bridge walkway can be found online at ct.gov/dot/cwp/view.asp?a=3535&q=518198.

Did you know?

Facts about the Putnam Bridge

- The William Putnam Memorial Bridge was built in 1959.
- William H. Putnam was a Hartford businessman and chairman of the Greater Hartford Bridge Authority in the late 1950s. He died nine months before the bridge opened.
- The bridge was to have been known as the Wethersfield-Glastonbury Bridge but was named after Mr. Putnam after his death.
- Originally, the Putnam Bridge was to have been part of I-491 with two decks, each carrying four lanes of traffic.
- The existing bridge was designed to be the northbound four lanes of the bridge. Plans for the second span were scrapped after the southeastern segment of I-491, from Wethersfield to East Hartford, was cancelled.
- Connections to the bridge to and from I-91 and state Route 2 also were cancelled early on but were built in the late 1980s and mid-1990s.
- The bridge underwent rehabilitation work in 1987, emergency deck repairs in 2007, deck patching and other work in 2008 and emergency steel repairs in 2009. The most recent repairs, considered to be a major rehabilitation project, started in 2013 and were finished this summer.
- The 14-span, two-girder steel frame structure is 2,400 feet long.
- In 2010 an average of 54,200 vehicles crossed the bridge daily.



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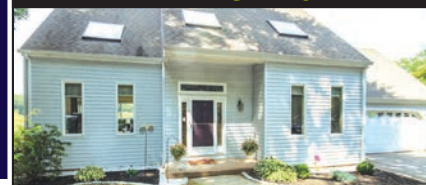
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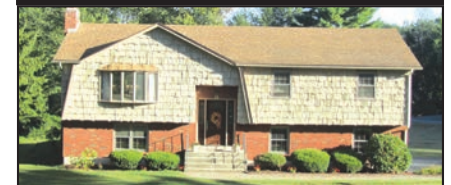
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Excelling from special ed to the library

Monica Gardner is the town's teacher of the year

by Nancy Thompson
Editor

Some people find their calling late in life. Not so for Monica Gardner, who's known since she was a child that she wanted to be a teacher.

Gardner, this year's local teacher of the year, credits Faith Lyons, her fourth-grade teacher, with setting her on that path. She called Lyons, now in her 90s, "a petite powerhouse."

Her determination to become a teacher was strengthened when she took honors English at Penney High School, now East Hartford High School, with Doug Ouellette.

"It was the first time I sat in a group and talked," she said. "He was like one of us."

Nancy Thompson photos



Monica Gardner is Glastonbury's Teacher of the Year



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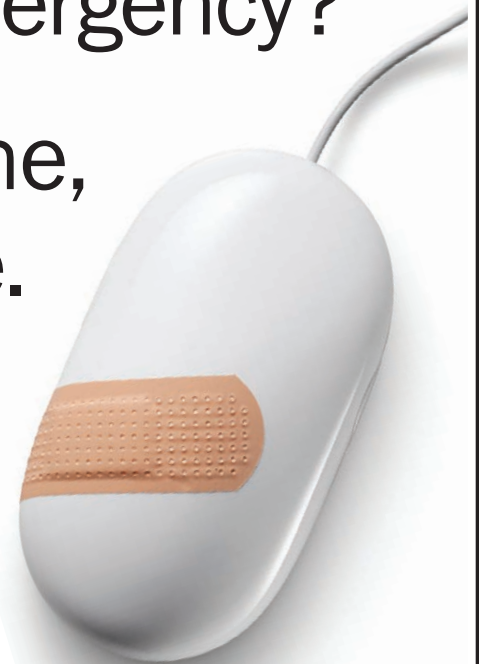

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She went to Central Connecticut State University and, while majoring in psychology, was offered a co-op job working with children with severe emotional and physical challenges at what is now River Street School in Windsor. In large part because of experience, she earned a master's degree in special education at UCONN.

From there, she worked as a special education teacher in East Windsor for two years before taking a position at Glastonbury High School, where she taught students with special needs for 19 years.

In 1983, she earned a certificate as a library/media specialist and was offered a job at Eastbury Elementary School.

"I felt like I had come home," she said of working at the school her children had attended. "We have a gorgeous library where we teach literacy and information skills. It's a dream job."

Gardner praised the local school system's support of its

libraries. "It's unusual to have library/media professionals at all schools," she said. "The kids are better prepared and understand the importance of what we do in the library."

every week. She stresses the importance of literacy by reading to children and asking students to prepare reviews – at a level appropriate to their age – of books they have read or had read to them.

said. "We work with the teachers and support whatever they're doing with special activities." Those activities often reflect current events, such as an election or the Olympic Games. She said she gives students the ability to "own their own learning" by giving them options both for subjects and also for the type of presentation they'll do to share their new knowledge.

In addition to working with Eastbury students in the library, Gardner serves on a variety of committees including those dealing with technology, literacy, wellness and school security. In the past, she has been recognized with a Local Hero in Education Award from Ronald McDonald House and an award for creativity from the Connecticut Association of School Librarians.

Eastbury Principal Janet Balthazar praised Gardner for her creativity and her instructional expertise.

"Monica works to integrate

"Monica works to integrate classroom curriculum at all grade levels as well as the technology skills students need to succeed in the 21st century."

**-Eastbury Principal
Janet Balthazar**

As Eastbury's library/media specialist, Gardner has several responsibilities. She's in charge of scheduling to be sure that all classes have time in the library

Gardner said student research is another focus and that it starts in kindergarten. "The children do research projects connected to what they're doing in the classroom," she

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classroom curriculum at all grade levels as well as the technology skills students need to succeed in the 21st century," she said. "She is a true gift to our school. Her positive energy, hard work, and 'we're all in this together' attitude helps keep us on course during those times of year that get stressful when we balance the work with all the extras. She is humble, generous, and compassionate."

Superintendent Alan Bookman, who was the principal at Glastonbury High School when Gardner worked there, called her "an outstanding educator who not only touches the lives of her

models new instructional strategies for colleagues as well as presenting technology and literacy workshops, leading a professional book group and collaborating on other special projects that impact the school across all grade levels. Throughout her years at Eastbury, Monica has become an unofficial school leader. Her leadership and guidance is called upon when the principal is out of the building."

School board Chairman Susan Karp praised Gardner for her passion for education and her commitment to her students.

"Monica strives to inspire our children to be lifelong learners and explore every interest."

-School board Chairman
Susan Krap

students, but has a positive impact on her colleagues and the entire school community."

He continued, "Monica has the ability to develop great relationships with her colleagues which allows her to demonstrate the importance of information literacy across all content areas. Students' increase in reading skills was evident when Eastbury students received the highest scores on standardized tests in our district, and were among the highest in the state. This led to Eastbury School being named as a School of Distinction by the State of Connecticut."

Bookman praised Gardner for her work outside the library as well. "Monica is the type of person who will rise to any challenge," he said. "When there is a new situation that needs be addressed, Monica is the person who takes charge. She is the ultimate professional and

"Monica strives to inspire our children to be lifelong learners and explore every interest," she said. "Her efforts make a difference in our schools every day and contribute so much to providing excellent education."

Gardner, who is known for her humility, described her colleagues at Eastbury as "amazing, caring and compassionate," and added, "You don't get to have this honor without learning from all the people you work with." **GL**



Courtesy photo

LIFE

in the kitchen

with Billy Grant

by Nancy Thompson
Editor

Billy Grant's first experience in the culinary world was helping at Augie & Ray's, his father's restaurant in East Hartford, when he was 14.

There, he said, he learned the importance of hard work and customer satisfaction.

He went to college, not to study culinary arts but business management, and graduated from Eastern Connecticut State University.

While a student there, he went to work with his uncle Paul at his restaurant, The Eatery, in South Windsor and his career path became clear.

"That's when I fell in love with food," he said. "It was my first experience with leeks and shallots and roux and veal stock and hospitality and tableside cooking."

He learned all aspects of running a restaurant. He became the sous chef there, then worked at Max on Main in

Hartford and was the chef at the opening of Max Amore on Glastonbury Boulevard.

Grant and his brothers, Tony and Michael, opened Restaurant Bricco in West Hartford Center in 1996, Grants Restaurant, Bar and Patisserie in 2001 and Bricco Trattoria on Hebron Avenue in 2010.

The food at all three is renowned, but hospitality remains his focus.

"Hospitality is in my genetic make-up," he said. "I like to make people happy. I've always been driven toward that."

He added, "It's not about the money for me. It never has been. I pay more attention to feedback and to people. I trust my own feedback, too. Whatever we do with food, it's going to be good. Simple or complicated, it's supposed to be delicious. That's the main philosophy behind Bricco Trattoria."

When the Glastonbury restaurant

Photo by Nancy Thompson

opened, he compared it to Bricco in West Hartford. "They're certainly not identical twins," he said. "More like cousins. When I opened Bricco in West Hartford, I had never been to Italy. Now I've been there three times. I love the food and culture there. Bricco in West Hartford is an Italian-American restaurant. Bricco in Glastonbury will be an Italian restaurant in America."

Grant said eating is one of his favorite activities, as is making people happy. He said American culture is "a little behind" the rest of the world in accepting the idea that food is supposed to be simple and natural and is trying to change that.

"I like bringing that natural food experience to people," he said. "I know the rest of the world doesn't do what we do with the slowness and the natural food experience."

He said his least favorite part of

cooking and running restaurants is managing the help and the business side.

"I'm very fortunate," he said.

"I love my crew. Many have been with me for many years." But, he said, there are more restaurants and fewer people looking for restaurant jobs, which can cause a shortage in staffing.

"That why I'm in the restaurant so much," he said. "Leadership is the most important thing."

He said that dealing with costs, insurance, marketing, social media and other aspects of the business can be hard.

But ultimately, he's happy.

"Every day I'm lucky to be able to do what I love," he said. **GL**

Bricco Trattoria is at 124 Hebron Ave. The phone is 860-659-0220, and the website is billygrant.com/trattoria.

10 questions for Billy Grant

1. What's your "secret weapon" ingredient? *Olive oil, salt and citrus.*

2. What's your least favorite food? *Calf's liver and sardines.*

3. What is the one cooking technique everyone should know how to do? *Resting a roast, or a turkey, even thick burgers off the grill. It's very important.*

4. If you could take any celebrity chef out to dinner, who would it be and where would you take them? *I'd take Daniel Boulud to Bricco Trattoria.*

5. What is your favorite cookbook of all time? *The Joy of Cooking.*

6. If you weren't a chef, what profession would you be? *A D.J.*

7. What spice or herb best describes your personality? *Basil.*

8. What's your "go to" staple/recipe/dish? *Ravioli with sage, butter and parmesan.*

9. What do you like to cook when having guests to your home? *I like to cook a simple fish with a simple vinaigrette.*

10. It's your last meal on earth. What's on your plate? *Rotisserie porketta, which is butterflied pork belly stuffed with pork sausage, herbs and spices, served with caramelized onions and crispy pork skins.*

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Occupational Therapy Assistant. 10/2, 9-10 a.m., LRC B125
Respiratory Care. 10/2, 9-10 a.m., LRC B129
Dental Assistant Certificate. 10/2, 10-11 a.m., LRC B125
Radiologic Science. 10/2, 10-11 a.m., LRC B129

Manufacturing + Tech Day @ MCC. 10/6, 8 a.m.-4 p.m., SBM Charitable Foundation Building. Join us for this informative event and celebration of all things manufacturing and technology. Learn about what MCC has to offer students and the business community. Meet faculty and staff, manufacturing, business, engineering and technology, tour the facilities and attend information sessions. Local and regional manufacturing and tech companies will be on hand with information about their businesses. Info: Nia Mitchell at 860-512-2647, email nmitchell@manchestercc.edu or www.manchestercc.edu/manufacturing.

Interviewing Tips Workshop. 10/6, 12 noon and 10/7, 2 p.m., SSC L107. Learn the various stages of the interviewing process. Job seekers will gain insight into frequently asked interview questions and other tips that can help lead to a successful interview. This workshop is open to the public. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

Job Search and Cover Letters Workshop. 10/13, 12 noon and 10/14, 2 p.m., SSC L107. Identify strategies and techniques for managing a comprehensive and effective job search and maximize the impact of a cover letter. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

International Film Series: *Timbuktu* (France/Mauritania). 10/16, 7 p.m., SBM Charitable Foundation Auditorium. Cattle herder Kidane lives peacefully in the dunes with his family and their shepherd until their destiny changes abruptly. 97 min. Drama. French/Arabic. Rated PG-13. Info: Evelyn Angry-Smith at 860-512-2874, email eangry-smith@manchestercc.edu or visit libguides.manchestercc.edu/mccifs.

Making Effective Career Choices Workshop. 10/20, 12 noon and 10/21, 2 p.m., SSC L107. Learn how to make effective career choices through the use of traditional and online career-guidance assessment tools. Match your interests and personality types with career fields and traditional position titles, identify typical educational paths that one can take to become qualified for specific positions, and learn about available online resources that can assist you in your research process. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

Aracelis Girmay Poetry Reading. 10/21, 8 p.m., Community Commons, Great Path Academy. Aracelis Girmay's poems trace the connections of transformation and loss across cities and bodies. Her poetry collections include *Teeth* (2007) and *Kingdom Animalia* (2011). Info: Steve Straight at 860-512-2688 or email ssstraight@manchestercc.edu.

The Common Read Book Discussion: "The Beach" by Alex Garland. 10/23, 12:30 p.m., LRC A121, Library. Please join us for great discussion and good company while exploring a captivating read, *The Beach*, by Alex Garland. Info: Rosalyn Wormack at 860-512-2618 or email rwormack@manchestercc.edu.

Effective Resume Writing Workshop. 10/27, 12 noon and 10/28, 2 p.m., SSC L107. Improve your visibility in the job market and learn the skills and strategies needed to develop a resume that gets positive response from employers. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

All events are free and open to the public, unless otherwise noted, and are subject to change without notice. For current information or notices of cancellation, click on "View All Events" on MCC's web site: www.manchestercc.edu.

10/2015

Craft beer comes to town

Glastonbury resident's new brewery has lofty goal

by Mara Dresner
Staff Writer



Courtesy photo

A South Glastonbury man is turning his love of home brewing into a business. Still Hill Brewery will open this fall in Rocky Hill.

Scott Barbanel, an accountant at Genevieve Swiss Industries in Westfield, Mass., became interested in brewing because of his brother-in-law, Bob Papetti.

"He went to what's called a brew-on-premise place," Barbanel said, referring to the company known as Deja Brew in Shrewsbury, Mass. "You pick your recipe; you weigh out your grains; you weigh out your hops. The people there help you brew a batch of beer. He did it with some friends, brought it home and I liked it. The next time he went, I went with him. That was the start of the odyssey. I fell in love with the process."

