

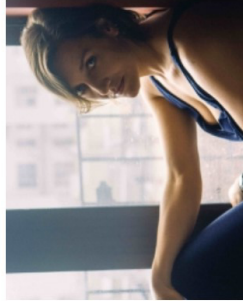
Bread Box Theater

220 Valley St. Willimantic, CT 860-429-4220 ~ www.breadboxfolk.org ~

All proceeds benefit the Covenant Soup Kitchen

~Fall 2018 Music Series~

~Sunday, September 16th~
Christine Lavin
Jacob Haller
 4:00 pm ~ \$25

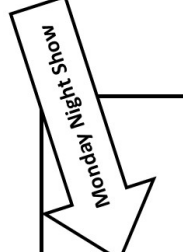


~ Sunday, October 21st ~
Peppino D'Agostino
Jim Mercik
 4:00 pm ~ \$25



Photo credit: Jarek Pepkowski

~ Monday, October 29th ~
Tom Paxton & The DonJuans
 7:00 pm ~ \$35



~ Sunday, November 18th ~
Atwater Donnelly
Hugh Blumenfeld
& Faithful Sky
 4:00 pm ~ \$20



~ Sunday, December 16th ~
Hot Flashes Holiday Show
 4:00 pm ~ \$10



Tickets can be purchased at:

The Willimantic Food Coop ~ 91 Valley St.
 Willimantic, CT

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Out of town patrons: Call 860-429-4220

September 2018

A little paper big on community

FREE

Neighbors

No. 163 Serving the inhabitants and environment of northeastern Connecticut and beyond



The start of the 2017 Eastford 5K to help local families with serious medical challenges. Read about this year's event inside.
 Nicole Katkaveck photo.

An Artist's Perspective

By Paul Eric Johnson

Northeast Connecticut was largely new to me when I began to scout it for a return to New England early in the fall a few years ago. Despite extensive travel throughout these states in my earlier photographic work, the fresh impression was helped by the color that was coming on. And the purple and yellow signs for artist open studios that seemingly sprouted everywhere were more than encouraging. Intrigued by the tight downtown of Stafford Springs wedged between a ridge on one side, the tracks and a river on the other, I settled in-town, with Baker Brook behind the house flowing briskly to the Willimantic headwaters. I was also intrigued by a nearby locale further downstream in Willington.

Intact and rare, the mill village in the valley at the bottom of a sharp turn of a lightly traveled state highway with its pond and waterfall is a vision of quintessential New England. Surrounding hills of farm fields and mature hardwood forests with occasional gravel roads through the hollows allow for leisurely scenic touring. Mountain laurel abounds. At short distances small centers portray the architectural legacy of earlier centuries. Not much feels disturbed. Colonial farmsteads breathe in the open space. Dispersed through these northeast highlands of Connecticut, many visual artists have found their abundance of inspiration. And back at that mill near the Willimantic, a growing opportunity for community, and perhaps even some development of a regional perspective.



First, EC-CHAP is a place to meet, and to come to know each other through our work. Perhaps catch some live music while we're at it, acoustic or jazz, the blues. Whether by rural tradition or contemporary influence, woodworkers, furniture and sculptor, shape an abundant resource, musical instruments are made, weavers and fiber artists especially may blend a local wool. With new turns spins the potter's wheel, as the glaze is made using a nearby spring's famous waters. So too with the printmakers, painters, and photographers of the Quiet Corner, together let's make a bit more noise. With your participation we might help shape a greater regional personality. For resident and visitor alike, let's expand our audience at home, and beyond.

On Sunday, October 7th, the solo works of EC-CHAP Resident Artist Rebecca Zablocki's will be displayed at the Fall "First Sunday at The Mill Works from 12:00 to 5:00 p.m. This solo show, "AS IS", consisting of drawing, print-based and ceramic and paper sculpture represents AS - an acronym for Ankylosing Spondylitis. Rebecca's new work deals with navigating

health issues while creating art, and the effects that has on others. An opening reception will be held on Saturday October 13th from 5:00 to 9:00 p.m. to formally present this mixed media show. Dye & Bleach House Community Gallery at The Mill Works, 156 River Road, Willington, CT.

Paul Eric Johnson is a photographer, printmaker, and writer, and has published two travel books with Voyageur Press. He is a board member of EC-CHAP, an elected

member of the Connecticut Academy of Fine Arts, and a Guild member at the Silvermine Arts Center in New Canaan, CT. A former gallery director in Provincetown, Cape Cod, Paul currently maintains a private gallery in a mansarded Victorian in Stafford Springs, exhibiting regularly in New England museums. Visit: www.reimagine-newengland.com

A Change in Leadership

By EC-CHAP

They say it's "bittersweet"... The EC-CHAP Board of Directors is grateful for the many contributions Museum Curator, Pamm Summers has made to the Gardiner Hall Jr. Museum. She has demonstrated a personal commitment to advance our artifact collection, reorganized displays, and established valuable contacts and donors. Pamm continues to be active as an EC-CHAP member, and has passed the Curator baton on to friend, colleague, and EC-CHAP member, Joan Taraskiewicz.

Joan Taraskiewicz, retired high school physics teacher, musician, and history advocate, has assumed the role as Curator for the Gardiner Hall Museum. Joan has worked closely with Pamm for the last several months, and has shared a plethora of ideas and plans to bring the museum to the next level.

Joan is planning to develop a research center featuring web-based workstations, a library of relevant texts, and a file of historic photographs. A K-12 historical instructional series

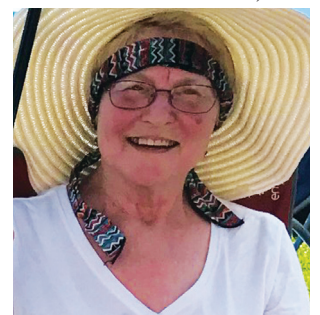
is also under development for local school districts, and the facilitation and coordination of regional Historical Society meetings is planned for to enhance communication, collaboration, programming, and resource sharing.

Please join us in welcoming Joan Taraskiewicz as EC-CHAP's new Museum Curator! Joan will also be overseeing the EC-CHAP booth at the annual Willington Flea Market on Saturday, September 8th from 9:00 a.m. to 3:00 p.m. Come on down to meet Joan at the Flea Market, learn about local history, and pick up a surprise!

Effective September 4th, the Gardiner Hall Jr. Museum will be open Wednesday mornings from 9:30 a.m. to 11:30 a.m.



History



HISTORIC VENUE FOR PERFORMANCE & EVENTS



ACOUSTIC ARTIST SERIES
FOLK

TWICE AROUND

Saturday, September 15th | 7:30pm



JAZZ SERIES
GYPSY JAZZ

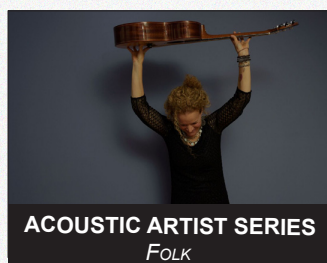
LUKE HENDON

Saturday, October 6th | 7:30pm



JAZZ SERIES

SARAH HANAHAN - PART-1
Saturday, October 20th | 7:30pm



ACOUSTIC ARTIST SERIES
FOLK

LARA HERSCOVITCH

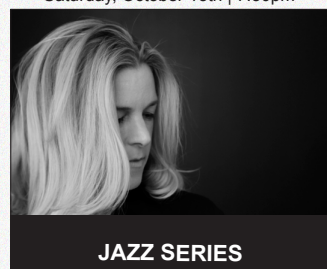
Saturday, September 29th | 7:30pm



JAZZ SERIES
CHET BAKER PROJECT

JUNE BISANTZ

Saturday, October 13th | 7:30pm



JAZZ SERIES

JACQUI NAYLOR
Friday, October 26th | 7:30pm

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"TALENT SHOWCASE"

Every 2nd Wednesday!

Beginning October 10th | 7:00pm

"SOCIAL DANCE" w/KELLY MADENJIAN

Every 2nd Thursday!

September 13th | 7:00pm

"SUNDAY AFTERNOON FILM SERIES"

Check Website for Title

Sunday Sep 23rd | 3:00pm

"EC-CHAP INFORMATION EXCHANGE MEETINGS"

Thursday Sep 20th | 7:00pm

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Eastern Connecticut Center for History, Art, and Performance, Inc.

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10/27: GREG ABATE QUARTET (JAZZ)

11/03: CARLA ULBRICH (COMEDIC SINGER/SONGWRITER)

11/10: BRUNO RABERG TRIO (JAZZ)

11/17: RAMBLIN' DAN STEVENS (BLUES)

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The Purpose of Neighbors:

- To encourage reading
- To provide a place where ideas, writing, artwork and photographs of area residents can be shared
- To encourage people to get involved in their communities
- To begin to solve national and global problems on a local basis
- To provide useful information
- To serve the inhabitants and environment of our region

Neighbors is published monthly by Neighborspaper LLC. Thomas A. King, member

Neighborspaper LLC is a member of the Ashford Business Association and the Mansfield Downtown Partnership.

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August 7th Equality Day

By Loretta Wrobel



When August comes around, I feel like the major part of the year has gone and the new year will soon be knocking. Discovering that August 7th was Black Women's Equal Pay Day caught my attention. Simply stated, August 7th this year is the day that African American Women's wages equal the amount their white men counterparts earned the previous year (2017). A black woman must work extra, actually well over half a year, in order to earn as much as a white male!

Black women suffer from both race and gender bias. On the average black women are paid thirty-four percent less per hour than a white male worker.

Black women are paid less in every occupation. In retail sales \$11.26 is the hourly wage for black women, and \$20.45 is the comparable hourly salary for white men. In software development \$46.97 is the average hourly pay for white males, as compared to \$33.79 hourly for the African American woman. These statistics make my blood boil. Repeatedly, I hear the US economy is flourishing and all Americans are doing well. Correction: some American citizens are doing extremely well, and a much larger group is struggling with low paying jobs, boring jobs, and no job security. The gap between the very financially successful and the vast majority of American workers is wide, and the number of low income workers steadily increases. These blatantly unfair scenarios certainly do not help the situation, as pay discrimination continues to be felt in every corner of the employment market.

I am amazed that in 2018 we, as women, are still on the short end of the money racket. Minority women fare even worse than white women. The scene is despicable and continues to show how deeply imbedded racism and gender discrimination are in our country. This Stone-Age thinking is not for today's world. The reality is startling even though it is not surprising. When folks question "What do women want?" The answer is clear: fairness.

Often I hear the myth that if minority people would just get an education, there would be no problem or issue. Here is the truth. The more education black women obtain, the more behind they fall in terms of pay gaps. Take a look at these stats. Black women with advanced degrees earn an average of \$32.24 hourly, while white males with a four-year degree earn \$39.04. Does this stir you up?

First of all, what is the deal with women? I remember all the rhetoric about equality in the 70's when the push for a society of equal players was strong. Women

were exercising their muscles and demanding equal rights, equal pay and promotions based on quality of work not gender or race. Here we are a half century later, and where are we?

A black woman with an advanced degree can expect to earn \$59,000 yearly, while a white male with an advanced degree can expect \$99,000. On and on it goes as the gap continues and may even be wider than ever. This makes me madder than ever!

For black women the older she is, the greater the disparity between her salary and the salary of a white male. A minority woman is underrepresented in all the higher paying jobs. Also, minority women are more likely to work longer hours and be employed in lower-paying jobs. Black women are more likely to be paid less than white males within the same occupations.

Perhaps not so surprisingly for minority women, union membership is crucial to closing the pay gap. Among black union women their pay is 23% more than nonunion minority women. Black women have the most to gain by joining a union. However, in 2016 only a small percentage of employed black women were union members.

Remember for a moment that the Equal Pay Act was passed in 1963. Some argue that the gap is closing, so what is there to complain about? How long does it take to give equal pay for equal work? When individuals in the same profession are bringing home different salaries based on their gender or their race, this is unjust, dishonest, and a slap in the face. What will it take for the gap to cease?

Obviously, it can't just be changed by laws. The laws are in place. They have been around for over half a century. We need to adjust our attitudes. Examine our bias and prejudices. Why should a women lawyer make less than a white male lawyer? Why does a black women doctor earn less than her white male counterpart? This ridiculous mindset spans all occupations and all levels, from those receiving the lowest pay to those at the CEO top rim.

If we start paying people based on their performance, might that change the pay scale? If we decrease the huge gap between the bottom level and the top level on the pay scale, could that make a difference? If we accept that we are all entitled to a decent job and a living wage, would that make a difference?

It is time to ask ourselves what is productive work? And then, what is the economic value of the work of caring for people? By revisioning our values, standards and beliefs, we will move closer to a system that is unbiased, just, and beneficial to all.

The only question that remains is do we have the courage to do it?

19th Century Clothing Shop Recreated in Mansfield

Submitted by Ken Best

The Mansfield Historical Society Museum is transformed into a 19th century millinery shop for "Female Finery: Local Fashions, 1850-1910" an exhibition of women's clothing and accessories from the Society's collection that continues through Sept. 30.

This is the first time many of the pieces in the Historical Society's collection have been exhibited, from fine silk wedding gowns to Sunday's best clothing, including 20 complete outfits on dress forms, four costumes on mannequins and many women's hats dating from 1850 to 1910. Additional hats and bonnets are on loan from the University of Connecticut's Historical Costume & Textile Collection.

Mixed in with the garments is a history of the lady's hat for the second half of the century, period fashion plates and the history of the Audubon Society formed to halt the extinction of some birds due to the excess use of feathers on hats.

"The exhibit conveys an intimate understanding about the women who lived in rural Mansfield, as well as those who dwelled in the neighboring upscale town of Willimantic," says Laura Crow, professor emerita of costume design UConn, who curated the exhibition. "At the turn of the cen-



ture Willimantic was a healthy New England mill town with easy access to New York and Boston. The women were well informed about the latest fashions and it shows in their beautiful home-made clothing and bonnets."

At that time, there were eight hat shops in the Willimantic area as well as two parlor shops – a millinery shop in the front parlor of a home. Hats have had a prominent place in the history of Connecticut including the two first U.S. Patents that were taken out by women, Crow says.

In 1819 and again in 1820, Sophia Woodhouse of Wethersfield was honored by the Hartford County Society for the Promotion of Horticulture and Domestic Manufactures for the "Best Grass Bonnett" receiving a prize of six dollars and a set of

silver teaspoons, two of which are on exhibit. On June 30, 1821 London's prestigious Society of Arts gave her a prize for "the best imitation leghorn straw" along with a silver medal and a red leather Moroccan purse with a 20-guinea coin. Finally, in December 1821 she applied for and received a patent for her "new process for developing and weaving straw into bonnets and hats." One of her original bonnets and a sample of the straw are also both part of the exhibition at the Mansfield Historical Society.

The exhibit is open on Saturdays and Sundays through September from 1:30 to 4:30 p.m. or by appointment at 954 Storrs Road (Route 195), Mansfield, Conn., 06268. For more information call 860-429-6575.

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Connecticut's Oldest Farmers Market

By C. Dennis Pierce

I am often asked, "Why buy local?" My response typically covers the benefits to the community, supporting the local farmer, and knowing where my food / ingredients come from. I also like to know that what I am purchasing has been picked, more than likely, within twenty-four hours from the time of my purchase. Besides, industrial raised foods are typically grown with the use of pesticides to ensure high yield and what Americans expect as the "perfect fruit or vegetable". Typically, when these foods are processed commercially they are processed with additives and preservatives. These toxins have been linked to a high range of diseases and disorders. Additionally, quality suffers compared to fresh local options. Industrial food is also refrigerated and shipped from long distances, decreasing its nutritional value

This morning I started my day at the Willimantic Farmer's Market. As I walked from tent to tent I was reminded that Farmer's Markets are communal spaces. Many customers were greeting each other and taking the time to catch up on the news. I also observed customers asking questions of the vendors. "what can I do with this vegetable?", "Do you have any tomatoes that are seconds that I can make tomatoes sauce with?" Not your typical communication that you find in the commercial grocery store. Markets are easily accessible. Farmer's Markets are sprouting up in almost every town. The United States Department of Agriculture reports that the number of markets in the US increased from 1,755 in 1994 to an excess of 9,000 markets.

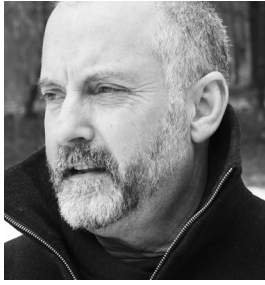
As I went on line to research information for this article I was surprised to find that the Willimantic Market is the oldest market in the State of Connecticut. The following is a rare glimpse at the history of the market. The Willimantic Farmers' Market parallels the history of agriculture in Connecticut. The market officially opened in 1976 on a budget of \$1,500 in a Pop-up Tent on a Town-owned parcel of land under the auspices of a Community non-profit agency, the Windham Regional Community Council, with co-sponsorship of the Town of Windham and the Windham Chamber of Commerce. Staffing consisted of a dedicated Food and Nutrition Coordinator and a team of VISTA Volunteers afforded to the Project by the University of Connecticut's Agricultural Department. The Market opened with some fifteen vendors selling produce, baked goods and craft items. All vendors had been vetted by farm and site visits to certify that all items sold were originally produced by the respective vendors, that their farm or place of business was local, and that they were in compliance with all applicable regulations of the State and local Department of Public Health, the State's Department of Agriculture, and other regulatory bodies. Federal Food Stamp certification was also obtained.

The Willimantic Farmer's Market Association was formed at this same time to be the Cooperative that would run the Market, establishing rules, fees and operating principles and procedures.

In 1978, with \$20,000 in funding provided by the Willimantic Community Development Agency, a Pavilion was built on a dedicated Town-owned parcel of land to house the Market. The market was housed at this location through the end of the 2015 Market season.

In 2016 the market moved from underneath this pavilion to open space on Jillson Square, just across the street. The move came as a result of the market expanding in size of the number of vendors participating at the market. The move has allowed for more vendors with diverse products to participate in the market. The market is located on Jillson square and runs parallel to Main Street. It opens every Saturday, while in season from 8:00am to 12:00pm. It's last market this season is Saturday, October 27th. You can find out up to date information and list of vendors on the Market's Facebook page: <https://www.facebook.com/WillimanticFarmersMarket/>

I know the next topic maybe a little premature however, I always find the season's end comes upon us



without notice. The topic? Preparing your garden for its long winter's nap. Every gardener probably has a different version of the "best" way to prepare a backyard garden for the winter. Winter preparations typically occurs over several weeks, but I hope the following suggestions will give you some ideas that you can now plan on.

One of the most important tasks is to clean out all the old annual plants. Some of the vines and climbing plants will die on their own and can be hauled to the compost pile. Others like tomatoes will wait for a hard frost to die. When the season is over, cleaning out the dead plants prevents the build-up of disease and harmful insects. I have always been concerned that adding the end of the year plants might impact a compost pile but then I found out that I should not worry because the heat of composting will kill them.



At the Willimantic Farmers Market.

Directions:

In a medium saucepan add all ingredients and cook over medium heat
Whisk ingredients together so you have a smooth mixture. Cook until peaches are softened and sauce has thickened, about 20 minutes
Keep whisking occasionally to prevent sauce from burning. Place sauce in refrigerator to cool before using.
This sauce can be used on pork or chicken
Always remember when cooking chicken pre-cook in the oven and then finish on the grill. If you are cooking the chicken on the grill and not using the oven method make sure chicken comes up to temperature and then brush with sauce.

I leave you with a plug for a great event that is coming up in the next few weeks. The event is called, The Mysterious Mushrooms. With Connie Borodeko of the Connecticut Valley Mycological Society

Saturday, September 8, 10 am to 11:30 am – eastern, CT
Advance registration required: \$20
Contact information: Phone: 860-486-4460 Fax: 860-486-0827
CSMNHinfo@uconn.edu

The Program:

Discover the startling, colorful, sometimes delicious, and sometimes deadly, world of mushrooms and fungi with mycologist Connie Borodeko. Mushrooms are fungi usually found growing on soil or decaying matter. The mushroom is the fruiting body of mycelium, which is usually hidden underground or throughout the host that it is growing on. Participants

C. Dennis Pierce photo.

Some gardeners say that soil should not lay bare through the winter because top soil will be lost to erosion. The best solution for this is to plant a cover crop. Cover crops can do more than hold your soil in place. Some plants can also serve as "green manure" when tilled back into the soil next spring. You want crops that will break-down readily, and buckwheat and rye serve this purpose well.

Another purpose of cover crops can be to enrich the soil while they hold it in place. Legumes do this best because their roots have nitrogen-fixing nodules. Red clover is a farmer's favorite for this purpose because its stems don't contain silicone and therefore breakdown readily in the soil in the springtime. Other clovers are difficult to get rid of when you're ready to plant your crops. Other options for cover crops are a mixture of buckwheat, red clover and turnips. The buckwheat feeds the bees, holds the soil in place, suppresses weed growth and breaks down readily after a frost. The red clover enriches the soil, suppresses weeds and also helps to hold the soil. And the turnips? After the buckwheat dies, you can protect them with a bit of straw and have turnips to eat throughout the winter.

As the summer winds down, I have noticed the tress are beginning to turn, nights are getting colder and the geese can be seen foraging in bare fields. From the market perspective we should soon be seeing peaches and apples appear at the stands. The following would make a great recipe for the upcoming Labor Day BBQ

Maple Peach Barbeque Sauce
Makes 3 cups

Ingredients:

3/4 cup of cider vinegar
1/2 cup of tomato paste
One inch, cubed fresh peaches to fill one cup.
1/2 cup of molasses
3/4 cup maple syrup
1/2 cup of water
1 tablespoon onion powder
1 teaspoon garlic powder
1 tablespoon of firmly packed brown sugar
1 tablespoon of freshly squeezed lemon juice
1/2 teaspoon of ground mustard
1/2 teaspoon freshly ground black pepper
1/2 teaspoon kosher salt
1/2 teaspoon ground cayenne pepper
1/2 teaspoon paprika

will seek out edible mushrooms such as the sweet Chanterelles, spicy trumpets, slippery honeys and, Hen of the Woods. Identifying dangerous and nonedible mushrooms such as the deadly Destroying Angel and Death Cap will also be explored. Bring a basket and paper bags for gathering these denizens of the shadows during the first part of the program. Then learn about the fascinating world of fungi, collection techniques, and important safety considerations as we discuss the findings with our mushroom expert. This hike may be challenging for some and will include hilly areas.

