WE’RE ON THE HOMESTRETCH NOW!

Nancy Hansen

Dad hated winter—hated it with a passion. I think he was one of those people with Seasonal Affective Disorder, popularly known as SAD, because around late October into November when the daylight was becoming noticeably shorter he would seem to get into a funk that lasted until March. Granted there were always the worries about heating bills and driving in snow and ice, but the cold season itself just seemed to drag him down. Not even the holidays from Thanksgiving to New Year’s Day would perk him up for long. As soon as the calendar hit December, he’d sigh and say, “Well, we’re on the homestretch now,” in the least convincing tone I’ve ever heard, and then put some Hawaiian music on the stereo and dream of those tropical islands he was never destined to see. He did love Christmas, but some years were hard and so there wasn’t much on the table or under the tree. Those years we kind of tiptoed around the holidays with forced cheeriness, trying to make the best of a bad situation, because there was the sense that Dad needed us to be strong for him.

Growing up, Hawaiian tunes weren’t the only music that played in my household. Dad liked all sorts of interesting stuff including Organ and Chimes holiday music, Big Band classics, twangy Guitar Instrumentals, German Oompah bands, and a lot of Country & Western. My mother loved the country music too, but on the weekends she would tune in WILI for the Polka Hour. But Country was the staple, and music got us through a lot of hard times. Back then it was either the radio or those big 33-1/3 vinyl platters that the needle wore grooves in. When Merle Haggard sang, IF WE MAKE IT THROUGH DECEMBER, or Hoyt Axton and Renee Armand crooned BONEY FINGERS, yeah, we understood that sentiment. Especially in February, when the cold wind was blowing gritty snow in your face, the car wouldn’t start again, the woodpile was running low, and dinner was anything that could be cooked in watery broth with onions and be called soup.

That was the 60s and 70’s, and some years we got a lot of snow and cold. Winters just seemed endless back then. Oh I went out and played in it like any other kid, but I also had to help out with chores. By January’s end I was tired of winter too; tired of being chirpy and cheerful to hold up Dad’s spirits, tired of shoveling snow or tromping out back dressed like an Eskimo to help cut, stack, and haul in firewood. But I was Dad’s helper and sidekick, and I loved him fiercely, so I tried not to complain too much. I’ll tell you, the short month of February with its noticeably lengthier daylight hours and long slanting sunshine in the midst of bitter cold was a welcome sign that the end of the winter season was coming. To me, February was the true home stretch month, where cabin fever and weariness with the frigid and slippery conditions was finally coming to an end. There were years that snow and ice dragged well into April, but at least the days were longer, the sun warmer, and buds were swelling. In February, you eagerly look anywhere for signs of spring ahead.

Now, my life isn’t so hard these days. I don’t have to shovel snow or carry firewood, and I can hunker down in relative comfort most of the year. But I still pay attention to the seasons, and I am always glad to see the end of winter in sight by the time February rolls around. The weather of course pays no attention to the calendar, but you know by February’s end, it’s going to break eventually. So it’s a straightaway gallop to the finish line from here on in, now that we’re finally on the homestretch. We’ve made it through another winter and will soon be seeing signs of spring.

Donna Sharp Retires

Donna Sharp has been working in the Town Hall on School Finance for Scotland Elementary for many years. She retired in December. She made little noise or few appearances while working and maybe many didn’t know she was there.

Mrs. Sharp performed all the financial duties for the school which keep the school functioning. She managed the General Ledger accounting and financial reporting; handled medical insurance; payroll and accounts payable; financial planning and budgeting.

Best Wishes to an unsung worker!
Arts, Theater and Events

Windham Textile and History Museum
2/2  Hysterical Historicals, 1pm, share photos
2/8  Exhibit Opens “Sidonia’s Threads”
2/9  Kid’s Club, children 5-12 years, small fee non-members
2/10 Guided Tour, 2pm
2/16  Museum Lyceum, new topic each month
2/23  Spinning and Fiber Arts, 10-1pm
F-Sunday 10-4pm, Adults $7, Seniors $5, Groups $4
www.millmuseum.org  860-456-2178

CT Repertory Theatre at UConn
2/28-3/10 The Mystery of Edwin Drood, W-T 7:30, F 8, S varies by date, from $10
CRT.UConn.edu  860-486-2113

Chestnut Street Playhouse
2/7-2/24 Next to Normal, T-S 7:30, Sunday 2pm, $15-27
www.chestnutstreetplayhouse.org  860-886-2378

