

# What to do this Weekend: January 27 – 29, 2012

## Nutrition Nugget

By L. S. Siniscalchi, M.S.N.; New London Healthy Living Examiner (Examiner.com); [Nutritionnugget@yahoo.com](mailto:Nutritionnugget@yahoo.com)

### Type 2 Diabetes

Type 2 Diabetes is also known as adult-onset or noninsulin dependent diabetes (NIDD). It is a chronic condition that affects the way your body metabolizes glucose (sugar). Glucose is your body's main source of fuel. Insulin is a hormone that regulates the movement of sugar into the cells. In a patient with type 2 diabetes, the body will either resist insulin or it doesn't produce enough to maintain a stable glucose level. If left untreated, type 2 diabetes can be life threatening! The symptoms of type 2 diabetes may develop very slowly and include:

- Increased thirst and frequent urination
- Increased hunger
- Weight loss
- Fatigue
- Blurred vision
- Slow-healing sores or frequent infections
- Areas of darkened skin

The onset of Type 2 Diabetes occurs when the body becomes resistant to insulin or when the pancreas stops producing enough insulin. The exact cause of this is unknown, but excess weight and inactivity seem to contribute. There are several risk factors for developing Type 2 Diabetes. Researchers don't know exactly why it occurs in some people and not others. The risk factors include being overweight, excess abdominal fat, inactivity, family history, race (African Americans, Hispanics, American Indian, and Asian-Americans), age (45 and older), pre-diabetes, or gestational diabetes.

There are several complications involved with Type 2 Diabetes: heart and blood vessel disease, nerve damage, kidney damage, eye damage, foot damage, skin and mouth conditions, osteoporosis, Alzheimer's disease, and hearing problems.

There is no such thing as a "diabetes diet", but there are foods that you can eat that are high in nutrition and low in fat and calories such as fruits, vegetables, and whole grains. Counting carbohydrates is an important component to include in food planning and using the glycemic index is also helpful. Getting plenty of physical activity is important (get your doctor's approval before starting an exercise program) because exercising can help lower blood sugar.

Prevention is key when trying to avoid type 2 diabetes. Even if you have a family history, diet and exercise can help prevent the disease. The three lifestyle changes to remember are:

- Eat healthy foods - be sure to choose foods low in fat and calories (for every 1,000 calories consumed be sure to include 14 grams of fiber because fiber helps lower blood sugar levels).
- Get Physical - 30 minutes of moderate physical activity a day is recommended.
- Lose Excess Pounds - losing 5-10% of your body weight can reduce the risk of diabetes. The key is focusing on permanent lifestyle changes to keep your weight under control. Other benefits to losing excess weight include a healthier heart, more energy, and improved self-confidence/esteem.

Remember that your health is under your hands. Take control of it today!!

Source: <http://www.mayoclinic.com/health/type-2-diabetes/DS00585/METHOD=print>

\* \* \* \* \*

## All Weekend Long:

\* \* \* \* \*

### 43<sup>rd</sup> Annual CMTA Hartford Boat Show

Thru January 29, 2012; Friday: 12:00pm-9:00pm; Saturday: 10:00am-9:00pm; Sunday: 10:00am-5:00pm

Tickets: Adults: \$12, Children under 12 are FREE

This year's boat show includes: professional speakers, fun seminars, accessory and service booths. See the area's best collection of boats, personal watercraft, center consoles, fishing, and luxury cruisers. You'll find everything you need including boat accessories and fishing gear! For more information, please visit

[www.hartfordboatshow.com](http://www.hartfordboatshow.com)

Pianist & Composer Chucho Valdés with the Afro Cuban Messengers

UConn's Jorgensen Center for the Performing Arts; Dates: January 27-28, 2012; 7:00pm

Hailed as "the dean of Latin jazz" and "one of the world's great virtuosic pianists" by The New York Times, multi-Grammy Award-winner Chucho Valdés has recorded over eighty CD's during his illustrious career, performing with countless jazz masters, including Herbie Hancock, Dizzy Gillespie, Wynton Marsalis and Chick Corea.