Thanks for taking the time to read *Neighbors*. Look for us at the Celebrate Mansfield Festival on September 16th and the Willimantic Co-op Downtown Country Fair on the 29th. As always, purchase local grown. It makes a difference and you can be part of that difference. Peas be with you.

Gifts of the Vine

The Friends of Babcock Library Annual Wine, Beer, and Spirit Tasting

Submitted by Jessica Douglas

Join The Friends of Babcock Library at their 19th annual wine, beer, and spirit tasting! A selection of red and white wines, spirits, and craft beer will be made available by the Ashford Spirit Shoppe and Westford Hill Distillers for sampling. Artisans will be on hand with their art creations for purchase and viewing. Tickets are \$25.00 per person (21 and older only) in advance, at Babcock Library. Tickets may also be purchased the day of the event for \$30.00.

Gifts of the Vine is on Saturday, September 15, 2018 from 3 pm-5 pm at Eastern Connecticut State University's Church Farm Center for the Arts and Sciences, 396 Mansfield Road (Route 89), Ashford. This annual event benefits the Babcock Library. For more information please call the library at 860-487-4420.

The Friends of Babcock Library was established in 1975 with the purpose of maintaining a membership of people who are supportive of the library to focus public attention on the library and to encourage gifts for the benefit of the library. The Friends' contributions help fund library activities for all ages.

Addressing Mortality, Immortality, and the Human Condition

By Edmund Joyce Smith



First, let me say that the major difference between my writing about my suffering and the stance of many other people in similar straits is that I feel there is value in going into the nitty gritty of it all, that is is both helpful to me and, potentially, to others. Why do I think that? Because in large part the trouble with painful circumstances is that one often feels isolated in one's struggle, which compounds the troubles one is experiencing. In my case I am supremely fortunate to have a loving family and friends. I do not know what my feelings about life would be without them.

Having said that, I will get down to business. I have been diagnosed with Stage 4 liver cancer, which has metastasized (spread) to other areas, primarily my spine. After a period of several months of treatment it looked as if this condition had stabilized. Very gratefully, I found myself able to return to work, resume my regular activities, and put this horrible phase behind me, at least for awhile.

Well, that much was true. But this disease does not give up and go home, so I was again assailed by it in April, and I required a major operation on my right leg. Specifically, the operation was on my femur, where I had a tumor partially removed and a titanium rod fused to my femur (to prevent the leg from breaking). This caused a whole lot of pain, which has manifested in various forms since this new problem arose.

At present, as many of my friends already know, I am coping with a state of being that changes from day to day, even minute to minute. With no certainty about very much, particularly in regards to levels of comfort and mobility, I rely on the surprises of life. These include the delight that flows from my cat's and dog's love-hate play time, the strange cartoon voices that my family uses in addressing one another and the pets, and the oceanic tide of books and music I've hoarded over the years. But most of all, my people.

There is no pretending that the carnage that we see reflected in our history books, to which nightmarish chapters are added daily, does not speak very poorly of our nature as a species. When people say, 'human nature

is evil', meaning violent, greedy, selfish, and ignorant, it is not as if they needed a creative writing course to cook anything up. It's all right there in front of us. But it is only one aspect of what is in front of us. The other aspect draws little attention. As common as dirt, far more common than its opposite, it is checked off invisibly, like a day of nothing happening. This opposite, as if none of you could guess, is love. Certainly, this fact has been reiterated endlessly, in all times and places. Fortunately, I am not aiming at originality.

All my life, for as long as I can remember, I have acted on the instinct (if that is what it is) of being a helper. I do have a theory of how this evolved in my consciousness. Children who find their family life marked by the dissolution of the bonds of love and by the incursion of emotional crisis are apt to become 'adultified' - that is, to take on the tasks usually assumed by adults, to be a caretaker, to attend to practical problems that are beyond the child's years. In a sense, to rescue the family in order to get one's own needs met.

It could be said that my journey in life has been two-fold: to find myself and to find my family. Only now do I feel I have made it onto the path that will assure me of both. One might say that this is late in the game. To that I counter, 'what is the game?' and how does one know when it is late? Most of my life I have been a diehard atheist, guided by a stony, Marxist (and therefore scientific) belief that we are merely a composite of organic matter that will simply resolve itself as it began, into undifferentiated unity with the rest of the material world. I can no longer believe that, just as I am incapable of believing any number of scenarios in which something called 'soul' undergoes any number of transformative processes on its way to a higher state. A wordy way of saying I am an agnostic.

As my body's uninvited guests, pain and illness, began to assert themselves, I courted concepts of peace allied with metaphysical assumptions. Many of these assumptions, attractive though they be, I could not embrace. The reason for this being either they offered demonstrations that were below par in terms of thoroughness or seemed too bound to the culture they derived from. Then again, elements of these philosophies resonated well with me. An example of this is in the principles of yoga and Zen meditation. A woman named Anita Moorjani, well known for her books and podcasts,

had a particular podcast in which she presented amazingly on the needs of a cancer patient (she had cancer and recovered through very dramatic circumstances). She also is well known for reporting a near death experience, which she claims she had while in a coma, and which corresponded with her belief in an afterlife. To this day, I remain skeptical of claims of such spiritualism, but as I face the real possibility of my own death in the short run, I cannot ignore concerns of this kind.

I have learned to integrate meditation into my daily life. It is one thing to sit in a meditative pose, and this will enhance the experience. But one can meditate under almost any circumstances. It has become my business to establish calm at the core of my emotional life. With calm, peace is possible. Having these states goes a long way in protecting against all manner of adversity. It would seem unlikely that we could achieve these states when facing horrible illness or any abuses from people or institutions in our lives. Being in the grip of a particularly painful and life-threatening illness, I can tell you that it is possible. I do want to say that anything I have discovered about myself since this journey began is something that has been available to me, is available to us, at any point in life. People talk about 'taking nothing for granted' when one is facing the death of oneself or of a loved one. But why does it take such extraordinary circumstances to bring about these realizations? And even these are often insufficient to wake us up.

In writing about these things, I have faced the insecurity of making statements that would disappoint my hard-core materialist friends. I have been learning to let go of the absurd pursuit of approval. In my case, I have pushed forward on several fronts to produce artistic and literary work that is 'out there', since strangeness has been the particular chemistry through which I have explored my own universe, my inner universe, if you will. I will never turn away from the people of the world and their struggles for peace, freedom, and dignity. I experience them as my brothers and sisters. Now I can further look into this world that I have been carrying around with me. Or is just a part of same world?






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Connecticut Renaissance Faire Gives Back to Community

By Corey Sipe

Back for a second year in a row because of popularity, community support, and the property's natural beauty, the Connecticut Renaissance Faire will magically transform the 44-acre Lebanon Fairgrounds, at 122 Mack Road, into a 16th century English village harvest festival. "It's our 20th anniversary so we added a weekend. We had it for 14 days last year but now it will be 16 days, including the two holidays of Labor Day and Columbus Day," said Brian Harvard, General Manager of the Connecticut Renaissance Faire.

Last year's faire brought almost 22,000 people to Lebanon and organizers are hoping more will come this year. "In North Haven, we never cracked 18,000 but we only had five weekends, we extended it to six weekends when first moving to Lebanon," he said, referring to the faire's former home. "The Lebanon Fairgrounds is so pretty. The reception by the residents of Lebanon was wonderful, from the Lions Club to town officials, they were happy we were there," Harvard said. The site has been home to the Lebanon Country Fair for the past 58 years and is owned by the Lebanon Lions Club. Harvard said the organization is "great to work with and so welcoming, helping us hang decorations, making sure the lawn was mowed and the toilets are not clogged." Even though it is not from the renaissance era, he said visitors appreciate the fact that the property has a restroom building with flush toilets as their spring Robin Hood Festival in Lancaster, Mass. just has porta-potties.

Rental fees the faire pays to the Lions Club helps the organization give back to the community. According to the Lebanon Lions Club website, about 65 percent stays local which helps fund, for example, the Jonathan Trumbull Library in Lebanon and Lebanon Volunteer Fire Department while 35 percent goes to state and world causes like the Connecticut Children's Medical Center and Fieldco Guide Dog Foundation. To help those with eye problems this year, the Connecticut Renaissance Faire is working with the Lebanon Lions Club by asking folks to donate useable prescription and non-prescription eyewear for people in need. Those who donate at the gate get a \$2 discount off their general or youth admission ticket. While there is free on-site parking, last year, Lyman Memorial High School Project Graduation assisted motorists in parking their vehicles and collected donations for one weekend. "They were surprised how well they did. They wound up volunteering three or four weekends. They made a good amount of money for the kids and will be there six of seven weekends this year," Harvard said. Lyman is attended by 9th through 12th grade students in Lebanon and is also home to the Lebanon Regional Agricultural Science and Technology Center attended by students in 13 towns: Andover, Baltic, Bozrah, Chaplin, Colchester, Franklin, Hampton, Hebron, Lebanon, Marlborough, Salem, Scotland, and Sprague.

While last year's faire cast production was based on "The Knight of the Burning Pestle," this year, it is entitled "The French Connection." Harvard explained that "the French Court comes to England to visit Queen Elizabeth and King Henry (III) of France is a suitor for the queen." The storyline will be told in six parts featuring comedy and jousting. "For some, this is the only live theater they will get to see," Harvard said. Additionally, visitors can enjoy new entertainment including aerial acrobat Shelli Buttons, Adamo Ignis' Fire and Danger



Some cast members of "The Knight of the Burning Pestle," during the 2017 Connecticut Renaissance Faire. The 2018 Connecticut Renaissance Faire cast production is entitled "The French Connection." Corey Sipe photo

show, comedian and magician Master Hildebrand, The King's Basketeers as they sing traditional songs from the British Isles and the United States, and pub music by The Penniless Jacks. As for food, "We established three distinct food areas, last year we just had one area," Harvard said. Food options include turkey legs, baked potatoes, blooming onions, Italian sausage, barbeque, cheeseburgers, loaded French fries, and much more.

Cassandra said "I have been with this faire for five years now, my daughter has been with us four of those years. I often say I am raising my daughters in the CTRF (Connecticut Renaissance Faire) community with the help of my fairefamily. I take great comfort knowing that she has this amazing, supportive and diverse community to grow up in and to look out for her."

As for Jo-Ann Grimes, of Lebanon, she is glad to have the faire back in her town. She said that "It's like you went back in time. You see the street merchants and the jousting, all the stage acts, food and you can't forget the queen. It is a beautiful setting, everyone is friendly and happy to see you." Lebanon resident Josette Isolde said, "I really love this faire because everyone is so nice," adding that "It's a place where I can wear a beautiful Renaissance dress."

The faire has inspired a former Eastern Connecticut resident and teacher to write a novel. Bristol resident Deborah Ann Davis grew up in Colchester and went on to teach high school regionally in Colchester and Coventry. She wrote the book "Fairly Safe" after attending a Connecticut Renaissance Faire. The 2016 book is about a computer geek who falls out of a Connecticut tree and wakes up in Robin Hood times in England. "I've returned to the faire every year since for another dose of inspiration. This season, I'll be there Sept. 30 (1 p.m. to 3 p.m.) at the Meet the Author table. I love watching costumes and rampant imagination stroll by." Folks can purchase books during that time or have their books autographed.

The Connecticut Renaissance Faire is holding a Neighbor Appreciation Day on Sept. 1 when all Lebanon residents with proper ID can get into the faire for free. "We're excited to invite Lebanon residents to see what we're all about. We received a lot of positive feedback from locals who attended last year's Neighbor Appreciation Day and they returned several times afterward," Harvard said. The faire will be held at 122 Mack Road in Lebanon on Saturdays and Sundays, as well as Labor Day and Columbus Day, from Sept. 1 thru Oct. 14, 10 a.m. to 6 p.m. A new special Hocus Pocus Halloween Party, for ages 18 and above, will be held Oct. 13, 6:30 p.m. to 9:30 p.m. complimenting the returning adults-only Queen's Knight festivities on Oct. 6, 6 p.m. to 9 p.m. For more information about the Connecticut Renaissance Faire, visit <https://ctfaire.com/>.



A child participates in a Harry Potter Cosplay Costume Contest during the 2017 Connecticut Renaissance Faire. The 2018 Connecticut Renaissance Faire will feature themed weekends including a Harry Potter Cosplay Costume Contest on Sept. 23 at the Special Events Stage. Corey Sipe photo.

Attendees and volunteers recently spoke positively about the location and community-feel to the faire. "The new grounds in Lebanon are wonderful," said Cameron Smith, of Spencer, Mass., adding that he has been a cast member for two years. "It was work but I had some of the greatest rewards imaginable in the friends I made." Joseph Eber, whose family lives in Danielson, said "Three generations of my family volunteer at this faire. My daughters describe the people here as 'fairefamily'." Cassandra Ebert, one of his daughters, is the archery instructor at the faire's Hitting and Stabbing Emporium.

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A Fishy Situation

By Delia Berlin



I recently read an excellent book, “What a Fish Knows” by Jonathan Malcombe. It’s full of fascinating information about our “underwater cousins” – as the author calls them. Technology advances are allowing us to make novel observations that are upending most of our previous beliefs about fish. This book provides a great summary of eye-opening facts peppered with interesting anecdotes. It has made me think much about fish and I strongly recommend it as essential background to make informed decisions related to fish.

My orientation to fish has been evolving for a long time. When my daughter was young, we kept a tank with a goldfish for many years. We had gotten the fish for free with another purchase at a pet store. It was actually a “feeder” fish, usually sold very cheaply as live food for some other aquatic carnivore.

At first, I saw this fish as little more than a plant – something nice to look at, to take care of, but not a “pet” or “someone” to learn about. But the fish had other plans. Within the severe limitations of its enclosure and physical abilities, this fish managed to call my attention regularly with amazing skill. As soon as I would walk near the area where the tank was on the kitchen counter, the fish would swim fast with excitement, rise to the surface and, if necessary, blow bubbles in my direction until I got the message that it was feeding time.

This fish impressed me. I asked myself: “What would Einstein have done if he had been a fish in a tank like this?” – and the answer was clear. He couldn’t have done any more than what our fish was doing. We kept this fish well for years, but one morning my husband woke me up with the sad news that it had jumped out of the tank in the middle of the night. He had just found him dead on the counter. We assumed that this death had been accidental, but who knows... in similar circumstances Einstein may have chosen suicide.

We really missed our fish but didn’t get another one. Many years later, I did have a small fish tank at work, usually housing a single beta fish. I was a responsible keeper, according to prevailing cultural standards, but now I realize that those standards are perhaps barbaric, given the sensitivities, needs and capabilities that we are starting to understand fish have.

When we moved to Willimantic, about five years ago, our yard had a man-made garden pond surrounded by native plantings. There were a few frogs there, but we thought it would be fun to add some water lilies and goldfish. Our pond is deep enough to allow goldfish to survive winters outdoors, so we bought three. We selected a nice trio and named them Red, Goldie and Sylvie. We were not aware of their sex, but as their names would suggest, one was red, one was gold, and another one was mostly silver with orange markings.

When we first placed the fish in our pond, they quickly disappeared from view. We didn’t see them again for days and I was sure they were going to be a very boring proposition. But then I started calling them as I went to feed them, and very soon they responded to my voice and came to shore when they heard me. I didn’t want to get them excited every time I walked by, so I started calling them in a special way during feedings to train them to distinguish between casual presence and calls to feed.

Soon the fish formed a social group and “schooled” together. When we noticed Goldie and Red chasing Sylvie and occasionally bumping her on her sides to prompt her to release eggs, we knew we had two males and a female. Before the end of the summer, there were lots of tiny brown goldfish in the pond. Some even had started to change into their adult colors.

All our fish survived the winter and reproduced each summer. We gave away some of the offspring to friends with ponds, but we continued to have a growing number of fish until a fateful heat wave, one early fall. Only three of many fish survived this event, in spite of our efforts to save them: Red, one of the original males, Orange, an offspring from the first summer, and Salmon, a youngster from the second season.

We eventually learned that fall heat waves are very dangerous to fish in northern latitudes. Heat depletes the available oxygen in the water. Once the days start getting short, plants can’t replenish as much oxygen as in the middle of the summer. These heat waves frequently cause “fish kills” by suffocation.

During this particular heat wave, we were extremely rushed and stressed by many simultaneous events, including the final life stages of several close friends. In this context, the sudden daily ritual of finding dead fish



each morning and scooping them out with a net seemed surreal. I was researching solutions frantically in the little time I had. I had the water tested, treated it preventively and added a pump. But in spite of all this, by the end of the heat wave many fish had died, including our original female, Sylvie.

I had become very attached to Sylvie and felt terrible for her loss. She was eagerly responsive and interactive, tame beyond my expectations. And she was literally “the mother of all fish” in our pond, except for Red and Goldie. I felt a little weird for bonding to fish, but Jonathan Malcombe’s fascinating book showed me that, if anything, I was too slow to recognize their potential.

Fish are not easy to observe, so only recently we have been able to learn the complexities of their behaviors in their environment. In the past, I would occasionally read something unexpected about a particular species of fish and modify my habits. For example, after I read that Chilean sea bass can live more than 100 years, I could no longer eat them.

Longevity usually indicates that the survival of old individuals has value for the survival of the entire species. It is associated with memory, leadership and problem-solving skills. In this case, overfishing of large Chilean sea bass seems to have proven this theory, since their numbers are not rebounding even after halting their catch.

For a terrestrial parallel, think of elephants. Old matriarchs no longer reproduce and compete for resources with the rest of the herd. So why do they live such long lives? Because in the event of extreme droughts or other unusual problems, their memory and experience can lead the herd to safety. They are survivors whose knowledge provides hope for their descendants. By saving their own genes through their relatives’ survival, they favor the evolution of longevity in their species.

In addition to longevity, fish exhibit tool use, complex social relationships, and unique adaptations for surviving in a very challenging environment. Tales about these qualities alone could entertain and surprise any reader for a long time, but perhaps the biggest lesson from Malcombe’s book is in the chapters about fishing and aquaculture.

What I learned from Malcombe’s book is that most large-scale fishing causes much suffering and is obscenely indiscriminate and damaging to aquatic ecosystems. While methods vary, the most destructive one is called “bottom trawling” – sort of a huge bulldozing net that razes everything in its path, bottom to surface, for miles. This method destroys deep structures, such as corals and sponges, and catches organisms of all sizes, most of them unwanted. With few exceptions, the catch is thrown back or used for fertilizers or animal feed.

There are sustainable fishing methods, of course, as well as many others not as destructive, but not as profitable. But Malcombe likens eating any wild fish to eating “bush meat” and it’s impossible to dispute his logic. What about aquaculture, then? Raising fish to eat instead of catching wild ones may appear to be the perfect solution...

On first impression, aquaculture is a good thing. A great percentage of aquaculture pertains to seaweed, not fish, and this can be positive. But raising fish in captivity is not a panacea. First, there is the hard truth of their hellish living conditions. Thousands of fish in dirty tanks, barely able to move, infected with sea lice and other parasites, is the image that soon emerges. Occasional escapes from these tanks can bring diseases to wild populations as well. And naturally, most raised fish must be fed... fish! Surprisingly, it may take five pounds of feeder fish to raise a single pound of farmed salmon! In this way, aquaculture accelerates the depletion of wild fish.

Following the guiding principle of “when you can’t do what you should, you should do what you can” we can minimize the costs of eating fish. Vegetarian fish species, such as catfish or tilapia, have a much lower carbon footprint per pound, simply by virtue of their diet. Eating the smallest portions that one can tolerate may have benefits for both fish and human. And paying attention to the origin of fish and the methods used for obtaining it, is essential. Supporting your local fish market and buying foods that are as local as possible, will help reduce pollution and transportation costs while providing income for your neighbors and economic incentives for sustainable methods. But at risk of alienating the reader, I must ask... whenever possible, please – just please – don’t eat Nemo!

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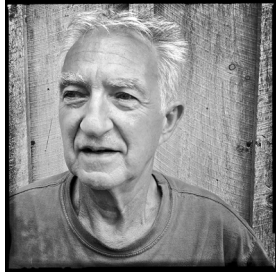
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The Neighbors Paper
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Something to Chew On

By David Corsini



How have your teeth been lately? Better than mine, I hope. Over the last 18 months I have lost two molars in my lower jaw, engaged 20 dental professionals, am currently recovering from oral surgery and still have a way to go. The dental professionals include: my regular dentist, 2 root canal specialists, a periodontist, an endodontist, 6 oral surgeons and my dental hygienist, assisted by at least 8 dental technicians. There have been lots of hands in my mouth.

Until February 2017 my significant dental issues had involved dental crowns (I have five crowned teeth) and, 25 years ago, the surgical removal of an impacted wisdom tooth. Then, 18 months ago one of my crowned molars began to hurt. My dentist tapped on the tooth and it hurt big time. I needed a root canal. Of course I had heard of this procedure, knew it would not be pleasant, but thought it was tried and true and would solve my problem.

I followed the advice of my dentist and made an appointment with an endodontist. The first step involved a procedure to stop the pain. After that there were three hour-long appointments. It seemed to me that the dentist was having a difficult time drilling out the roots. In addition, although there were four roots to the tooth, the dentist said he was able to find only three. He told me that sometimes drilling out three was fine and then asked me what I wanted to do. It was not a question I had the knowledge to answer. But after three unpleasant appointments, I was ready for this to end and I consented to the termination.