The Highland Herald Newsletter
PO Box 4 - Scotland, CT 06264
Herald64@gmail.com

The Highland Herald is on the town website, www.ScotlandCT.org and available in email format and in print at the Post Office at the end/beginning of each month. It can also be found in the following libraries: Chaplin Town, Fletcher Memorial, Canterbury Public, Scotland Public, Sprague, Windham and Willimantic Public Libraries. If you can’t get a copy contact us for a mail or email version. 860-450-8429

Editor: Judy Moulton. Unless otherwise specified, all articles are written by our volunteers: Editor and staff. We welcome comments, articles, photos and letters from town residents on town-related topics. The Editor reserves the right to edit for spelling, grammar, clarity, space, and statements that are considered defamatory or obscene. Please send submissions and photos by mail or email to:

The Highland Herald Newsletter
PO Box 4 - Scotland, CT 06264
Herald64@gmail.com

Advertisement design, payments and submissions must be in by the 15th of each month before publication.

Monthly Advertising Rates:
Business card size ……………….$20
¼ page…………………………$30
½ page…………………………..$50
Full page ………………………$80

10% discount for year-long advertisement paid in advance.
5% discount for 6 months of advertisement within one year paid in advance.
Advertisement is our sole source of income.

Jorgensen Center
2/6  Momix, 7:30pm, from $15
2/10  Erth’s Prehistoric Aquarium Adventure, 2pm, $22-$24
2/13  A Far Cry, 7:30 pm, from $15
2/14  I’m with Her, 7:30pm, from $15
2/16  Gladys Knight, 8pm, Cabaret, from $20
2/18  Sweet Honey in the Rock, 7:30pm, from $15
2/22  UConn African Students’ Association UMOJA Cultural and Fashion Show, 6:30 pm, from $10
https://Jorgensen.uconn.edu  860-486-4226

The Benton
2/4  Meditation in the Galleries, 4pm
2/6  Portraying Gender, Portraying Race, 4:30pm
2/7  “New First Thursdays at the Benton, 4:30 pm
2/9  Critical LookingL A Gallery Dialogue, 12:15p,
EXHIBIT: FACE-OFF: Confronting Portraiture, donations welcome
Hours: T-F 10-4:30, 1st Thurs. to 8pm, S_S 1-4:30
Benton.uconn.edu  860-486-4520

Norwich Arts Center, Donald Oats Theater
2/1, 2/3 Miss Lottie’s Café: An Evening with Lena Horne, F 7:30, Sunday 3pm, Adults $20, Military Students, Seniors $18, Members $17
2/13  Bruce Katz Band, 7:30, $20
www.norwicharts.com  860-877-2789

The Bradley Playhouse
2/1-2/10 Noises Off, F-S 7:30, Sunday 2pm, from $16
2/22-24 & 3/1-3 The Last Romance, F-S 7:30, Sunday 2pm, from $16
www.bradleyplayhouse.org  860-928-7887

The Bushnell
1/29-2/3 CATS, T-T 7:30, F 8pm, S 2&8pm, Sunday 1&6:30pm, $23-$92
2/7  Jazz at Lincoln Center with Wynton Marsalis, 7:30pm, $25.50-89.50
2/9  iLuminate, 2pm, $19.50-59.50
2/9  Kronos Quartet, string quartet, 8pm, $39.50-75.50
2/15-17 Latin Lovers, Hartford Symphony Orchestra, F-S 8pm, Sunday 3pm, $38-72
2/19-2/24 Charlie and the Chocolate Factory, T-T 7:30, F 8pm, S 2&8pm, Sunday 1 & 6:30pm, $23-91, lowest prices on 1st performance.
2/27  Rain: A tribute to the Beatles, 7:30, $29.50-69.50
https://Bushnell.org  860-987-5900

Hartford Stage
(Continues on next page)
Hartford Stage
1/10-2/3 The Engagement Party, T-T 7:30, F 8pm, S 8pm, Sunday 2pm, $25-90
2/14-3/10 Detroit ‘67, T-T 7:30, F 8pm, S 8pm, Sunday 2pm, $25-90
Some dates have additional times.
www.hartfordstage.org  860-527-5151

LETHAL WHITE by Robert Galbraith
(aka J. K. Rowling)
Reviewed by Lee Houston, Junior
As London prepares to host the 2012 Summer Olympics, we return to private detective Cormoran Strike. After solving three cases that garnered much attention (in the previous novels The Cuckoo’s Calling, The Silkworm, and Career of Evil), business is thriving to the point that Strike cannot set foot in public without being recognized and needs to hire on extra help for himself and secretary turned assistant investigator Robin Ellacott-Cunliffe.