Admission: \$55 for table seats, \$45, \$38 and \$34; Info and tickets: 860-486-4226 or visit [jorgensen.uconn.edu](http://jorgensen.uconn.edu)

Play Spaces

Providence Children's Museum, 100 South Street Providence, Rhode Island; January 28, 2012 - January 29, 2012

11:00am - 2:00pm; Admission: FREE for members, \$8.50 for non-members

Kids use a variety of interesting materials - fabric, huge boxes, rope and hoops - to invent and build their own imaginative play environments. 401-273-5437; <http://www.ChildrenMuseum.org>

\* \* \* \* \*

**Friday, January 27<sup>th</sup>**

\* \* \* \* \*

Rascal Flatts with Sara Evans and Hunter Hayes

Dunkin' Donuts Center, Providence, RI; 7:30pm

COMIX Hypnotic Hysteria

Comix At Foxwoods, Ledyard, CT; Rating: 21 years or older; 1 Show - 10:30pm; \$15.00

Headliner Jim Spinnato is an accomplished stage hypnotist who has been entertaining crowds since the mid 1990's. He has performed up and down the east coast for corporate events, college crowds, and at casinos. Spinnato is known for his combination of music, comedy, hypnosis and audience participation, creating one not-to-be-missed show. Opening the night is Pat Oates who has been performing comedy since 2007 has a few tricks up his sleeve. The master of delusion, Pat performs the few magic tricks he knows because he owes the casino money and this is the only way he can pay them back. You will be underwhelmed by his trickery but overwhelmed with laughter at this mock magic show.

Sun Winefest '12 Bourbon Tasting

Friday, January 27<sup>th</sup> - 6:00pm-9:00pm; Leffingwells Martini Lounge; Special Event: \$90.00; Also available, the Grain & Grape Package: \$ 140.00 - Includes a ticket to the Bourbon tasting and a Saturday Grand Tasting.

Presented by Beam Global Spirits and Wine Kick off the weekend by tasting a variety of fine bourbons such as Maker's Mark, Booker's, Knob Creek, Jim Beam and others along with delectable hors d'oeuvres under the world's largest indoor planetarium dome at Leffingwells Martini Bar.

Gigantour featuring Megadeth with Motorhead, Volbeat and Lacuna Coil

Friday, January 27<sup>th</sup> - 6:30pm; Mohegan Sun Arena, Uncasville, CT; \$35.00

Megadeth's thirteenth album--appropriately titled TH1RT3EN--was released November 1<sup>st</sup> via Roadrunner Records. On TH1RT3EN, Dave Mustaine and the band continue to sharpen their attack, taking down leaders who sell false truths; Megadeth taps into the collective paranoia of modern times. The new release follows up 2009's Endgame, which was one of the most celebrated albums of the pioneering band's storied career. Anticipation is high and fans are anxious for a taste of new music from the legends who have sold over 25 million albums globally throughout the course of their career. The album's first single is the volcanic "Public Enemy No. 1."

The Osmond Brothers

Friday, January 27<sup>th</sup> - 8:00pm; The Wolf Den, Mohegan Sun, Uncasville, CT; Free

The Osmond's perform all styles of music from Barbershop, Pop, Rock and Country. Their close harmonies cannot be matched by any other group. They have sold over 80 million albums and have 47 gold and platinum records to their credit. They have broken records for sold-out performances once held by the Beatles and Elvis, and have won numerous awards including the People's Choice Award, "Best Vocal Group" and "Best Show" in Branson, Missouri, and a star on the Hollywood Walk of Fame. \*Come early. Seating is limited. Must be 21 or older. Times and performers are subject to change.