Barbanel's children got him a recipe kit for Father's Day seven years ago and he began brewing at home and developing his own recipes.

"I would still go to Deja Brew. It was very social. You're brewing beer; you're drinking beer. [People would say], 'You should try to make a living at this. You should open a brewery.' I kind of laughed them off. This was a hobby not a profession. I started getting passionate. People responded very well to the beers I was developing."

After talking it over with his wife, Barbanel decided to take things to the next level. It started with education.

He began an online program, earning a degree in brewing technologies from the Siebel Institute of Technology.

"I would love to do the master's program, but that means two months in Europe," he said.

Of course, there have been numerous tastings along the way.

"There are off flavors in beer, which we are trying to avoid. It's a lot of fun doing this. Unlike wine, you do not spit out beer. There are taste buds in the back of the tongue and the tip of the throat that are

important to the flavor of beer," he said. "Inevitably, it gets very social."

He has completed the Beer Judge Certification Program and is a Recognized Beer Judge.

As he finished his degree, he began looking into how to turn his hobby into a profession.

"There's a big difference between brewing in your backyard in five-gallon batches or 20-gallon batches, which is largest I can do [and being] a brew house," he said. "I could go to work at a brewery and learn how to brew, but at this point I can't change my career that drastically and work for next to nothing as low man on the totem pole."

He did spend a little time volunteering in some breweries, gaining some extra experience as he prepares to open his own brewery.

He said it took 15 months to find the right location after scouting sites throughout the area, including Glastonbury, Portland, Middletown, Windsor, South Windsor, East Windsor, Bloomfield and East Hartford.

"It's not easy to site a location. We are in New England. There are still some old attitudes toward breweries. You might have to be 500 feet from a school or a playground or a liquor store or a church. Finding a location in a properly zoned area is a challenge. And if you find one that works, you have to find a building," he said. "There's a height requirement. The equipment gets large. It has to have the right ceiling height. Utilities come into it. You have to have a town that wants you. Breweries are still new to the state. Most towns don't understand how they fit in the zoning scheme."

Barbanel said Rocky Hill officials have been welcoming.

"Rocky Hill's been great," he said. "We have found the town very receptive."

Economic Development Director Raymond A. Carpentino said it's a positive business for the town.

"It's going to be a very good local business. It's going to be very strong," Carpentino predicted. "It's a business that I think could grow. We like

businesses to grow and stay in town, and I think he will do that.”

The brewery takes its name from a hill in Glastonbury.

“A lot of breweries are named for the brewer or a location,” Barbanel said.

He’s waiting for his federal brewer’s permit, a process that takes several months, then he’ll secure his state permit.

“It’s a highly regulated industry,” he said, adding that he anticipates opening in November.

At first, Barbanel will keep his day job and the brewery will be open on the weekends. He said his business background will be valuable as he moves forward.

“You have to understand brewing and you have to understand business. A lot of what I do now comes in handy,” said Barbanel, whose background includes work in accounting, human resources and strategic planning. “I have a very strong business background. I’m very confident I won’t run into the issues that some people encounter. We will have to make a profit, otherwise we can’t grow.”

One side of the business will be the actual brew house, where the beer will be produced and packaged. The other side will be a public tap room.

“People will be able to come in and sit down and buy pints of beer. They’ll be able to tour the brewery, talk to me and see the brew house in operation. They can bring food in and relax. It will be a nice place to come out and learn about our beer and Connecticut,” Barbanel said.

He expects the tap room will be able to seat about 60 people.

Still Hill Brewery will start with three year-round ales: an India Pale Ale, an American Pale Ale and an American Amber Ale. There will also be at least one seasonal ale.

“We will make the best beer in Connecticut,” he said.

In addition to the tap room, he will be selling his product to liquor stores and restaurants.

While Barbanel is the primary shareholder, there are a number of other investors in the business.

“There are 14 people involved with the brewery right now. Some will actively participate; others be available for advice. Some are along because it’s kind of a cool investment,” Barbanel said. “It’s some friends and family. The majority are local businesspeople.”

Long-time friend Gary Korman was an early supporter. A home brewer himself, Korman said he let Barbanel try a pumpkin beer that he had made, and he tried Barbanel’s IPA.

“One of my favorite beers is the IPA. His IPA is excellent; it’s one of my favorites. I was telling him he should try to sell it. He was always much more serious about it than I was,” said Korman, a consultant for a software company who lives in Glastonbury. “When he finally did decide, I was first in line. I bought my shares almost immediately.”

Barbanel said that he knows there’s some competition, but he thinks there’s room for his brewery.

“The state is inundated with brewery applications. There are over 30 functioning breweries; we’re looking at 40 by mid-2016. The growth has been phenomenal,” he said. “I refer to San Diego County a lot. They have over 60 breweries in that



Photo by Mara Dresner

Scott Barbanel stands in the space that will open as Still Hill Brewery in Rocky Hill this fall. Barbanel’s family home is on Still Hill in Glastonbury, where one of the town’s founding fathers had a working still on the hill.

one county. If you go to Vermont, they have the largest number of breweries per capita in the country. There are 50, 60 breweries in Vermont. We’re substantially larger than Vermont, so we’re in good shape.

“We’ll start to see fallout in a few years. Not everybody who starts it makes it. We certainly plans to be one of the ones who make it. We haven’t hit the saturation point,” he continued. “Who we’re really competing against are the national brands, Budweiser, Coors. Overall beer has been declining as a market. In that same time, craft beer has

been growing.”

He said other brewers have proved to be a supportive community.

“If you don’t drink Still Hill, drink one of the other local breweries. There are a lot of great people working hard to bring great beer to the state. The other brewers in the state are down-to-earth, good people. Craft breweries pride themselves on being local. We live here; we work here. We do not want to be Anheuser-Busch. This is our home,” Barbanel said. “It’s a heck of an adventure.” **GL**

Learn more at stillhillbrewery.com.

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People Notes



Courtesy photos

Bridget Cooper, owner of Piece in Place Consulting in Glastonbury will be among five workshop presenters during the 2015 Business Women's Forum, "Making It All Work," October 23 in Plantsville. Cooper is the owner of Piece in Place Consulting. The conference will take place at the Aqua Turf Club from 8 a.m. to 4 p.m. To learn more about the forum, visit 2015bwf.com.



Navy Capt. **Christopher Heaney**, Commodore of Navy Recruiting Command Headquarters, Region East, retired from U.S. Naval Service on Sep. 1.

Three local students are among the 51 students from Northwest Catholic High School in West Hartford named AP Scholars by the College Board. **Adam Mendoza**, '15, was designated an AP Scholar, while **Anna Case**, '15, and **Kathryn Doyle**, '15, were named AP Scholars with Distinction. **GL**



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Cancer diagnosis 'not the end of the world'

Resident helps raise thousands for Komen Connecticut

by **Mara Dresner**
Staff Writer

This time, wife, mother and entrepreneur Sandy Cassanelli is speaking out. The first time she had cancer, it was a private affair. Now, the 39-year-old is going public, speaking about her cancer and raising money, including forming a team that raised more than \$14,000 for Komen Connecticut Race for the Cure, held in Bushnell Park in June.

The first diagnosis came in 2013, when she was 37.

"I was not eligible for a mammogram yet. I found a lump in my

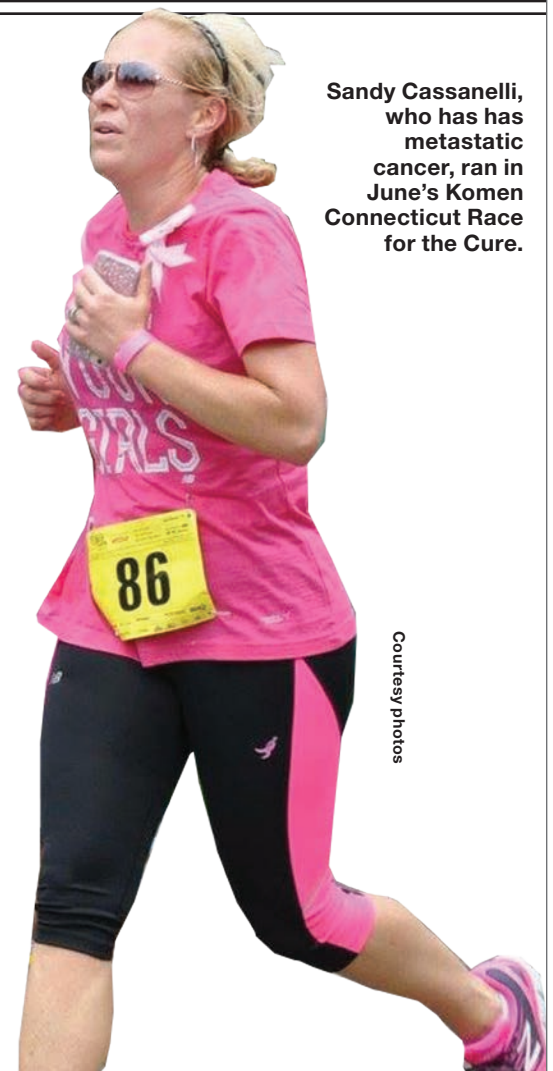
breast. I went to my doctor's office, who thought it was nothing," she said. "I swear it grew overnight. I found out it was Stage 3 cancer. At the age of 37, I had a bilateral mastectomy, eight rounds of chemo and 20 days of radiation. I was supposed to be on Tamoxifen for the next 10 years; that's hormone therapy."

This January, she began to have some pain in her left breast area where she had had the surgery.

"After many rounds of tests, by accident they found a spot on my liver. They were checking out

my chest area not the liver area. Less than two years after the original diagnosis, I was told the breast cancer spread to my liver area," she said. "I now have Stage 4 metastatic cancer, incurable. I will never have a cure. It is treatable. I am living with metastatic cancer. You have to treat the whole body to prevent it from showing up in any other area. Now it's in the bloodstream and can show up in any other area. Once your breast cancer metastasizes, this is your deal for the rest of your life. I don't think people realize it's not going to go away."

Sandy Cassanelli, who has metastatic cancer, ran in June's Komen Connecticut Race for the Cure.



Courtesy photos

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Her current treatment protocol includes two medications, as well as monthly blood work, and scans every three months.

"It's hard because I continue to do everything to beat it, to fight it. I continued to work out through all treatments. To do everything right and to find out I got it twice, it felt like someone punched me in stomach. It wasn't fair to put my daughters through this again," she said. "They told me I was cured and it was gone, so in essence my pain was a blessing. It had spread, so by the time I was symptomatic, it would been too late."

Cassanelli, who grew up in Naugatuck, continued to work through all her treatments. She owns Greenough Packaging & Maintenance Supplies in West Springfield and serves as CEO of the company – her husband is presi-

dent – handling accounts receivable and accounts payable, as well as human resources.

She met her husband, Craig, while they were working at Stamford-based World Wrestling Entertainment, where she ran the travel department and he was in advertising sales. She had gone to school to become a nurse but was seduced by the world of travel with a job she got out of high school.

They have two daughters, Samantha, 12, and Amanda, 9.

She works out every day, and in June, she did the Komen Connecticut Race for the Cure, with her 45-member team, Breast Friends for the Cure.

"I started the team last year after I had been told I was cancer-free," she said.

The team raised \$10,800 last year. This year, they raised \$14,300.

"All the funds stay local to Connecticut," she stressed. "Komen keeps everything local. They do not share their money with national."

The run took on new significance this year.

"It was a very emotional day for me. I knew that I was again diagnosed with it, and I was also picked as the New Balance Survivor this year and I had to give a speech. It was a very nerve-racking and emotional day," she said.

Although when she was diagnosed previously she wasn't public with it, this time, she is committed to speaking out.

"I want to raise awareness because more and more of us in our 30s are getting diagnosed at a late stage. There are more and more of us getting reoccurrences of late stage metastasis," she said, adding that she believes mammograms should be

Quick facts about breast cancer and Komen Connecticut

- Connecticut has the highest incidence of breast cancer in the United States. Approximately 3,000 women will be diagnosed in Connecticut with breast cancer this year.
 - Komen Connecticut funds life-saving services throughout Connecticut. Seventy-five percent of funds are invested back into Connecticut communities through local grants to provide education, screening and treatment for local women.
 - The other 25 percent is invested in life-saving research initiatives to find the causes and cures for breast cancer.
 - Komen Connecticut is a local organization. Not one penny of the money donated to Komen Connecticut supports Komen National Operations.
 - Komen Connecticut funds approximately \$1 million annually for breast cancer education, screening and treatment services, making them the largest nonprofit funder of these services in Connecticut.
 - Many of the programs they fund are striving to promote breast health with low-income, underserved women with the intent of reducing late-stage diagnosis and mortality.
 - Komen is currently funding \$3.9 million in research in Connecticut and has proudly contributed to every major research breakthrough over the past 30 years.
- For more information, visit komenct.org or call 877-GO-KOMEN.



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Sandy and Craig Cassanelli pose for a photo with their two daughters, Samantha, 12; and Amanda, 9.

started at a younger age. "People need to be aware that this is a disease that is killing young mothers and we have a problem."

Cassanelli dreams of a day when others don't have to go through what she is dealing with.

"I hope that I will get to see a cure so that my daughters never have to deal with this; that's my biggest hope. If not that, that they start passing laws so they can get mammogram[s] at the age of 30, better treatments so can live longer, so they can live 30, 40 years," she said.

Cassanelli becomes teary when talking about her daughters.

"My biggest fear is leaving my kids and not seeing them grow up," she said, before quickly smiling, "but hopefully not."

She credits her loved ones and her faith, as well as work and volunteer projects, to helping her cope.

"Sandy is very thoughtful, caring, funny and very smart. She is a successful businesswoman and also devotes a lot of her personal time to

the causes that are close to her heart. She values her family and her close friends and often puts their/our needs before her own, with a smile every time," said Cheryl Tabellione, who's known Cassanelli for about a decade and said she is like a sister. "Sandy has such a strong faith and I think that has been one of the most impressive qualities that she possesses. She also has so focused on staying as healthy as possible and keeping everything as normal as possible for her family during all phases of her illness. She is like a rock!"

Cassanelli sees a purpose to her illness.

"I do believe this happened to me twice to help other people. It's not what you want to hear. You can make a difference. If you stay positive, you can survive and live a normal, healthy life," she said. "You probably think you'd curl up in a corner and sit down and die, but that is not me, and I refuse to do that. I feel you have to try to find the silver lining in everything. This

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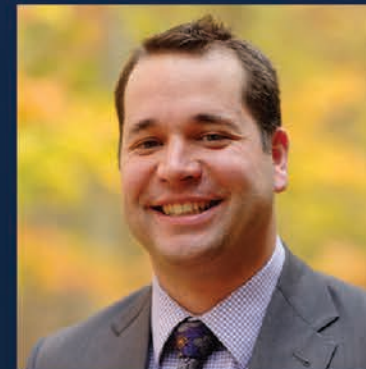
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wouldn't be what I would have picked for myself. I'm an example to two little people who watch my every move, and I think they'll be stronger for it."

