

## Inside Kitchens

Vintage-look updates can add beauty and value to any kitchen. Find out how to give yours that special look.

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# Shore Home

## Home tip

A little tender loving care will help protect your stone countertops and keep them looking like new. The key is to use the right cleaners on the surface so you don't cause any unnecessary damage.

## Keep busy: Build a wonky rustic arbor

Stop me if you've heard this one:

What do you get if you cross a four leaf clover with poison ivy?  
A rash of good luck.

Telling bad gardening jokes is one way to get through winter. As I went outside this morning to check on the greens bed, I realized that I had better develop a sense of humor about the

approaching wintry weather. For as cold-hardy as the "cut and come again" lettuce I have going in the side yard is, eventually, a day will come when it's just too cold even for these little soldiers.

Right now, they're doing nicely. Inside the cold frame on this windy, 60-degree day, it's a toasty 75 degrees. Warm enough for the lettuce to mature, but not so warm that it will expire. Cold weather time is all about fine tuning what you do out there.

This is also a good period to start making plans for next year's garden. With the clutter of vegetable vines and flower borders gone, the view of the landscape is wide open. Things like water features, statuary, natural features, furniture like benches and chairs, and myriad other embellishments can be envisioned now without the distraction of the garden proper.

The bones of the garden are coming into view. And while I spent this summer purging much of the commercially made statuary and other smart-looking garden accessories from my space, I am thinking about making some rustic, hand-made additions. I'm looking at those bare, sinuous maple branches near the wood line. With the leaves off, it's easy to see how badly the trees need pruning. Not only will a good cutback tighten and brighten the trees for next year, it will provide raw materials for a winter project that will keep me from going non compos mentis before spring arrives again.

A rustic arbor is an easy but challenging enough project to keep a gardener's hands and mind occupied, even as the temperatures drop.

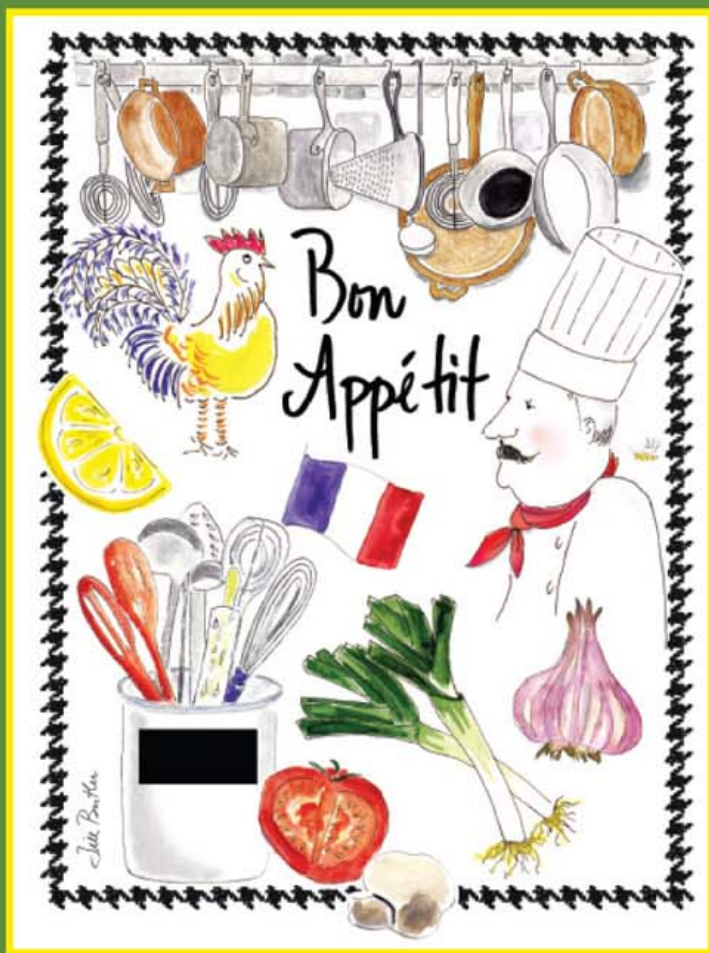
Prune the longest lengths possible of a typically sinuous tree, like maple. With the weather as it is now, the branches are likely to be brittle, so a soaking in a bathtub of warm water overnight is a good idea. Don't strip foliage and shoots off the branches. These projections add interest and texture to the arbor and also offer places for climbing vines to grab on to.

Lay a simple design out on the lawn or an open garden space. An arbor is basically two vertical ladders, up to about 7 feet tall, with horizontal branches (or another ladder) secured across the top.