However Cormoran puts everything aside when a young, troubled lad comes in saying he remembers seeing a body being buried years ago. Yet despite his sincerity, no one believes him because of the lad’s history of mental illness.

Trying to find the boy after he disappeared before identifying himself, Strike gets drawn into a tangled web of deceit, political intrigue, and family drama between the boy’s older brother and the man he’s currently blackmailing, who hires Strike to stop the brother without causing a scandal.

With hardly any progress on this case, the other investigations that need attention and the boy still missing, things get worse when their client commits suicide, or was he murdered? And on top of everything else, Robin is trying to deal with her own problems while Cormoran attempts to come to terms with his feelings toward her.

The novel is very well written and was well worth the wait since the 2015 released third book. It takes a while to figure out the title’s meaning, which has nothing to do with a long cold lonely winter, although the novel certainly makes a good reading companion on a chilly night.

This book is available at the Scotland Public Library.

A NIGHT IN WINTER
Angela Hawkins Fichter
Snow whispers in the cold night, 
Its frozen breath whitening trees, 
Its icy hush stilling birds.

Flakes dance as they murmur, 
Spinning, floating, falling, 
Drifting into stone walls, 
Chalking lines on granite, 
Dusting grass and twigs, 
Rejoicing in lightness, 
A celebration in silence.

Actions to Improve Health
Judy Moulton
An article from the AARP bulletin describes ways to add healthy years to your life. Although AARP is written for those 50 and over, the ideas can be of help to all. Established patterns or habits are easier to maintain than to create anew in later years.

Healthcare guidelines list timeframes to establish baselines for measurements of health. The following are good records to have - blood pressure, waist and height ratio, CRP (C-reactive protein- a globulin in the body which reacts to infection and inflammation), A1C (measure of blood sugar over time), mammogram, colonoscopy, and skin checks. Monitoring these areas of health measurement help to recognize problems earlier which leads to healthier outcomes.

Dental and mental health affect physical health. Problems or disease in one area can cause disease in the whole body. Regular dental visits and cleanings help lower risk of death from all causes. One study specified a decrease in mortality of 30 – 50%. Poor oral hygiene is linked to CRP and inflammation, signs of disease.

Sleep has been shown as an important factor in health. Too little or too much sleep affects longevity and cognition and memory decline. Recommended are 7 to 8 hours sleep, but no more than 10 hours. Some high schools are changing start time to later to accommodate teens need for more sleep than previously believed.

Physical exercise is important to health. If you already exercise, keep exercising. If you don’t exercise begin exercising, since a study of 334,000 Europeans found benefit for non-exercisers beginning to exercise. Their rate of mortality dropped 16-30 %.
The senior exercise program in Scotland helps with the following “vitality” exercises and more. These vitality exercises are 1) “Get-up test”, from sitting on the floor go to standing position with the least amount of help from an object or person, 2) strengthen your hand grip and improve more than your ability to open jars. 3) Flexibility, Sitting with one leg extended, try to reach your toes. The article stated to aim for within 4 inches for reach. 4) Join a team for exercise. Team sports offer highest mental health benefits. 5) Perform squats and lunges. 6) Practice Balance.

You might have heard of High Intensity Interval Training. (HIIT) This is exercise in which there are long periods of regular paced movement interspaced with short bursts of high intensity exercise. Walking regular pace with short times of very high pace walking is an example. The benefits listed include decreased inflammation, slower aging of body and cells, better heart performance, decrease in many diseases and improving insulin response.

Strengthening your core and back improves life expectancy by 13% for 70 year olds and reduces chronic back pain. This is from a study cited in the article.

Mental health is important to physical health Relationships, and spending time with people who have positive effect, aid your physical well-being. People often are caregivers in elder years. It is helpful to be sure to take care of yourself as well. There is concern for “caregiver strain.” Social media can be taxing. Eliminate those negative experiences with social media and continue with the positive ones such as sharing photos with family and closer friends.

Diet can be hard to control but by adding more fruits and vegetables, nuts and seeds and fiber, you can improve your health. As is possible, cut back on sugar, refined flour, fried foods, omega 6 fatty acids (from frying in corn or vegetable oils) and artificial sweeteners. Vitamin D3 helps at the molecular level of aging. Drinking milk can provide D3. Tea, especially green tea, lowers inflammation, weight and cancer risk.