She's speaking at events and fundraising, whatever she can do to raise awareness, which has involved getting over a fear of public speaking.

"Sandy Cassanelli goes above and beyond when it comes to the local fight against breast cancer," said Anne Morris, the CEO of Komen Connecticut. "As a survivor, she understands all too well the uphill battle of a breast cancer diagnosis. Sandy raises funds to ensure that all Connecticut women will have access to the care they need and that one day we will find a cure. She is not only one of our biggest supporters, but a dear friend of the organization. We are so thankful for all that Sandy does to support our mission."

Cassanelli said the most important thing people can do when they hear of someone being diagnosed is simply keeping in touch.

"You don't have to call every day. You can send a note, you can send a text, send a card, just to let them know you're thinking of them, praying for them. Don't ignore the person. Ignoring it makes it worse. I'm thinking you don't care that this is

"As a survivor, she understands all too well the uphill battle of a breast cancer diagnosis. Sandy raises funds to ensure that all Connecticut women will have access to the care they need and that one day we will find a cure."

-CEO of Komen Anne Morris

happening," she said. "I think the worst thing is when they tell you of someone they know that had it and died. Or that breast cancer is the best type of cancer to have. I try

hard not to judge people who don't know how to react but it does get to you."

Amidst the scans and the bloodwork, Cassanelli is living fully.

"Unfortunately, my reality is I have cancer for the rest of my life,

unless they come up with the magical cure that takes it away," she said. "I do everything; I have not stopped living my life. I work out seven days a week; I go to all my kids' activities;

I keep my volunteerism up. I'm going to keep doing that as long as I can. It's important to keep my life as normal as I can for my children."

She has a routine for when she goes for the scans.

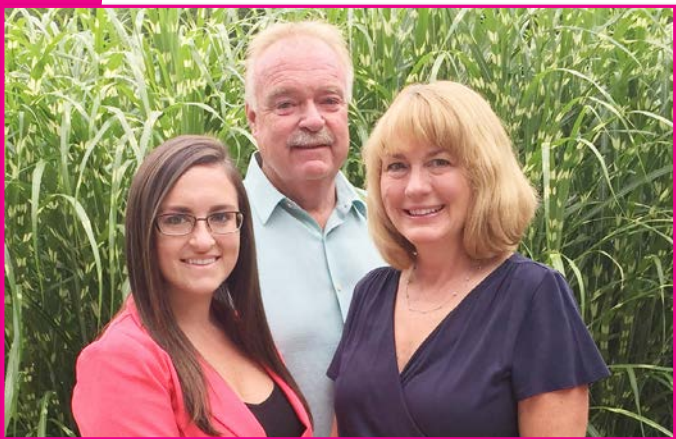
"I just pray, I just pray every time I go. I have faith that God has gotten me this far and he will continue to keep me around for a long time," said Cassanelli, who volunteers with both Komen Connecticut and Komen Massachusetts, serves on the board of the Glastonbury Education Foundation and volunteers with the Buttonball PTO.

She's learned some things that she would share with others who are diagnosed.

"It's not the end of the world; you will survive, and I know it's cliché, but it will make you a stronger person, and you can do anything if you keep your mind to it," she said. "I don't wait for tomorrow to do things I want to do. I spend time with people I truly want to spend time with. I make time to spend with my friends and my family." **GL**

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Antiques, gifts and collectibles

Shop opens on Silas Deane Highway

by Mara Dresner
Staff Writer

There's a story behind every piece in RJL Antiquities, which opened in August on the Silas Deane Highway, and owner Rick Loffredo knows it. In fact, it's one of the requirements for him to decide whether to purchase an item for his new shop.

"I felt every antique has a story behind it. What I decided to do was to handpick every item that I decided to sell in my store. When I buy it, I consider a number of things. The first thing is its historic value," said Loffredo, a Glastonbury resident who is retired from the healthcare industry. "Also, the story behind it. When I sell it, I want to be able to tell the customer the history of it. Also the economic value, the purchase value for the customer. It has to be something that's not expensive to the customer. Every item in here has a story and I can tell you that story. Every item here right down to a cup, I picked out personally. If it didn't have these values, I didn't buy it."

There are items in the shop ranging in price from \$1 to more than \$600.

"It's a wide range," he said.

He said he tries to price items with an eye toward value.

"They're high-end products at a

very competitive price. Typically in a high-end shop, a lot of these items would sell for 40 to 50 percent more for what they're selling for [here]. That's the economic value," he said.

Loffredo has long been interested in days gone by.

"I've always loved history. I've been a real history buff all my life. Any time a subject concerning history came up in school, I did well in it," he said.

Even while pursuing his career in healthcare, he was an avid antiques collector.

"I've always gone antiquing. I've gone to museums in Europe and the United States. That developed into the business. I would do estate sales in my driveway maybe six or seven times a year," said Loffredo, who had a part-time store in Glastonbury that was open on weekends.

He's also a partner with his brother, Larry, in Empire Opera House Antiques in Philmont, New York.

"He has very good taste. He knows what people are looking for. He knows how to restore things. He has a good eye. He's a very good buyer for what people in his generation are looking for," said Larry Loffredo, who speaks with his brother every day. "He's very knowledgeable. He follows what the trends are."

While Larry Loffredo said his

brother has an interest in everything from pottery and glassware to Art Deco items and furniture, Rick Loffredo has his own preferences.

"I own an 1860 New England farmhouse in Glastonbury. I tend to like nautical antiques personally," said Loffredo, who was influenced by the late President John F. Kennedy. "I'm originally from the Boston area. I've always been attracted to nautical things because of him [Kennedy]. That was something that really influenced my life. It grew from nautical antiques to general antiques."

He mostly finds items at private estate sales.

"The way it works is I have relationships with a number of estate companies. I'll go in before the estate sale. I have a unique opportunity before the sale starts to pick out handpicked antique items," he said.

Not everything in his shop is an antique. He also carries some collectibles.

"I don't go out and buy dozens of this and a dozen of that. Everything is unique," Loffredo said.

Items in the shop range from the 1800s to modern-day collectibles.

"They're all very unique and interesting pieces," he said.

One of the more unusual items he recently had was a syrup container from Vermont, dating from about 1810. It was used to hold the syrup

Rick Loffredo, owner of RJL Antiquities, is especially drawn to nautical items, although his shop has a wide variety of antiques, gifts and collectibles.

that was tapped. The container would then be brought indoors, where a spigot would allow a family easy access to the syrup.

Loffredo said that his store will appeal to both antiques lovers and those who appreciate a more current flair.

"Typically, there are antique people and there are people who aren't antique people, but that's what makes my store unique," he said. "The items can go into a modern home and can be a conversation piece. Every piece has a story. I make the effort to have the story and offer it to the public so they can pass it on."

It's part of what he likes about the business.

"I love items that have history. You can go in my house, know every piece, know every bit of history about it where it comes from. I just think the story is part of the antique, that the antique has had a life," he said.

On Fridays and Saturdays, he has what he refers to as an "estate sale," where he offers a 10 percent discount on every item in the store. He also accepts items for consignment. **GL**

RJL Antiquities is at 1845 Silas Deane Highway, Suite B and is open Tuesday through Saturday from 10 a.m. to 5 p.m. Call 860-257-2705 or visit rjlantiquities.com.



Top left: This high-back Queen Anne corner chair is one of two known to exist. **Top right:** Annika Hurley, a volunteer docent at Welles-Shipman-Ward House, talks with visitors about 18th-century cooking techniques. **Right bottom:** The Welles-Shipman-Ward House on Main Street in South Glastonbury is owned by the Historical Society of Glastonbury. **Left bottom:** Guests are welcome Tuesday afternoons in the summer and during special events from March through November.

History comes alive at the Welles-Shipman-Ward House

Historical society's showplace was built in 1755

by Nancy Thompson
Editor

A visit to the Welles-Shipman Ward House is a visit to the town's – and the nation's – past. The house, lovingly and studiously restored in the 1960s, was built in 1755 by Thomas Welles, a local shipbuilder and one of the community's leading citizens. It's believed Welles had the house built

as a wedding present for his son, John, also a shipbuilder.

The two-story, center-chimney, 13-room frame house at 972 Main St. in South Glastonbury was much larger and more elaborate than most dwellings of that time.

"This is not an average house," curator Lin Scarduzio tells visitors. "This is a mansion."

John Welles died in 1764, leaving his wife, Jerusha, with five children including John Jr., who was 10 when his father died. As an adult, the younger John owned a shipyard on the Connecticut River where he manned and supplied three ships that were involved in privateering during the Revolutionary War. His support of the revolution proved

disastrous to the family's finances, and two of his creditors, Stephen Shipman, Jr. and Nathaniel Talcott, Jr., took ownership of the house and lot.

A few years later Shipman bought out Talcott's share in the property and moved into the house with his family. His descendants lived there until the early 1920s,



Courtesy photo



Left: Berdena Hart Ward bequeathed the mid-18th century home to the Historical Society of Glastonbury in 1963. **Right:** Visitors to the Welles-Shipman-Ward House are greeted by a docent here in the south parlor for their tour.

when the house was sold to Berdena Hart Ward, wife of Dr. James Ward.

In 1963, Berdena Ward bequeathed the house and property to the Historical Society of Glastonbury along with \$10,000 for its maintenance.

A survey of the work that needed to be done showed that the society needed to raise more money, which members did through a house tour, an antiques auction and other fundraisers and grants from the Hartford Foundation for Public Giving and

the Connecticut Historical Commission. In all, the historical society raised an estimated \$24,000 to go with Ward's \$10,000 bequest.

A committee established to plan and oversee the authentic restoration of the house sought the advice of several experts, including

The Society for the Preservation of New England Antiquities and the American Wing of the Metropolitan Museum of New York.

During the restoration, several discoveries shed light on the history of the house and the people who



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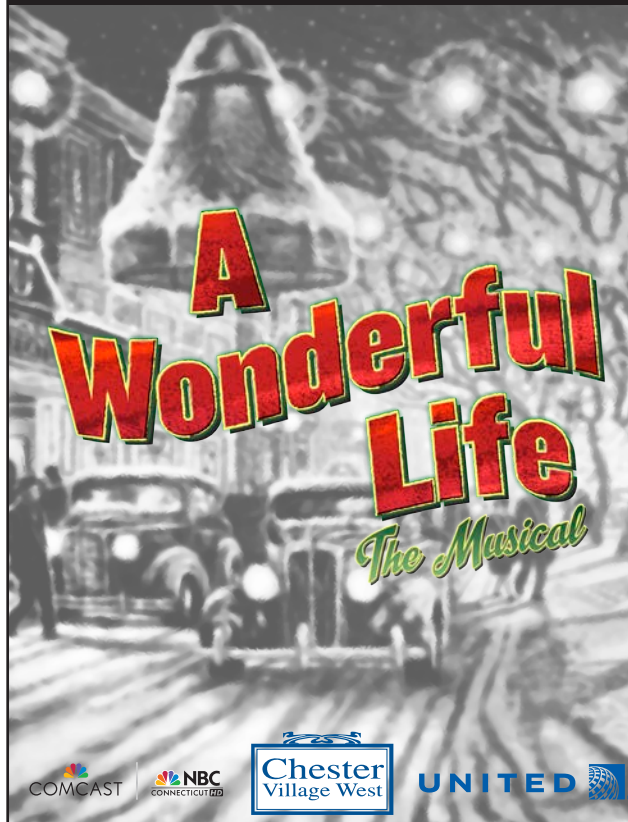
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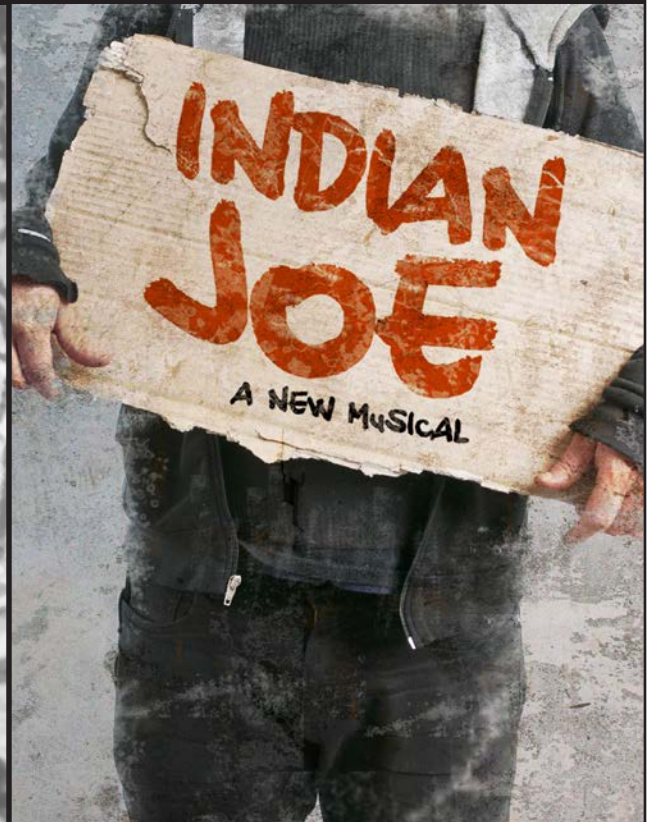
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The Historical Society of Glastonbury sponsors several events throughout the year at the Welles-Shipman-Ward House. The house and its grounds are open for tours Tuesdays from 1 to 4 p.m. through August 27.

The society will host Dinner in Jerusha's Kitchen October 18 and a Colonial-style Thanksgiving dinner November 15. Other events include Maple Sugar Madness, Supper at the Welles Tavern, Kids in Jerusha's Kitchen, Textile Arts Day, Planning the Kitchen Garden, Militia Day, Archaeology Day and a Farm Festival. The society will post events and dates for 2016 on its website, hsgct.org, later this year. For details about this year's remaining events, visit hsg.org, call 860-633-6890 or email HSGlastonbury@sbc-global.net.



The grounds include this red barn and several apple trees.

lived there.

The date 1755 and the initials "JW" were found inscribed on a lintel over one of the house's fireplaces when a panel was removed for repair.

Records showing that there once was a school house on the property were uncovered, raising the possibility that schoolchildren boarded in the house.

Information about Jerusha

Welles's dowry that offered clues to the original furnishings in several rooms was found.