Within six weeks the tooth again gave me pain and my dentist said the only solution was to have it removed. So I was off to the oral surgeon for an extraction and a bone graft. The extraction site was healing well and I planned to get a dental implant. I made an appointment with a periodontist who would put in a post as the first step in having a tooth implant. But before that procedure was initiated, a second molar, adjacent to the one already removed, became painful. This time I went to a second root canal specialist who took a special x-ray of the tooth. On the basis of this, the dentist said there was a very low probability a root canal would be successful. The tooth had to be removed. I went to an oral surgeon to have the tooth removed.

Several months after this tooth was removed, I returned to the periodontist to discuss when I should proceed with the implant. When he examined the spot where the second tooth had been removed, he said there had been limited healing and there was something that looked like a piece of root. He recommended I return to the oral surgeon and wait until this area healed before proceeding with the implant.

I returned to the oral surgeon who claimed that what was visible was not a root, but perhaps the bone graft that had been done when a wisdom tooth was removed 25 years ago. Over a nine-month period I visited the oral surgeon several times to check on the healing. The healing progressed very slowly and there was a pocket that frequently caught particles of food and gave off a bad taste. I had a syringe to clean out the pocket. But after a year, when the healing was still not complete, a decision was made to consult the oral surgery department at the UCONN dental school.

As I write this, I have had surgery at the dental school, during which what was presumed to be a root tip left behind after my tooth was extracted. The silk stitches used to close the incision in my gums have been removed and I am hopeful that healing will continue so I can proceed with the implant. While I am thankful that the alleged root tip was removed, I found my experience at the dental school rather unnerving.

My oral surgeon sent a referral to the oral surgery department with my records and x-rays. I was given the phone number to call for an appointment. Making an appointment was the first problem. For a week I called to make an appointment and tried to follow the directions given on the answering service. Several times I got to a place where I thought I might be on hold, but there were voices that I could not make out in the background and after 10 minutes I would hang up. Three or four times I got to a choice where I could leave a message. I gave my information and a call back number. No one ever called back. Finally, I called the office of my oral surgeon and asked them to make an appointment for me. The receptionist, who had more patience than I, was successful. I received no confirmation or detailed directions from the dental school. The next problem was finding the building that was the dental school.

We did not have the name of a dentist and only that the appointment was with Dental Clinic 8. The address we had was the general address for the UCONN medical school. There are many buildings, three parking garages and very poor signage. We parked in one garage and were approaching one building when we found a person with a name tag. We were in the wrong place and he told us where to go. There were still no signs and we had to stop another person with a name tag. Finally, we found the correct building and then were happy to find the correct office and confirm we were expected.

Eventually we were taken to an examination room. There was an open door and lots of activity in the adjacent rooms. After a long wait, a young man came in and asked what the problem was. The young man did not introduce himself or indicate his role. I didn't know if he was a doctor, aide or janitor. (On our second visit I saw that this man wore a name tag on his belt, under his smock that said DOCTOR.) I explained the problem- a tooth extraction that had not healed for over a year. He examined me and then we waited until an older, white-haired man came to examine me. Neither doctor seemed to have read the referral.

The decision was made to schedule surgery to explore what was going on. At this point I assumed that the young man was a resident in training and the older man was the experienced oral surgeon. This doctor was personable. An appointment was made for the following week for a bone debridement, biopsy and tissue culture. We were told to check with financial department before leaving.

We met briefly with a young man in the financial department in a very disorganized office. Let me just say that this was a rather confusing interaction and it was really not clear what we were to do, if anything.

On the day of surgery, after another long wait, a young woman came in to administer local anesthesia. Again, she did not identify herself. But from what happened subsequently, I believe she was a resident in training. The older white-haired doctor appeared and directed the resident in the cutting of my gum. When the gum was opened, they found a root tip left behind during the last tooth extraction. There was no evidence of infection. Many tools and great effort were used by both the doctor and resident to get the root fragment removed. I was happy that Delia was in the waiting room during this procedure. The resident and an assistant stitched up my gum with silk thread. Surprisingly, no biopsies or cultures were done.

Six days later I returned to have the stitches removed. Before going into the examination room, I asked the receptionist how I could get a copy of the report about my procedure. The receptionist said she did not have access to that information and to ask the doctor. The woman resident doctor that had assisted with my operation came to take the stitches out. But before she proceeded, another doctor came to look over the situation and give approval. When we asked the resident how to get a copy of the surgical report, she seemed unsure. She also indicated that the referring oral surgeon would not get a report. She told us to ask at the financial office.

We went to the financial office and this time there was a woman. We asked about getting a report and whether or not there was a bill. This person seemed very confused and told us to go back to the receptionist and fill out a form to request the report. We were not presented with a bill.

We went back to the receptionist and she helped fill out a form that could get us a report. She faxed the report somewhere but told us we should also visit an office on the first floor and that maybe we could get the report there. We stopped in the downstairs office and showed a woman the form. Not only could we not get the report at this time but the form had not been completed correctly. She helped to correct it and said it would take two to three weeks for us to receive the report.

At this point I am hopeful that my gums will recover from the surgery. I have no confidence that I will receive a report or even that a report of the surgery was made.

I am concerned about the potential long term consequences of the multiple x-rays that have been taken. In addition, since I have an artificial heart valve, every time I have dental work I must take amoxicillin. In the last year and a half I have taken lots of antibiotics. I am not yet sure that a piece of root was the cause of the healing problem, the gums have not yet healed and I still have the issue of an implant ahead of me. I sure would like a new tooth to chew on.

World Heritage Folklore

Children's Corner #3

Ed note: This space will feature contributed stories from Folklore for the development of moral character. Heard over many years, these stories are from around the world.

Alexander the Great

About 350 years B.C. (Before Christ), Greece was a powerful kingdom. One of the Greek Kings was named Alexander III, he was from a northern state of Greece, called Macedon. As a young Prince, his teacher Aristotle had described India to him, and from his Father's knee, knew of the King's desire to merge Greece with Persia. Young Alexander dreamed of going to those places and claiming them for Greece. When he was about 20 years of age, he became King, and began a rigorous territorial expansion of his Father's Kingdom.

For over a 12 year period, Alexander conquered large sections of Asia, known now as parts of the countries of Turkey, Armenia, Iran, Iraq, Syria, Egypt, Libya, Turkmenistan, Afghanistan, Tajikistan, Pakistan, and South into northwestern India.

War is never nice. Alexander had a huge army. War has a huge cost. Conquering territories was necessary in part to keep them fed. Just to keep the 10's of thousands of troops and their horses, fed, clothed, cared for, he had an equally large group of drs, cooks carrying kitchens, scientists, accountants, treasurers, scribes, baggage animals, caretakers; it was a massive undertaking. If Alexander and his army came to an area, most surrendered just seeing the inescapable fact – the invader was greater in power, and often number of people, that they were.

Warring was a horrible business. Slaughter, robbing, hurting in all sorts of ways, destroying the lives and prospects of hundreds of thousands of innocent children and families. Destroying gardens, fields, stealing the fruits of other's labor, stealing all kinds of treasures. Sometimes Alexander was generous to those he conquered, sometimes he made slaves out of the people.

Eventually, he became known as Alexander the Great. Under him, the Grecian Kingdom now stretched from the Ionian Sea to the Himalayas. Alexander was undefeated in battle.

Finally he arrived in India. India was very hot. Alexander's troops were tired of the years of traveling and warring. They wanted to go home. Alexander agreed and thought of ways to get them back to Greece. He had huge docks built on the Indus River to ship many parts of of the army home.

One day there, while resting under a tree, Alexander saw a man quietly and peacefully thinking under another tree some distance away. He sent someone to call the man to come to him. The man was unmoved and did not respond to the imperial summons.

Alexander was mystified at how his name, fame and gains could not impress the poorly clad person. He began to reflect on himself and his life. Shortly afterwards, Alexander contracted a disease, and the long journey back to Greece with the rest of the army was very difficult for him. Soon, he was very sick and dying. As he approached his end, he told his attendants,

"When I die, and you take my body back in a coffin, put two holes on the side of the box and stick my hands out, let my empty palms face the sky."

"But why, O King?" queried his credulous attendants.

"The whole world should know, that I, Alexander the Great, the unrivaled King of Macedon, who has conquered east and west, north and south, have had to leave this world empty handed. Nothing that I have conquered, created, or held onto for myself am I able to take with me. I was foolish to spend my life in this way." Shortly after, he passed on, and his attendants and all did as he had wished. That was the true end of Alexander the Great.

Submitted by P.K. Willey

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Friends in the Garden

Article and photo by Carol Davidge

I inherited my gardens from a previous owner. Pretty much untended, they contain old and new species, annuals and perennials, trees and shrubs.

Most every year, I'm surprised to find plants coming up that I planted unwisely or neglected, some that I hadn't seen before. Now that I've lived with my garden for several decades, I have learned that plants, like most living things, fight to live even in the worst conditions.

I'm told that 2018 is a great year for gardens, due to the large amounts of rainfall.

Last year it was dry. Still, the garden surprised me.

Last year I found a purple columbine which I hadn't seen in 10 years. This spring, my favorite perennials, purple coneflowers, didn't even show a leaf, while a red poppy that failed to show up last year re-appeared with massive red blossoms.

In late August, on my first trip to the garden in a month, I found the coneflowers blooming low to the ground, probably because they started late, and a miniature purple buddleia ("butterfly bush") which had not appeared in 2017.

A post on social media reported that 50 percent of insects have declined worldwide due to overuse of



pesticides on lawns and farms. It's not just populations of honeybees which are crashing - a crisis since bees pollinate many of our foods - but also all other kinds of insects. An example is fireflies, which live underground for a couple of years before emerging to fly at night, and therefore are extremely vulnerable to lawncare products.

I haven't seen a firefly or a Monarch butterfly in my yard in several years, so I began to fear the worst. But this August, my orange-flowered milkweed relative, a "butterfly weed," (photo above), which has grown tall from a seedling given to me by Alice Rubin of the Willimantic Food Coop, is covered with bees, butterflies and, for the first time in years, a Black Swallowtail.

My garden is populated with plants from friends. I'm thrilled to see them, even if they come some years and not in others, because they remind me of folks far and near and because they prove the resiliency of living things.

They remind this gardener of the importance of never giving up.

Underlying Causes of Hair loss in Women

Dr. Ashley Burkman ND

One of the more common complaints in my office is that of women suffering hair loss, also called alopecia. Women often report they notice more hair in the drain after showering or in the hair brush and while there is a normal amount of hair that can be expected to be lost in a day, an increase beyond the norm, warrants deeper investigation.



Our hair, skin and nails are often the first clue to health issues that might be stemming from a deeper level. Naturally as we age, the rate of new hair growth slows, while the rate of hair loss stays the same or can be accelerated by nutritional deficiencies, hormone imbalances, toxicities, other underlying pathologies or medications. Hair follicles on the scalp range in number between 100,000-350,000 and are continually undergoing phases of growth and rest. When hair follicles stop producing new hair we investigate the 2 main subsets for the cause of hair loss, focal hair loss and diffuse hair loss.

Diffuse Hair Loss

This type of hair loss is usually due to an acute change in hormones, medication or hormonal stress as this causes all of the hair follicles to cease to regenerate new hair at the same time. Diffuse hair loss can also be associated with extreme stress on the body. Individuals can lose hair from their scalp and body (alopecia totalis.) Post-chemotherapy hair loss is a classic example of diffuse hair loss due to a medication. Diffuse hair loss usually resolves after the offending medication or stress has been resolved.

Focal Hair Loss

This type of hair loss often occurs secondarily to an underlying pathology that can cause hair to fall out in patches or in specific areas on the scalp like on the sides or top of the scalp. Causes of this type of hair loss range from hormonal imbalances, traction (from having hair pulled back too tightly with an elastic) to a topical fungal infection of the scalp disrupting the ability for the hair to grow. Focal hair loss can also be due to an autoimmune condition, thyroid disorder or

nutritional deficiency.

Thyroid

Hair loss or thinning hair is a common sign of hypothyroidism, or tired thyroid. The thyroid gland manages metabolism and sets the pace at which hair is regenerated. When thyroid hormone is not adequate, changes in hair health can be one of the indicating signs there could be an imbalance. With rates of hypothyroidism among women in the United States are estimated as high as 20%, it should be something you ask your doctor to test at least at each annual physical examination.

Nutrition

Our hair requires specific nutrients to grow strong. We are what we eat, or in some cases, what we don't eat. From lack of specific vitamins and minerals to inability to absorb nutrients in the digestive tract, there are several reasons why nutrition could be the cause of hair loss. Specific nutrients known to support hair strength and quality include zinc, omega 3-fatty acids, Vitamin A and iron. It is recommended you speak with your health care provider about having these nutrients tested to assess baseline and to determine the amount to supplement. While conditions like hair loss often require supplementation, you can always increase your food intake of these hair supporting nutrients. Pumpkin seeds contain high concentrations of zinc, omega 3-fatty acids are notably in fatty fish like salmon but also in flax and chia seeds, vitamin A can be found in vegetables like sweet potatoes, carrots and kale and iron foods include red meat and dark leafy greens. While waiting for labs and other assessments to come back, increasing these hair supportive nutrients it is a good place to start!

Androgen related hair-loss

Similar to male pattern hair loss, women can suffer from hormonal hair loss too. Genetic factors often play a role in one's susceptibility to this type of hair loss. Women who have other hormonal conditions like PCOS or Poly Cystic Ovarian Syndrome, already have a higher amount of testosterone hormone in circulation which increases the risk of androgen related hair loss. There are steps you can take to reduce the amount of excess testosterone in the body by enhancing the detoxification of testosterone.

This can be done by increasing liver detoxification supportive foods high in Sulphur like brussels sprouts, cabbage, cauliflower, and broccoli. There are also specific vitamins and herbs that can be supplemented to increase the detoxification of higher testosterone levels.

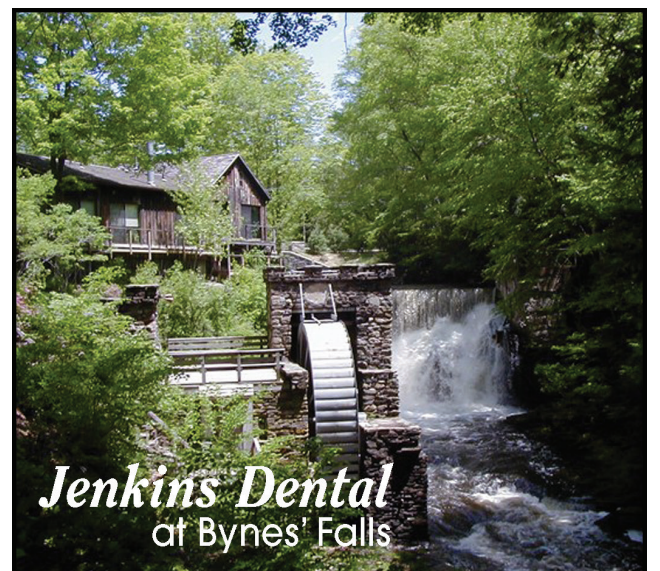
Autoimmunity

Celiac disease, an autoimmune condition driven by eating gluten containing foods causing an inflammatory attack of the hair follicles, thereby causing hair loss. Testing for celiac disease is recommended if you have been eating gluten in your diet to see if this could be the cause of hair loss. Reducing grains in the diet and focusing on a more vegetable filled diet is recommended for general health and can improve hair in the process. It should be noted that not all celiac patients have hair loss, but can be a contributing cause.

Malabsorption

Your digestive tract is the window to health in the rest of the body, including your hair health. If you often feel bloated and gassy or have changeable bowel habits, there could be an underlying imbalance in your ability to breakdown and absorb nutrients. Beyond celiac disease, food intolerances, history of antibiotic use and stress can also lead to an imbalanced digestive tract. Digestive analysis, food intolerance testing and diet modifications can be helpful in pinpointing malabsorption issues. While it might seem vain to be concerned about your hair health, it can tell us about deeper health issues that may be below the surface. Additionally, studies have shown that women who suffer from hair loss have increased anxiety and depression and psychological stress. Increasing the health of your hair improves your overall health inside out, so make your hair a priority!

Dr. Ashley Burkman ND is a licensed naturopathic physician at Collaborative Natural Health Partners, in Manchester, CT. The clinic is an integrative group primary care doctors, naturopathic doctors and acupuncturists working together to cultivate health in their community. The office is accepting new patients and providers are in network with most major health insurance companies. Call 860-533-0179 for an appointment.



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Why India for a New World Order?

By P.K. Willey, Ph.D.

Gandhi's fame in his life-time was monumental. World-wide, school children grew up learning about the powers latent in the human heart through the example of his life, many making their own experiments to improve society later in life. Gandhi was dearly loved and revered until perhaps the last two decades in western education. His experiments with truth in relationship to power touched an undeniable common core. For 21 years in South Africa (1893-1914) and 33 years in India (1915-1948), he had honed his efforts to establish the supremacy of truth and love in all aspects of human relations. A breath of hope blazed up in humanity at large, learning of his work and efforts.

The richer, industrialized nations of the western world, in the meantime, had gone through World War I (WWI, July 1914 - November 1918) and World War 2 (WWII, generally seen as 1939-1945). WWI had sickened good people everywhere. As WWII was clearly approaching, many begged Gandhi to bring his message, example and teaching to Europe. American Stanley Jones, a Christian missionary in India, and friend, recounts his own personal effort to beseech Gandhi to bring his message to Europe 75 years ago, telling him,

"We of the West are sick of the methods of militarism. We need a leader – one who could lead us on a new road away from militarism and war."

[Jones recalls that]...it was the period between the first and second world wars, and we were drifting toward war. I felt that the Mahatma could lead us and was really our hope to avert war. He never really answered the question. But he sat there with tears in his eyes. Those tears seemed to say: 'I wish I could do it. But the time isn't ripe for me to try it. I must demonstrate the power of ahimsa here in India, then, maybe the world will take it.'

He quietly said, "I can only demonstrate it here."

And Europe hadn't reached the bottom of despair with militarism. She still thought there was power in military-might to decide things. Complete disillusionment had not come. It is now about to come. For Europe and the West are seized with despair and fear as to what will happen if militarism takes the saddle again and atomic bombs are used. It will be the ride to collective death.

Why did Gandhi say that he could only demonstrate the power of Ahimsa in India?

India's great strength of civilization that lasted for so many thousands of years arose from imparting into her youth, from the cradle to the grave, stories of righteous lives, of justice, duty, of the power of cooperation, love, of tolerance and patience, of enduring. Festivals, epic tales, poetry, art, music, food, daily life, even dress revolved around those themes. A keen awareness of ethics, morality, justice, righteousness, concepts of an eternal love, and duty becoming established in young hearts abide as ideals throughout a lifetime. All aspects of the culture – art, music, dance, how to study, are inescapably imbued with awareness of those archetypes, now even made into films and television series. Family life and duty receive massive societal support. Raising children well is still a focus and duty of life, a strong reflection on parental character.

This has created a frank recognition of people on the basis of their spirituality as being what has real value. Thus, people who lead righteous lives were seen as Mahatmas (Great Souls), Rishis (Great Seers), Sages, ultimate 'tops' of the social order by virtue of their wisdom, compassion, and harmony. For example, Albanian born Mother Theresa was recognized for her loving selflessness and piety, and lauded throughout the land; had she stayed in the West, we may never have heard of her. Those spiritual qualities have not yet received the deep support and acclaim they deserve in the societal ethos of the western sky.

When Tagore gave Gandhi the title of 'Mahatma' upon his return after his successful work with Indians in South Africa, a vision of the pure ideal blazed up over the people, as they individually understood the ideal of 'Mahatma'. The aspects of renunciation that Gandhi employed: his use of the Fast, his intense self-discipline, his equal social vision, his unending love and gentleness, control of his speech, taste-buds, fearless tenaciousness in clinging to the principles of truth and justice, engaging compassionate respect before brute power; all these and more, were proof to hundreds of millions, that Gandhi was genuine. This genuineness has to do with an inner recognition of 'a same substance' or 'essential reality' shared with Gandhi. Conscience touched conscience, and bowed before the conscience that kept the greatest fidelity to truth. People felt him as their very own. They were willing to cooperate with him.



Millions who never saw Gandhi knew he was their own. Cremation Day, 1948.

opinion that has begun to appreciate the possibilities of the weapon of nonviolence. But I want the sympathy of the whole world for India if she can get it while she is making this unique experiment.

You can, however, be witnesses to the attempt only if you really feel that we are making an honest effort to come up to the ideal of ahimsa and that all we are doing is not fraud. If your conviction is enlightened and deep enough, it will set up a ferment working in the minds of your people. Take that charge with you then."

Had Gandhi been able to gain a whole-hearted world-wide sympathy, humanity would have awoken en masse to the power of truth inherent within it, the necessity and power of noncooperation with evil, the righteous duty to take care of all members of society. We would be in a real New World Order.

Educated India was a microscopic minority compared to wider India, yet, they were the models creating new archetypes, that tipped towards materialism and utilitarianism. Gandhi described his effort to bring their minds to the broader field of socially beneficial idealism:

"I have not a shadow of doubt about the truth of my fundamental position. But I know that I am unable to carry with me the bulk of educated India. I can therefore gain no effective help for my country from the Americans and Europeans so long as I remain isolated from educated India.

I do want to think in terms of the whole world. My patriotism includes the good of mankind in general. Therefore my service of India includes the service of humanity... I believe in thought-power more than the power of the word, whether written or spoken, and if the movement that I seek to represent has vitality in it and has divine blessing upon it, it will permeate the whole world without my physical presence in its different parts."

Gandhi saw India, and through Her influence, the poorer people's peace and duty oriented culture of Asia, as having a great role to play in the sphere of nations. Addressing an Inter-Asian conference in 1947, Gandhi said:

"There must be a conquest—[audience claps]—please, please, please. That will interfere with my speech, and that will interfere with your understanding also. I want to capture your hearts and don't want to receive your claps. Let your hearts clap in unison with what I'm saying, and I think, I shall have finished my work. If you want to give a message again to the West, it must be a message of 'Love,' it must be a message of 'Truth.' Therefore, I want you to go away with the thought that Asia has to conquer the West.