Medical professionals know the value of washing your hands thoroughly. It is important for all. Wash your hands for the amount of time it takes to sing Happy Birthday song twice.

Chronic stress is harmful to both body and mind. Finances are one area which often causes stress. We have all had points of stress in life. Caregiver stress, school and work stress, relationship stress and stress of loss. When stress lasts longer it has a severe impact on the mind and body. Exercise can help reduce stress. There are other ways to reduce chronic stress as well. A stressful job can be given up for one that is more suitable. Meditation and yoga can aid in reducing stress.

The body gives signals of problems. If you have pain, don’t ignore it. A study found over half of sudden cardiac arrest patients had ignored the warning signs. Get to know the signs. Women’s signs are often different from those of men.

There are everyday things you can do for yourself and your health. Use a life jacket when boating. Over 80% of deaths from boating accidents could have been avoided by wearing a life jacket. If you encounter a fierce animal first thing is to not move, keep your hands by your sides and avoid eye contact. If you are attacked, place anything between you and the animal, a purse or a jacket are examples. If you are on the ground, curl up your body and cover your ears. STAY motionless and as quiet as possible.

Finally, here are some activities which can help a person stay healthier. Think young. Have a goal. Volunteer or work part time or have a hobby. Eat meals and snacks at the same time, every day. Enjoy kids. Read. And pray.

Source: AARP Bulletin, Vol. 60 #1, February 2019
Scouting News
Submitted by Michelle Mlyniec

All Cub, Boy, and Girl Scouts are welcome to the Scout Sunday worship service at the Hampton Congregational Church on Sunday, February 17th at 10 a.m. This is a great way to honor all Scouts for their dedication and service to the community.

Boy Scout Troop 93:

On January 8th, the Connecticut Rivers Council Eagle Scout Board of Review visited the Troop in Hampton to review the applications of two of our aspiring Eagle Scouts. After an hour-and-a-half of interviews, we are pleased to announce that the Eagle Scout applications of Travis Jacobson and Nicholas Nunn (pictured) have passed. The applications will be submitted to the national review board for the final step. Troop 93 celebrates the achievements of these Scouts.

The Boy Scout Troop 93 is for boys in grades 6-12 and meets Tuesday evenings at the Hampton Congregational Church from 7-8:30 PM. For more information contact: John Tillinghast, 455.9387 or jwalret@gmail.com.

A Scouts BSA Troop for girls has launched as of February 1, 2019. If you are a girl in grades 6-12 and are interested to see what it is all about, please contact Scott Garafano at (401) 529-1454 or swgarafano@aol.com.

Cub Scout Pack 93:

The big outing for the winter was the Pack’s bowling outing on Sunday, January 13th. Scouts and family members enjoyed an afternoon of fun while working on their skill and sportsmanship. Many thanks to parent Deb Wright for chairing this successful event – we could not have done it without her!

The Family Cub Scout Pack 93 is for boys and girls in grades K-5. The next Pack meeting is Saturday, February 9th at the Hampton Congregational Church from 1-3:30 PM for our annual Blue and Gold Banquet to celebrate the birthday of Scouting.

For more information contact: Michelle Mlyniec, 465.7344 or MMmlyniec@gmail.com.

Hampton Winter-Fest
All Welcome, All Events Free

On February 6, there is a hands-on presentation “Puppets and Masks for Ritual and Ceremony across the World” at 6:30. It will be held at the Fletcher Memorial Library in Hampton.

February 9th brings PUPPET SLAM at 4pm. This will be performed at the Community Center.

The US Coast Guard Band performs a Dixieland concert on February 10th at 2:30 at the Community Center.

Also on the 10th, Ice Skating and Frozen Bonfire on the Community Center grounds at 4pm. This is dependent upon condition of the ice.

Presented by Recreation Commission, 860-455-9875
February 2019
Scotland Public Library
21 Brook Rd.
860-423-1492

Hours:  Tuesday 3-7
        Wednesday 3-7
        Thursday 9-12 & 3-8
        Friday 3-7
        Saturday 9-2

The Library will be CLOSED on Saturday, February 16 for Presidents’ Day Weekend.

**Take Your Child to the Library Day:** Join us on Saturday, February 2, 2019 from 9-2 as we celebrate the families in our community. We will have a Valentine craft, a poetry board and a chance to write your own, games, and refreshments. Stop by to see what your local library has to offer.