Rain: A Tribute to The Beatles

Providence Performing Arts Center, 220 Weybosset Street, Providence, Rhode Island

January 27, 2012; 8:00pm; Admission: \$33, \$51, \$56, \$63; (401) 421-2787; <http://ppacri.org>

RAIN, the acclaimed Beatles concert, returns by popular demand! They look like them and they sound just like them! "The next best thing to seeing The Beatles," raves the Denver Post. All the music and vocals are performed totally live! RAIN covers The Beatles from the earliest beginnings through the psychedelic late 60s and their long-haired hippie, hard-rocking rooftop days. RAIN is a multi-media, multi-dimensional experience...a fusion of historical footage and hilarious television commercials from the 1960s lights up video screens and live cameras zoom in for close-ups

Salsa Palooza starring Gilberto Santa Rosa and Grupo Niche

January 27, 2012, 8:00pm; The Bushnell Center for the Performing Arts, 166 Capitol Avenue, Hartford, CT 06106

Tickets start at \$38; Information: [www.bushnell.org](http://www.bushnell.org); Phone: 860-987-5900

Two of Salsa's biggest stars take the stage for an electrifying night of Latin music. Known as EL Caballero de Salsa (The Gentleman of Salsa) Gilberto Santa Rosa was voted Tropical Artist of the Decade by Billboard magazine. Salsa orchestra Grupo Niche, with its vigorous up-tempo dance numbers and irresistibly romantic ballads, has recorded over 41 albums, all platinum or gold.

The Jon Herington Band (from Steely Dan)

January 27, 2012, 8:00pm; Infinity Hall, 20 Greenwoods Rd., West Norfolk, CT

Jon Herington is the veteran touring and recording guitarist for Steely Dan, a position he continues to hold after 11 years. The Jon Herington Band is currently the hard-hitting, stripped-d guitar, bass, drums power trio version of the band which is specifically designed for the club and theatre concert scene, with a blues/rock/pop vibe and an emphasis on the songs and the guitar playing. There is plenty of killer guitar for fans of Herington's playing, and the lyrics are often funny in addition to being clever and compelling. Admission: \$25, \$35; Information: 860-542-5531 or visit [www.infinityhall.com](http://www.infinityhall.com)

\* \* \* \* \*

**Saturday, January 28<sup>th</sup>**

\* \* \* \* \*

5<sup>th</sup> Annual Winter Farmers Market Festival

Fiddleheads Food Co-op, 13 Broad Street, New London, CT; 10:00am-2:00pm

Local vendors include 18<sup>th</sup> century Purity Farms, Breads n' Cookies, Farm to Harth, Four Mile River Farm, Urban Eden and more. Live music. [www.fiddleheadsfood.coop](http://www.fiddleheadsfood.coop).

Jack Wagner

Saturday, January 28<sup>th</sup> - 8:00pm; The Wolf Den, Mohegan Sun, Uncasville, CT; Free

Jack Wagner has recorded five albums and has had a Top 5 hit with "All I Need." The single reached #2 on Billboard's Hot 100 chart in early 1985. Wagner is also an accomplished actor, his most famous roles being Frisco Jones on *General Hospital* and presently as Nick Marone on the CBS soap *The Bold and the Beautiful*. \*Come early. Seating is limited. Must be 21 or older. Times and performers are subject to change.

Joey Vega featuring Scott Paparcuri with special guests Marvin Bell & Dave Moon

Saturday, January 28<sup>th</sup> - 9:00pm; Mohegan Sun, The Cabaret Theatre; \$20.00 Tickets

Joey Vega is a seasoned veteran of the comedy circuit. He hosted his own TV show on the FOX Network called the Latin Connection and is a current writer for Lopez Tonight. His comedy is smooth, suave and improvisational. He often tours with Jennifer Lopez, Marc Anthony and comedy superstar Chris Rock. Vega has appeared in the movies Rounders and Punchline.

Jonah Smith

The Knickerbocker Café, 35 Railroad Avenue, Westerly, RI; January 28, 2012; 9:00am

Brooklyn based singer-songwriter. Admission: \$15 advance/\$20 door.