When exterior paint was removed and sent to Old Sturbridge Village for analysis, committee members learned that the rear of the house was always red. The front and sides of the house were white, but since there was no white paint in Glastonbury until the late 18th century, it appears the front and

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sides of the house may have been unpainted for several years.

After removing layers of paint and plaster, restorers discovered that the doors in the south parlor originally were painted in imitation of wood grain and found carved initials and children's drawings on the wall of a second-floor bedroom, leading to speculation that the room might have been a dormitory for schoolchildren.

Among the house's other highlights is a high-back Queen Anne chair and a huge fireplace in the kitchen, or keeping room. The fireplace, which includes two bake ovens, is 9' 5" wide, 4' 6" high and 3' wide and is one of the largest in the state. "It was a status symbol," Scarduzio tells visitors. "They could afford it."

The house is open Tuesday afternoons in the summer and during special events from March through November.

Visitors on Tuesdays will be greeted by a costumed docent and learn about the house, its history, its furnishings and its families. **GL**



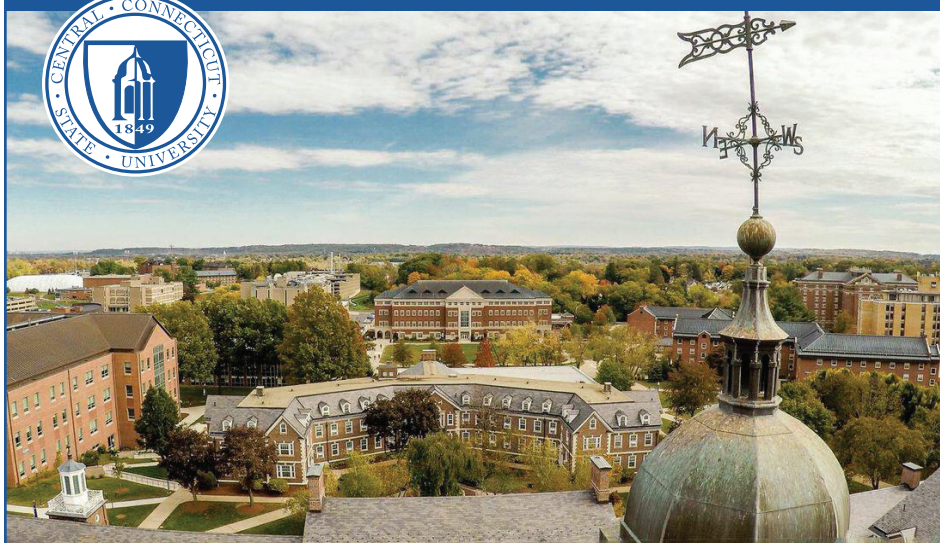
Top: Curator Lin Scarduzio greets visitors to a tour of the Welles-Shipman-Ward House. **Bottom:** Even tobacco can be found on the grounds of the Welles-Shipman-Ward House.

Photos by Brian Ambrose

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'My goal is what my mom's goals are'

Lori Atkins is lactation consultant

by Mara Dresner
Staff Writer

When Lori Atkins was in her 20s, she had an experience that changed the course of her life.

"I was a labor coach for my best friend. Her husband was one of those squeamish guys, so I went through the labor process with her. I had one of those life moments, one of these aha moments, and thought, 'This is what I want,'" said Atkins, who was working as a licensed practical nurse at the time. "The nurse caring for my friend in labor, her name was Etta – this was at Bristol Hospital. She was everything I wanted to be as a care provider. She was caring and kind. She knew what she wanted before my friend did."

Atkins decided to go back to school to become a registered nurse, even as she raised her own family.

"I was so inspired by this other nurse. I was working at Hartford Hospital at the time. I had no experience with labor and delivery," she said. "I think gave me a job because I was so annoying. I worked there 12 years and loved every minute of it. Their labor and delivery was one of the busiest in the state. I surrounded myself with smart people and I learned."

As her children got older, scheduling became an issue, and Atkins left labor and delivery to work for an obstetrician, which fostered her interest in breastfeeding, eventually earning certification from the International Board of Lactation Consultant Examiners.

"It's the gold standard of lactation care," she said. "There's an exhaustive exam that's only offered one time a year. It takes years to be prepared, working with breastfeeding women in all kinds of settings. There are hours that have to be quantified and qualified. It really makes sure that people who hold the certification are the most prepared. There are many lesser certifications out there; they're not the same. This is thousands of hours of mentored, supervised experience. It's the best training you can receive as lactation care provider."

It's an ongoing educational process.



Lactation consultant Lori Atkins poses with her grandnephew, River, who has an identical twin, Rowan. She has assisted their mom, Adrienne Chait, who continues to breastfeed the twins at 18 months.

"You have to retest every 10 years by exam, so you have no choice but to remain very informed in the field. The recertification process is so reliant on current education," she said.

Now, Atkins is launching a new venture, Oh Baby! Lactation Care and Consulting with an office in South Glastonbury.

Her goal is to offer both classes and support groups, as well as one-on-one assistance.

She noted there's a real need in the community to get accurate and helpful information to new parents.

"You have a mom who's postpartum and tired, and she listens to who knows who. I can't tell you the bad advice we've heard," said Atkins, who acknowledges that people often mean well when they offer such advice.

Atkins has experience working with a variety of situations, such as when the mother is ill or has had breast surgery, or when the child has Down Syndrome or is tongue tied, as well as multiples, infant loss and premature babies.

"I deal with a lot of preemies. It helps to have someone who knows how to feed a tiny baby," she said.

Atkins is obviously a fan of breastfeeding, noting its many benefits, including reducing the risk of Type 1 diabetes, asthma, heart disease in both mother and child, pneumonia, Sudden Infant Death Syndrome and gastrointestinal diseases.

"Preventative healthcare has become such an important piece of what we do. There is nothing more preventative than the first food," said Atkins, who has three children, ranging in age from high



Photo by Mara Dresner

Lori Atkins wants to help all women with their breastfeeding goals without judgment.

school to 20s.

She emphasizes that she is there to support the mother in whatever way she can.

"We live in a country that doesn't do much for new mothers. We have one of the worst maternal leave policies in the world. I think we're tied with Papua New Guinea. It's very hard for women to manage their own goals. They may have the best goals in the world and so many challenges get in their way. My goal is what my mom's goals are. I don't preach to them. I don't tell them what will work for them. I ask, 'What are your goals to feed your baby?'" Atkins explained. "There's nothing worse than being considered the breastfeeding police. Sometimes, people are afraid to tell me they want to bottle feed their baby. Our job is to support and educate and guide."

Atkins said women often start off breastfeeding.

"Our initiation is some of the highest in the country. They go in the hospital and say, 'I want to breastfeed.' Three weeks go by and they're partially formula feeding. After six weeks, they're doing formula and wonder what happened," she said. "I want to really guide women, to help them meet their goals and beyond."

Atkins helped Martha Carsten of Newington when she had her first

son, who was a preemie.

"She was one of the lactation consultants who worked with me at Saint Francis, Carsten said. "When my second son was born in June, she walked in my room and I was like, 'Hey, I know you.' She really is such an encourager. When my first son was in the NICU, she was just great when she was there."

"We live in a country that doesn't do much for new mothers. We have one of the worst maternal leave policies in the world."

—Lori Atkins

Even with challenges because her second son was tongue-tied, Carsten said that breastfeeding has been a great experience.

"I didn't realize how much I was going to love it and how amazing it is," she said.

Still, it hasn't all been smooth sailing.

"Even in the hardest hour, when I texted her crying, saying I couldn't do it anymore, she was saying don't make a decision tonight, wait until tomorrow. [The next day], I thought, 'OK, I made it. I survived this night

of this child who's been [feeding] all night.' If I can do that, I can survive this breastfeeding thing," she said with a laugh. "[Atkins] just is wonderful. She has such a vast experience and she is so kind and so encouraging. Even in my worst moments, she just encouraged me and I didn't feel judged no matter what I said or did."

That's all part of the job for Atkins, who continues to work as a lactation consultation at Saint Francis, where she created the pump program; and is also at the Hospital of Central Connecticut in New Britain in the Parents as Teachers social work program, a community nursing outreach and lactation program.

"Nobody calls a lactation consultant when things are going well," Atkins said. "You have to be a problem solver. You have to work with the parents to figure out what's happening."

Part of her mission is to help prepare parents so they know what to expect, and she'll be offering "breastfeeding boot camp classes" in the new space "to stave off problems before they occur."

Whether in the office or at home, she offers education, support and referrals.

"I offer moms the ability to have a consult before baby comes in form

so you're covered before," she said.

Eventually, she might want to have a second space in the Norwich area or near the sub base in Groton.

She wants to dispel many of the myths that people believe, including how long you can breastfeed.

"You can feed babies sometimes well into toddlerhood. They get immune protection even as toddlers," she said.

Other things she hears are "that it's all or nothing, that it's too hard, that it hurts. I hear crazy things," Atkins said. "One of my loves is teaching teenagers," which she does through the Hospital of Central Connecticut. She said that teens are often concerned about the aesthetics, saying, "My breasts will sag and boyfriend won't like it."

She emphasizes that breasts are for more than how they look.

"If your body can grow a baby, why do you think it can't feed it? I'm helping women find their power," she said.

She also helps women deal with insurance companies, and said that lower income women often have special challenges.

"I have women who say they have to go back to work in two weeks. They say, 'I work in Burger King and they're going to replace me.' That happens all the time. It makes me sad," Atkins said.

While she said that there should be laws protecting women, she knows that it's not that simple.

"It's not as easy as saying there's a law protecting you. [Women say], 'If I complain to my employer, they'll just fire me.' Helping all women is my goal," she said. "My Christmas morning wish is to open a nonprofit center to offer breastfeeding care and support to everyone no matter what their coverage is. That's my goal before I retire."

That center would go beyond breastfeeding to include mental health and women's care.

Atkins is on her way, one family at a time.

"I like what I do. My goal is to focus on meeting all women's needs, a way to get women who normally don't have the access, be able to help them along the way as well. When a woman says, 'I breastfed my baby for a year,' I can't tell you the joy I feel," she said.

Besides, she added, "Who doesn't love a baby?" **GL**



Photo by Brian Ambrose

Cora Smith, 3, creates a masterpiece for her mom in an activity sponsored by The Art Truck.

Truckin' along

The Art Truck adds a studio

by Nancy Thompson
Editor

Most businesses start with a bricks-and-mortar location and add a company vehicle later. The Art

Truck has done it the other way around.

The company, owned Glastonbury resident Maura O'Shea, has expanded to a site above Ken's Corner at 30 Hebron Ave.

The truck, based in Bristol, is still providing creativity parties throughout the state, but the company's new location, known as the Party Studio, is offering an additional option for clients, especially people in Glastonbury and other communities east of the Connecticut River.



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Maddy, Gabby and Josie Dewberry enjoy being creative at a painting camp at The Art Truck's party studio

Courtesy photo

It's one way O'Shea is working to help the business grow.

"Depending on the location, it could be the truck and/or the bricks-and-mortar site," she said.

O'Shea's former business partner, Morgan Fippinger Urgo, is the company's director of customer experience and the person most likely to be

driving the truck for parties west of Hartford and to the south, as far away as Fairfield County. The truck is based in Bristol, where Urgo lives.

"Morgan has a new family and a young son, and it made sense for her to be an employee instead of an owner," O'Shea said. "She's fantastic. She's in charge of truck staffing and

clients' experiences."

The Party Studio is a step toward expanding the business by increasing the company's territory, said O'Shea, who is working with a business consultant from Virginia. "I really want to see this footprint replicated throughout the nation." She said she hopes to achieve the success of The

Game Truck, which uses a similar model to bring mobile laser tag and video game parties to clients in 60 markets throughout the U.S.

Since opening the new studio, O'Shea has been running creativity camps and workshops under the leadership of two "creativity coaches" while working to let people know that



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the Art Truck has come to town in this new form. Activities during the summer included a three-day creativity camp featuring various kinds of painting, a “fashionista camp” at which participants made tie-dye items, jewelry and masks, and a camp featuring work with clay and garden art. The studio will offer additional programs during school vacations.

O’Shea grew up in Middlebury, loved art as a child, and taught in many schools and in camp programs before heading to UCONN, where she earned a Bachelor of Fine Arts degree with a major in painting and a minor in art history.

After graduation, she taught art in a summer camp and worked as an administrator at the Mattatuck Museum in Waterbury. She moved to California with her husband and lived there for five years. When the couple returned to Connecticut she joined the staff of the New Britain Museum of American Art, where she worked for several years as outreach coordinator, in the museum’s education depart-

ment, and as the museum’s deputy director.

“I missed the kids and the creativity of the curriculum,” she said. We’re all creative, and I like to help people find their creativity.”

Urgo, who worked as an intern for O’Shea at the museum in New Britain, also had a lot of teaching experience and an interest in encouraging creativity in many forms. The two women started The Art Truck four years ago when they bought a custom-built car hauler and furnished it as a mobile art room.

The Party Studio has drawn praise from clients and others.

Michelle Dewberry has been booking parties with the company since 2011, including birthday parties this year for each of her three daughters, as well as summer art camp.

Dewberry said she is impressed by the flexibility of the programs and the expertise of the people involved.

“The Art-tenders have always been able to create a party that engages party guests of all ages and abilities,”



Maura O’Shea, the owner of The Art Truck, has added a party studio at 30 Hebron Avenue, above Ken’s Corner restaurant.

Nancy Thompson photo

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she said. "When I send them the guest count before the party I always let them know the oldest and youngest ages as well as number of boys and girls to be attending the party. This has allowed them to create parties where all party-goers are engaged and proud of the finished art piece."

She said O'Shea and Urgo have let her tweak the parties to fit her daughters' interests.

"For instance, this year we did a photo booth and scrapbooking party for my 10-year-old daughter and her friends," Dewberry said. "My idea was to have pictures to be taken during the photo booth session and for each party guest to create a page for my daughter's birthday scrapbook. The party was a huge hit. My daughter has a beautiful scrapbook of her party and each child was able to bring home a photo in a craft frame they decorated during the party."

She continued, "The Art Truck and Art-tenders create the most enthusiastic, engaging, encouraging and creative parties and programs my children have attended. We are a devoted Art Truck family and will continue to book parties and camps on an annual basis."

Mary Ellen Dombrowski, president of the Glastonbury Chamber of Commerce, welcomed the company's expansion.

"Maura O'Shea has done an incredible job translating her Art Truck on wheels to a whimsical art space within four walls," Dombrowski said. "You can't help but feel creative and carefree when entering their space with painted floors and art supplies carefully arranged throughout the rooms. It would be as much fun for adults as it is for the children who attend classes and parties at the Art Truck."

For O'Shea, the activities are about creativity, but also about social interaction.