Then, the question that a friend asked yesterday, "Did I believe in one world?" Of course, I believe in one world. And how can I possibly do otherwise, when I become an inheritor of the message of Love that these great unconquerable teachers left for us? You can re-deliver that message now, in this age of democracy, in the age of awakening of the poorest of the poor, you can re-deliver this message with the greatest emphasis.

Hearts open to being led by righteousness is why India was where Gandhi carried out his most successful experiments.

This truth has nothing to do with the vast pantheon of Gods, Goddesses, their underlings, as vast and complicated as the frozen caste system, and made in man's image. It was universal, and stripped of any particular religious dogmas. Christians felt he was the best Christian in the world for the ways that he upheld and practised the actual teachings of Christ in his life. Almost all who met him, felt him to be their true friend and well-wisher.

For this basic reason, the capacity to recognize Gandhi's spirituality and honesty, and a deep societal appreciation of it, Gandhi was able to work with the mindset of millions of Indians in his experiments with the power of truth, of ahimsa. As such, he became known as a spokesman of India's Soul.

For every bit of glory that shone upon him as 'Mahatma', Gandhi studiously reflected it back into a forming and unifying nationhood, to a sense of being 'Indian'. He was able to confidently call-out to that self-same resonating ideal in millions who never met him, bring it into action. There was no argument, no disagreement. Harmony of purpose was there, even if understanding as to means and ends lagged.

Once, when he was asked by an American visitor, "What is India's real message to the world?" Gandhi responded with:

"Ahimsa. India is saturated with that spirit. It has not demonstrated it to the extent that you can go to America as living witnesses of that spirit. But you can truthfully say that India is making a desperate effort to live up to that great ideal. If there is not this message, there is no other message that India can give.

Say what you may, the fact stands out that here you have a whole sub-continent that has decided for itself that there is no freedom for it except through nonviolence. No other country has made that attempt even. I have not been able to influence other people even to the extent of believing that nonviolence is worth trying.

There is of course a growing body of European

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T. King, Publisher

A 7-Point Checklist for Your Estate Plan

By James Zahansky, AWMA

Think about the people and organizations closest to you. How will they remember you? What sort of legacy do you want to leave?



Thinking about these tough questions are the first natural steps to planning for the future of your estate. Using our Plan Well. Invest Well. Live Well™ process, we approach these questions within the greater context of all your financial life goals and develop a strategy that helps you confidently and efficiently move forward towards the fulfillment of these goals.

Knowing how important estate planning is for any individual, this September, we will focus on the key strategies and documents you need to know to leaving the legacy you want to leave.

When it comes to estate planning, executing your will and other estate documents is only the first step. To help ensure that your estate plan stays in tune with your goals and needs, it's important to review and update it on an ongoing basis. Working with your financial advisor and attorney, use this checklist as a starting point to keep your estate plan in good shape.

First. Check trust funding.

Trusts are often used to preserve privacy, minimize estate taxes or administration expenses, or transfer assets to beneficiaries according to specific wishes. If you have executed a trust, consult with your attorney and financial advisor to determine which assets should be owned by your trust or should have the trust named as a beneficiary. Keep in mind that assets not owned by the trust will not be subject to its provisions.

Second. Account for any life changes.

Have you experienced personal or financial changes since you executed your estate documents—for instance, the arrival of a new family member or a significant increase in assets? If so, be sure to update your documents to reflect those changes and take advantage of asset protection measures, if necessary.

Third. Update beneficiary designations.

Outdated beneficiary designations can derail an estate plan. Review your designations to ensure that the correct people are named, rather than a deceased family member or ex-spouse. If your children were minors when you last reviewed your beneficiary designations, they may now be ready to receive the assets directly.

Fourth. Review trustee and agent appointments.

While reviewing your beneficiary designations, also reevaluate who you have appointed as executor of

your estate, trustee of your trust, or as your agent under your powers of attorney for health care and finances. Are the people you named still ready to carry out your wishes? Will they be capable of administering your assets in an appropriate manner?

Fifth. Review provisions of powers of attorney and health care directives.

Ongoing changes to federal and state laws won't necessarily invalidate a document that's already been executed; however, such changes may limit your agent's ability to carry out his or her duties. For example, changes to privacy laws may prevent your agent from accessing pertinent medical information. To accomplish your planning goals, it may be necessary to expand your agent's authority.

Sixth. Prepare for the distribution of personal effects.

If your will includes directions for the distribution of your personal effects, consider informing your executor or administrator ahead of time and providing him or her with a copy of the list. Or you may wish to leave a separate list, if permitted under your state's law. In short, the person handling your estate should be aware of your wishes so that your personal items don't disappear on a first-come, first-served basis before the formal probate process begins.

Seventh. Understand your documents.

Ask your attorney and financial advisor as many questions as necessary to ensure that you have a clear understanding of each document in your estate plan. If it's been some time since you executed your estate plan and you can't remember something, ask again. Estate planning can be complex, but it's essential that you understand the whole process.

Plan Well

What is it that you wish to be remembered by? Have you begun to establish your legacy? Estate planning is a complicated process that can involve many parties, this checklist may help relieve any worries you may have so you can leave the legacy you wish to leave.

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Common Sense Car Care

By Rick Ostien

This month's article is about rust. Rust affects every motor vehicle in this country. The difference is at what level. Some rust comes from nature's climate, but I feel we, ourselves, are a large contributing factor to this problem.



I seem to remember a few years back that sand was used in the winter months to help with traction on snow covered roads. Salt was introduced with a blend of sand to improve road conditions. Salt would melt the snow or ice and sand would again help with traction. My dad would complain about the salt rusting the underneath of the vehicles in the 50's and 60's. The amount of rust on a vehicle was determined by the amount of salt used in our state and neighboring states as you traveled.

Today we have moved on in the way we combat snow and ice.

Pre-treatment and salt seems to be the method of today. Pre-treatment is just that, chemical that is put on the roadway before the storm. The chemical is held in place on the road surface by a sticky by-product of alcohol. The sticky pre-treatment can also get stuck to the underneath of your vehicle by way of your tires as you drive over it. The pre-treatment activates when it comes in contact with water. So snow or no snow, when you wash the underneath of your vehicle you are still activating this product.

Seeing the acceleration of rust under vehicles since the introduction

of pre-treatment and the use of more salt leads me to the fact that pre-treatment is not a good thing to use.

The replacement of brake and fuel lines, suspension, brakes, and frame repair has cost the consumer vast amounts of money to fix. This only works if the vehicle is not beyond repair. The failure of these components creates a safety issue for everyone. First responders' emergency vehicles, snow removal equipment, tow trucks, and our own cars and trucks, all need to be replaced way before their time due to rot and rust. If vehicles rust and rot then anything metal will fail also, including our bridges and overpasses.

It really is time that this method of dealing with snow is eliminated. Sand and salt worked well years ago, so why not return to that method.

Happy Motoring, Rick

Rick Ostien is the owner of Franc Motors in Willington.

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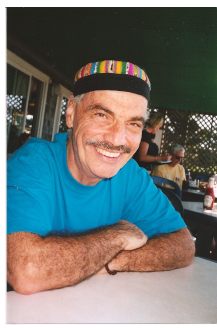
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Democracy Reborn - In Our Own Century

By Len Krimerman



A WAY OUT OF HERE, BY A “21st CENTURY REVOLUTION”?

Sometimes you can find, seemingly by accident, what you’ve lost or given up on blossoming right behind you. That appears to have happened for me over the past month. Something new and rare has taken shape, caught my eye and my heart, in the midst of all the darkness, corruption, hypocrisy, deceit – and despair – that keeps disempowering us. Something that just might turn into a “way out of (the increasingly horrific) here” that weighs so often and so heavily on so many of us.

In an earlier *Neighbors* article (July, 2018), I raised the issue of what “independence” might mean in our own century, especially since the first American effort to create “democracy” is now clearly defunct, revealed as a dysfunctional and corruption-filled sham. In 1762, French philosopher Jean-Jacques Rousseau put it well:

people...deceive themselves when they fancy they are free; they are so, in fact, only during an election: for as soon as an election is over, they are again in chains, and are nothing. (quoted in a remarkable book, Against Elections, by David Van Reybrouck)

I also asked, how might we begin to get out of here, transform our situation, liberate ourselves. I didn’t directly mention “revolution”, even though America’s independence from the British Empire resulted from its willingness to rebel and revolt. But what I’ve learned recently – over the past month – is that revolutions, rebellions, insurgencies...need not be of the militaristic and hugely violent sort. There is a form of “revolution” for this, our own century, beyond those which blighted previous centuries. As John Dewey, our own country’s most democratic philosopher, wrote:

Only free and continued education can counteract those forces which are always at work to restore, in however changed a form, feudal oligarchy. Democracy has to be born anew every generation, and education is its midwife.

What though is a 21st century “revolution”? The word itself typically carries enormous dark baggage; it calls up violence, terror, destruction, travesties against all those who disagree, etc. Think of the Khmer Rouge of Cambodia, Chairman Mao’s so-called “Cultural Revolution”, the many revolutions, e.g., in Iran or Egypt, carried out by religious fanatics and/or military dictatorships.

Can there be peaceful, non-violent revolutions that enable the creation of new born and genuine democracies? Or is that thought too wild, too unreal, an impractical, hopeless vision? I had almost started to think so, when I happened on the following....

WHAT REAL DEMOCRACY (& REVOLUTION) LOOKS LIKE — IN SPAIN

On May 15, 2011, Spain was convulsed by one of the most spectacular popular uprisings in its history, and in the history of the modern democratic world. Eight million Spanish citizens took part in the occupation of public squares and buildings in at least 60 towns and cities across the country. The movement of Los Indignados (“the outraged”) was born.

At the time Spanish citizens had plenty to be disgruntled about: economic recession, high unemployment, endemic corruption, cronyism, wasteful and reckless mega-projects, mounting central and local government debt and much else. With both major political parties complicit in these dynamics, the public themselves began searching for an antidote to the “business as usual” mantra offered by the cartel parties and mainstream media.

(Sound familiar?)

From that 2011 occupation of public space to the creation (and now, in 2018, ascendance) of new political parties in 2013 and 2014, politics in Spanish social circles remains as lively as ever today. The country has been transformed into a democratic laboratory, where the participation and use of new communication strategies...are primarily active, open and ready for experimentation and innovation. (<https://theconversation.com/how-the-spanish-political-laboratory-is-reconfiguring-democracy-74874>)

SHIFTING THE PARADIGM

How, though, did this “transformation” and “re-configuration” emerge, and take hold?

For starters, I think the rebellious Spaniards took Buckminster Fuller’s radical advice to heart: *“In order to change an existing paradigm, you do not struggle to try and change the problematic model. You create a new model and make the old one obsolete.”*

From the outset, they abandoned the existing political paradigm, and created a wholly new one that sought independence from that old system’s corruptions, barren promises, and fictitious “representation”. This was not achieved in a day, a month, or a year, but by 2017, almost all of the old paradigm had been abandoned.

And – so far as I can tell from all accounts – this was a peaceful, non-violent, transformation throughout all of Spain, rural or urban, and regardless of cultural divides.

Concretely, the secret of Spain’s liberatory tale seems to be the creation and sustainability of numerous new institutions, all to be run not by professional politicians, but by ordinary citizens.

Thus: *“Spain’s traditional parties bowing to newcomers, poll confirms: For the first time, survey puts both Ciudadanos (Citizens) and Podemos (We Can) ahead of the Popular Party and Socialists.”*

Those latter two “traditional” parties had pretty much ruled Spain without a break since dictator Franco died in 1975, but they now together draw only a tiny fraction of supportive voters, while both C & P have continued drawing larger and larger numbers. And those numbers are based, in large part, on a new and bold conception, a revolutionary one as I see it, of how citizens can be the major force in running their own government and communities.

At first, there were very general critiques and demands, e.g., “no nos representan” (they do not represent us) and “democracia real” (real democracy). These “broke the spell of parliamentary representation” and highlighted the decadence, corruption, and dysfunctionality of Spain’s political order.

BOLD AND BASIC INITIATIVES

But what to put in place of the rejected political parties and their faux paradigm of democracy? Two unique, bold, and basic initiatives.

First: *The notion that electing representatives, especially those lacking accountability to citizens, should be shelved in favor of “sortition”, a fancy word for “lottery”.* Citizens would be selected at random to fill positions, e.g., on newly created town committees or city councils. Starting with Madrid, the country’s capital, cities and towns throughout Spain began to depend on “randomly chosen citizens” to discuss and decide about, e.g., budget proposals, how schools are run, infra-structure problems, and lots more.

For example: In 2015, supported by the Podemos political party, Madrid created “Decide Madrid”, a “citizen participation program”. Its goals:

to enable citizens to propose, deliberate and vote on policies for the city and ensure transparency of all government proceedings within the municipality. One of its main missions will be to ensure the inclusion of everyone in the participatory processes, so that all voices and wills form a part of them and no one is left out.

And on March 4, 2017, more than a thousand Madrid residents were called to city’s Town Hall. These citizens were randomly selected through a contact process in supermarkets, sport centres and health centres in Madrid’s 21 districts. The contact included a survey to ensure that the sample of citizens was demographically representative of the city.

The launch of Decide Madrid, the city participation platform, signaled a real revolution. On the one hand, it paved the way for democracy from the bottom up, through direct and binding mechanisms. Unlike other budgets, the 100 million Euros devoted to Decide Madrid in 2017 are allocated according to proposals coming from below. The proposals that get the most votes, whenever technically feasible, are approved. The platform also carries a section for “citizen proposals”.

Second: *these randomly selected folks utilize and are supported by digital platforms, through which they are able to express concerns about proposed legislation, make such proposals themselves, and communicate directly and*

discuss all of this with other citizens, citizen groups, and other communities besides their own.

While the archetype for these two initiatives is Decide Madrid, numerous Spanish municipalities, both large and small, have now adopted its transformative, and “born anew” form of real democracy. Together, they function as a nation-wide team of creative and reciprocal democratic experimentation.

A SOURCE OF (EXPANDING) DEMOCRATIC EXPERIMENTATION; CAN WE BRING IT HERE?

A huge part of this experimental synergy derives from the collective reliance of these Spanish communities on CONSUL, an open source online tool offering free software supporting citizen participation. If you check out consulproject.org/en, you’ll find not only a host of useful information, but some very wise guidance; e.g., *“a list of things you should consider before “installing” CONSUL in your city/organization.”*; a section on *“How-Tos, including guides, case studies, and best practices;* and an article titled, *“Digital isn’t the only answer.”*

Is this peaceful and experimental revolution actually working? Might we see it emerge in communities in this country, state, or region?

Well, CONSUL now freely provides its democratized participatory software way beyond Spain: that is, for *“18 different countries, 90 governments, and 70 millions of citizens”.* *Spain’s quiet revolution seems to be quietly expanding!*

(But would it take root here? Why not? Think about it...)

P.S. This in from Borja Prieto, of the Madrid City Council and CONSUL. Last night, I emailed CONSUL, asking if they knew of anyone in the USA who was working with their platform; here’s his rapid and comradely response:

Hi Len

We are not aware of any CONSUL developer working in Brooklyn, but maybe the people from Participatory Budgeting Project know something about it. They are working with New York City to help them to use CONSUL, and are also starting to work with other cities in the USA. I’m ccing Josh Lerner from PBP so you can get in contact.

Thanks for writing about our work. I will be very grateful if you can send me a link or an image of the article when it gets published.

Lastly, if we can help you to get CONSUL working for the city council of Willimantic, just let us know. Maybe we could do a Skype session with a council representative to discuss how we could help them to launch citizen participation initiatives. (my bold, L.K.)

Best regards,
Borja Prieto
Head of Promotion and Institutional Extension
Directorate-General of Citizen Participation
Madrid City Council

Lions Fall Festival Craft Fair and Country Store Tables Still Available

Submitted by Craig Wutsch

The Mansfield Area Lions will hold a Crafts Fair and Country Store as part of their 2018 Annual Fall Festival on Sunday September 30th. Local crafters are encouraged to save the date for this family friendly event. Tables are also available for farmers and local co-ops to sell their fresh produce and farm products. In addition to the Crafts Fair and Country Store there will be a Classic Car Show, a Chicken BBQ from 3pm to 6pm (\$10), a Snack Bar (12-3pm) and the annual Raffle with a top prize of a \$1,000 Visa gift card. The event will be held from 12pm to 6pm rain or shine under the tent at the Holiday Day Hill Day camp on Chaffeeville Road in Mansfield Center. Craft Fair and Country Store tables are \$25 and applications are available by contacting the Lions at MansfieldAreaLions@GMail.com or dropping by the ‘Paperback Trader’ store on the first level of the Mansfield Center Post Office. Admission to the Festival and parking is free.

Change is In the (Crisp Autumn) Air!

By Grace Preli



Ahhhh autumn is in the air, or at least that's what these cool nights have me feeling!! After a hot, hot, hot summer the coolness and the change of pace is much welcomed. What does autumn mean to you? What do you feel coming in on the breeze? What do you feel taking shape as another beautiful summer comes to an end?

For me, fall is the perfect time to change things up. I start looking at what has been growing, what has been flowering and bearing fruit throughout the summer and ask myself what needs to be harvested or what still needs to grow? What needs to be tilled under or pulled up in time for a second planting? Fall is a change of pace. In some ways, my life speeds up, I have the drive to set myself to new projects or work on new ideas, but for other things, I let off the throttle a little bit. I find myself slowing down after the usual exciting rush of summer and I find myself looking towards more intellectual or creative pursuits... new things to do as darkness comes a bit earlier and the weather continues to change.

I don't know if it's a hold over from my school days or just the thought of new pens and journals but for me, fall means new projects that stretch my brain. After a summer of playing outside, running around, and having fun, I often feel the need to engage my mind in new ways. This might look like going back to school for some or a new class or course for others. Maybe it's a new creative project or just a good book on the couch with a cup of tea.

As fall approaches, I find myself filled with fond memories of collaboration and camaraderie. I think of community events, of fairs and festivals, hot cider and warm sweaters. I think of a sports team, a book club or hanging after school with friends. (In the interest of honesty and before anyone calls me out on wearing rose tinted glasses; I DID cry every year when summer would come to an end as I so disliked returning to the system (and also having to wear shoes and clean clothes) but I always liked being back in an environment that was generally collaborative.) There's something about fall that makes me want to work with others on new projects, in new ways. Which brings me to something I've been reflecting on lately, which is why do I, (or you, or we) keep going at things alone?

I can't speak for everybody, so I won't, but I know that I (and quite a few of my friends!) have been feeling the need lately to work with people on projects or in ways where we might not have ever considered the benefits of a collaborative effort. I think we are feeling a collective shift which is asking us to open up to others, to be both honest about where we are at in our lives and also where we could benefit from sharing and working together. I'm feeling the call to own where I am and to say hey, want to work on this together?

A lot of my peers who have shared how they are feeling with me have been out of school for a few months or years and they're finding themselves feeling a bit lonely. They haven't been in a new environment in a while and are feeling the lack of stimulation that such new experiences can provide. So, my question is; what is to be done when you like your job, or your school but it's lost it's new feeling? What do you do when you like where you are but you feel like you just need a little more newness in your life?

Well you do something new! This might be easier said than done, believe me, but since admitting my loneliness and my desire to collaborate to myself and a few people around me, I have realized the way to newness is through the new! For me personally it looks like being around kids my own age, it looks like a class, a new sport and probably hanging out at the local university. For some of my friends it has taken the shape of a new job, learning a new musical instrument or doing volunteer work. For others it has looked like trying something new alone, but soon after, making friends with others interested in the same passions and projects. For me, stepping into new experiences has also meant reconnecting with some people, both near and far and expanding those relationships in new and beautiful ways. As soon as I admitted I was lonely, I found myself surrounded by more people than I could have imagined. As soon as I admitted I needed more intellectual engagement, new opportunities presented themselves... more than I knew what to do with!

The first step is a shift in perspective. This opens you up to the situation in a clear and focused way. Perspective allowed me to see clearly what I needed in my life, namely: more peers my own age, new experiences, and also something academic. Then, thanks to perspective, I saw what was around me. I saw what avenues and opportunities had always existed, I just might not have seen them

or given them any weight. After deciding which opportunities I'd like to presently step into, I find myself being offered totally new options that found their way into my life when I said hey, this is what I need.

It's easy to feel alone. It's easy to feel like it's only you who wants more friends, or only you who wants a new experience, or only you who is struggling with or working on this, this or that. It can feel overwhelming when we think that no one else must know how we feel but the exact opposite is true; everyone knows how we feel at some level. Each person is working on something. We might be working on it differently, it might come in different sizes and shapes and forms, but we're all working at or on something! For this reason, I have found that the best remedy for curing that feeling of aloneness is to get honest and open up. You might be surprised at what you find. You might realize that while not everyone is looking for a new cultural or academic pursuit, they ARE looking for something else. You might realize that while not everyone is looking for more friends, maybe they're looking for important changes within their current relationships, or they're working on strengthening their relationships with their co-workers or family. The day I admitted to myself I was feeling alone, was the day I realized I am not alone at all.

I love my alone time but at heart, I am a people person! I love to be seen and heard, I love to see others and hear them too. I love to share and learn from others and I love to experience things with friends and peers as well. I'm a collaborative person and I want to work together to grow and create. I love to share in life with others! It is this energy that I feel as fall approaches. It is the energy of collaboration, of teamwork, of school, of learning, of growing, of sharing that comes to me. It is the energy of eating together, reading and discussing the same book or taking a walk with friends in the woods that I feel called toward.