Information: 401-596-4225 or visit [www.theknickerbockercafe.com](http://www.theknickerbockercafe.com)

### Snowshoeing at Fort Refuge with the Audubon Society

Fort Refuge, Providence Pike (Route 5), North Smithfield, RI; January 28, 2012; Time: 1:00pm-4:00pm

The refuge is located on the headwaters of the Woonasquatucket River on this 235-acre woodland. Three small ponds and a variety of deciduous and coniferous trees provide diverse habitat for wildlife. Participants will explore the beauty of the Fort Wildlife Refuge in winter. Look for tracks and other signs of wildlife. If there is no snow attendees will hike the trails. If the trails are too icy the program will be cancelled. You must supply your own snowshoes or you can rent them from REI or Eastern Mountain Sports. Info: [www.asri.org](http://www.asri.org), 401-949-5454.

\* \* \* \* \*

**Sunday, January 29<sup>th</sup>**

\* \* \* \* \*

### Chinese New Year Show

January 29<sup>th</sup>, 2:00am; Tickets \$68 - \$188

Foxwoods Resort & Casino, MGM Grand Theater, Ledyard, CT

Foxwoods Resort Casino will usher in the Year of the Dragon this January, with a dramatic concert featuring international pop sensation and actress Gigi Leung Wing-kei in her first-ever East Coast appearance. Acclaimed Mandarin-pop group The Best Time will open for the Chinese mega-star at the MGM Grand Theater.

### Last COMIX Standing

Foxwoods Resort & Casino, Ledyard, CT

Rating: 21 years or older; January 29<sup>th</sup> (1 Show), Sunday - 8:00pm

COMIX At Foxwoods Comix At Foxwoods presents the greatest comedy competition search for the next big name in comedy, Last Comix Standing. Last Comix Standing started with 60 of the top up and coming working comics in the entire Northeast. Each week, 12 comics competed with only 2 moving on to the semi finals. Then the 12 remaining comics battled for the final 4 coveted spots. These comics come from all over the Northeast and work in clubs and colleges all over the region. They are competing for a chance to get a weekend of paid work at Comix At Foxwoods, the premiere comedy club in the Northeast, their own poster on the Comix At Foxwoods Wall of Fame and a \$500 cash prize presented by Bud Light. The competition has been intense and the shows have been hilarious. The finals will showcase 4 of the best comics you haven't heard of yet doing 20 minutes each of the best material they have, hoping to impress the judges and be crowned Last Comix Standing champion. Hosted by Comix At Foxwoods favorite and northeast comedy mainstay Pat Oates, the finals promise to be one of the funniest nights of comedy ever to hit the world famous Comix At Foxwoods stage. Come cheer on your favorite and see who will be the Last Comix Standing.

### David Foster & The Mohegan Sun All-Stars

Sunday, January 29<sup>th</sup> - 7:00pm; Free; The Wolf Den, Mohegan Sun, Uncasville, CT; Free

Audiences looking for a rocking good time can always count on David Foster and The Mohegan Sun All-Stars. A long-established force in the southeastern Connecticut music scene, Foster has assembled a team of top-notch musicians who provide a solid night of entertainment. \*Come early. Seating is limited. Must be 21 or older. Times and performers are subject to change.

### Joyful Noise! with state troubador Chuck E. Costa

122 Broad Street, Guilford, CT; January 29, 2012; 4:00pm; Admission : Free

Chuck E. Costa, Connecticut state troubadour, is a singer and award-winning songwriter with a contemporary folk style. He has shared the stage with diverse and well-known acts such as Roseanne Cash, Pete Seeger, Andrew Bird, Josh Ritter, Ellis Paul, and Richard Shindell. Phone : 203-458-9701

### Blood, Sweat & Tears with Mike Jacobs

Infinity Hall, 20 Greenwoods Rd West, Norfolk, CT; January 29, 2012; 3:00pm & 7:00pm; Admission: \$50, \$70

Considered by many critics to be musical version of *Saturday Night Live*. Though the members change throughout the years and some go on to be stars in their own right, the ideology stays the same - "Great Musicians will make Great Music". Bobby Colomby, the last original member, left in 1977 but continues to guide the band to this day. Over 40 years of touring, BS&T still sells out concerts all over the world.