**Story Time:** Children 5 and under and their caregivers are welcome to join us on Thursday mornings at 10 a.m. for stories, songs, games, and more. Story Time sessions for February are 7th, 14th, 21st, and 28th. If the Scotland Elementary School is canceled or delayed due to snow, Story Time for that date will be cancelled, as well. Call the library with any questions.

**Building/K’NEX Club:** The group meets on Thursday, February 14 at 4 p.m. This is our last chance to build with the Keva planks before returning them to the CT State Library. We plan to borrow them again in the future. Stop by to see what we are creating.

**The Scotland/Canterbury Book Discussion Group** will meet on Tuesday, February 19 at 7:05 at the Canterbury Public Library. This month we are reading and discussing *The Laramie Project* by Moises Kaufman. Copies of the play are available at both libraries.

**Needle Crafts:** Join us for knitting and crocheting on Thursday mornings at 10:30. Bring in your project and any questions you may have. All skill levels are welcome.

**Statistics for December 2018** – We had 696 visitors, 585 items circulated, 90 computer users, and 14 programs/meetings held at the library with a total attendance of 95. Thank you for your continued support.

Check out our website scotlandpubliclibrary.org and like us on Facebook.
Scotland Elementary School  
Cathy Pinsonneault

Winter temps are quite frigid these days, and students are doing a fine job wearing proper attire for outdoor recess. We appreciate your help on this very important front.

Though the temps are low, spirit is soaring! On January 11, we celebrated class color day. Anyone wearing clothing in their assigned class colors had the opportunity to earn spirit points. On January 22nd, we enjoyed a “White Out” spirit day, during which students earned two spirit points for each item of white clothing worn. This fashionable day was a great way to celebrate the color of snow! Scheduled for the end of January was Football Friday, a yearly favorite that celebrates the great sporting pastime with fun games and activities. With all of our spirit days, it’s always a challenge to earn the most participation points so that your classroom can house the spirit trophy for an entire month!

Starting in January, we kicked off our dental hygiene product collection drive to help families in need. We have had an amazingly generous outpouring of contributions and thank you very much for your continued support. In the music department Chorus and Drama have begun and students are working hard and sharpening their skills.

Once again this year, we are participating in the BANANAGRAMS challenge in order to crown our 2019 SES champion! The challenging, word-building game requires a number of classroom-acquired skills, such as spelling, word building and concentration. Students enjoy playing against one another as they hone their skills with this fun and lively game. When there are four remaining students, the SES championship round will take place. The first round was scheduled to begin on January 22nd. We will keep you posted with details as play continues.

Thank you as always for all of your support during the school year. We know that schedules are busy and appreciate all you do to help make our school such a great success.

Important Dates

2/1  Annual Football Friday
2/5  100th Day of School (depends on school closings)
2/18 Double Header Basketball @ PHM/HS
2/18-19 Presidents' Day and no school for 2 days!
Parish Hill Teachers Certified in Youth Mental Health First Aid
Lisa LaBelle

Parish Hill prides itself in its culture of safety. To add to this, teachers recently completed a certification for Mental Health First Aid for Youths.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

In this 8-hour course teachers received “hands on” experience as they were put in scenarios where they needed to respond to a student in distress. They learned to be “first responders” and recognize when something wasn’t quite right. Their certified instructors then taught them what they can do and say to help that child on the spot. The teachers felt empowered and said it was a “wake up call” as they discussed all the potential things a student may be experiencing in any given day.

Parish Hill is excited to have the majority of their teachers nationally certified in Youth Mental Health First Aid and will continue to seek out new and progressive opportunities to ensure a safe and welcoming environment for students. The PHACT/PTSA will be hosting this certification class for parents and guardians in the near future.

Parish Hill Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/2</td>
<td>Empty Bowls Studio 10-1</td>
</tr>
<tr>
<td>2/9</td>
<td>Empty Bowls Studio 10-1</td>
</tr>
<tr>
<td>2/16</td>
<td>Empty Bowls Studio 10-1</td>
</tr>
<tr>
<td>2/18</td>
<td>No School – Presidents’ Day</td>
</tr>
<tr>
<td>2/19</td>
<td>No School, 7pm RD11 BOE</td>
</tr>
<tr>
<td>2/23</td>
<td>Empty Bowls Studio 10-1</td>
</tr>
</tbody>
</table>