"We use various art forms and methods to celebrate creativity and combine that with the social dynamic," O'Shea said of the Party Studio's programs. "It's not what people make, it's watching them making things and spending time together." **GL**

You can learn more about The Art Truck's Party Studio online at thearttruck.com and at [facebook.com/TheArtTruck](https://www.facebook.com/TheArtTruck) or by calling O'Shea at 860-805-7471.

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Physical therapy and Pilates

Durant Physical Therapy celebrates 10th anniversary

by Mara Dresner
Staff Writer

Photo by Mara Dresner



Husband and wife team Timothy and Francesca Durant are celebrating the 10th anniversary of their physical therapy practice, which opened in Wethersfield in September 2005.

When you walk into their Glastonbury offices, where they moved in October 2013, one of the first things you'll notice is a room full of reformers, a classic piece of Pilates equipment.

"When we opened, I said to my husband - we're both physical therapists - we need some way to bring something new to our practice. He is very interested in golf and he does a lot with golfers," Francesca said. "I saw an introduction to a Pilates course. I went to that and fell in love with Pilates. Now, it's really two practices, Durant Physical Therapy and Centered Body Pilates."









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Francesca said she was hooked on Pilates from the start.

"At the time, I had two young babies. We had been in business for a couple of months. Life was busy. When I first lay down on the reformer to do Pilates myself, I realized couldn't think of anything else, the personal or professional things I had to get done. I could only focus on me and my body," she said. "Professionally from the physical therapy standpoint, it really was the full body wellness aspect that I love. As physical therapists, Timothy and I both see patients see returning time and time again. When they rehab an injury, they may or may not do the home exercise program. They may or may not return to full function."

Pilates can help patients return to their previous activity level – or better.

"It gives people an avenue to really truly return to full function and even feel better than before they first were hurt, to do things they wouldn't do before, to return to a lot of things they love to do in a pain-free and healthy movement," she said.

It's a switch in thinking from the start of her career, when rest was often

considered best after an injury.

"Now research is showing that instilling healthy movement sooner will help get them have some sort of healthy, pain-free movement. They're more likely feel better and return to a pain-free state," Francesca said.

"You treat differently, more holistically," Timothy added.

"As people transition from physical therapy, they know we believe in the wellness piece. It's an avenue for all people to build beyond their injury and get back to a healthier place"

– Francesca Durant

If a patient comes in with a shoulder issue, for example, treatment is not confined to the joint.

"You're really looking at the core and trunk stability and thoracic mobility rather than just looking at the shoulder," he said.

The practice has grown from

three people to eight, which Timothy said has had a big impact on his life.

"I'm also not golfing as much. My handicap's gone way up," he said with a smile.

He thinks the practice will continue to expand, focusing both on the physical therapy and the wellness aspects of the practice.

get each person better. If they're not getting better, I'm losing and that's not a good feeling."

Pilates, both mat work and on the reformer, is an adjunct to traditional physical therapy.

"When you take gravity out of picture, you can start to move in a pain-free way, you can start to change the pain cycle. You get the blood flowing, the oxygen starts healing soft tissue, rather than lying on a table passively and having something done to you," Francesca said. "We always believe in hands-on treatment. We believe very much in that manual approach. We [also] believe in thoughtful exercise."

About half of their Pilates students are physical therapy patients, while the other half simply come for classes.

Some, like Diane Zannoni, have been both a physical therapy patient and a Pilates client.

"For about two years, I had been going to a variety of physical therapists. I had a terrible pain in my back and a series of doctors said I needed a back operation. I just wanted to be sure so I tried everything possible," she said.

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Somebody recommended Durant Physical Therapy so she gave them a try.

"Tim diagnosed it as a hip problem not a back problem," Zannoni said. "I had to force my doctor to get an x-ray for my hip. I had a total hip replacement and have been absolutely pain-free. As part of the therapy, he started me on Pilates."

She's been doing Pilates for seven or eight years.

"I really think the atmosphere is wonderful. It's a really positive atmosphere. When you go in there, most people for physical therapy are in pain; most people doing Pilates want to improve their bodies. A lot of people have aches and pains, but it's so positive," said Zannoni, who said that even with the group classes, there's a personal touch. "There's a wonderful sense of improvement. It's never boring there."

One of the offerings at Centered Body Pilates is a 30-class package that is perfect for someone who has never done Pilates. Known as the Group Equipment Training Systems Class Optimizing Repertoire (GETS CORE), it's designed to take beginners to an advanced skill levels in 15 weeks.

"This allows someone to have solid foundation. By the end they have changed their body and are moving in a much healthier way," said Francesca, who noted that variety is important.

"We are always challenging you. You are never doing the same class over and over. You learn and are doing good, solid movement. We're always introducing new exercises every week," she said.

Private lessons are also available.

Francesca knows first-hand the benefits of Pilates.

"I tell people 95 percent of my strengthening is through Pilates or CoreAlign, a Pilates-like system that we do. Beyond that I do cardio, so I'll run or I'll swim or I'll bike. I feel so much stronger than I did when I was in my 20s doing crunches and weights and machines and all those other forms of strengthening," she said. "I think if someone comes in and has tried it and didn't like it or they feel it's too easy, you don't know it well enough. I tell people all the time, I could take class two or three of the beginners' program which is very basic and sweat throughout the class



Photo by Mara Dresner

Husband and wife Timothy and Francesca Durant are celebrating the 10th anniversary of Durant Physical Therapy. They are both physical therapists; Francesca also teaches Pilates.

because I'm doing those exercises well, really challenging my body."

Francesca, who primarily focuses on Pilates and business management, although she also does some physical therapy work, is a devoted practitioner.

"I will do Pilates for the rest of my life even if I close the business and never taught another class. That's how much it's changed my body," she said.

She said that they have similar goals for everyone who walks in the door.

"Most people feel very warm and comfortable here. They know they'll be treated as a whole person. As people

transition from physical therapy, they know we believe in the wellness piece. It's an avenue for all people to build beyond their injury and get back to a healthier place," she said. "Regardless of why you're here with us, we will take exceptional care of you and listen to your needs to be able to respond to them. From the moment that you call, we treat you like family." **GL**

Durant Physical Therapy and Centered Body Pilates are at 2928 Main St. The phone is 860-430-2344. Learn more at duranttherapy.com or centeredbodypilates.com.

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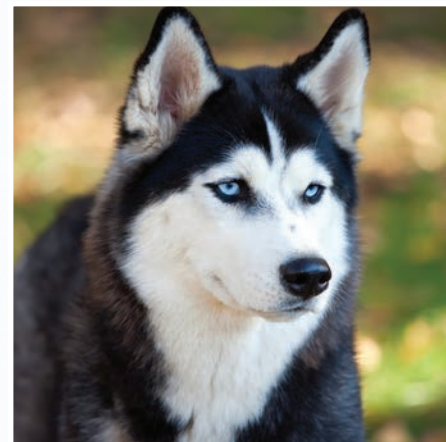
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'You don't have to pass the highway to get good coffee'

Berkins Blend Café opens on Hebron Avenue

by Mara Dresner
Staff Writer

Douglas Barber is passionate about coffee. He and his wife, Andréa Hawkins, are the owners of Berkins Blend Café.

Even skeptics might believe the hand of fate was involved in the new Berkins Blend Café, which opened on Hebron Avenue in June. Husband-and-wife Douglas Barber and Andréa Hawkins found the spot over the winter when they were picking up some take-out from Ming Bao.

"We stumbled across this place when we were picking up Chinese food one night. Snowplows had knocked the

sign down," Barber recalled.

It was the perfect time and place for the couple's new venture.

"I've always wanted to own my own business. Andréa wanted to own her own business, although she was thinking a restaurant. She's a bigger thinker," said Barber, who grew up in East Windsor, the son of ministers. He has several degrees and was most recently working in physical therapy when he lost his job in a restructuring last November.

Barber lost his job on a Tuesday. Hawkins reassured him that her job was secure and that they'd be OK.

"Then, on a Thursday, would you believe that lightning could strike twice?" asked Hawkins, who was laid off the same week from her insurance industry position.

"I like to use Andréa's expression that we were both invited find to different opportunities from our employers," Barber said. "It turned out to be a blessing."

In addition to owning Berkins Blend, Hawkins recently started a position with TIAA-CREF, a financial services company, based in Charlotte.

"My office is actually in Charlotte. I'm here on the weekends and in Charlotte, Monday through Thursday," she said.

It's just part of a whirlwind year for the couple.

"Our baskets have been overwhelming. We got laid off in November. We got engaged New Year's Eve. We signed the lease for the space the end of April. We got married in May on Memorial Day weekend. We launched the business June 19. I started a new job traveling June 21," Hawkins said.

It was a case of third time's the charm for the couple, who Hawkins said sometimes affectionately refer to themselves as "The Berkins."

"We have this serendipitous relationship. We've known each other since we were under 10 years old, but we didn't know we knew each other. She went to my parents' church. She moved away; we met again 20 years

later," Barber said.

Hawkins is more willing to dish a little dirt.

"We were working at the same company 20 years later, at Aetna. I had a friend stalk him and made him ask me out. We were in our mid-20s. We went out and he never called me again. I moved on. I got married, had children, got divorced. I saw him on match.com, and I winked at him, not realizing he was the guy from Aetna," she said.

When it started to click for her, she had a flashback.

"I thought, 'Oh my goodness, I only know one Doug.' I thought, 'How many times can a girl be rejected?' We started chatting and 364 days later, he proposed to me," she said.

The Berkins Blend name is a play on both the concept of coffee blends and the merging of their two families, which includes three daughters.

The two are opposites in many ways. Coffee is a passion for Barber but not for Hawkins.

"The reason why it really does



Berkins Blend Café features several large computers for customers to use.

Photo by Mara Dresner

work is I am an over-the-top Type A," Hawkins said. There should be a new type for him, Type C. Nothing rattles him. It helps us both stay on track."

"From a business perspective, we complement each other. As an over-the-top extrovert, she has connections. When we ran into roadblocks, and we ran into many, she was able to maintain connections that helped us get it done," Barber added.

They completely redid the space, which had been a hair salon.

"We gutted the place. It was crazy. You really have to be committed; you can't go halfway. Right before our final inspection, Doug

worked from Tuesday until the inspection on Thursday. He never came home. He just stayed here and worked and worked on his hands and knees," Hawkins said.

"We have family and friends that pitched in. You can't do it without a village," Barber said.

There's seating for 38 people inside and 12 outside.

"We wanted to create a comfortable space for people to come and relax, and enjoy conversations together, or if they want to be more productive than that, to come for business meetings. It's a cozy, comfortable internet café," Hawkins said.

They have large three computers

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available for use.

"The kids gravitate right to those machines. People come sit, they pay bills, they do MapQuest," Hawkins said. "We just really wanted to create a futuristic but comfortable space."

They're still working out some details, such as adding fabric walls between the seating areas so customers can have privacy. Several groups are already using the space for meetings,

Throughout the café and on the mugs, you'll find both fun and thought-provoking quotes.

"People come in and start their day here. We want them to be inspired," Hawkins said.

Of course, Berkins Blend Café is about the coffee.

"We went to Portland, Oregon, for training. The coffee we selected is from Portland. It's a little different than what you find on the East Coast here. It's a proprietary blend. They won't even tell us everything that's in it," Barber said. "It's delicious. Customers are giving us great reviews."

They also offer a variety of teas from Harney & Sons, frozen drinks, smoothies, yogurt, juice boxes and pastries from First and Last Bakery Café.

"We have beautiful pastries delivered fresh every day. We have cookies delivered fresh every day," Hawkins said. "We offer enough variety that if someone came in, they could find something."

That includes several gluten-free options.

Ann Lohr of South Glastonbury is already a fan.

"The almond croissants are flaky and delicious. The cookies, as my daughter said, taste like they were made 'specially for me. I really enjoy the smooth single pour Americano and how hot and fresh the coffee is," she said. "Andréa and Doug are happy and hardworking, gracious and hospitable owners."

Berkins Blend opens each morning at 6 a.m. Just letting people know they're there has been a challenge.

"What we're trying to do is break the habit of people driving all the way into town for a decent cup of

coffee. How do we get them to do that because we are tucked away in this corner?" Hawkins said.

Hawkins, who is on the board of several nonprofits including The Amistad Center For Art & Culture, Inc. and YWCA Hartford Region, also wants the business to give back.

"We do believe we're part of this community. It's not just about taking from the community, it's about giving back to the community," she said.

She said they're looking into various options, which might include working with the high school, senior housing or other groups in town.

Barber said they are focused on the customer experience.

"Customer service is our biggest priority. If it's not right, we're going to make it right. We want you to go out and spread the word," said Barber, who noted that they listen to customer comments. "[When we hear], 'I wish you could have done this or that,' Andréa's is on it instantly to make it right. That's what we're all about is serve the community and do it with quality."

Despite her busy schedule,



Husband-and-wife Douglas Barber and Andréa Hawkins have opened Berkins Blend Café

Hawkins is always glad to spend time at Berkins Blend.

"I love it when I come here. I enjoy the experience, I enjoy meeting with people. It's all good," she said. "You don't have to pass the highway to get good coffee." **GL**

Berkins Blend Café is at 1003 Hebron Avenue. Visit berkinsblendcafe.com.

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by Alison Jalbert & Lynn Woike
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Whether you're just trying to stay in shape, considering your health options or looking to a future where things are starting to change, area professionals offer tips and advice on how to navigate areas of concern.

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Women who have inherited mutations in these genes have a much higher risk of developing breast cancer and ovarian cancer compared to those who don't.

One local woman who has benefited from BRCA testing is West Hartford resident Merle Kaplan. She was diagnosed as being BRCA1 positive in 2002, meaning she was carrying the breast cancer gene. At the time of her diagnosis, she said she really had to search for a genetic counselor, as not many people had heard of the gene.

Kaplan is the first woman in her family in recent history to celebrate her 50th birthday. She believes that

both her mother and grandmother carried the BRCA gene, but there was no testing back then. Her mother passed away at age 48, while her grandmother was 40 when she died. She said being tested for BRCA saved her life.

"I was able to, without a diagnosis of cancer, have a mastectomy and reconstruction and have my ovaries removed," she said. "It saved me from watching and waiting. I really believe it extended my life considerably."

Eating and exercise

When setting out to determine the best eating plan and exercise regimen, there are many factors to consider, according to Tom Bondarchuk, APRN, of MedTeam Weight Loss in Rocky Hill. Having a good relationship with any sort of professional you work with – a trainer, nutritionist or even your primary care physician – is important so you can openly discuss any issues surrounding your weight and your performance.

"[You don't want to be] in a posi-

tion where you have to feel guilty about being off diet and not performing to any standards but your own," Bondarchuk said. "You have to be open and trusting, otherwise it shuts off the dialogue between good and bad behavior. Everybody does it – everybody will have their cake and eat it, too."