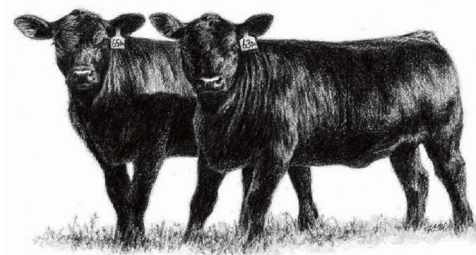
Autumn feels like the time of new beginnings but also of new endings (as there must be, in order to have beautiful beginnings!) What in your life can be let go of as gently as leaves changing color and falling from the trees? What in your life can shift as subtly as the breeze as it rushes over the hills in a new but still wonderful way? What maybe doesn't have to die or be let go of completely but can instead be preserved for the coming months? I imagine myself preserving my experiences for use later on, much like my grandparents as they preserve the harvests of their garden at this time. I think about what I want to store in the pantry for the coming months. What am I going to keep and carry with me? What am I going to let go of?

For me, I'm ready to say yes to new experiences and say no to those that no longer serve. I am ready to say yes to collaborating and sharing and no to the thought that I am always alone. The change of seasons offers me the chance to experience myself and my life in new ways. As the light changes, as the breeze shifts, as the trees stretch out for the final month or so of summer, I feel myself supported and aligned. How do you feel supported? Where do you need to stretch in order to grow? What beginnings and endings are being brought to you in the clear blue sky and on the crisp breeze? Happy autumnal equinox and many blessings as we move with the seasons into this incredible fall!! Love, Grace.

Ed. note: Writer mini 'Autobio.': Grace Preli is a creative and spunky 22 year old. She is, among other things, a painter, a writer, a creator and a healer. She is inspired daily by people and their individual and collective journeys. For her, each day is a chance to grow, change, love, respect and create with herself and our world, a beautiful, kind and gentle place.

Dear Readers-
We will have space at two local September outdoor events. Please come by and say 'Hi.' We'd love to chat. Meet some of the folks who make the Neighbors paper a reality. We will be at the Celebrate Mansfield Festival on Sunday, September 16th from noon to 4pm. We will also be at the Willimantic Food Co-op's Downtown Country Fair on Saturday, September 29th from 10am-4pm. Please stop by. Thank you, Tom King.

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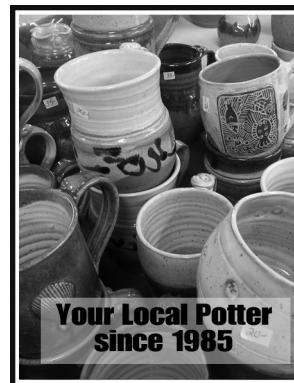
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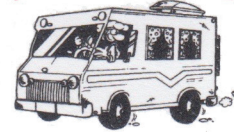
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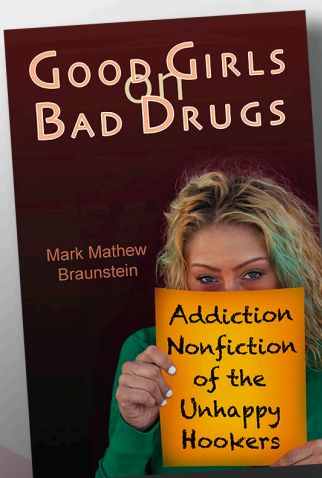
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www.GoodGirlsOnBadDrugs.com

Where Sexpots Hit the Jackpots

By Mark Mathew Braunstein
www.MarkBraunstein.Org

Good Girls on Bad Drugs: Addiction Nonfiction portrays the shattered lives of drug addicts who, in their hustle for drugs, became streetwalkers and internet escorts. The book chronicles the sex workers of Willimantic, New London, Norwich, and Connecticut's two casinos. This is the ninth and final excerpt from the book in *Neighbors*.
www.GoodGirlsOnBadDrugs.com

Michelle fatally overdosed in Willimantic in 2005, after the city had begun kicking the habit and renouncing its moniker as "Heroin Town." In 2014, when every town had become a heroin town, Nicole resided in a Willimantic sober house. Ever on the prowl for johns to pay for their next fixes, both Michelle and Nicole hit the jackpots at Foxwoods and Mohegan Sun.

MICHELLE

Bright and clean and healthy, Michelle Missino was a ravishing blonde with the wide eyes of a Margaret Keane painting and an inviting happy smile of an emoji. She was quick to laugh, especially at herself. Caught on camera by the Hartford Courant while she was shooting up in the town square's gazebo, Michelle was as brazen about her drug use as about her sex work. Despite the ravages of both, her body had endured as her alluring calling card. Disguised amid her freckles, her track marks were not arranged in a row along a vein but dotted here and there and everywhere.

She was the mother of four children, all by different dads. Three were adopted by Michelle's own mom in Norwich. When Michelle visited them, she also engaged in commerce at Mohegan Sun.

MICHELLE speaks:

I grew up with a sister and my mother in Norwich. My mother worked to 2:00 in the morning, so we would babysit ourselves, and we would run away a lot. At 12 years old, I moved in with a friend and her mother. At 13, I did a lot of partying, smoking pot, drinking, hanging out with guys. I then met a girl who was living in Willimantic in the Hooker Hotel and stayed with her. She was a hooker. A couple of days later, I ended up walking the streets of Willimantic, just because I needed money to survive. Cocaine and heroin were not an issue then.

My first date, I got raped. [laughs] I continued to work the streets. That did not stop me. I did start using heroin then. [giggles] When I turned 18, I hit the massage parlors. The Rising Sun in Willimantic, then Hidden Valley in Norwich. Wonderful money, sometimes two thousand a day. What amazes me is, when I was 12, I used to drive around Willimantic and throw M&Ms at the hookers and say, "Fucking Hooker!" This is my payback.

I work around the clock. I've worked the streets and the parlors all my life, and now the casino. My mother lives near Mohegan Sun. I make money even on the walk or walking back. As soon as I hit the parking lot, guys are already trying to pick me up. I rent a room there and set up times. I bounce around from room to room and from table to table. Guys go there just to pick up women, or prostitutes, either one, or both. I can tell who I can pick up. I start the conversation and ask if they are looking for company tonight. Because I dress seductively, guys understand it's a money thing. Or I let them know I'm about money. [Michelle's speaking ends]

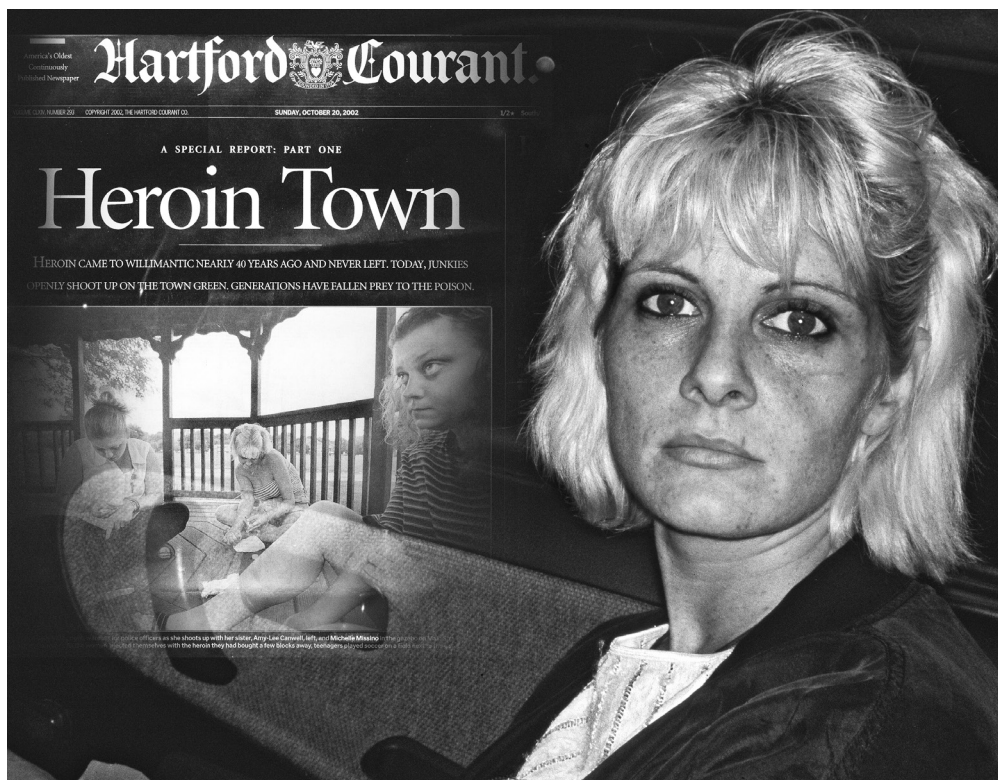
Fresh out of drug rehab, Michelle overdosed and died on Christmas Day at age 33. Of her four kids, two succumbed to drug addiction and resorted to the usual lowlife crimes to feed their habits. Her son Matthew, Inmate Number 389953, added arson to his rap sheet. Her daughter Kayla, Inmate Number 419109, added prostitution, both online and on the street. As recently as August of 2018, Kayla was advertising using a phone number with a Coventry exchange.

MODIFIED BEAUTY

Hey I'm Kay. Playful and energetic for all the right reasons (and sometimes wrong too) I am to

please and that I will do. Looking for an upscale, generous man (or woman) to have fun with! Incalls and out. GFE. Fetish friendly and open minded. Try me. Donations 150hr 200hr. Overnights are welcome. Text or call (860) 498-[redacted]. 25 years old. Location Norwich/Casinos.

In escort ads same as on Facebook, Kayla exposes the distinct heart-crested cross-arrow tattooed over her heart. She even displays frontal facial views with her blue eyes framed by her blonde hair. Equally unabashed while streetwalking, Kayla does so not by walking but by standing still and standing out, looking like she owns the block, same as Michelle did in front of Hotel Hooker. Following in her mother's footsteps, Kayla at this very moment may be angling for johns on the gambling floors of Mohegan Sun.



Michelle at age 30, three years before her fatal overdose, photographed by the author.

NICOLE

Despite advisories in their ads that they accept outcalls only to "drug-free environments," most escorts do drugs. If not addicted, they still indulge, just moderately. If not addicted, they post ads barely once per week, they book only one appointment per night, and they often take breaks from both sex work and drug use.

Addiction, however, takes no breaks. Addicts post ads every day, even several times a day. They book back-to-back appointments and, during appointments, they watch the clock. If not for the internet, they would be streetwalking. And at times some do work the streets, too. Further, heroin addicts are easy to discern from cocaine addicts. The heroin addicts die young. Michelle died a heroin addict. And Nicole was born a heroin addict.

Nicole, Connecticut Inmate Number 326654, is a loner, a prison baby, a heroin baby. Cursed with neonatal abstinence syndrome, she was born to a heroin addict imprisoned in Connecticut's sole girl jail. So Nicole herself was born addicted. If anyone can provide society with the legislative impetus to medicalize heroin and make it available by prescription as its precursor morphine, then she is Nicole. What is the one proven-effective treatment for heroin addiction? Her street sisters reflexively answer methadone or buprenorphine or naloxone or naltrexone. Nicole replied differently. Nicole replied knowingly. Nicole replied, "Heroin."

NICOLE speaks:

My name is Nicole. I'm 27. My biological parents were addicts. My mother was using heroin when she was arrested. When she gave birth to me, she was incarcerated at York. I was born very badly dopesick, went through withdrawals. I was a very unhappy baby, crying a lot, very miserable. I don't have any memory of it, my adoptive parents told me. They made sure I knew how horrible my biological parents were.

Until the adoption was finalized, I used to visit my biological mother. My mom got arrested shoplifting, concealing things with me in the carriage. Because I was so cranky and miserable and wouldn't stop crying, the only way she shut me up was to throw heroin in the baby bottle. My adoptive mother told me that one time she picked me up all doped up.

Life with my foster parents was not good either.

They divorced right after I was adopted. The man that my adoptive mother remarried is a sex pervert, was very sexually abusive, fondling me, watching me in the shower. Also disgusting things I don't want to talk about. My mom said I was lying and kicked me out. I've been on my own since 16.

My first drug use, I experimented with everything. Heroin, being my biological state, is the only one that grabbed me by the balls. I could not let it go, and it's still got me by the balls. Heroin. I knew my history. I wanted to understand my mom. I wanted to know why you would pump your body full of drugs with a living being inside of you. So I did heroin and I found out very quickly.

First time prostitution, I was 17 years old. There was a girl who used to do the escorting thing. I went with her on a call, just so she wasn't by herself. I was interested because I saw how much money she was making. To support using heroin, you resort to whatever means possible. So I went with her, and the guy ended up being more attracted to me. The guy was very fat, nasty, ugly, dirty, disgusting, perverted. My being underage was not a concern. He wanted you to act like a little girl.

Foxwoods Casino, I was 21. I was walking the streets. A guy driving a Jaguar picked me up. He was a gentleman and he said, "I don't want anything sexual from you. I want to know if you're interested in making a lot of money." He took some pictures of me in lingerie, for ads as an escort at Foxwoods.

The most memorable calls, there was absolutely no sex involved. I would go to Foxwoods and dress up, wear gowns and heels, to sit next to a man while he was playing poker or whatever game was his fetish. And get paid just to sit there and smile and look pretty, to play the part of his girlfriend or his wife, obviously not a drug addict with track marks. I was using but not to the point where I had track marks on my arms. Here I am, this addict. I got picked up tricking on the streetcorner, and now

I'm sitting in Foxwoods with one thousand dollars in my pocket of a five-hundred-dollar dress. I would make seven thousand dollars a week.

I don't think I will ever look at sex the same again. The things that guys say to you to get what they want. They say, "I love you," and it doesn't mean a thing. Or you're told you're beautiful, and it doesn't make you feel pretty.

I did the Foxwoods thing for about a year until I got arrested on a past warrant. I did five years behind bars. Other than handcuffs, pregnancy was the only thing that ever stopped me from getting high.

I then was in a very abusive relationship. The guy would pump me full of drugs and keep me locked in a room. Normally, an addict would love that. But it was killing me. So I escaped. They put me in a domestic violence shelter. From there, I went to a sober house in Willimantic. Everybody there is high. Everybody. You go to the bathroom, and you see a girl nodded out with a needle in her arm. The shelter told me that Willimantic was a recovery town, yet I don't see any recovery. Even the people in recovery programs, it's all a façade they put on for probation or parole.

I was on methadone. I was doing good. But I was having transportation issues getting to and from the methadone clinic. I ended up missing some mandatory educational groups, and because of that they detoxed me off the program. Leaving the sober house, I was already using, so I went back to make money walking the streets. An addict can be in the middle of nowhere and will still find drugs or the place to make money. Willimantic is so small, the heroin is everywhere, no problem getting it. But the quality sucks. You've sold yourself for nothing. So now I am using, again, and therefore funding my drugs by any means necessary. Prostitution on the street, any means necessary. Morals! [laughs] Morals! [laughs] Before I started using, I remember seeing addicts selling their bodies to get high, wearing the same clothes for days, not showering. Now that very much is me.

It's crazy. When you want to get clean, you can't. Trying to get into a detox place is impossible. It's so much easier just to get high. Your body needs heroin just to function. There's nothing enjoyable about this. This life is hell. Hell. Drugs all lead to the same place. Jail. Or institutions. Or death.

Heroin is the Devil . . . the Devil . . . the Devil.

Love Letters and Language

By P.K. Willey

One of the most delightful findings in research on Charlie and Virginia Prewitt, has been their love letters to one another. Virginia had gone on from Stanton, KY, to become the first girl in all of Powell Country to attend University. For two years she was at the University of KY-Lexington. During this time, she needed to take an Organic Chemistry course offered during the summer at Transylvania University, where Charlie was both a student, and a student teacher. Charlie had started University at 16 years of age in 1934, and was now 18. Virginia was 20. It was 1936.

Among other subjects during his first year in college, Charlie studied Organic Chemistry and English. His English teacher was impressed with his level of erudition, and urged him to join the English department as a student teacher and later faculty. "You have a vocabulary of over 10,000 words!" he exhorted. It was remarkable for the student population.

Charlie leaned towards English, but, at the same time greatly enjoyed the laboratory experience he was having in Organic Chemistry which he also excelled in. To this day, Charlie loves to speak of the moment he first saw Virginia. He started the course, he looked up at the students arriving, he recalls, "A vision of loveliness walked in."

Virginia's diary indicates that she too was similarly taken with the brilliant young Chemistry Instructor. All too soon, the course was over, and Virginia headed back to Lexington, and then to Hazel Green Academy, where she was to work the next few years in several capacities simultaneously. During this time period were many trips down to Lexington and up to Hazel Green and letters flew back and forth almost with the speed of faxes. It was a different postal system then, people could rely upon the mail, and did.

Etiquette and education in the US was being socially engineered by this time, to get the population of the country on board with the goals of those profiting from big industry. Innumerable advises on social skills abounded. Many of these were geared towards shaping the views of women. One, considered an almost 'final authority' in their youth was Emily Post's Etiquette (1922). Among her many little rules to women writing letters is:

"Never, so long as you live, write a letter to a

man – no matter who he is – that you would be ashamed to see in a newspaper above your signature...Never put a single clinging tentacle into writing. Say nothing ever, that can be construed as demanding, asking, or even being eager for, his attentions!"

Their letters, written for one another's eyes only, were carefully preserved by them both. They reveal an intimacy of heart, a sureness in one another, a natural falling into the roles each were to assume in the relationship, simplicity and frankness, and at the same time a beautiful restraint and mutual respect. To study them was to awaken to thought processes that were unencumbered with the issues of our present day, as well as to become deeply impressed with the integrity of the relationship that was unfolding. Initially, they kept their engagement in 1938 a secret from the family. However, marriage was for keeps, a very big deal, tremendous thought went into it by the couple. In a loving newsy note to Charles April 3, 1940, Virginia told him:

"Tonight class at the Y, [with 3 others] and I were eating together. She asked me if you and I were engaged. You know not many people really know it. However, I saw no especial reason to keep it a secret or anything as practically everyone down there is engaged.... so I told her Yes and for two years. T.J. nearly collapsed. Said he didn't think we had know each other since last summer. ... [E.] and he have been going together since their freshman days. They admitted they were engaged. [E.] said it sure changed the outlook on life. It certainly does. I agreed with her – its certainly a wonderful change – especially when you are involved in the change."

When launching on his university career, Charles had promised his Mother he would get an advanced degree first, before marriage. This meant a long engagement. From Charles to Virginia January 7, 1940:

"...Again let me repeat what I said in the last paragraph last night. It would hurt me a great deal to lose you now, but it would be better for us both now than in the future when we had lived together than to have to part because of undue haste now. I do hope you can understand how I feel...I do not want you to feel that you have to wait for me just because of your promise. However, I hope and feel that you will."

Their letters reveal open eyes to the future, deep acceptance of one another, and a sense of responsibility to their families, society, that they would now meet as a team.

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From Insects to Ocean Life: Following the Choices of Poisons and Pollutions

By Phoebe C. Godfrey

"I'd like to get people to start blessing the water and tell them it's sacred and thank it for what it does for us. ...continue to say a prayer to the Creator to help it with our Earth Mother's blood." Grandmother Agnes Baker-Pilgram, Takelma Elder, born 1924, Oregon, USA.

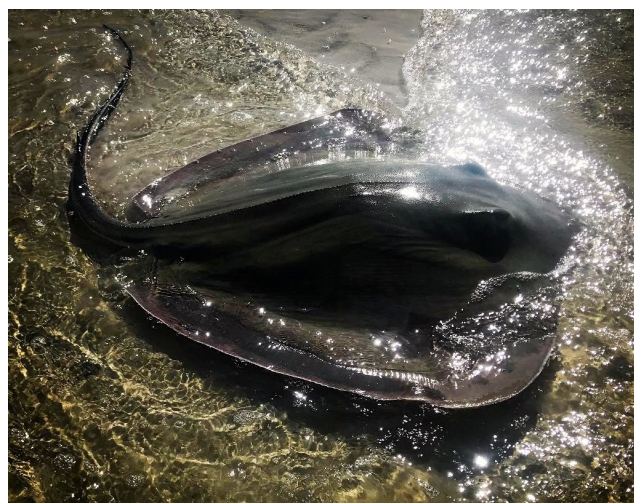
I was standing in the garden section check out line at our local Home Depot and as I looked around I realized I was surrounded by bags and containers of what is essentially poison. Every type of socially undesirable insect and plant can be legally killed in our yards / garden by applying such things as "Bug B Gone", "Weed Preventer", as well as Monsanto's (now owned by Bayer, the German multinational pharmaceutical company) infamous *Roundup*, which a judge has just ruled as liable in a cancer lawsuit (see <https://www.nytimes.com/2018/08/10/business/monsanto-roundup-cancer-trial.html>). This ruling is of course good news, but the fact remains that fueled by a mix of powerful political lobbying, a lack of environmental regulation and implementation (getting worse under President Trump), seductive marketing, consumer ignorance and lifestyle convenience our gardens, our fields, our food and our waterways are becoming increasingly toxic to our health and to the health of all beings on this living planet. A simple affirmation of this point is the significant global decline in insects that is being empirically verified (see <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0185809>) and declared highly alarming as insects are the bedrock of the world's food chain, including our own. I know from my own memories that in my childhood our car windscreen would be covered in mashed bugs, just as insect swarms would be visible at night at our outdoor lights. This is not the case anymore. Have you not observed the same changes?



I was standing on the white sands at Fort Myers Beach on the Florida Gulf Coast and as I looked around I realized I was surrounded by thousands of dead fish, brown water, toxic fumes and silence. It was an eerie, almost apocalyptic feeling to return to the home of all life on earth, the Ocean and see that it is not blue but brown and that what is coming from Her is not life but death. But it is not in fact from Her, the Ocean, but from us and what we have done to our "Earth Mother's blood". South West Florida experienced the worst ever Blue / Green and Red Tide Algae outbreak this year that as Ann Wessel, the Natural Resources Policy Director of the Sanibel-Captiva Conservation Foundation, stated "...is far from natural" (The Island Sand Paper, Aug, 10, 2018), just as the cancer experienced by the Dewayne Johnson, the cancer victim / plaintiff in the Roundup case is also 'far from natural'.