Parish Hill Basketball

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/1</td>
<td>V Boys &amp; Girls v Innovation, girls 5:30, boys 7pm, Home</td>
</tr>
<tr>
<td>2/4</td>
<td>V/JV Girls v Civic Leadership, JV 4:45, Varsity 6:15, away</td>
</tr>
<tr>
<td>2/6</td>
<td>V/JV Boys v Tourtellotte, JV 5:30, Varsity 7, away</td>
</tr>
<tr>
<td>2/6</td>
<td>V Girls v MLC, away, 5:30</td>
</tr>
<tr>
<td>2/8</td>
<td>V/JV Boys v MLC, away, JV 5:30, V 7pm</td>
</tr>
<tr>
<td>2/8</td>
<td>V Girls v East Hampton, 6pm, home</td>
</tr>
<tr>
<td>2/11</td>
<td>V/JV Boys v Griswold, JV5::30, Varsity 7pm, home</td>
</tr>
<tr>
<td>2/13</td>
<td>V/JV Girls v Putnam, JV5:30, Varsity 7pm, home</td>
</tr>
<tr>
<td>2/13</td>
<td>V/JV Boys v Wheeler, JV 5:30, Varsity 7pm, home</td>
</tr>
</tbody>
</table>

UConn Basketball

Women

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/2</td>
<td>@Cincinnati, noon, SNY, ESPN3</td>
</tr>
<tr>
<td>2/6</td>
<td>v ECU, XL Center, 7pm, SNY, ESPN3</td>
</tr>
<tr>
<td>2/9</td>
<td>v Temple, Gampel, 1pm, SNY, ESPN3</td>
</tr>
<tr>
<td>2/11</td>
<td>v South Carolina, xl Center, 7pm, ESPN2</td>
</tr>
<tr>
<td>2/17</td>
<td>@ UCF, 2pm, SNY, ESPN3</td>
</tr>
<tr>
<td>2/20</td>
<td>@ Memphis, 7pm, SNY, ESPN3</td>
</tr>
<tr>
<td>2/24</td>
<td>@ Tulsa, 3pm, SNY, ESPN3</td>
</tr>
<tr>
<td>2/26</td>
<td>@ Wichita State, 7:30, SNY, ESPN3</td>
</tr>
<tr>
<td>3/2</td>
<td>v Houston, Gampel, 1pm, SNY, ESPN3</td>
</tr>
<tr>
<td>2/4</td>
<td>@ USF, 7pm, ESPN2</td>
</tr>
</tbody>
</table>

AA Conference Tournament March 8-11.

Men

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3</td>
<td>v ECU, XL Center, 2pm, ESPNews</td>
</tr>
<tr>
<td>2/6</td>
<td>@ Temple, 6pm, CBSSN</td>
</tr>
<tr>
<td>2/10</td>
<td>@ Memphis, 2pm, CBSSN</td>
</tr>
<tr>
<td>2/14</td>
<td>v Houston, XL Center, 7pm, ESPN2</td>
</tr>
<tr>
<td>2/21</td>
<td>@ SMU, 9pm, ESPN2</td>
</tr>
<tr>
<td>2/24</td>
<td>v Cincinnati, XL Center, 2pm, EPSN</td>
</tr>
<tr>
<td>2/28</td>
<td>@ Wichita State, 7pm, ESPN2</td>
</tr>
<tr>
<td>3/3</td>
<td>v UCF, Gampel, 8pm, Noon, CBSSN</td>
</tr>
<tr>
<td>3/7</td>
<td>v Temple, Gampel, 2pm, CBSSN</td>
</tr>
<tr>
<td>3/10</td>
<td>@ ECU, 2pm, ESPNU</td>
</tr>
</tbody>
</table>

AA Conference Tournament March 14-17.
I. Scotland Volunteer Fire Dept responses for 2018
A. The department responded to 176 calls for 2018. The variety of calls listed include mutual aid to other towns, grouped by characteristics and include calls where mutual aid from other towns responded.

   A. Emergency Medical calls                    102
   B. Auto Accidents                              19
   C. Power Line incidents                       15
   D. Gas leaks/Carbon Monoxide                   4
   E. Building Fires                              10
   F. Vehicle Fire                                1
   G. Brush/Woods                                 3
   G. Service Calls                               14
   I. Fire Alarms                                 8

B. Calls for the month of December are:
   11 Medical, 1 Fire, 1 Accident, 2 Service

II. 2019-2020 town budget
The Selectmen have started the process for developing the 2019/20 town budget. We are awaiting Governor Lamont’s release of the state budget proposal as it has a dramatic impact on our local budget.