Use strong, non-corrosive copper or alu-

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See BOUNDARIES, Page 35



The author's assignment "to draw some food stuff" leads to reflections on this year's bounty. ... and boundaries.

## Boundaries on stuff and stuffing

Learning to set internal limits on one's 'worry quotient'

By Jill Butler  
Special to ShoreView

What am I cooking up this month? It won't be turkey, unless it is. I have an assignment to draw some food stuff, not stuffing, but colorful vegetables and good things to eat. So, I can pretend to cook up something for this seasonal meal of the great bounty. The bounty this year may be feeling a bit different. Life and the world are turning in ways that may feel foreign. These are times to reevaluate our values, our thinking, our goals and dreams, and I'd like to add our boundaries may also need some attention.

Personal shifts and changes are not always easy and when everything around us seems to be shifting as well, we start to feel overwhelmed. What's shifting out in the world we can do about it, except as my favorite

author, Lynn Twiste, in her book, *The Soul of Money*, suggests; The only real control we have is the control over our conversations. Are we complaining, blaming, and feeling sorry for ourselves?

In my world, there are no boundaries when it comes to worrying. It's what wakes me up in the night.

I inherited this pattern from my father. Thanks Dad. He was the consummate worrier. My Mom was also a worrier but her antidote to worry was to take action, to do something about it, while my father stewed in it.

I have a lot of energy, not boundless, but bunches. So how to use it? Worrying, no thank you. Like my Mom in her better moments, I choose to take action to avoid the poisonous food of negative media, repetitive fear threatening events and daily blah, blah, blah. When too much of anything, "good" or "bad" overwhelms we get stuffed and stop moving.



The armadillo is a reminder to set boundaries in her thinking and to limit her intake of the world's worries.

# Boundaries: They can be effective in limiting the worry habit

From page 33

Creating boundaries and limits; do I put my head in the sand, live in a cave, totally disengage? No. I'm tuned-in in a different way. I have a strong belief that I will know what I need to know when I need to know it. Information and clues to next steps and next right action come to me. I over hear a conversation, a blip on the radio, a remark from a friend or in the check-out line at the supermarket. What I need to know, always comes! When there's so much of everything else there's little room left to listen and to hear what's specifically for us.

Boundaries and my friend the armadillo.

Boundaries are an issue I've had trouble with in my life. Setting boundaries looks like saying no to unacceptable behavior toward me from others, setting limits for myself on food choices or how much time I spend working while leaving out time for play. Boundaries and limits serve us. When we're stating our preferences

and letting the world know what is and what isn't acceptable, we're also letting ourselves know what we stand for and who we are. As we become selective, we're creating our unique voice and set a courageous example.

The armadillo is one of my favorite animals – that creature with the hard shelled protective “jacket.” On a trip to Italy, and on my last day in Venice, I take the vaporetto, water bus, to Murano, the island known for glass blowing.

I wander the alleys peaking into galleries while getting a sense of the place. I find a dealer, a handsome one at that, leaning against the door frame of his gallery. We chat, eventually I browse, and I discover a glass molded armadillo.

Curious, I like it! I visit the glass blowing atelier studio across the street and watch artisans blowing and molding glass. It's another world. I decide. I'd

like to take the black and white armadillo home with me. Much later, I discover the armadillo in American Indian tradition sym-

bolizes boundaries. Their exterior shell protects a soft and friendly interior. There is no mistake in this purchase.

Daily I look up on this “cottage railing” shelf in my living room and see this glass armadillo. Increasingly, he has become my friend and visual reminder to set boundaries for my thinking, to limit my intake of the world's worries, or those around me who may be serving up something I'd rather not have on my plate for my thanksgiving meal, or any meal for that matter. As far as my worry habit goes, I've had to set some internal limits as to my worry quotient. I'm creating a different internal dialogue as I experience worry does not serve, nor does

the unnecessary stuff in my life, or the stuffing down of what's really important.

*Editor's Note: Stop by Jill's Chester Studio Open House, Friday, Nov. 14, 10 a.m. to 7 p.m., or Saturday, Nov. 15, 10 a.m. to 3 p.m. to discover her products, books and designs. 4 Water St., Chester above the Wheatmarket. For more information, 860-526-5155.*

*Don't get caught feeling Holi-dazed. Join Jill at the Essex Library, for “Believing in ‘Sanity Clause’, a workshop/talk that will help you reclaim the joy and inner peace intended for this time of year. Jill's programs are popular, so call now to reserve a place. Sunday, Dec. 7 at 4:30 p.m.*