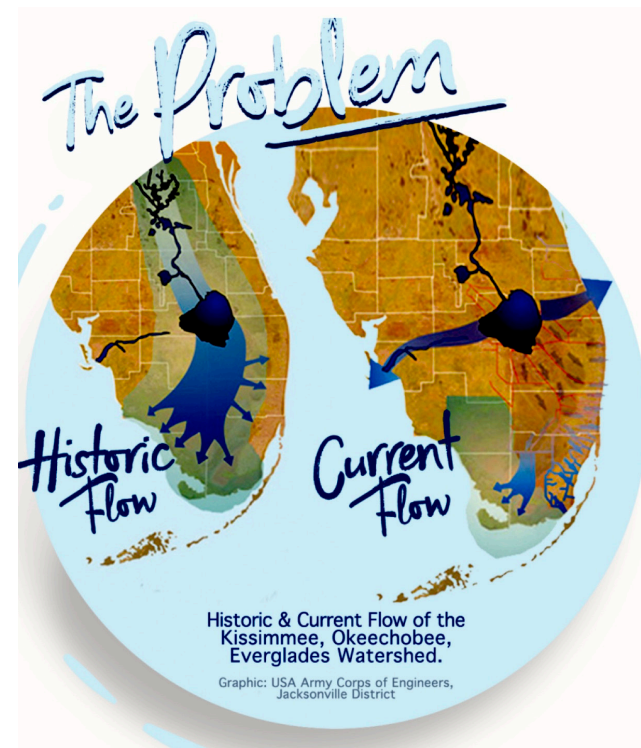
And so the waters in which I had planned to wash away the stresses from my daily life of reading, researching, and teaching about climate change, environmental destruction, inequality and oppression were in fact found to be too polluted to swim in. We did however choose to swim in them on the better days seeing it as our own way of "blessing the water" and 'telling ourselves that it is sacred and thanking it for what it does for us'.

The connection between both these experiences is clear and should be a wake up call to us all. What you put on your lawn, your garden, your skin, in your mouth, in your body and therefore how you spend your money and how you vote matters not just to you, to your family but to every living being on this planet. It matters in both direct and indirect ways and it matters today and far into the future. We must begin to take responsibility for all of our choices and all of our actions and to recognize that what is good for your health is good for the health of the planet. We cannot continue to spread poisons (actual and ideological ones such as racism, sexism, homophobia and other forms of hatred), while at the same time blaming 'mother nature' for the calamities we have wrought and / or exasperated. This is a strategy used and abused by those who financially benefit from such destructive practices, such as in the case of Florida the sugar industry (Florida Crystals) who would of course like us to believe that the Blue / Green and Red Tide Algae is natural, but so is death. Therefore, the issue is the cause of excessive outbreak



Dead stingray in the Gulf of Mexico. Phoebe Godfrey photo.

and in this case the algae is exasperated by agriculture run off in the form of nitrogen rich fertilizers that end up in Lake Okeechobee and then get diverted into the Atlantic and the Gulf. Such polluted waters should be filtered through the Everglades before reaching the seas as they once were, but more than this, such nitrogen rich fertilizers should in fact not be used at all. Yet with no political will to implement regulations, Governor Rick Scott has taken more than \$600,000 from the sugar industry, <http://www.orlandosentinel.com/opinion/os-sugar-florida-bill-nelson-rick-scott-maxwell-20180417-story.html> the problem



continues to grow, just like the algae.

Fortunately though, many are waking up and while in Florida we met those who are organizing and speaking out against Big Sugar / the Governor...etc., such as members of Captains for Clean Water (<https://captainsforcleanwater.org/>) and the South West Florida Clean Water Movement (<https://www.facebook.com/groups/SWFLcleanwater/>). We joined their Instagram sites and added our own photos of the crisis (including this one of a dead stingray we found) where people were posting 100's of photos of dead fish, dolphins, sea turtles, sand sharks and even manatees. As one caption said on a photo of a dead manatee- "Manatees are a federally and state protected species, except from Florida Politicians!" You can also join in their work or by doing your part locally – by not choosing poisons, by not buying Florida Crystals, by not supporting industrial agriculture and by supporting farmers who are doing their part to work with 'mother nature' not against Her. An inspiring example of this comes from the U.K where Isabella Tree and her husband Charlie Burrell have transformed their farm, Knepp Castle Estate, back to being a living and vibrantly diverse ecosystem as featured in her new book *Wilding: The Return of Nature to a British Farm* (see <https://www.amazon.com/Wilding-return-nature-British-farm/dp/1509805095>). And I am also happy to report that in my / our garden at 201 Summit St in Willimantic insects are thriving, as we choose not to use any poisons. This doesn't mean we don't kill some bugs and pull some weeds but I believe we strike a healthy balance between the cycles of life and those of death and in doing so we too try to be in tune with Earth Mother's way...

Our Community Calendar

Compiled By Dagmar Noll

The calendar begins here and continues through the paper. Ed.

September 1, Saturday

Community Food: Storrs Farmers Market & Community Picnic, 3:00p.m.-6:00p.m. \$8-12/meal. 4 S. Eagleville Rd, Mansfield. www.storrsfarmersmarket.org

Live Music: Ewest Street Trio/ Angelsbreath/GLP Trio/Clemydia & Maskowicz, 3:00p.m. - 6:00p.m. Free music at Willimantic Records, 75 Bridge Street, River Plaza, Willimantic. Info: www.willimanticrecords.com

September 2, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Ashford produce & more, Rt 44 Ashford.

Live Music: Eric Arn & Margaret Unknown/Glenden Merrill (So Sorry)/Tim Rowe, 3:00p.m. - 6:00p.m. Free music at Willimantic Records, 75 Bridge Street, River Plaza, Willimantic. Info: www.willimanticrecords.com

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m.

Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

September 3, Monday

History: Labor Day Strike: 19th century Luddites Protest Lost Livelihoods, 5:00p.m. Pblc welcome to join the reenactment. Windham Textile & History Museum, 411 Main St, Willimantic. Info: 860-456-2178 www.millmuseum.org

September 4, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. Scotland Town Green, Scotland. Rain location is the town grange. Info: qcwebs.com

September 5, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331
Nature: Creatures of the Night, 8:30p.m. - 10:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

sha@ct.gov

September 6, Thursday

Hiking: Long Distance Guided Hike, 10:00a.m. - 1:00p.m. Approx. 6 miles in length. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

September 7, Friday

Astronomy: Summer Sky Star Gazing, 8:00p.m.- 10:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Dance: Quiet Corner Contra Dance, 8:45p.m. - 11:00p.m. Live caller and band. No partner necessary Soft-soled shoes. Snacks welcome. Info: cannell.dm@gmail.com 860-4845204 quietcornercontradance.tripod.com

September 8, Saturday

Books: Book Sale, 8:00a.m. - 3:00p.m. Fundraiser for the Willington Public Library. 7 Ruby Road, Willington. www.willingtonpubliclibrary.org
Market: Tori Market, 9:00a.m. - 3:00p.m.

Finnish American Heritage Society, 76 N. Canterbury Road, Canterbury Info: 860-546-6671

Skill Share: Mushroom Identification with the 3 Foragers, 10:00a.m. - 12:30p.m. \$5-10. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Kids: Henry Ford Comes to Town, 1:00p.m. - 4:00p.m. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Community Food: Storrs Farmers Market, 3:00p.m.-6:00p.m. 4 S. Eagleville Rd, Mansfield. www.storrsfarmersmarket.org
Community Food: Annual Chicken BBQ, 7:00p.m. \$5-11. Hampton Congregational Church, Hampton. Tickets: 860-455-9677

September 9, 2018 Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 9/2)
Skill Share: Weaving Lessons, 1:00p.m. - 4:00p.m. \$240 + book. 8-week course. Learn to measure warp, dress the loom, weave a sampler and weave one project. Windham Textile & History Museum, 411 Main St, Willimantic. Info: 860-456-2178 www.millmuseum.org



Eastford's timed 5K and "Owen's Run" for kids are fun for everybody and help families facing medical challenges. Nicole Katkaveck photo.

Eastford 5K To Support Three Families

By Carol Davidge

For the past seven years, Eastford has come together to support families who face serious medical challenges. This year, on September 15, two races will help three families. The 7th Annual "5K We Never Stop Fighting in Loving Memory of Marilyn T. Krom" will kick off from Eastford Town Office Building at 10am, followed at 10:15am by "Owen's Run," a fun event for children age 12 and under.

Those supported this year are Lennox Brodeur, who never stops fighting pancreatic cancer, Lincoln Budd who has kidney disease and needs a transplant, and Barry Lathem. The Eastford races have raised \$30,000 for local families. Marilyn Krom assisted many Eastford families during their times of need, she was the nurse for the children's summer camp, a school aide and friend to many. Marilyn died of uterine cancer in 2009 and her son, Sean, and the Town of Eastford created the 5K in her honor.

The timed 5K race brings out people of all skills and interests - observers, competitive runners, walkers, parents pushing children in strollers, teens and members of the "Run 169 Towns Society." Numbers are assigned at the TOB at 16 Westford Road starting at 8am. Winners in all categories receive medals. Registration prior to Sep 14 is \$22; Day-of-Race Fee is \$30. For either race, register online at: runsSignup.com. Group are discounts available - contact Sean@marilyntkromfoundation.org. To register or donate by check, make check payable to The Marilyn T. Krom Foundation, and mail to: Recreation Commission, Town of Eastford, PO Box 98, Eastford, CT 06242.

Volunteers are needed. For information, contact Valerie at 860-933-8012.

Anyone with a family member suffering from chronic or critical illness knows the never-ending financial, medical and emotional challenges. The spirits of all involved are awe-inspiring.

Lennox Brodeur says she'll never stop fighting. "There's no other choice," she said, adding that Supreme Court Justice Ruth Bader Ginsberg is her hero for overcoming pancreatic cancer for the past eight years. Pancreatic cancer is sometimes called the "silent killer" because there are few symptoms. "Len went from being the energizer bunny to having no energy at Thanksgiving 2017," which led to tests and the cancer diagnosis, said husband Art Brodeur of the athlete and former physical education teacher and dean of students.

Lincoln Budd has lost one kidney to cancer, and the remaining kidney is struggling due to Chronic Renal Failure. Lincoln's son, 9-year-old Owen, has appealed for a donor (blood type B or A; anyone interested may call Azzy at Hartford Hospital 860-972-4632. Lincoln is one of Eastford's faithful, serving in the Eastford Independent Fire Co. for 30 years and always helping with children's activities and major events and fundraisers.

Barry Lathem, who has donated time and products to the race in the past, now finds all aspects of his life challenged due to cancer in his family.

Marilyn Krom gave of herself to help others. Now Eastford invites you to come and help others, too, during the 5-K and Owen's Run on September 15. No charge for cheering the runners so come if you can!

Barry

By Kevin Pratt Jr.

A friend of mine is going through a tough time. He recently was admitted to the hospital, luckily it seems to have cleared up. However, they are still running some tests on a biopsy that they took.

Barry is a man that I met almost 21 years ago because his girlfriend was my next door neighbor. Barry and his girlfriend took a long time to warm up to me because I am a disabled individual. They are very old school, meaning you did not talk to a person such as myself because you thought you were going to catch something or were not going to understand me. It took the both of them several years to warm up to me.

Once Barry learned I could carry on a conversation and understand what he was talking about, he started to change his perception of me. Once he heard I had a job and a college degree, things really began to change. He was more willing to help me when I needed it. Barry is one of those individuals, who over time you come to realize, he cares and loves people. Even though he may not always express it.

Several months ago his girlfriend was admitted St. Joseph's Living Center. I told both of them I would not abandon them. What Barry has gone through recently I would never wish on anyone. I was there every day to give him comfort and assurance that I would be there and help them get through this tough time. We all need someone in our corner. Especially if you end up in the hospital for any length of time.

A person may not always express his or her appreciation at the time, but in the end will always tell you they appreciate you being there. Everyone needs to know they're going to be safe. The littlest thing can help. Even sitting by someone's bedside. Friendship is a very crucial thing you should never take for granted. Always appreciate the people around you. Always thank the people that help. Most of all, we should always pay it forward. You never know when you may need help, or need someone to talk to, or just sit by your bedside. Always appreciate your friends and friendships along the way. I think Barry is a fantastic human being and I know he cares. As long as I'm breathing and able to move around, I will be there to help him as much as I can. I am thankful for having him as a friend.

Joshua's Trust Event

Submitted by Angelika Hansen

Saturday, September 15 at 9:30 am, Warren Church explains the history and the legends associated with the Hubbard Sanctuary in Chaplin - a moderate 2 mile hike. Dogs on leash and children welcome. Please, wear appropriate footwear. Rain date is September 22. Directions: property is located behind Chaplin Town Hall (495 Rt. 198) just north of North Bear Hill Rd. and Chaplin St. Parking is straight ahead near the fence. Register at activities@joshuastrust.org

Dear Reader-

Please consider contributing to Neighbors- Write an article about a person you admire or a local program you believe is important. Take a photo of a friend, loved one or pet. Write a poem or a piece of flash fiction. These pages would be full of press releases without submissions from local residents who care about each other and their community.

T. King, Publisher

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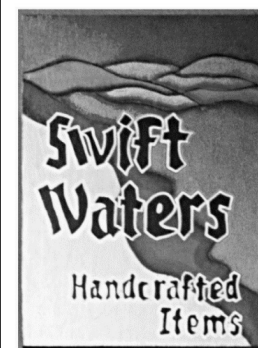
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A New Performance Season!

By EC-CHAP

We're back!

We have a great line-up of new and returning performing artists joining us for our 4th season at The Packing House! We've implemented several changes and additions based on the feedback and input we received over the last few months. Among these include offering our Film Series and targeted performances in the afternoon; providing Senior and Student discounts for all performances; and creating "Season" and "Series" Ticket Bundles at reduced rates.

Though we hope these changes will better serve your needs, EC-CHAP's recurring monthly programs will remain the same. Our "Talent Showcase" will continue to be offered on the 2nd Wednesday of the month, 7:00 p.m. (October – June); and the monthly "Social Dance" with Kelly Madenjian will continue on the 2nd Thursday of the month, 7:00 p.m. (September – May). We will also continue to schedule monthly Information Exchange Meetings to listen, exchange ideas, and share information about programming, membership, sponsorships and partnerships, and unique opportunities for cultural enrichment.

Here's a look at what's coming up. Check our website frequently for additions and schedule changes. Additional artist information, photos, sound bites, and video clips can also be found on our site: www.thepackinghouse.us.

EC-CHAP ACOUSTIC ARTIST SERIES



"Twice Around" (Folk). Saturday September 15th, 7:30pm.

Twice Around (Frank Veres & Luisa Tanno) is a modern, yet semi-throwback duo from Milford, Connecticut. Their sound could be classified as singer/songwriter with an essence of Pop and Melancholy.

The foundation of their music is acoustic guitar and vocals; often with harmonies and guitar interplay, sometimes just one guitar and one voice, raw and rich. Their latest CD "Here Before" features 12 original songs that explore the ups and downs of all matters of the heart with an optimistic perspective. We've all been "Here Before". Tickets \$15.00 Advance / \$20.00 Door.

"Lara Herscovitch with Curtis Brand" (Folk). Saturday September 29th, 7:30pm.

Lara Herscovitch is a modern American songwriter-poet-performer gem, creating masterful contemporary folk with blues, pop and jazz influences. Former Connecticut State Troubadour, she writes, sings and leads with authenticity, integrity, humor and heart, delivering performances that inspire, inform, uplift and entertain. Sound Waves Magazine described her music as "expertly written prose...



songwriting at its best... good for your ears AND your soul."

Delivered with a voice Performer Magazine called "clear and smooth like expensive liquor." Acoustic Live in New York City added, "She possesses not only a huge reservoir of musical talent and a voice with a bell-like clarity, but a keen sense of global concern and a fierce intellect... It might seem too good to be true, but true it is."

Curtis Brand's music starts with the words. In the tradition of singer songwriters like Harry Chapin, Jim Croce, and Willie Nelson, Curtis playfully jabs the listener with the existential absurdity of our everyday life. He tells tales of the human condition--the lost souls, the wounded veteran, the let down lover--and blends them with delightful ditties and love songs in a performance which not only touches the sensibilities but also lifts the spirit. Tickets \$18.00 Advance / \$22.00 Door.

EC-CHAP JAZZ SERIES

"Luke Hendon" (Gypsy Jazz). Saturday October 6th, 7:30pm.

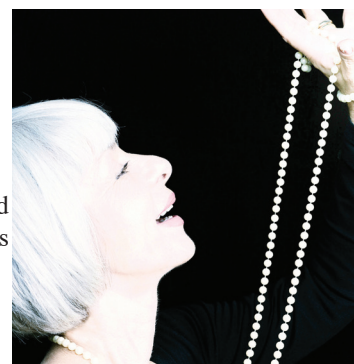
Luke Hendon has had success in the world of Django music, performing with top players from around the world. A Veteran guitarist, Luke has had many successes in his career. He has opened for legendary acts such as Al Green, Sun Ra, and Los Lobos, performed on Broadway, composed and recorded for television and film, worked with dance ensembles, cruise ships, theatre companies, and many, many bands.

Luke is among the notable guitar staff/artist instructors at the acclaimed Django in June Gypsy Jazz event held at Smith College, North Hampton, MA.

In his latest project, Silk & Steel, Luke Hendon draws from the tradition of the legendary gypsy guitar of Django Reinhardt and comes out swinging, soulful, funky, fresh, and innovative with his own project. In this stripped down acoustic setting, Luke's guitar takes center stage. "I sort of got obsessed with learning a bunch of Django Reinhardt solos note for note - which took me several years - Now I try to take the technique I gained into creating my own music!" Tickets \$20.00 Advance / \$25.00 Door.

"June Bisantz – Chet Baker Project" (Jazz). Saturday October 13th, 7:30pm.

Musician and visual artist JUNE BISANTZ has co-written and produced several collections of vocal jazz, all of which have received national attention. She has performed and recorded with a number of distinguished jazz musicians including Steve Swallow, Bob Moses, Lew Soloff, Jerry Neiwood, Mike Stern, Valery Ponomarev, Palu Brown and Will Lee. Bisantz'



music has also been celebrated in People Magazine, USA Today, Downbeat Magazine, Jazziz Magazine, and many others.

The artist's 2006 release, "Let's Fall in Love", inspired by the legendary Chet Baker, led to appearances at concerts and festivals including the Hartford International Jazz Festival, New England's renowned Litchfield Jazz Festival and a tour of Japan in 2012.

Bisantz returned to Japan in 2016 with "It's Always You", Volume 2 of the Chet Baker Project. This CD sets a 1960's jazz club mood, with familiar and obscure Baker tunes delivered in a style that is "cool and still full of emotion - just like Chet Baker." -Hans Kittlaus, Jazz Podium Magazine, Germany. Tickets \$20.00 Advance / \$25.00 Door.

EC-CHAP FILM SERIES

"Rear Window", 1954 (PG). Sunday Afternoon, September 23rd, 3:00pm

"A wheelchair-bound photographer spies on his neighbors from his apartment window convinced one of them has committed murder" (IMDb).

Rear Window is a mystery thriller directed by Alfred Hitchcock and written by John Michael Hayes. The classic film stars James Stewart, Grace Kelly, Wendell Corey, Thelma Ritter, and Raymond Burr. Nominated for 4 Oscars and ranked 42 on AFI's 100 Years... 100 Movies list. Suggested donation \$5.00.

EC-CHAP COMMUNITY OUTREACH

Fall "First Sunday at The Mill Works". Sunday, October 7th, 12:00 p.m. to 5:00 p.m.

Celebrate the beginning of fall with EC-CHAP at The Mill Works! Meet members of The Mill Works Creative Community; preview the solo show, "AS IS", by EC-CHAP Resident Artist, Rebecca Zablocki (Opening Reception Saturday October 13th); and enjoy live musical performances. Explore the Gardiner Hall Jr. History Museum, and sample refreshments typical of the mid 19th century! Visit The Packing House website for more information, detailed schedule, and free tickets. Open to the general public. Free to everyone.

TICKETS, RESERVATIONS, CANCELLATIONS AND CONTACT

Tickets for all shows and program registrations can be purchased online at www.thepackinghouse.us/upcoming or at the door. Unless otherwise specified, doors open 30-minutes prior to show time.

Table reservations and cabaret seating available. Unless specified otherwise, all performances will feature Bring Your Own Beverage & Food **"BYOB&F"**™ - wine & beer ONLY (Not applicable to Meetings and First Sunday events). Snacks and soft drinks will also be available. You can also bring your paid ticket to Willington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase. If you're feeling sassy, SPECIFICALLY ask for **"The Packing House"** pizza! You won't go wrong. Visit www.thepackinghouse.us for the secret recipe.

Program cancellations will be listed on the EC-CHAP website (www.ec-chap.org), and The Packing House website (www.thepackinghouse.us). If you're unsure, just call (518-791-9474).

Did you know that The Packing House is available to rent for your event? Whether it's a business meeting, a creative project, or a private function, we can support your needs in our historic setting. Call anytime for details.

The Packing House is located at The Mill Works, 156 River Road, Willington, CT 06279. Parking is free and located onsite and across the street. For questions, program or rental information and table reservations, please call 518-791-9474. Email EC-CHAP (info@ec-chap.org) or The Packing House (info@thepackinghouse.us).

20th Annual Downtown Country Fair

By Winky Gordon

Coming soon, to a downtown near you – a country fair! Saturday, September 29th, 10:00am to 4:00pm, Jilson Square, for the best price: free.