Being honest will allow you and those seeking to help you understand where any issues come from.

When it comes to working out an eating plan, Bondarchuk recommends finding someone who will treat you comprehensively and not "just rubber stamp a diet." All medical conditions and medical history should be considered when making a plan.

Menopause

Menopause is the day one year after a woman's last menstrual cycle.

The average age for that to occur is 51, said Sharon Hunter, N.D., of the Connecticut Center for Health, with offices in West Hartford and Middletown, adding that most

women will reach menopause between 45 and 55.

"The first major indicator of menopause may be changes in the menstrual cycle, which can happen a number of years before you're officially in menopause," she said.

The time from which a woman begins to notice changes until the year marker is known as perimenopause, which can last three to five years or longer; anything after that day is postmenopause. Some women begin to experience hot flashes even before the menstrual cycle changes, Hunter said.

While hot flashes and night sweats – caused by changing hormone levels – are the classic symptoms associated with perimenopause, not everyone is bothered by them, she said, and some women have a smooth transition into menopause.

"If a person seeks support before menopausal changes begin – or early in the process – there is a lot we can do to help ensure a smoother transition," she said. "There are many things that can be done." **GL**



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Dr. Christine DiRienzo grew up in Western PA. She received both her undergraduate and masters degrees in speech pathology and audiology from The Pennsylvania State University. She completed her doctorate degree in audiology from George Osborne School of Audiology at Salus University.

Dr. DiRienzo is a state licensed audiologist. She is also a member of the American Academy of Audiology and the American Speech-Language-Hearing Association from which she holds a certificate of clinical competency in audiology.

Dr. DiRienzo has worked for a variety of institutions in the hearing services field before starting her practice in CT in 2005. She has always had a passion for working with the hearing impaired through amplification since her early years in PA at the Cambria County Easter Seal Society where she helped to start a hearing aid assistance program as early as 1978! She first went into private practice at Johnstown Ear Nose and Throat, fitting hearing aids later that same year. Upon moving to CT in 1996 she worked for various practices and decided to establish Advanced Hearing in 2005 in Windsor, CT.

Dr. DiRienzo has been helping people hear better and improve their quality of life for over 35 years. She resides in South Windsor, CT with her husband Steven and their blended family of three children, three afghan hounds and one rescue dog. Dr. DiRienzo is an avid dog lover and enjoys breeding and showing her champion afghans.



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Chloe is a female mix of a terrier, American pit bull and Labrador retriever. She is 3 years old and housebroken, enjoys moderate levels of activity and loves to speak. Chloe would fare best in a single-family home with children who are at least 10 years old. She needs daily exercise and wants nothing to do with cats.



ELLIOTT

Elliott

Elliott is a 2-year-old gray male chinchilla. He needs a dust bath for 15 minutes every other day to keep his fur shiny and clean; humane society staff can explain the details. Elliott is not suited for a home with young children and any other pets need to have exhibited previous behavior of being friendly and gentle to smaller animals. **GL**

Inquiries about adoption may be made at the Connecticut Humane Society, 701 Russell Road, Newington. Call 860-594-4500. More information, including videos, can be found online at cthumane.org. Click on "Adopt" and "Newington." The Connecticut Humane Society is a private organization and has no time limits for adoption.

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October *calendar*

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				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2 **Singer/songwriter Gregory Douglass in concert**, 7 p.m. Suggested donation \$15 to \$25 with non-perishable donation for local food bank. Reserve a seat at pattisivocole@gmail.com or 860-633-5057. Directions will be forwarded at that time.

3 **Seat of Our Pants in concert**, 7:30 p.m., CT Audubon Society Center, 1361 Main St. \$15members, \$20 non-members and half-price for children younger than 12. Reservations suggested. 860-633-8402 or ctaudubon.org.

Pumpkin weigh-in sponsored by the Land Heritage Coalition of Glastonbury, Inc. and Melzen Farm Supply, pumpkin drop-off noon to 1:30 p.m., weigh-in 1:30 p.m., children activities 12:30 to 2 p.m., Melzen Farm Supply, 100 Oak St. Visit GGPP@lhcglastonbury.org or call Melzen Farm Supply at 860-633-9830 to learn more.

4 **Celebrate Italian Heritage Month** with singer/guitarist Enzo Boscarino, Welles-Turner Memorial Library, 2407 Main St. No charge and reservations not required. 860-652-7720

6 **Town plan and zoning commission**, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

Edgar Allan Poe comes to life, 6:30 p.m., Welles-Turner Memorial Library, 2407 Main St. Limited seating, registration is requested. 860-652-7720

13 **Town council**, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

16 **41st Annual Apple Harvest Festival**, 6 to 10 p.m., field behind Riverfront Community Center. \$3. No charge for children three feet and shorter. Glastonburychamber.com or 860-659-3587.

Bird walk to see sparrows and other late fall migrants, 7:30 to 9 a.m., CT Audubon Society Center, 1361 Main St. \$5 members, \$10 non-members. Call ahead. 860-633-8402 or ctaudubon.org.

14th Annual Star Bright Night Harvest Moon, 6:30 to 10:30 p.m., Beacon Woods Stables & Training Center, 298 Clark Hill Road, South Glastonbury. Benefit for Cherish the Children Foundation. \$150. Advance purchase only. For tickets or more information, contact Sue Meotti at smeotti@cox.net or 860-918-4557.

17 **Angry Orchard Apple Harvest Festival 5K road race**, 1K run and kids' fun run, registration at 6:45 a.m., first race at 7:45 a.m. Riverfront Park ballpark pavilion, Welles Road. \$30 for 5K, \$5 for 1K and fun run. Glastonburychamber.com or 860-659-3587.

41st Annual Apple Harvest Festival, 10 a.m. to 10 p.m., field behind Riverfront Community Center. \$5. No charge for children three feet and shorter. Glastonburychamber.com or 860-659-3587.

Special voter registration session, 10 a.m. to 2 p.m., registrars' office, town hall, 2155 Main St.

18 **41st Annual Apple Harvest Festival**, 10 a.m. to 5 p.m., field behind Riverfront Community Center. \$5. No charge for children three feet and shorter. Glastonburychamber.com or 860-659-3587.

Dinner in Jerusha's Kitchen, 11 a.m. to 4 p.m. \$55. Reservations required. 860-633-6890 or HSGlastonbury@sbcglobal.net.

19 **Board of education**, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

College fair, 6:30 to 8:30 p.m., Glastonbury High School gymnasium. Attendees are asked to car-pool if possible. 860-652-7200, ext. 1059.

Glastonbury Partners in Planting annual meeting, 7 p.m., Riverfront Community Center. Richard Benfield, an expert in garden tourism, will speak. All are welcome. Gpip.org.

20 **Town plan and zoning commission**, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

Email workshop, 3 p.m., Riverfront Community Center computer lab with Welles-Turner Memorial Library reference librarian Nicole Cignoli. No charge. Attendees must have an email

account and bring their user name and password and know how to send and receive emails. Reservations required at wtmlib.com or through the library reference desk, 860-652-7720.

22 **Historian Kelvin Cole discusses the Connecticut River**, 6:30 p.m., Welles-Turner Memorial Library Friends Room. Registration requested. 860-652-7720 on wtmlib.com.

26 **Board of education**, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

27 **Town council**, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

Special voter registration session, 9 a.m. to 8 p.m., registrars' office, town hall, 2155 Main St.

31 **Owl-A-Ween party for toddlers through 14**, 4 to 6 p.m., CT Audubon Society Center, 1361 Main St. \$5 admission, including adults. Costumes optional. 860-633-8402 or ctaudubon.org. **GL**

Business Notes

Matthew Bagshaw, operations manager at **E.A. Quinn Landscape Contracting**, volunteered to help beautify Arlington National Cemetery in Virginia. Bagshaw was part of a team of 400 volunteers who helped mulch, prune, aerate, plant, and fertilize the grounds of the cemetery. The effort was coordinated by the National Association of Landscape Professionals and included landscapers from across the United States. E.A. Quinn is a long-standing member of NALP and participates regularly in its volunteer as well as training opportunities.



The staff of Bicycles East

The staff of **Bicycles East** has received national honors for the quality of its customer service and also for its community support and advocacy work.

The National Bicycle Dealers Association named the shop as one of America's Best Bike Shops for 2015 with the highest possible rating, and Trek Bicycle Corporation awarded them their 2015 Advocacy Excellence award. Bicycles East is owned and operated by Glastonbury residents Steve and Deb Dauphinais. The store is in the One-Stop shopping center on New London Turnpike.

Close to Home Sewing Center is looking for volunteers to make nightshirts for hospice patients at Middlesex Hospital in Middletown October 16 and 17 from 10 a.m. to 4:30 p.m. The fabric will be precut, an instructor will lead the project, and the sewing center will supply the machines. Sewing experience is not needed, and refreshments will be available. Last year Close to Home provided 27 nightshirts and 68 pillows for

patients in the 12-bed unit. To learn more, call Maria at 860-342-1700 or Close to Home at 860-633-0721. Space is limited.

Chrissy Davies has joined the local office of **Berkshire Hathaway HomeServices New England Properties** as a sales agent. She will be concentrating on residential real estate sales, focusing specifically on her expertise within the Greater Hartford area.

Samantha Lombardo has joined William Raveis Real Estate and the Bodeau Realty Group. A lifelong Glastonbury resident, she brings more than 15 years of design, sales and management experience.

Margaret Wilcox & Associates has been named to the 2015 REAL Trend Best Real Estate Agents in America. The team was ranked #11 in Connecticut by transactions.

Employees of **Cronin and Company, LLC**, participated in the company's third annual "Cronin Cares" week in which they volunteered at one of four Hartford-based organizations.

Olympic Taekwondo Academy of Glastonbury has opened in Buck's Corner Plaza on New London Turnpike. The school, owned by masters Kwangsoon Park and Banny Kim, offers a complete range of classes for children and adults.

They can be reached at glastonburyO-TA@gmail.com or 860-430-4474. **GL**



Matthew Bagshaw, E.A. Quinn Landscaping Contracting



Olympic Taekwondo Academy of Glastonbury



Cronin and Company, LLC

Courtesy photos



The business side of comics

Local shop attracts youths, collectors

by Nancy Thompson
Editor

When Craig Soifer was a youngster in the South Bronx, his grandmother would buy him a comic book as a reward for behaving. By the time he was 16, he was in the business.

“My grandmother lived around the corner and helped my mom raise me and my siblings,” said Soifer, owner of Comics & Hobbies in Glen Lochen Mall. “We’d come to the corner after school and wait for her.” Often, they would go to the neighborhood candy store and play pinball. Sometimes, he’d get a comic book.

Craig Soifer has been dealing in comic books since he was a 16-year-old in the South Bronx. He’s the owner of Comics & Hobbies in Glen Lochen Mall.

Photo by Nancy Thompson

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"This went on for years," he said with a smile.

When he was 16, he got a summer job, made \$300 and went to Manhattan, where he said the only true comic book stores could be found, and spent it all.

Later, he met a girl and wanted to take her out to dinner but needed money. He tried to sell some of the comic books at a store in Manhattan, but discovered that their resale value was far less than what he had spent. It was his first lesson in what was to become his profession.

When he was still in high school, Soifer asked his grandmother for a \$500 loan and spent \$300 of it to rent a vacant store under a house near his. He put his comic books on the walls and people started coming in and buying them. He borrowed more money and not long after his \$600 investment had grown to a \$200,000 business.

"I bought comics and deliv-

ered them to other stores," he said. "I expanded, had seven stores and built it into a \$1 million business."

The comics business declined from 1988 to about 2001, in part because of computer games and devices such as Game Boy consoles. During that time, Soifer

invested in real estate and restaurants and the distribution of gasoline and tobacco. Interest in comic books revived in the early 2000s, and Soifer opened Comics & Hobbies late last year.

In addition to a large variety of current and classic comic books, the store carries model car kits, magnets, posters, T-shirts, puzzles and other items related to comics or movies. Comic books run the gamut from My Little Pony and Sponge Bob to the Green

business is limited toys and high-end limited statues. He's already getting ready for the new Star Wars movie due out in December. "Oh, it's going to be ridiculous," he said of the reaction to the movie and the amount of Star Wars-related items people will want.

The store sponsors Friday Night Magic sessions at which youths and others can take part in a tournament based on the popular "Magic: The Gathering" series.

"Parents know who we are now," Soifer said. "They're comfortable dropping them off."

He's planning to expand at Glen Lochen and said he has signed a lease to open a store at the Westfield Mall in Meriden and another in Florida.

Jacquelyn Pagel, owner of Sensations Day Spa LLC and Soifer's neighbor at Glen Lochen, called him "an excellent businessman."

"He is full of business ideas and he is a protective neighbor,"

"His business tactics are successful, and he has opened his door to young people in the gaming field where they feel comfortable and not misplaced."

– Jacquelyn Pagel

Lantern, Godzilla, Spider-man, and Captain America as well as titles such as "Age of Apocalypse," "Age of Ultron vs Marvel Zombies," and "Aliens Vampirella." Soifer said the biggest part of the



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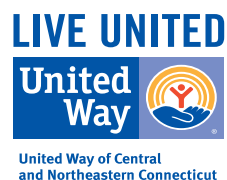
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she said. "His business tactics are successful, and he has opened his door to young people in the gaming field where they feel comfortable and not misplaced. His is open to suggestions and new beginnings and is a combination of creativity and logic. Most of all, we are native New Yorkers."

For Soifer, the business is about more than selling comic books. "We're a destination-driven business," he said. "We cater to our customers and provide services such as pre-ordering. We're not on a shoestring budget like some stores. I'm invested in this for the long term. I'm trying to build something in the community for the kids." **GL**

Comics & Hobbies in at Suite 126 in Glen Lochen Mall on New London Turnpike. To learn more, call 860-430-2882 or send an email to contact@comicsandhobbies.com.

Comics & Hobbies sells many products besides comics. This business is trying to build something in the community for the kids.



Photo by Nancy Thompson

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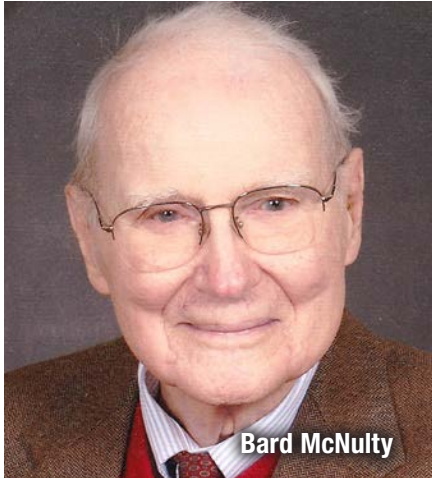
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News roundup



Bard McNulty

Bard McNulty remembered

John Bard McNulty, retired Trinity professor, historian, and former president of the Historical Society of Glastonbury, was praised as a wonderful speaker and careful listener who will be remembered as a great person at a memorial service celebrating his long life. McNulty, 99, died September 4.