Information: 860-542-5531 or visit [www.infinityhall.com](http://www.infinityhall.com)

\*\*\*\*\*

## Hot Things @ The Subase ITT Office

\*\*\*\*\*

### Monster Jam @ XL Center

February 11<sup>th</sup> & February 12<sup>th</sup>

Tickets are \$33 for Lower Bowl and \$23 Upper Bowl for dates and times below.

Children between ages 2 to 12 years old are \$14. Children under 2 years old can be on parent's lap.

For More information call ITT at 860-694-3238 ITT email [ittnewlondon@navy.mil](mailto:ittnewlondon@navy.mil)

### Harlem Globetrotters

February 25<sup>th</sup>; Showtime - 2pm & 7:00pm

Tickets are \$27 for Lower Bowl and \$23 Upper Bowl (*Regular rates are \$43 and \$26 with Ticket Master Fees*).

For More information call ITT at 860-694-3238

### Michael Jackson: THE IMMORTAL World Tour by Cirque du Soleil

Two Dates Available! May 2<sup>nd</sup> & 3<sup>rd</sup>

Floor Seating and Lower Bowl - \$170

Upper Bowl - \$80

Upper Bowl - \$125

Upper Bowl - \$51

For More information call ITT at 860-694-3238

### Upcoming Event - Get Your Tickets!

The Eastern Connecticut Symphony Orchestra concert series continues

Garde Arts Center in New London, CT; Saturday, February 11, 2012, at 8:00pm

The 65<sup>th</sup> anniversary season entitled, "Silver Screen & Golden Tones" features a short piece of classic movie music included in each program during the 2011-2012 series. Barry's lush music from Out of Africa will start out the evening's performance. The program named "All in the Family" features the international piano soloist, Eva Virsik, who will be conducted by ECSO Music Director, Toshiyuki (Toshi) Shimada, her husband, and sponsored by Dominion-Millstone Power Station and The Friends of the Symphony. Eva Virsik will play Chopin's incomparable Piano Concerto No. 2 in F minor followed by Tchaikovsky's Manfred Symphony in the final part of the concert. A pre-concert lecture by pianist, Gary Chapman, is set for 7pm. A free champagne reception, to which the whole audience is invited, will follow the performance. Tickets to this concert priced at \$27-\$54 are available through the ECSO office at 860-443-2876 or on line at: [www.gardearts.org](http://www.gardearts.org)

\*\*\*\*\*

## Subase Dealey Center Theater

\*\*\*\*\*

Friday, January 27<sup>th</sup>:

6pm – *Mission: Impossible - Ghost Protocol* (PG-13)

Saturday, January 28<sup>th</sup>:

3pm – *Alvin and the Chipmunks: Chipwrecked* (G)

5pm – *The Adventures of Tintin* (PG)

7pm – *Mission: Impossible - Ghost Protocol* (PG-13)

Sunday, January 29<sup>th</sup>:

2:30pm – *The Adventures of Tintin* (PG)

4:30pm – *Sherlock Holmes* (PG-13)

7pm – *Mission: Impossible - Ghost Protocol* (PG-13)

\*\*\*\*\*

Enjoy the movies?? Join the Theater Mobile Club!!

Text: theaternlon to: 30364

for free tickets, free popcorn, movie premiere updates and other theater special offers!!

\*\*\*\*\*

For more movies please check FACEBOOK or the Navy CNIC Website at:

<https://www.cnic.navy.mil/NewLondon/MWR/Recreation/Movies/index.htm>

~~~~~

*The information contained in this email is does not express or imply endorsement by the military or any other part of the federal government. Content is copy and pasted from other websites and is not spell checked or confirmed. MWR holds no responsibility if an event has been cancelled or moved, always check with the event for more information.*