The first Willimantic Downtown Country Fair took place largely in the parking lot behind what is now the Windham Theater Guild. I was the one to line up which vendor was going where and to mark out the spaces on the pavement with chalk. It was a labor of love. The fair has since migrated, first to the parking lot beside its current location on Valley Street and now to the green on Jilson Square. I remember the first discussions about the fair and the idea that “the country” should not be for just those who can get out of town, but that its joy and pleasures could be brought into the city. The radical notion was that good food, original crafts, creative activities should be available to everyone, that we could bring that kind of vitality onto the streets in Willimantic. And so the Willimantic Downtown Country Fair was born, 20 years ago.

The event is free to all but you might want to bring some cash to purchase food from one of the several vendors, all local: Grounded, Not Only Juice, Pleasant Pizza, food producers from CLiCK (Commercially Licensed Cooperative Kitchen), Maharaja. Or you may want to buy a present for someone – or yourself - from one of the 50 craft vendors, all of whom are from the “Quiet Corner,” comprised of Windham, Tolland, and New London counties. The Fair will coincide with the weekly Willimantic Farmer’s Market, so you can also stock up on produce and products from area farms. You won’t leave empty handed – or bellied.

Skill Share: Apiary Series: Fall Session, 2:00p.m. - 3:30p.m. The first in a series of workwhops on beekeeping by beekeeper Dave Gilbert. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Live Music: Jazz in the Garden, 3:00p.m.m – 6:00p.m. \$50. Fundraiser for the Windham Free Library. 10 Windham Center Road, Windham. Info: 860-423-0636 www.windhamfreelibrary.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 9/2)

September 11, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. Apollo Restaurant, South Windham. Info: qcf.webs.com

September 12, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m.. (See 9/5).

September 13, Thursday

Dance: EC-CHAP Social Dance Series with Oswaldo Tirano (Latin). 7:00pm. 2nd Thursday of the month. \$10.00 at the door. Kelly Madenjian’s evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson followed by a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. The Packing House at The Mill Works, 156 River Road, Willington. www.thepackinghouse.us

September 15, Saturday

Running: Eastford 5k Cancer Benefit, 10:00a.m. \$22-30. Register on-line:

aratrice.com or racemine.com. Eastford Town Office Building, 16 Westford Rd, Eastford. Info: 860-933-8012

Community Food: Storrs Farmers Market, 3:00p.m.-6:00p.m. (See 9/8).

History: Museum Lyceum: “The Brass Valley, The Fall of an American Industry”, 4:00p.m. Donations welcome. Windham Textile & History Museum, 411 Main St, Willimantic. Info: 860-456-2178 www.millmuseum.org

Live Music: “Twice Around in Concert (Folk) 7:00pm. A\$15-\$20. Acoustic Artist Series. The Packing House at The Mill Works, 156 River Road. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Reservations: 518-791-9474. www.thepackinghouse.us

September 16, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 9/2)

Nature: Pond Life: A Presentation about Connecticut’s Ponds, 2:00p.m. - 3:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Live Music: Christine Lavin & Jacob Haller, 4:00p.m. \$25. Bread Box Folk Theater, St. Paul’s, 220 Valley Street, Willimantic. Tickets: 860-429-4220 www.breadboxfolk.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 9/2)

September 18, Tuesday

Kids: Goodwin Homeschool Series: Invasive Plants, 10:00a.m. - 12:00p.m. Children must be accompanied by an adult. Goodwin Forest Conservation Education Center, 23 Potter Road,

The band line-up crosses several genres: Echo Uganda, Quiet Corner Fiddlers, Bentetu, Dutch Tulips, Sarah Lou Richards with John Clark. Stay the day and you’ll hear traditional music from Uganda, fiddlers fiddling, a Latin band, fuzz-rock, alt country. Young and talented Emma Smith will lead story telling as she did last year. There will be activities for kids. And there will again be an opportunity to join in the easy-to-learn circle dance to the song “Willimantic, USA.” You can sing along as well. Bet you didn’t know there was such a song. There really is, sung by the Yankee Nutmegers in 1956. Look it up on YouTube if you don’t believe me.



Johnny Walker pushes Violet Andrews on the horse he made for Children’s Games at the Willimantic Food Co-op’s Downtown Country Fair.

Randy McMahon photo.

for months. Fair attendees can also learn about the benefit of repairing “stuff” rather than throwing it away when it doesn’t work perfectly. The Repair Café – an ongoing project that helps people learn to fix their “stuff” when it’s broken- will be on hand, with a community sewing project.

The Downtown Country Fair takes place the same day as the RiverFest, sponsored by the Willimantic White-water Partnership (details on their facebook page). Paddle from Eagleville to Willimantic and then hop on over to the Country Fair – a full day of adventure, fun, and community. Don’t miss out!

This year the Willimantic Food Co-op, sponsor of the Fair, is especially emphasizing the importance of waste reduction and of recycling. Food vendors will be serving on compostable food ware. And in light of China’s ban on several kinds of plastic it used to purchase for recycle, the Co-op will be providing metal utensils that they have been collecting

Hampton. Register: 860-455-9534 jasper.sha@ct.gov

September 19, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m.. (See 9/5).

September 20, Thursday

Festival: 3rd Thursday Street Festival, 6:00p.m. - 9:00p.m. Main Street, Willimantic closes for food, music and fun! Info: www.willimanticstreetfest.com

Arts: “EC-CHAP Information Exchange Meeting”. 7:00pm. Eastern CT Center for History, Art, and Performance (EC-CHAP). The Packing House at The Mill Works, 156 River Road, Willington Interactive exchange of ideas. Discuss EC-CHAP mission, membership, program and support opportunities; solicit feedback. Refreshments provided. Information: 518-791-9474. www.ec-chap.org

September 22, Saturday

Skill Share: Gardeners Roundtable, 10:00a.m. - 11:30a.m. Workshop for experienced gardeners to share best practices and pitfalls. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Nature: Songbird Behavior in Connecticut, 2:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Community Food: Storrs Farmers Market, 3:00p.m.-6:00p.m. (See 9/8).

Poetry: Augur, by Jon Andersen, book launch reading, 7:00p.m. Mansfield Public Library, 54 Warrenville Rd, Mansfield. Info: sompsing@gmail.com



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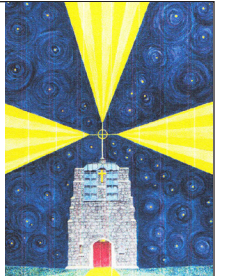
Car Cruise Nights



Last Thursday of the month
May through September, 5-8pm
Midway Restaurant on Rt. 44 in Ashford
Please bring a non-perishable food item for the Ashford Food Bank
Cruisin’ Music Provided by the ‘PO’M’ Oldies
Presented by the Ashford Business Association

Saint Paul’s Episcopal Church

220 Valley Street, Willimantic, CT
Rev. Jaclyn Sheldon,
Eucharistic Celebrant



Weekly Happenings -

Sun: 8:15am – Worship & Bible Service

9:30am – Celebration of Holy Eucharist

Fri: Street Yoga in St. Paul’s Community Room 9:30am

Fri: Bible Study in the Soup Kitchen 10:45am

Fri: Spiritual Growth Group @ 1pm

Every 2nd & 4th Sunday – Community Breakfast served following 9:30 service

All are welcome. Come worship the Lord with us!

Listen to Rev. Sheldon’s pre-recorded Sunday service on WILI-AM 1400 @ 9:05 Sunday morning. Also on WILI website. Soon to be on church’s website and FB page.

860-423-8455 www.stpaulswillimantic.org

Quiet Corner Fiddlers



Join us for QCF playing out dates:

Tuesday September 4th, 7pm
Scotland town green. Rain: Grange Hall
Tuesday September 11th, 7pm
Apollo Restaurant, Rt. 32, So. Windham

Fiddlers of all skill levels always welcome at our sessions every Tuesday evening 7-8:30PM

Info Bernie: b.schreiber@snet.net

QVCC's Jon Andersen Publishes Second Book of Poetry

Augur wins David Martinson-Meadowhawk Prize

By Molly Tricomi, Connecticut Writing Project Writing Intern

Poet and professor Jon Andersen took time out of his day to discuss his recently published book of poems. *Augur* is Andersen's second full-length book, and has been chosen as the recipient of the David Martinson-Meadowhawk Prize. <http://qvcc.edu/faculty-members-new-poetry-book-honored/>.

Congratulations, first of all, on your publication of *Augur*. Can you tell me about what inspired you to write this book of poems?

I try to let as much as possible inspire poems: love, rage, joy, curiosity. The poems are also inspired by my late father, my mother, brother, wife, sons, teachers, and students. And they're inspired by sense of a world quirks of language, environmental activists in Central America, war-torn landscapes, camping trips, basketball, and lawn fungus. My process involves writing a lot of poetry over time and then looking at what is emerging in those poems as potential connective tissue. It's illuminating and sometimes startling to look back on what I've written and discover themes that I did not necessarily intend. What really struck me when I started to look at the work collected in this book was how in so many of the poems, even the very personal ones, I was trying to make sense of a world increasingly complicated by social forces that are not necessarily apparent. The augurs of ancient Rome were seers, charged with reading natural signs to make decisions about courses of action. I realized that a lot of what I was doing, was, metaphorically speaking, trying to read the signs. Once I had that idea, once I knew I was creating a collection called *Augur*, I began to write poems with this metaphor in mind, and wrote towards the "holes" — topics that I needed to address but hadn't yet.

There is a UConn connection here, too. The poet James Scully, who is a UConn alum and a Professor Emeritus from the English Department, as well as a very important teacher for both me and my wife, Denise

Abercrombie, wrote not so long ago about a couplet from William Blake's "*Auguries of Innocence*": "We are led to Believe a Lie/ When we see not Thro the Eye." Scully noted that Blake was telling us to look beyond mere surface appearances to really take in context and deeper meaning. When we just go with first or easy impressions in making a judgement about a personal action or a political cause, we are in danger of not really understanding what the heck is going on, and may end up victims or unwitting accomplices. It felt meaningful to reconnect with the ideas of an old teacher this way in the book.

Congratulations on winning the David Martinson-Meadowhawk Prize! How will publishing with Red Dragonfly Press affect your career as a writer?

Thank you! I don't know about my career as a writer, but I feel fortunate to have found a press that really cares about the work. Scott King, the founder and publisher, takes bookmaking and publishing seriously; he wants artifacts that do justice to the words of the authors. Also, there is a whole community of authors from the press, so I feel lucky. I am not just some client and the book is not some disconnected product or subject of marketing. I was trying to make increasingly complicated by social forces that are not necessarily apparent.

What are your hopes for your writing in the future?

My biggest hope is that I keep learning and improving for as long as I can. I feel as if I expanded my range a bit further in this book, writing in modes and forms that I didn't have facility with before. The Connecticut Writing Project premise of "teacher as writer" will continue to be important for me. As a teacher of writing, I always want to be a student of writing. Kurt Vonnegut wrote that "to practice any art, no matter how well or badly, is a way to make your soul grow." So, if nothing else, maybe if I keep writing I can grow my soul a little.

What have you learned through your years of experience in writing?

I couldn't even begin to catalog everything I've learned about myself and about the world through writing. Meaningful writing is not just a matter of recording, or even accurately conveying, an idea or an experience; it's a way of finding out and a way of generating new understandings and experiences. Writing itself is an experience. The old writing advice "write what you know" can be misunderstood as meaning "only write about what you have experienced." The advice is also an imperative to know! To find out about ideas, beliefs, realities beyond the ones you've already happened to run across in your necessarily limited life.

Crymunintlees

Two mornings after declaring, glass of wine raised in firelight, that I would not write any more poems about my father, I slide open the barn door, squat down to replace the three-decade-worn tines of the Troy-Bilt M8, the 8 for eight horsepower, he bought with I still don't know what money. I tilt the tiller forward. It looks bowed in prayer. Each tine, hardened steel, hooked right or left like the business end of a scythe, comes off with the loosening of two bolts, falls and clatters, ringing briefly on the ground. I think I'll remember but quickly lose the tricky offset pattern—sixteen blades in four opposing gangs of four, pointing toward and away from each other by turns: by the time I have them all replaced, locknuts cranked down hard, anticipating years, the stall is filled with sun, and the new tines gleam. I groan to stand, and exclaim unthinkingly, crymunintlees, startling myself with a word my father used to say, its exact meaning I never thought to ask

From *Augur* (Red Dragonfly Press, 2018). Originally published as "Crymunintlees" in *Here: A Poetry Journal* Vol. 1 No. 1 Fall 2016



Jon Andersen

Contributed photo.

Lebanon's 52nd Outdoor Antique Show



Submitted by Grace Sayles

It's a tradition - fall colors, antiques, chowder and pie all enjoyed outside on the Lebanon Green as the Lebanon Historical Society celebrates 52 years of its outdoor antique show.

For more than half a century, rain or shine, antique dealers and collectors gather on the Green in Lebanon, CT. Once a common sight in Connecticut towns, outdoor antique shows are now almost gone from the landscape. The show on the Lebanon Green offers a bit of nostalgia for everyone. Now in its 52nd year, the Lebanon Historical Society's Outdoor Antique Show is open 9:00 to 3:00 on Saturday, September 29th 2018.

Up to 60 dealers will offer antiques and high-quality collectibles to buyers who come from around the state and through-out southern New England. The event started in 1966 as a money-making effort to fund Society programs and, eventually, to help

pay for the land needed to build a Museum. Today, the Antique Show is still the Historical Society's largest and most important fund raising event with proceeds supporting school programs, exhibits and historical presentations.

Some dealers have been participating for many years, but new-to-the-field dealers are added every year. Visitors can expect to find everything from 19th century furniture to vintage tools and from traditional pottery to textiles, glassware and jewelry. For the \$5 admission fee visitors can spend the day wandering the field, talking with dealers and finding a bargain. Lunch and snacks are available for purchase all day including home-made chowders, sandwiches as well as grilled burgers and dogs and end it all with a slice or two of home-made pie! Parking is free.

For more information contact the Lebanon Historical Society 860-642-6579 / museum@historyoflebanon.org or visit us on the web at www.historyoflebanon.org.

September 23, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 9/2)

History: Trip to the Boston Freedom Trail, 8am-evening. Guided tour and more in Boston. Sponsored by the Mill Museum, 411 Main St., Willimantic. Tickets: 860-456-2178

Film: "Rear Window", 2:30. \$5. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$12.00 online / \$15.00 door. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/upcoming

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 9/2)

September 26, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m.. (See 9/5).

September 28, Friday

Books: Used Book Sale, First Choice Friday, 7:00p.m.-9:00p.m. \$5 admissions. Fundraiser for the Jonathan Trumbull Library. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763 www.lebanonctlibrary.org

September 29, Saturday

Books: Used Book Sale, 9:00a.m.-3:00p.m. No admission. Fundraiser for the Jonathan Trumbull Library. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763 www.lebanonctlibrary.org
Festival: Willimantic Downtown Country Fair, 10:00a.m. - 4:00p.m. Music, food, local craft vendors, children's activities.

Jillson Square, Willimantic. Info: www.willimanticfood.coop

Festival: Riverfest 2018, 9:00a.m. - 12:00p.m. Paddle the Willimantic River, tour the river, join a scavenger hunt. Info: www.willimanticwhitewater.org

Community Food: Storrs Farmers Market, 3:00p.m.-6:00p.m. (See 9/8).

History: Nightmare on Main: Hauntings: Unearthly Tales of Connecticut's Past, arrive between 7:00p.m. - 9:30p.m. \$10. Tour and performances about the history of haunted places in CT. Windham Textile & History Museum, 411 Main St, Willimantic. Info: 860-456-2178 www.millmuseum.org

Live Music: Lara Herscovitch with Curtis Band (Folk) 7:00pm. A\$15-\$20. Acoustic Artist Series. The Packing House at The Mill Works, 156 River Road. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Reservations: 518-791-9474. www.thepackinghouse.us

September 30, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 9/2)

Books: Used Book Sale, Books by the Bagful, 9:00a.m.-3:00p.m. No admission. Fundraiser for the Jonathan Trumbull Library. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763 www.lebanonctlibrary.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 9/2)

History: Nightmare on Main: Hauntings: Unearthly Tales of Connecticut's Past, arrive between 7:00p.m. - 9:30p.m. (See 9/29).

The Illusion of Neutrality and the Price of Choice

By Josue Lopez

In the previous article, I asserted that our formal educational system is guided by market principles that constrain not only what we perceive as a quality education, but also constrains the very experiences students have in the act of teaching and learning. I spoke more generally in Part-I in order to connect freedom, choice, and education. Now, I will focus more on the role of market values in our schools.

Returning to the K-12 classroom, we find that the logic of the market pervades our educational system. From standardized testing that reduces students to a number on a spreadsheet to teacher evaluation systems that reduce instruction to mere mechanics rather than the humanistic vocation that it truly is, 'accountability' measures derived from business practices would measure the work done in a classroom between a teacher and their students similar to the way it would measure the stock market. Furthermore, the narrative of rugged individualism, expecting that one pull themselves up by their bootstraps, continues to suggest that those accountable or at fault for a poor education are individuals (i.e. 'lazy' administrators, teachers, parents, students) and not the very systems that are in place, and especially not the ideologies and market values from which these systems originate.

It is here that I want to engage with teaching as an act of confronting freedom. As a classroom teacher, I felt the pressure to provide the best quality education to my students. I myself was born in the United States to parents that emigrated from Honduras. I struggled with learning English as a child and spent a long time doubting my intellectual abilities. The many similarities between the educational experiences of my students and my own motivated me to continue searching for something that would best support my students. The policies in the district at the time I began working were consistent with everything that we know does not work: limited native language instruction and a focus on English immersion, little to no support for undocumented students and families, and struggle with zero-tolerance policies rather than restorative justice practices, to name a few. It is important here that I stop and say that there were individuals fighting (and still fighting in the present) for educational equity in the district, but they are the exception to the rule. Consistent with intellectuals like Frantz Fanon, I believe a broken system must be examined similar to the way a damaged body is examined. If I have a broken foot, it does not make sense for the doctor to tell me not to worry because my hands are alright. At that moment, we must address the broken foot. While recognizing the functional hands of our educational system, we must also address the unstable foundations due to, at the very least, a broken foot.

Confronting freedom in this teaching context meant that I could not remain in bad faith and accept the excuse that 'this is just the way things are' or 'these are the expectations from the district' or 'What can I say? These are the expectations from the State' or 'if we just get it done, it will be out of the way and we can worry about it next year.' Confronting freedom for me meant that I had to look at the full range of my choices given my own situation. This often meant utilizing teaching strategies that contradicted the expectations in the district: developing literacy skills in a student's native language, organizing parents to advocate for bilingual education, or having students engage in projects where they advocated for their needs as well as directly challenged the dehumanizing educational conditions which they faced.

Without getting into great detail, there were various moments where I found myself before an administrator and had to explain what I was doing and why I did it. Here, I want to note that I believe all these administrators worked with best intentions. However, I also believe that they accepted in bad faith the idea that 'this is just the way things are' and, as administrators, were more invested in appearing that their house was in order rather than challenging the State and larger societal inequities that impact our students. To me, it seemed illogical to function with the illusion of neutrality, particularly when I knew firsthand that this educational system is far from neutral and could see its impact on my students.

Radically confronting the illusion of neutrality (i.e. recognizing that our educational system is built upon market principles that expect a certain amount of 'winners' and 'losers'), and confronting my freedom (responsibility to make choices that support my students and avoiding fatalistic thinking like 'this is just how things are'), I could not continue to work in a space where the majority of individuals believe that if students just acted differently, everything would be better. The overemphasis on agency at the expense of analyzing societal inequities and our responsi-

bility to challenge these inequities chipped away at my belief that K-12 education was an essential good for students. There were a number of professional development sessions teachers sat in where we tried to learn the next new trick to increase student learning (and ultimately their performance on standardized testing), but there was not a single session where we ever discussed what we could to change the social inequities that pervade our educational system or challenge educational policies at the State or Federal level that impact our students. Demanding our students work harder would, at best, be a band-aid to a broken system if they listened and, at worst, students would resist and would uphold every stereotype of the lazy Student of Color some teachers already had.

When I taught high school, I threw myself into my work at the expense of my own personal development and responsibilities to those around me. I made the 'correct' moves and prepared engaging and culturally-sustaining lesson plans. I coached and spent time building relationships with students outside of school. I supported undocumented students and families that had to attend immigration court. I connected with the families of students to coordinate student support between the home and classroom. I pushed students with a rigorous academic pacing that resulted in students sending me their final 10-page papers via email at 2AM in order to make the deadline. I remember the night I received these papers and the desire I had to cry. These were not tears of joy, however, but from a profound sadness. These university-level essays were written in Spanish by students that were recently arrived to the United States. They would not even be able to enroll in community college courses for credit, let alone attend a four-year university or an institution like Yale or Harvard, because of their developing English proficiency. Education and preparation knows only one language in this country and that is English. Everything else is extra or dispensable. English is the valued language, and often learning other languages are justified through one's ability to make money (i.e. if you are bilingual, you have a better chance of getting a job, are a more competitive applicant, etc.). The focus is not placed on teaching and learning, but on the acquisition of particular skills that you can perform in English. Is this monolingual educational experience the best that we can provide? I stepped on the gas pedal and pushed students like the district desired. I did not realize we were driving in circles until it was too late.

This was not a system I could participate in. It seems almost too coincidental to discuss market values in educational systems and the price of choice when responsibly confronting freedom. There was a night in my final year of teaching in the district where I had a great amount of trouble falling asleep. It was not easy to enter the school building and feel an almost confrontational relationship with some colleagues, but the students and families I had the privilege of working with more than motivated me to give my best daily. On this night of sleeplessness, I recognized that I could not continue to accept a paycheck when we are promising students something educationally that we cannot deliver: that if they just work hard enough, they will be able to get whatever job they want, make a lot of money, and make all their dreams come true.