III. NAACP
Scotland Elementary School, Library, Samuel Huntington Trust, and Selectmen representatives met with the local Willimantic Chapter of the NAACP to discuss Scotland hosting an event for February’s Black History month. A performance from the Prudence Crandall house will be given to the older elementary students. The same program will be performed again for the public on a Saturday afternoon at the elementary school’s gym. The performance has been given good references and is open to the public. The Library will be having a variety of literature available. The Huntington Trust has refurbished a room where Samuel Huntington’s servant lived. There will be a dedication in May.

IV. Planning and Zoning, Economic Development Commission
Residents are asked to attend the meetings of the PZC and EDC. PZC are in the process of re-writing zoning regulations. The EDC Committee is exploring ways of marketing Scotland to bring businesses in and improve quality of life.
Residential input is being sought.

2nd Selectman – Clare D’Appollonio
3rd Selectman – Rodney Perry

Troop D Service Calls
There were 38 calls for service in Scotland in December 2018. The following are the more notable.

   Accidents                                      0
   Criminal investigations                        1
   Burglaries                                     0
   Larcenies                                      0
   Non-reportable Matters                        37

The motor vehicle service calls follow.
DUIs                                           0
Traffic Citations                               2
Written Warnings                               0

Do you have Love to give?
Connecticut
Foster / Adopt
1-888-Kid-Hero
1-888-543-4376
cffosteradopt.com
Scotland Town Hall Hours
9 Devotion Rd, Scotland, CT 06264
1st Selectman P O Box 288
Town Hall P O Box 122
Monday, Tuesday, Thursday: 9am – 3pm
Wednesday: 11am-7pm
Closed Fridays
860-423-9634, Fax: 860-423-3666

Scotland Contact Numbers

Call 860-423-9634 and
First Selectman Administrative Assistant: Ext. 101
Town Clerk: Ext. 102
Tax Collector: Ext. 103, M 11-3, W 11-7
Assessor: Ext. 104 – Wed 4:30-6:30, Thurs 10-3, call first
Bookkeeper/Treasurer: Ext. 105
Building Dept: Ext. 106 Wednesday: 5:30pm-7pm
School Finance Office: Ext. 107
Registrar of Voters: Ext. 108
Zoning Official: Wednesday: 5:30pm – 7:30pm

1st Selectman: Daniel Syme, 860-456-7797
Selectmen: Clare D’Appollonio, Rodney Perry
Building Inspector: John Berard, 860-423-9634
Sanitarian: Eastern Highlands Health Dist.
860-429-3325
Wetlands Officer: John Valente
860-455-9553 (by appointment only)
Zoning Officer: Liz Burdick
860-423-9634 (by appointment only)
Driveway Permits: Dan Syme, 456-7797
Animal Control Officer: Nancy Bard
860-455-5016 (please leave detailed message)
Burn Official: (by appointment only)
Dan Syme 860-423-0268
Scotland Volunteer Fire Department:
Fire Chief Jason Beaumont
(non-emergency)860-455-6718
Scotland Town Garage:
Bill D’Appollonio, 860-456-8625
Scotland Public Library: Phone: 860-423-1492
Scotland Elementary School: Phone: 860-423-0064
Parish Hill Middle/High School: Phone: 860-455-9584
Scotland Historical Society: Phone: 860-423-1547
Hampton/Scotland Transfer Station:
Phone: 860-455-0682

Hampton/Scotland Recycling/Transfer Station
You must have a valid Transfer Station sticker on your vehicle to use the Transfer Station. These may be purchased at the Town Clerk’s office for $25. New stickers required each November.

Hours:
Wednesday 8am-5pm & Saturday 8am-4pm

Demolition loads.......................... $30 full P/U
$20 ½ P/U
Full mini Appliances (w/ Freon) ............... $15
Other Appliances ................................ $5
Car Tires ........................................ $2
--with rims ..................................... $5
Truck Tires ...................................... $10
Tractor Tires ................................... $50
Mattresses........................................ $20

Vehicles without a sticker will be denied access.
For questions, call 860-455-0682