McNulty, known to all as Bard, was the husband of Marjorie McNulty, the one-time society editor at the Hartford Courant who went on to chronicle the history of Glastonbury and become known as its biographer. Marjorie McNulty died in 2002.

Bard McNulty had what his son, Henry, called "an unusual life." He was born in China to Episcopal mis-

sionaries and educated there as a child. After high school, he earned a bachelor's degree from Trinity College, a master's from Columbia and a doctorate from Yale. He returned to Trinity as an English professor and served for five years as chairman of the college's English department.

He was the author or editor of several books, including "Older than the Nation: The History of the Hartford Courant", and "Connecticut Observed". His interest in Connecticut history and the arts led him to become president and trustee of the Antiquarian and Landmarks Society, an honorary trustee of the Connecticut Historical Society, president of the Historical Society of Glastonbury, the first chairman of the Glastonbury Heritage Committee and president of the South Glastonbury Public Library. He also led the movement to establish the town's first historic district and was a founder of the Glastonbury Square Dance Club.

Recently, McNulty studied and wrote about the Bayeux Tapestry, the 11th century embroidery depicting the conquest of England by William the Conqueror in 1066.

In talking about his father,



Courtesy photos

Supporting the Back-to-school program

Henry McNulty drew laughter when he said that at one point his father had considered moving the family to Avon so he could be known as "The Bard of Avon."

Richard Allen, senior minister at the Congregational Church in South Glastonbury, spoke about his long friendship with McNulty, praising him for his "gentle curiosity" for being "a human being who extended mercy to others."

In addition to Henry and his wife, Anne, McNulty left a daughter, Sarah Pettingell and her husband, James, three grandchildren, two great grandchildren and a cousin, as well as many friends throughout the community.

Changes in the center

Pazzo, a family-owned Italian restaurant closed in September after 16 years, and the owners of First and Last Tavern are hoping to open soon in the site formerly housing the Parma and more recently Hannafin's Irish Pub.

Pazzo owner Tony Albano said he is grateful for the support he has received from town residents. "The people in Glastonbury welcomed me with open arms," he said.

The decision to close the local restaurant - he plans to work at his sons' Pazzo Café on Route 3 in Rocky Hill - came about two months ago after the brutal winter weather hurt business. Albano said the decision

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also was influenced by changes in the restaurant business such as the growing importance of having a full bar to attract younger customers, and by competition from non-restaurants such as Whole Foods Market and even the new Cumberland Farms.

"This is an era gone by," he said shortly after closing the restaurant. "It's like losing part of me."

Russell Nemarich, who owns the new First and Last Tavern with his brothers, Rich and Curt, said he expects to open the restaurant this month. He said the local tavern will offer a menu similar to the First and Last taverns in Plainville and Avon,

with pizza, pasta, salads, burgers and wings among featured items.

Chorus seeks singers

The Glastonbury Chorus is looking for new members. There is no need for auditions, only a love of music and the desire to perform. Rehearsals started early in September, but new members can join any time through mid-October. Members must be at least 18. Rehearsals take place Wednesdays from 7 to 9 p.m. in the Smith Middle School auditorium.

To learn more, call Judy Stearns at 860-633-0406 or visit glastonburychorus.org.

Back-to-school program

The Glastonbury Education Foundation has given \$5,000 to support a back-to-school program run through a partnership between Glastonbury Human Services and the local school system. The program provides basic school supplies to local students whose families are experiencing financial hardships. This year, 185 students received free supplies through the support of local families, churches, organizations and businesses who made donations and attended fundraising events over the past year. To learn more about the foundation, visit glastonburyeducationfoundation.org.

Auxiliary breaks a record

The Glastonbury Auxiliary of The Village for Families & Children has contributed \$108,000, the auxiliary's largest contribution ever, to the Village for Families & Children. The local auxiliary sells new and gently used clothes, accessories, antiques and collectibles, toys and household items in its Second Chance Shop, run by about 60 volunteers. The shop is at 730 Hebron Ave. and is open Tuesday through Friday from 10 a.m. to 4 p.m. and Saturday from 10 a.m. to 2 p.m. To learn more about the Village for Families & Children, visit thevillage.org.

Mammograms available

In recognition of National Breast Cancer Awareness month, Hartford Hospital's digital mobile mammography van will offer mammography screenings at the Glastonbury Health Care Center October 14 from 9 a.m. to 1 p.m. The center is at 1175 Hebron Ave. Most insurances are accepted, the donated funds are available for anyone who does not have insurance. Register by calling 860-659-1905.



Courtesy photos

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This year's Apple Harvest Festival poster



Glawackus as state word?

Slate, an online current affairs and culture magazine, has come up with a word for every state, and glawackus, the mythical beast that called Glastonbury home, is their choice for Connecticut. The name comes from "Gla" for Glastonbury, "wack" for wacky, and "us" to give it a scientific ring. Slate's writers encouraged readers to "Enjoy this map while you can, people, because the glawackus is real – and real hungry." Visit slate.com and search for "The United Slang of America" to see the rest.

Annual Apple Harvest Festival

This year's poster for the 41st Annual Apple Harvest Festival was designed by local artist Janine Natale. The Bodeau Realty Group of William Raveis is this year's poster sponsor. 16 by 20-inch signed copies of the poster are available for purchase at the Glastonbury Chamber of Commerce office at the corner of Main Street and Hebron Avenue. The festival will take place October 16 through 18 on the field behind the Riverfront Community Center. **GL**

Where to FIND IT



Ice Coffee

If you need a break on a busy autumn afternoon, you might want to try an iced coffee. But not just any iced coffee. A Japanese-style iced coffee. "It's a slow pour style," explained Barista Rylan Davis of Down to Earth Tea & Coffee House. "You're using hot water and pouring it straight over ice." That means you can adjust the coffee and water ratios for a more complex, less acidic taste. "This is going to be much more balanced, very smooth," he promised. All their coffees are fair trade and organic, and you can have your choice of type of coffee for the iced coffee (which would also be a nice accompaniment to their lunch menu). You get to do the pour for an interactive experience. Japanese style iced coffee for two, which includes two biscotti, is \$12 at Down to Earth Tea & Coffee House, 2860 Main Street, 860-633-1499.



Finished extract

Sometimes you just want a special cup of coffee at home. Maybe you've had guests for dinner and you want to serve something different, or you just want to shake up your own morning routine. Try a finished extract from So G Coffee Roasters. Each 4-ounce bottle is enough for 118 servings. "It's like the essence of the flavor," explained Karen McRee, owner/operator. "You add it after the coffee is brewed." There are a variety of flavors, none of which have artificial flavorings. Choices include pumpkin spice, hazelnut, French vanilla, peppermint, caramel, chocolate raspberry and cinnamon. They make a great gift! Find them at So G. Coffee Roasters, 882 Main Street, South Glastonbury, 860-633-8500. **GL**

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Slice of LIFE

photos by Brian Ambrose



Wii Bowling at the Riverfront Community Center

Wii Bowling has been a fun sport at the Riverfront Community Center. The team is sponsored by EA Quinn Landscaping. **1.** Peggy Kessler has been playing for eight years; Jeanne Guay is a newcomer to the sport. **2.** Beth Beebe nails a strike. **3.** Gordy Avery Jr. gets ready for his first frame. **4.** Shirley Bisi takes aim at a split. **5.** Diana Mansur hits a double strike. **6.** Peggy Kessler's son, Tom, tells her there is no pressure and urges her to get a strike. **7.** Mary Sampson uses some body English to make her shot. **8.** Team coach Barbara Evans, at right, gives advice to the players. **9.** Barbara Evans keeps track of the score. **10.** Team members support each other. **11.** Jeanne Guay shows off her good form.



Events *spotlight*

Singer/songwriter Gregory Douglass in concert

October 2, 7 p.m.

A private home; directions are provided when attendees register, 860-633-5057 or patti-sivocole@gmail.com

Vermont singer/songwriter Gregory Douglass will perform in a home concert sponsored by The Gathering Room. The concert is open to the public, with a suggested donation of \$15 to \$25 and a non-perishable donation for the

local food bank. Grammy winner and Windham Hill Records founder Will Ackerman has called Douglass “simply the most remarkable new talent I’ve heard in a decade. A brilliant, intelligent songwriter with an expressive and versatile voice.”

Inaugural Greatest Pumpkin Weigh-in

October 3, noon to 1:30 p.m. drop-off, 1:30 p.m. weigh-in
Melzen Farm Supply, 100 Oak St., 860-633-9830 or GGPP@lhcglastonbury.org

Giant pumpkins will abound when the Land Heritage Coalition of Glastonbury of Glastonbury, Inc. teams up with Melzen Farm Supply to sponsor the inaugural Glastonbury Greatest Pumpkin Program weigh-in.

In addition to the friendly competition for largest pumpkin – with prizes for the heaviest – there will be food and fun for the whole family with balloons, games, and activities for children.

Last spring Melzen’s distributed seeds at no charge to anyone wanting to grow pumpkins using organic methods, which the coalition encourages. Prizes for both individuals and team include cash, ribbons, and pumpkin pies.



Greatest Pumpkin Weigh-in



Seat of Our Pants

Courtesy photos

The event includes food and children’s activities from 12:30 to 2 p.m.

Seat of Our Pants in concert

Connecticut Audubon Society, 1361 Main St., 860-633-8402

Seat of Our Pants will bring us their sound of contemporary, acoustic folk to the local Audubon center. Based in Marlborough, the group is made up of four performers, all with unique talents. Jeff plays blues on the harmonica, Mike plays bluegrass on the fiddle and Carolyn and Mark sing in close harmony. Tickets are \$15 for society members, \$20 for non-members and half price for children younger than 12. Call 860-633-8402 to reserve seats. Doors will open at 7 for pre-registered attendees and at 7:15 for walk-ins if seats remain.

Viva Italy: A Musical Tour with Enzo Boscarino

October 4, 2 p.m.

Welles-Turner Memorial Library, 860-652-7720

Singer/guitarist Enzo Boscarino, originally of Siracusa, will take his audience on a musical tour of several favorite regions of Italy, offering traditional Italian music and historical and cultural notes all seasoned with good humor and stories. Boscarino left Italy at 21 to pursue his education in the United States and now teaches at Central Connecticut State University and St. Joseph’s College. A poet, scholar, fencing master, linguist, singer and guitarist, Boscarino has been called “a true Renaissance man” by the Martha’s Vineyard Gazette. No charge, and no reservations necessary. **GL**



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Living **spaces**

AUTUMN LIFE

When birds have left the nest

What to do with extra space inside

by Alison Jalbert
Assistant Editor

One are the days where childhood bedrooms remain shrines to their former occupants. Empty nesters who find themselves with an abundance of space after their adult children move out are turning unused bedrooms into functional spaces that enrich their home lives.

Local interior design experts see their empty nest clients looking to get as much use out of their home's square footage as possible.

Laurene McGarry-Bissell of Eclectic Design Inc. in Glastonbury said home offices are a common use for empty bedrooms, as people warm to the trend of working from home.

"They make it a dual space – an office space and a guest bedroom –

or strictly use it as office space," she explained.

Georgia Zikas of Georgia Zikas Design in West Hartford has seen a similar trend among her empty nest clients. Whereas office space was often sequestered to a small desk in a kitchen, it can now be spread out into an entire room that offers more privacy and a quiet atmosphere.

The secluded environment of a bedroom leads many empty nesters to turn them into places of rest and relaxation. McGarry-Bissell said people are turning them into reading nooks where they can go to read or listen to music quietly, or even a craft room.

Edith Whitman of Edith Whitman Interiors in Avon said

comfort is key.

"They make it comfortable. They put a TV in there, a sleep sofa and a comfortable chair.

... It ends up being the most used room in the house."

Something as simple as repainting, adding new curtains and finding a new rug is enough to transform a space.

A May 2015 article in the Wall Street Journal on empty nesters' reclaiming their children's bedrooms said an increasingly





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popular option for unused bedrooms is turning them into “snore rooms,” an escape for when a sleeping bedmate “reaches the decibel level of a leaf blower.”

Some empty nesters choose to utilize the space for more active use. Melanie Langford of All About Interiors LLC in West Hartford said she has seen clients create workout rooms in a former bedroom.

Zikas, whose clientele is spread throughout the Northeast, said playrooms often turn into gyms as children grow up and move out.

She has also transformed rooms into a yoga studio, a craft room and a quilting room.

“It’s been so interesting where the older clientele is having luxury while younger [empty nesters] are going for utility,” she said.

The designers have seen a variety of decisions made by homeowners on whether to keep the rooms’ structures and change their function versus remodeling. McGarry-Bissell said people do not favor small rooms anymore.

“People are taking down walls. They like a space that’s larger,” she said. “With bedrooms, they might have a master bedroom and have two bedrooms back-to-back or two bathrooms back-to-back. They will turn that into a master bedroom suite with a walk-in closet. [The former] master bedroom is turned into a guest room. I’m seeing trends like that.”

One of Langford’s clients turned

their son’s former bedroom into a walk-in closet. Whitman had one couple take down a wall in-between two small bedrooms, but she said that is not the norm.

“The usual is they just redecorate and make it comfortable. Many of these houses don’t have a nice room or family space,” she said.

Zikas mostly deals with function changes, but recalled a recent project in Greenwich, where her clients’ home had an art studio that was no longer in use since their children were grown.

“We converted the art studio into the master bedroom [and] the couple moved up there. They now have a

corner of the house on the upper level.”

She acknowledged that some empty nesters are hesitant to make too many changes, as some adult children do live at home after college.

Whitman said sometimes the bedrooms are left alone for sentimental reasons.

“I’ve had a few clients whose children said, ‘Don’t change my room,’” she said with a laugh. **GL**

For more information on Eclectic Design Inc., call 860-834-3752 or visit eclecticdesigninc.com. For more information on Georgia Zikas Design, visit georgiazikasdesign.com or call 860-712-7489. Edith Whitman Interiors is located at 20 East Main St. in Avon. For more information, call 860-677-5000. All About Interiors LLC can be reached at 860-810-5080 or www.allaboutinteriors.org.

“It’s been so interesting where the older clientele is having luxury while younger [empty nesters] are going for utility.”

— Melanie Langford of All About Interiors LLC

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Home prep for fall and winter months

If boots, a warm hat and a tuned-up snow blower are the only items on your winter preparation list, your home maintenance plan may need a make-over. These simple home maintenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

Heating & Ventilation — Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or

voids could potentially cause a fire. Before you turn the furnace or boiler on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure stable indoor air quality.