Though it so happens to be that the 'price' of choice in this case literally meant a loss of income, it also means much more than that. Educators in our educational institutions hold an almost sacred position: Yes, they are

teachers, but they are also coaches, therapists, role models, motivational speakers, and providers of love and kindness. In short, educators and students form a family. By removing myself from the K-12 educational system, I removed myself from a family. Though there is too much to say about this in this article, there is still a sensation of absence that I struggle to understand.

In my own negotiation with freedom and the illusion of neutrality in our educational system, I chose to remove myself from the classroom. Some educators do not engage in these conversations. Others do, but come to different conclusions. Now, I am a doctoral student pursuing a degree in Education. Though a slightly ironic decision to study education more in-depth, I believe that I am asking a different question than many in education. I am not invested in determining how we can best teach our student a particular set of skills, but rather how we can (re) imagine and (re)construct an educational system that does something better than make good workers. I do not intend this article to be anti-educational, but I do seek to introduce some critical questions that call into question the purpose of education and our roles as educators within educational institutions. So I ask: Does our educational system- and the narratives of agency and hard work we attach to it- make an empty promise to our students, particularly those in low-income and Communities of Color? If this is so, what does it look like for educators to choose something radically different? In other words, what is our relationship to freedom and choice as we confront the illusion of neutrality in education?



Love Animals?
Come Volunteer at the Sanctuary!

Each week, dozens of volunteers from all over Connecticut assist us in providing care to the deserving animals at our Sanctuary in Ashford. We hope you will consider getting involved as a Sanctuary volunteer.

Visit our OurCompanions.org for full job descriptions and volunteer requirements or call us at 860-242-9999.



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ON MAIN STREET
NO ADMISSION FEE!
FREE PARKING!

AGRICULTURE CONTESTS
HAY RIDES
Book/Bake Sale
LIVE MUSIC! Folk & Bluegrass
FOOD! Some good cookin' from the Fire Department, and others!

GAMES EXHIBITS VENDORS TAG SALE Photo Contest
Family Country Dance

Saturday, Sept. 29 9-3
More Info: HAMPTONCT.ORG
DON'T YOU DARE MISS IT!

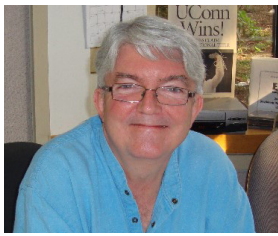


Mansfield Lions Club
SEPT 30, 2018
12-6 PM FALL FESTIVAL
Free Admission

Chicken Barbecue
CRAFTS FAIR ARTS
WELLNESS FAIR
SNACK CLASSIC
BAR CAR SHOW
HOLIDAY RECREATION CENTER
41 Chaffeeville Rd, Mansfield

Community Media and Regional Arts

By John Murphy



Greetings everyone, I hope our summer treated you well and that you are looking forward to the colors of fall—but only after a nice Indian Summer! I confess I love the warmth and extra daylight, just call me a tropical Irishman in the wrong hemisphere...

I enjoy sharing news and information with you each month about local independent media producers and their programs on the various channels we have—broadcast, cable, phone or online. I hope you feel the same! Something new is coming to this column and I am looking for comments and suggestions on the change.

With this issue I mark an expansion of my column and coverage much more deeply into our regional arts scene. It is growing and rich in creativity with diversity of form and presentation. The Quiet Corner is getting a little noisier—and I think it is a sign of Life!

With the grand opening of the new Shaboo Stage at Jillson Square on August 3, 2018, a truly historic night for Willimantic (I was there!), the spirit of that great club finally found a permanent home that will serve our community in many ways for years to come. It will be a genuine economic driver and cultural engine for this region and I know this very special space will serve a wide range of people and groups. We are blessed to have it—may the adventures begin!

Speaking of adventures, I am beginning a new one on September 1, 2018 when I expand my present role at Windham Arts from Program Director to Executive Director. It will continue to be a part-time position until more resources are generated to support increased staffing. I look forward to this challenge as an opportunity.

In addition to regular weekly communications my priorities for the fall-winter period in this new role will be (1) to expand and diversify community participation in planning for programs and arts services, and (2) to complete the rest of the organizational and operational transition from operating as an arts group with a membership and gallery space based in Willimantic (known as the Windham Area Arts Collaborative) to becoming Windham Arts, one of nine state-designated regional arts service organizations with a 34-town service area.

I am working with board members this month to define an action plan for my transition and connect our organization more frequently and deeply with everyone in this wonderful community. I will have much more detail next month but for now below is a Connecticut Office of the Arts (COA) description of the role and purpose of RSOs in our state:

Windham ARTS—one of nine Designated Region Service Organizations

Through strategic partnerships with the State, the Connecticut Office of the Arts (COA) makes every effort to enhance their ability to serve constituent needs, help to promote, strengthen and expand the cultural resources in their communities, and form arts and cross-sector relationships as an effective vehicle for change.

To support the state's creative economy and provide cultural leadership to a broad diversity of regional constituents, Designated Regional Service Organizations assist the COA to:

- Develop and sustain industry and cross sector relationships/convene constituents to assess need
- Provide coordinated marketing, technical assistance, advocacy and other relevant services and programs
- Support specific COA programs and services

Windham Arts covers the towns of Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Griswold, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Mansfield, Montville, North Stonington, Norwich, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Stafford, Sterling, Thompson, Tolland, Union, Voluntown, Willington, Windham, and Woodstock. (36 total)

More information: www.windhamarts.org

I am happy to report that I will continue my weekly program on WILI Radio in Willimantic at 1400 AM and 95.3 FM. Wednesdays between 5-6 pm. I assumed responsibility for the program last June 2017 and I have enjoyed sharing the studio microphones with so many great people and organizations. More to come!

The Windham Arts Radio Review is a window to the arts community in our region and a door that is open

for your personal participation. Send email with your flyers and releases for mentioning in the calendar segment, and we can also arrange an interview when the timing is optimal.

Create the Vote CT is a nonpartisan public education campaign to raise awareness and support for the arts among voters and candidates running for public office. Website: <https://ctartsalliance.org/> A release below:

This campaign was established by arts, cultural, and creative institutions and leaders. Organizations, businesses, and individuals are welcome to join the effort to raise arts and culture in the conversation around elections.

GOALS

Educate candidates about arts and culture

Educate voters about arts and culture

Tell the story of arts and culture and the impact we have on the state

Strengthen the creative community in the state

DID YOU KNOW?

ARTS DRIVE THE ECONOMY: Connecticut's non-profit creative sector supports 23,000 jobs and generates \$800 million annually

ARTS EDUCATE: Arts education increases academic achievement across all academic disciplines

ARTS BUILD COMMUNITY: Arts and culture enhance community development; spur urban renewal; attract new businesses; draw tourism dollars; and create an environment that attracts skilled, educated workers and builds our third millennium workforce

HOW CAN YOU HELP?

Join our mailing list to receive Create the Vote CT news, information, and updates

Follow us on Facebook or Twitter and use hashtag #CreateTheVoteCT

Use your Arts Voice to ask candidates questions about arts, culture, and creativity at events or on social media

Department of Economic and Community Development Programs: Good to Great Grant Program

The Good to Great grant program provides funding for Capital Projects that link art, history and tourism in ways that enable cultural and historical sites to enhance the visitors' experience. This funding is targeted for small to medium-sized cultural organizations with an average annual income of \$500,000 or less and which have received limited state funding in the recent past.

The Department of Economic and Community Development seeks applications which look beyond basic facilities repair or expansion to projects that tell the stories of our cultural and historic sites in engaging, meaningful, and relevant ways. We are prioritizing funding for collaborative projects that demonstrate a clear vision of how individual sites and organizations can effectively tie together local, regional or statewide cultural assets.

ELIGIBLE APPLICANTS

An applicant must be a Connecticut 501(c)(3) or 501(c)(13) organization that owns, operates and/or sponsors a cultural venue or historic site in Connecticut with an average annual income of \$500,000 or less.

INELIGIBLE: Municipalities, Previous recipients of a Good to Great grant

FUNDING: Grants range between \$50,000 - \$150,000 and required a 25% cash match.

FUNDING PERIOD: Grantees will have two (2) years from date of grant contract to complete the funded project.

GUIDELINES:

http://www.ct.gov/cct/lib/cct/G2G_Guidelines_FINAL.pdf

APPLICATION DEADLINE

on or before 11:59 pm, October 1, 2018

HOW TO APPLY

All applications must be submitted through an online portal at <https://coa.fluidreview.com>. Instructions on how to apply can be found on Page 5 & 6 of the guidelines.

So that's it for this issue. Thanks for reading and for sharing any ideas or comments.

John Murphy
john@windhamarts.org

A New Revolution in Music

Back to School

By William Rood Jr.

As I'm writing this "back to school special" I have just received news that the school where I teach has had a massive fire. Most of the building has been damaged by smoke, soot and water. We are so very fortunate that no one was in the building when it happened. However, the damage is so widespread that we won't be going back to school in the usual sense as they are finding a different building to house us. While counting my blessings, I can't help but reflect on what really makes a school. The school isn't the building. The school is the people: the children who are eager to learn, the teachers who truly make a difference as they teach and all of the staff who work so incredibly hard. Truthfully, I'm so shocked by this news that I've really been at a loss for words and it has been very difficult to write. What I'm trying to say is - school is opportunity.

If you are a parent or grandparent then some children you know are headed back to school this fall and hopefully they are fortunate enough to be in a school that values the arts as an integral part of a young person's education. Please make sure they take advantage of their opportunities in music! Being a member of the school chorus, band or orchestra can be such a rewarding experience and children can learn so much more than just music from these activities.

Those who study music can show improvements in: self-discipline, teamwork, independence, language and reasoning skills, listening skills, memorization, coordination, mathematical and spatial intelligence, pattern recognition, creative thought, emotional development and more. There is much written about the improvement of test scores thanks to the study of music. Yet, as much as we want listening to classical music to be a "magic pill" that improves scores on math tests, it is really the direct participation and intentional study of music that results in those significant gains. Increased sense of responsibility, better engagement in school and higher graduation rates are also part of the exhaustive list of non-musical benefits to the study of music.

It is more difficult to express the less tangible benefits of music education but once one has experienced the aesthetics, heightened imagination, the creativity or the calming effects of music then the understanding is there. Music has true therapeutic properties but if you've ever been in the house with a beginning trumpet player you quickly realize that: 1. Instrumentalists may need to reach a certain level of technique before this is true. 2. It may be best if the child were experiencing trumpet nirvana outside. 3. Your neighbors might not like you quite as much as they used to.

Nevertheless, if you have a child in your life who is lucky enough to have beginning instrumental lessons don't let them quit. As with anything that requires practice and the development of skills there will be great growth, long plateaus and even occasional valleys. Take care when choosing and then have your child commit to that one instrument if at all possible. Our popular culture tends to glorify those "naturally talented" individuals who can miraculously play every instrument and sing any style of music - all without ever taking a single lesson! As wonderful as that may seem it is rarely true. In my experience hard work is far more important than talent; I have seen a number of young people who switched instruments so many times that in the end they were at the novice level for almost every instrument known to man.

Encourage your student to become proficient at one instrument and learn as much as possible about music while doing so. Adding more musical instruments to the collection will be easier later on. Each individual has certain physical characteristics that may make them more suited to one instrument over another. Early in the process a teacher can help students try out a few different ones to find the best fit. Of course, for some children who are really inspired, it is fine to study voice, piano, guitar and a string, wind or percussion instrument simultaneously so long as it doesn't become a "chore" or source of grief for the family. The main point is: Do not switch instruments over and over again. The child will fall farther and farther behind which will lessen their self-confidence and pride.

Consider private lessons at the music store, university or community center. One on one time with a specialist on that specific instrument or voice can really be of value. If a school music teacher suggests private lessons this is often meant as a compliment for the very best students but it can be quite useful for the absolute beginner as well. To reach those highest levels of music performance the private lessons and coaching are a necessity.

continued on next page

A love story. Part one.

Discovering the Connection

Almost 5 years ago now, I was sitting outside on the steps of my best friend's porch. Or she used to be my best friend. I had not listened to my mother when she told me that moving in with your best friend would be a mistake. It turned out that like most mothers, she had made a point I did not want to admit to. So sitting on the porch I put my face in my hands wondering where I was going to live next, knowing my options were minimal. Then my phone beeped. It was my dad with a simple text, "A woman in Ashford is looking to start a bed and breakfast in exchange for room and board...interested? I replied, "Yes."

I did not think about what it meant, what I would have to do, what I actually could do for her; to me at the moment it meant a place to stay.

The woman and I exchanged a few emails trying to figure out a time to meet. That same week a friend got me an interview at Whole Foods Market in West Hartford. Now I had a new job and was about to find out if I had a place to live.

The woman lived right on 44, three miles past where I had grown up as a child. Like several small town girls desperately looking for something else, I had booked it to the West Coast one day after my high school graduation from E.O. Smith. My mom lived in Washington state at the time and all I wanted to do was spend time with her while experiencing the college life in a urban setting. That was six years ago, six years away from Ashford, six years away from the small town that never seemed to change. On a Tuesday afternoon 6 years later, however, I found myself back here, back on 44 past Dunkin, past the Babcock library, and past the places I said I never wanted to see again because they hadn't changed and I feared I hadn't changed either.

I slowed my car preparing to turn where the GPS directed me...and found myself climbing a rocky driveway with a beautiful rusty red old but sturdy looking home to my left. "So much green," I thought, "Even in the fall, so many plants and bushes" Several rock walls served as framework, protecting the land, the house. Getting out of the car I saw the barn more closely, huge and historic, red like the house, and I found myself gathering thoughts in my head, "This is real, I want to know more."

I walked the stone path to the front door and knocked. The woman who answered was older than I thought she would be, but honestly I had not thought about it that much. She spoke slowly but with vigor. She got straight to the point with everything, we did not sit first, instead I got a tour of the house. That I was in a old house, a unique home, was evident, but as each moment passed, with her pointing out the American chestnut floors, hand sawn wall boards, the original iron work, I became joyous that she was telling me and only me. I realized that this was my opportunity. As we went up to the third floor she shifted the conversation to what some of my responsibilities would be. The space was a roomy attic, big enough for me to stand upright in it, although not too many other people could.

She pointed out the bed frame that was nearing completion, it was against the wall right underneath a sky light; I would be falling asleep underneath the stars. I felt comfortable being in that space and at ease as I looked

around the large space with the sloping walls. Walking back down to the living room, I could no longer hear her voice, only my own telling me, "Do not mess this up"

As we sat in the living room, I handed her a three page tangled and slightly desperate resume. I knew very little about starting a business; most of my experience with the business world had only come from college with minimal real world time. So like most I began to ramble until she raised her hand and said, "that sounds good."

I told her I could assist with almost anything, which I believed to be the closest thing to the truth. I was not saying that I didn't know how to do something, while at the same time telling her that I would put all of my energy into anything she threw my way.

So we looked at each other and she said, "Are you interested?"

I said, "I'll try my best."

I moved in the next day. The first year we worked on the house, scraping, painting, sledgehammering the old and putting in the new bathroom, then shopping and decorating. The second year was about the land, the landscape, the farm she wanted, the permaculture garden she desired. This woman had so many ideas and dreams and all I could do was look at the huge rocks in the middle of an overwhelming amount of weeds and poison ivy and scratch my head and say..."Well, we gotta move that first..."

We moved those rocks; we double dug several areas just to remove grass in order to plant strawberries and asparagus. We got chickens and pigs which have done more than their fair share of digging and scratching and then goats to assist in eating away many of the invasive plants we have been so eager to see go. We have all been working together on this land to transform it into a living and thriving place for all.

We show the goats what we would like them to eat and from that they eat what they please; we let pigs out and their noses tell them where to dig and from there we decide, "That's a great place for a cover crop." We want our chickens to be free-range, however hostage-release negotiations with the local fox never work out in our favor or the favor of the chickens. And the groundhog...never a peaceful interaction with her, I mean how could we when she has a belly-full of our broccoli.... However, we are all here and every year we are adapting and being a bit sneaky in order to learn how to deal with each other.

The last two years I have been here working outside have provided memories that are both fabulous and frustrating. Learning to sway with the weather, not push back or snap. Understanding different points of perspective are vital to giving tender love and care for the earth. Raising animals and nurturing plants provide opportunities to better understand our force, our impact, and our connection to each other and the land.

My name is Jasmine Lewis and I came back to the east coast six years ago, a year and a half later I met Marian Matthews, the owner of Henrietta House Bed and Breakfast, and since that day my life has been altered. I have found myself in a place where my thoughts, feelings, and perceptions about daily life have been placed in a kaleidoscope filled with nature, new friends, and an abundance of light.

"Third Time's a Charm"

By Roger Burten

What's with the number three??? There is "Three strikes you're out" in baseball. The three-point shot in basketball. Two out of three sets to win in tennis. What about the 1977 Spielberg movie, "Close Encounters of the Third Kind"? Or, the infamous "Bermuda Triangle"? There's the expression that "Three's a crowd". Of course, "Two Musketeers" would not have sounded right. Nor would have "Two blind mice". If you're questioned by the police you might get the "____ Degree". And, if you've lived in Alaska or the Yukon, or listened to rock music in the late '60s and early '70s, you know about "Three Dog Night". When you've had a few too many at a party, you could end up "Three sheets to the wind". And, finally, how many "wise men" were there?

On Saturday, September 29th from 9 to 3, the Town of Hampton will be hosting its THIRD Annual Fall Festival in and around the Town Hall at 164 Main St., next to the Community Center. For those of you who were fortunate enough to attend either of the first two Festivals, you know that it's filled with lots of fun events, unique vendor items and TONS of books for sale (The proceeds from the yearly event benefit Hampton's Fletcher Memorial Library. Goto <http://www.fletchermemoriallibrary.org/>). For your taste buds, there'll be terrific mouth-watering, fantastic, scrumptious, delicious, stupendous, OMG! fresh-baked goodies and BBQ food to feast on, keeping both adults and children smiling all day. So, this year's Festival will be BIGGER AND BETTER than ever!

Scheduled events: Pottery throwing demonstration from 10-1:00, Live folk and bluegrass music by Jamie Boss & friends 10:30 – 1:30 at the Town Hall, Hampton Fire Department car rescue demo at 11 am, Free Hayrides that tour the town at 11:30 and 1:00, Kiddie Tractor Pull at noon, Sign up 11 to noon for the Pie eating contest at 1:30, Family Country Dance with caller and band at 2pm at the Community Center.

Food vendors: Hot Dogs, Hamburgers, Chips and soda, Chili (vegetarian and non) w/cornbread, Chicken BBQ possibly (stay tuned for an update on that) Coffee, bottled water, and yummy baked goods!

Contests: Agricultural produce/goods contest, Pie eating contest on the Green, Photography Contest and exhibit – lower level Town Hall, along with Lots of interesting vendors, tag sales, and exhibitors.

All day: Hampton Artists Showcase at the Community Center, "Rural Arts Alive" - a project created to demonstrate traditional rural arts, Library Book/Bake Sale – lower level Town Hall, 50/50 raffle, Blacksmith demo, Animals! Chickens and Baby cows, Boy Scout Rope Bridge, Cub Scout encampment, Self-guided Walking Tour of Historic Main Street: Hampton porches: 1880's summer resort era.

For kids: Kiddie Tractor Pull at noon, Sign up 11 to noon for the Pie Eating Contest at 1:30, Pumpkin Painting, Hayrides, animals and car rescue demo, Cub Scout and Boy Scout demos and activities.

Questions and vendor, photographer, and tag sale registration forms. Contact: Anne at HamptonFallFest@gmail.com

Have fun going back to school. Encourage the young people in your life to study music! As a music educator and as a parent I have seen the difference music can make in people's lives especially when they start young. As a music performer I have had many conversations that involved someone saying to me, "I used to play the [instrument name here] when I was a kid

but then I quit. I really wish I would have stuck with it. If only my family had encouraged me to keep going..." It is sad that they missed those years but I tell them they can still do it. The fun in music happens after a bit of hard work. Now is the time.

William Rood Jr. is a graduate of the Hartt School of Music. He has had a successful

career as a music teacher 20 years and has been performing professionally since the age of 16. He is more recently involved in the creation of original music and hopes to find their artistic voice.

the Neighbors paper
a little paper
big on community

Celebrating our 52nd Annual Outdoor
ANTIQUUE SHOW
on the Lebanon Green
Junction of Routes 207 and 87, Lebanon, CT
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Sleep More – Lose Weight!

By Nicole T. Smith, L.Ac

While it's common knowledge that a clean diet and exercise aid with weight loss, many aren't aware that getting enough sleep is just as important!

There are two hormones involved with weight and fat regulation that are affected by sleep: leptin and ghrelin. Leptin suppresses your appetite, and ghrelin tells you to eat. Interestingly, research shows that even a single night of sleep deprivation can increase ghrelin levels and feelings of hunger (J Sleep Res. 2008 Sep;17(3):331-4.)

Another study demonstrated that those with shortened sleep time had reduced leptin and elevated ghrelin, resulting in less of the hormone that inhibits hunger, and more of the hormone that keeps you craving food! (10.1371/journal.pmed.0010062)

One more factor comes into play here, and that is cortisol. The more sleep-deprived you are, the higher your levels of cortisol will be, a hormone that increases your appetite. Additionally, those running on less sleep turn to comfort foods, fatty foods, and

carbohydrates rather than making healthier choices.

But what if you have trouble sleeping, you may ask? Perhaps you read my article in last month's paper how acupuncture can help with weight loss. Since acupuncture works with the central nervous system, calming down the stress response, it can also aid in giving you not only the ability to sleep, but also a more restorative and deeper sleep, by increasing melatonin secretion and decreasing anxiety. (J Neuropsychiatry Clin Neurosci. 2004 Winter;16(1):19-28.)

Countless people have enjoyed the benefits of acupuncture. Get the most out of your sleep, and your weight loss!

Nicole T. Smith, L.Ac. is a Board-certified and licensed acupuncturist located in Scotland, CT. Visit her site at: www.ThePamperedPorcupine.com. 860-450-6512.

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