Accessor view of the center of Scotland

Picture of Huntington Homestead before addition.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Bushnell</strong></td>
<td><strong>Senior Exercise</strong></td>
<td>Windham Textile and History Museum</td>
<td><strong>The Benton</strong></td>
<td><strong>Take your child to the Library Day</strong></td>
<td><strong>SES Football</strong></td>
<td><strong>10-1 Empty Bowls Studio</strong></td>
</tr>
<tr>
<td>1/29-3/3 CATS</td>
<td><strong>T, F at 9:45 In Community Room at SVFD</strong></td>
<td><strong>Exhibit FACE-OFF</strong></td>
<td><strong>Exhibit “Sidonia’s Threads” opens 2/8</strong></td>
<td><strong>Needlecraft Thursdays Mornings 10:30</strong></td>
<td><strong>Friday</strong></td>
<td>1 WTHM Hyst. Historicals</td>
</tr>
<tr>
<td><strong>Hartford Stage</strong></td>
<td><strong>The Engagement Party 110- 2/3</strong></td>
<td><strong>Senior Exercise</strong></td>
<td>4:30 Benton: Portraying Gender, Race 6:30 Puppets, Hampton 7 IWC 7 SHS 7:30 Momix</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 CATS</strong></td>
<td>7:30 Noises Off</td>
</tr>
<tr>
<td><strong>2/8</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Engagement P.</strong></td>
<td>2&amp;8 CATS</td>
</tr>
<tr>
<td><strong>2/9</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>7:30 SPL Board</td>
<td>7 <strong>BOS</strong></td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Engagement P.</strong></td>
<td><strong>8 Engagement P.</strong></td>
</tr>
<tr>
<td>1&amp;8:30 CATS 2 Noises Off 3 Miss Lottie’s Café 2 The Engagement Party</td>
<td>4 Benton: Meditation</td>
<td>7 SES BOE 7 GSHT</td>
<td>7:30 A Far Cry</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Engagement P.</strong></td>
<td><strong>8 Engagement P.</strong></td>
</tr>
<tr>
<td><strong>2/10</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>7 SES BOE 7 GSHT</td>
<td>7 <strong>BOs</strong></td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Engagement P.</strong></td>
<td><strong>8 Engagement P.</strong></td>
</tr>
<tr>
<td>2 Guided Tour 2 Erth’s Adventure 2 Next to Normal 2 Noises Off 4 Dixie Land Band, Hampton</td>
<td>4:30 Benton: Portraying Gender, Race 6:30 Puppets, Hampton 7 IWC 7 SHS 7:30 Momix</td>
<td>7:30 A Far Cry</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Engagement P.</strong></td>
<td><strong>8 Engagement P.</strong></td>
</tr>
<tr>
<td><strong>2/11</strong></td>
<td><strong>Double Header Basketball SES &amp; PHMHS No school Presidents’ Day 7:30 Sweet Honey in the Rock</strong></td>
<td>12:15 Critical Looking! No School 7 RD11 BOE 7 HFA 7 SPL Book Group @ CPL 7:30 Charlie and 7:30 Detroit ’67</td>
<td>7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/12</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td>10 Worship with Scouts 2 Next to Normal 2 Detroit ‘67 3 Latin Lovers</td>
<td>12:15 Critical Looking! No School 7 RD11 BOE 7 HFA 7 SPL Book Group @ CPL 7:30 Charlie and 7:30 Detroit ’67</td>
<td>7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/13</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/14</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/15</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/16</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/17</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/18</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/19</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/20</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/21</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/22</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/23</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/24</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/25</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/26</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/27</strong></td>
<td><strong>Windham Textile and History Museum</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
<tr>
<td><strong>2/28</strong></td>
<td><strong>Hartford Stage</strong></td>
<td>10 SPL <strong>Story Time</strong></td>
<td>4 SPL K’NEX 7:30 I’m with Her 7:30 Next to Normal 7:30 Detroit ’67</td>
<td>7:30 Next to Normal 7:30 Jazz</td>
<td><strong>8 Detroit ’67</strong></td>
<td><strong>8 Detroit ’67</strong></td>
</tr>
</tbody>
</table>

**KEY**

BOE – Board of Education
HFA – Highland Festival Association
MS – Middle School
P&B -Planning & Zoning Commission
SES – Scotland Elementary School
SVMHC – Memorial Hall, @SVFD

BOS – Board of Selectmen
HH – Huntington Homestead
PHMHS – Parish Hill Middle/High School
RD11 – Regional District 11
SHS – Scotland Historical Society

GSHT – Governor Samuel Huntington Trust
IWC – Inland Wetlands Commission
POCD – Planning and Development
SAC – Scotland Agriculture Commission
SPL – Scotland Public Library
WTHM- Windham Textile & History Mus.