Seal Windows and Doors — If

not properly sealed, windows and doors can be a major culprit for heat loss. To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for leaks, rot or decay. Repair or replace structural framing, and caulk inside and out, if necessary.

Backyard Care — Save your property from potential damage by trimming overgrown trees and shrubs to prevent ice-laden branches from thrashing against electrical wires and your home's exterior. Drain/shut off any exterior faucets and sprinkler systems to prevent freezing.

Roof and Gutters — Inspect your roof for shingles that are warped, damaged or even missing to prevent a future leak. Use roofing cement and a caulking gun to seal joints where water could penetrate, such as around the chimney, skylights or vent pipes. Make sure that your gutters and downspouts are securely fastened. Downspouts should extend at least five feet away from the home to prevent flooding.

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LIVING Spaces

Old vs. older

Vintage, repurposed items replace traditional antiques

by Sloan Brewster, Mara Dresner and Lynn Woike
LIFE Staff

Blaze and Bloom in West Hartford sells a collection of unique, vintage items made new with a colorful paint treatment or even by entirely reconstructing its function completely different from its original use.

Courtesy photo

Antiquing isn't what it used to be. According to Sally Edwards of Simsbury, who used to be part owner of an

antique shop in West Simsbury, going to antique shops in search of that special piece of early furniture can be a pointless endeavor nowadays.

"They don't have it anymore," Edwards said.

Now, shops have knick-knacks, books and other small items, while furniture is nearly impossible to find.

At Three Ladies Antiques in West Hartford, the main room has piles of oriental rugs surrounded by used furniture, but they are newer pieces.



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Photo by Mara Dresner



Jarrett Harrigan has an old-fashioned antiques shop in his Griswold Street Antiques in Glastonbury.

Amy Manise, shop owner, pointed out a large four-poster bed she had just sold for \$250.

"It's 'new,' but once it hits the resale world, it's used furniture,"

she said.

A lot of the pieces Manise carries are period pieces, or vintage, which means they are at least 50 years old.

To be classified as an antique, a piece must be at least 100 years old and from the 19th century or prior, she said. Pieces from the 20th century do not qualify unless they are from early in the century.

Manise, who makes house visits to check out and buy estate pieces, said she sees a lot of items from the 1930s, 1940s and 1950s. Fewer and fewer people in the area have antiques in their decor.

She said she could fill the store with minimalistic, Danish modern pieces made of teak or similar wood.

"The stuff like Crate and Barrel sells, vintage Danish modern, good European modern with the steel; that's the kind of stuff I could make a killing with," Manise said.

She does carry antiques, but they fill a smaller room to the side of the main salesroom. The long, narrow space contains many special old pieces of furniture that are beautiful and filled with memories. Many have been sitting there for years.

"A lot of people are really looking

for good, used furniture – good quality used furniture," Manise said. "But I can't give away nice 19th century chests."

Older pieces are out there; she sees them, but they are harder to get at a good price and resell.

"People know the value of what they have a lot more so. They tend to look for a higher price," she said. "They're a little bit more savvy."

People are less willing to sell pieces for what dealers are offering because they watch shows such as "Pawn Stars" and "Antiques Roadshow" and get it in their heads that their pieces are worth more than they can get, Manise said.

A lot of her clients want to get the New York prices for a piece here, she said, explaining, "You can't compare what somebody in a big city is getting. You have to know the market."

Eddie Hohl, who works with Manise at the store, said some old pieces are family heirlooms and people don't want to let them go, or the items have been damaged along

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the way and were discarded.

Many items are being repurposed, Manise said. She pointed to a beautiful icebox from the 1880s and said somebody had removed the metal lining and converted it into a storage chest.

Joe Collins, who has been in the antique business for 45 years, as was his father before him, said, "Furniture is extremely tough to sell right now."

Collins closed his shop in Cobalt and became a dealer at Griswold Street Antiques in Glastonbury.

"There are plenty of [buyers] for the very, very good stuff. The problem is finding the pieces that are absolutely top grade," he explained. "There are no beginning collectors in the markets. The collectors out there already have all the beginning and mediocre stuff. They're looking for top-of-the-line stuff. No matter what category you collect, it's the same for all of them."

He attributed the change in the antique market to the change

in Connecticut's blue laws.

"Years ago, it used to be the only thing allowed to be open on Sunday were antique shops and mom-and-pop grocery stores. So, what happened [is] ... they'd load the family in the car and go antiquing. Now, the malls are open [on Sunday] and that's where they're all at," Collins said.

"A lot of shops have closed and even modern furniture stores are having trouble selling their stuff."

That, in part, is due to the attitudes of younger generations.

"They'll buy furniture sight unseen, untouched," with no personal connection or emotional attachment to the items, Collins said.

Buyers are not making long-term investments and in three to five years, "the stuff is out on the curb."

Stephen Murphy of Estate Buys of West Hartford has been in the business for 40 years and has noticed the same changes as others in the antiquing business,



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especially during the last 18 months.

"They're all into mid-century modern," he said of "the hipsters who shop at Etsy and Ikea."

He added, "They don't want granny-looking furniture."

Buying has changed in another way, he said, noting shoppers who come in, take pictures of an item he has for sale, post them online and, if and when it sells, come back and actually purchase the piece to send to the buyer.

The furniture our great-grandparents had may be "on the outs, but it's still a great investment," he said. "A lot of good pieces have gone unnoticed. They've been neglecting that

furniture for so long now that when I put out a good piece [in front of the store], they stop and they get excited because class and quality don't change – only people's tastes change."

Dealers will tell you that the pieces are still out there and there are treasures to be had all over the area, the state and New England.

"Yes, there are still the big red dusty barns full of 19th century mahogany and walnut – in various phases of deterioration – but that's not what our customers are looking for," said Julie Jones, who, with three partners, owns Blaze and Bloom on New Park Avenue in West Hartford.

Ideas abound for do-it-yourself

ideas to give a home that eclectic *je ne sais quoi*. Blaze and Bloom's niche is to find and remake those objects for people who don't want to do it themselves.

"Yes, there might be that one gorgeous, glossy, antique Chippendale highboy in the home, but what's important now is to complement that, not match it," said Katie Wickham, another of the partners.

Cinda Fiamma will tell you that everything old is new again when it comes to repurposed furniture.

She first got involved with repurposing more than 20 years ago as a way to customize her own home without spending a lot of money.

Two years ago, she opened Cindarella's Attic in Wethersfield, with a blend of restyled and vintage furniture, as well as home décor, jewelry and accessories.

Often, people want furniture repurposed to have the best of both worlds – the connection to the past as well as an updated look, explained Fiamma, who will do custom work.

"They want [the furniture] to blend in. When it's painted, it adds a pop of color to any room, and, of course, vintage goes with any décor. Vintage by itself, when it's not painted, looks good in any room. When you add color to it, it brings the room alive," she said.



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LIVING Spaces

Fiamma works on everything by hand, sometimes with the help of her friend, Lou Ann Becker.

"We make sure that everything is clean; we make sure that the edges are neatly done. Attention to detail is very important. We don't [sell] anything that wiggles or you can't pull the drawer out. That's what people are looking for. They know they're buying a quality piece here," Fiamma said.

Sixty to 70 percent of the furniture in the shop is repurposed.

Sometimes customers will want a piece, such as a dresser or nightstand, refinished to match a comforter or quilt that someone has made. While the shop has had items dating back to the 1800s, much of their furniture is from the early part of last century.

"We put a little love back into the furniture and décor from yesterday," Becker said.

Repurposing is a big focus at The Sow's Ear in Glastonbury as well, so much so that it is featured in their tag line: "New, Antique, Repurposed."

The shop opened in March and the owners, Monica McCafferty and Sarah Lavalette, both enjoy updating the treasures they find everywhere from antiques shows to estate sales to Craigslist.

"I love the whole concept of giving something a new life," McCafferty said. "We like to use what we have and use things differently and give them a new purpose."

That includes the shop's décor, such as shelving that came from the library in South Glastonbury and a display fashioned from old pallets.

"We went to industrial sites, and just asked, 'Excuse me. Can I have your old pallets?'" said McCafferty, who noted the environmental aspect of repurposing. "It's a popular concept to reduce and recycle."

"I think because what appeals to the home buyer now – which is sort of our biggest focus: someone younger with a new home – is they like the idea of having something old and antique, but maybe they don't want it to look like their grandmother's house. This is a way to not let those things go to the landfill. It's a way to make it look more current," Lavalette said. "I think society as a whole is much better than that than it used to be. I remember when no one thought twice about throwing things in the garbage or in the dump."

About 1/4 of the furniture in the shop is currently repurposed, which might mean refinished in a non-traditional way, such as adding new fabric to a stool.

Lavalette said that customers like to know a bit about the items they're buying.

"It appeals to people that there's a history behind it. People like to know it had a life before. And vice versa. We also get people who come in and say, 'This was my grandmother's,' and they don't want to get rid of it," she added. **GL**

Note from Nancy

Wisdom is where you find it

T rue confession: I'm a comic strip fanatic. I read them for their humor, and I read them for their wisdom.

It started in college. I loved Charles Schulz's "Peanuts" strip but it didn't run in UCONN's student newspaper, so my parents cut them out and sent them to me whenever they wrote. I still have scads of them, brittle and yellowed and, in some cases, in shreds. One has an ad on the back for ground beef at 49 cents a pound, if that gives you any idea how long I've kept them.

I used to identify with Snoopy on good days, with Lucy on crabby days and with Charlie Brown the rest of the time. "Good grief" was one of my favorite expressions. I even had a small poster – still have it, truth be known – with Linus looking pensive and the caption, "There's no heavier burden than a great potential."

I was sad on that Sunday in February of 2000 when the last-ever new Peanuts strip ran, and sadder still to learn that Schulz had died the evening before.

For all its wit and wisdom, the one element the Peanuts strips didn't have was a lot of interaction between parents and

children, so once our kids came along I found wisdom in new places, especially Lynn Johnston's "For Better or Worse," and Bill Amend's "Fox Trot." Now that both kids are grown, my favorite is Jerry Scott and Jim Borgman's "Zits."

"For Better or Worse" was different from most comic strips in that the family grew up over the years. In the beginning, I laughed at Michael, the little boy who was a clone of our own, then with Ellie, the mom who became a freelance writer, snatched the kids' doughnuts when she was on a diet and loved her family with her whole heart. She was my inspiration for years.

My home office has several pieces of special art on the walls, including the cover of Peter, Paul and Mary's first album signed by Mary Travers, Caroll Spinney's drawing of Big Bird and a personal inscription from one of his books, and a reproduction of a "For Better or Worse" strip with "From one mom to another" and Johnston's signature written in pencil.

Although it only runs on Sunday, I still like "Fox Trot," especially the strips about Andy, the family mom, who also is a writer. My all-time favorite shows Andy at her desk, pen in hand. "The kids are back in school ... Roger's off at work

... time to get some serious writing done," she says. "Great writing, brilliant writing, Pulitzer-winning writing. Starting today, Andy Fox is going to write like she's never written before – just as soon as she finishes this crossword puzzle."

A mom, a writer AND a crossword puzzle nut? She's my kind of woman.

"Zits" is the only one of my favorite strips that's still published daily, and I never miss it. How can I not identify with a mother who has perfected "the look," as our kids called it, and a technologically hopeless dad? In my favorite strip, Walt, the dad, points a device at the TV set and clicks. He clicks again, and again, and again, becoming increasingly agitated and finally shouting, "Stupid TV!" Jeremy, the son, walks in as "Bonjour?" is heard in the background, looks at the device and says, "You know that's the telephone, don't you?"

Just to be clear, the dad in our family is a technological wizard. It's the mom who needs help from the younger generation.

Some people find wit and wisdom in tea leaves, or in fortune cookies, or on bumper stickers. They're all fine, but I love my comics. – *Nancy Thompson*

Letter

New Perspective

One of the reasons I chose to move to Glastonbury was because of its excellent education system. Many of the schools are top-ranked, there is constantly a +90% graduation rate, the sports teams often win, and most of the kids throughout the system are really good kids. Clearly our Board of Education has done a darn good job with the town's education system.

There is a saying about the future: "What got us here, won't get us there." It is time for us to think about this as the town faces unprecedented changes. The rate of change has never been faster and will not slow down. The impact on our education system will be felt throughout our community with hard decisions about class sizes, technology enhance-

ment, individualized education, population decreases, potential school closings, and the like. With what we are facing ahead, we need some fresh thinking in the Board of Education.

I support Lillian Tanski for Board of Education. I've gotten to know Lillian and the rest of the Tanski clan; which includes her four children, three of which attend Glastonbury public schools. I've always admired Lillian's deep commitment to public service as a way to be involved in and improve upon our community.

You will learn quite a bit about her as we approach the election, but what stands out for me is her strong interest in education policy and practice because of her experiences in the education system growing up. Education took Lillian from public housing outside

Detroit to a graduate of Princeton University. She hasn't forgotten its life-changing importance. A lot of her excellent education was received through luck, accident, and the generosity of others, which opened up a world of possibilities to her and completely changed her life. She clearly understands how high the stakes are when it comes to educating our children.

I believe that Lillian is the right type of leader for the Board of Education. The experiences she went through made her the woman she is today. It more than qualifies her to be on the leadership team that helps maintain the high standard of education Glastonbury is known for.

For the reasons above and many more, please join me and vote for Lillian Tanski on November, 3rd. – *McRae Williams*

glastonbury LIFE

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TurleyCT.com

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BY MARK DIXON
WFSB METEOROLOGIST [AMS]



Oh, October!

The 10th month of the year here in Connecticut is one that typically conjures up visions of apple picking and beautiful fall foliage... but as we all know, October can be one of extremes, too.

Take for instance, the temperature variation. The hottest temperature recorded for the month has been 91 degrees (in

both 1927 and 1963); conversely, the coldest temperature was 17 degrees (1978) for the 31 day period.

The first frost happens in the middle of the month for the Greater Hartford Area and the earliest recorded measurable snow at Windsor Locks (where the official records are kept) is on the 10th from 1979.

While we can often enjoy spectacular autumn weather, with cooler nights and pleasant afternoons... it can also be rather turbulent. It was in this month, in 1979 on the 3rd, that an EF4 tornado hit Windsor Locks. More recently, in 2011, it was Winter Storm Alfred that led to record power outages and brought Halloween to a halt for many.

Ironically, it was one year later to the day that Superstorm Sandy moved in, causing the 2nd most power outages.

Here's to hoping this October is a quieter one; and on a sidebar, good luck to all of the runners participating in this year's Hartford Full/Half Marathon and 5k happening Columbus Day Weekend! **GL**

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