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A Flood of Information

By Loretta Wrobel

As I write this article, I am aware that a new hurricane is slamming our mid- Atlantic coastline. The all too familiar evacuation, mandatory and/or voluntary, has been issued for several states and heavy rains are predicted. Will we in future years get so accustomed to these huge catastrophic weather events that they stop being overwhelming and frightening?

I just finished reading *Rising: Dispatches from the New American Shore* by Elizabeth Rush. This book focuses on the rising sea levels along our coastlines and the regular flooding of low-lying areas in numerous places such as Florida, Staten Island, California, and Louisiana. In Louisiana the coastline has already been reshaped, as land loss equals the size of the state of Delaware! According to Rush, the rising sea water plus the damming of the Mississippi River is responsible for this major shift in the Louisiana coastline.

Ingesting more facts revealing our changing coastline and the numbers of Americans impacted by the rising water levels is chilling and disturbing. I thought I was tuned in to climate change. However, the extent of the problem boggles the mind. Apparently, ninety-three percent of the heat trapped by greenhouse gases generated from our industrial energy-grabbing society goes into the ocean. The heat expands the ocean and causes glacial melt. Predictions vary from a conservative two-foot rise of ocean by the end of this century to a jump of six or more feet in sea levels. “Speculation,” say the climate change deniers; “the weather has always changed.” What we do know is that sea level rises appear to be doubling every seven years.

Reading the book was both an eye opener--finding out how extensive the flooding is along our outer banks--and a hair-standing-on-end experience due to the horror of Americans being forced to leave their homes. Many coastal communities, due to severe storms and flooding of low-lying areas, are frequently suffering increasing damage to homes, land and people. This is happening now, not in twenty or thirty years.

There are communities in our country that routinely flood during high tides, more so when high tide is during a full moon. As if that isn’t astounding and staggering enough, some communities experience sunny day flooding! The streets are inundated with water, even with no inclement weather. North Carolina and Florida are just a sampling of the states dealing with sunny day flooding. Elizabeth Rush reports that many of these areas are home to the most vulnerable, low income and people of color, who often have limited resources. This makes it challenging to purchase flood insurance. Again, the ugly specter of money raises its greedy head. Frequently, it is the disadvantaged that suffer the greatest and have the least amount of economic resources to recover.

In *Rising*, people who have been impacted by the rising waters tell their stories. Hard not to be drawn in, as people express how their lives are disrupted by the absolute necessity of being dislocated from their homes. The pain of leaving their communities or suffering ongoing damage to their homes and person brings on depression, fear, anger and anxiety. This book is not a boring scientific manuscript on climate change, but a deeply emotional and engaging story of what is happening in our coastal communities. Many bold souls share their heart-breaking stories of resiliency, courage, trauma and rage. Many ultimately make the only decision possible, to leave before they have nothing left. Often these are ancestral homelands where generations have raised their families while depending on the land for survival. Now the land can no longer support agriculture due to increased salination and excessive water. Where can these families go?

In spite of all the rising water along our coastlines, we continue to watch development going forth, building bigger and bigger high-rise condos, apartments, and retirement communities where people enjoy ocean views. Or wealthy humans keep rebuilding the homes damaged by the rising waters, or major storms. Put the house on higher stilts. Bring in more sand to replace what a storm has taken



away. Buy more pumps to stop the water from splashing over the land. All of these ambitious schemes only postpone the inevitable.

For those who can afford to rebuild by securing flood insurance, the situation guarantees rate increases. Eventually, only the top elites can continue to pay whopping premiums. Flood insurance quickly becomes unaffordable for the average person. Then they are at risk when the sea comes to their door. Without insurance, rebuilding is not feasible and the value of the property plummets.

Until I read *Rising*, I had no awareness of the size of the problem right here in our country. There are communities that are no longer viable. Several people interviewed in the book are hanging on knowing that the time is rapidly approaching where the only option for them is to abandon what is left and start anew with limited or no funds. How can this be going on in our country along our coastlines? The federal government does have some funds and people can get monies to rebuild away from the flood plain. This requires a major educational process for folks to understand the risks of rebuilding in low-lying areas with recurrent flooding. Many scientists, working on techniques to control the flooding, believe a massive relocation in coastal areas looms in the future.



RISING
DISPATCHES from the
NEW AMERICAN SHORE
ELIZABETH RUSH

Some work is being done to stem the tide, but most of these projects are temporary fixes that are just buying time. How long will we deny the reality of rising sea levels? In San Francisco and other coastal cities, much work is being done to restore wetlands, as this is the natural way to allow water to rise and fall. The problem is, with such rapid increases in sea levels, wetlands alone cannot continue to handle the vast quantities of water. South Florida is home to more than six million, and much of that area is barely above sea level. Where will all those individuals translocate?

These are questions we must begin to discuss. Rush wrote this book to initiate dialogue and bring the issue front and center. We need community conversations to devise solutions to this surging problem. The issue is mounting, as we witness record-breaking storms, more destruction, and more Harveys, Marias, Irmas, Sandys, Katrinas and Florences grabbing our attention and refashioning our coastlines.

Knowing the facts is the first step in considering how this loss of land and reconfiguration of where we live will transform our country. How to adapt to changing weather patterns, rise of sea level, and escalation of disruptive climate events is a major challenge for this century.

We desperately need to hold our wealthy corporations accountable for their behavior. Now our globally successful companies are erecting gigantic state of the art campuses. Facebook has recently built a 430,000-foot campus on former wetlands. These wetlands are about one foot six inches above sea level. The cost of this enterprise is over 100 million dollars. The company dumped many thousand cubic yards of sand in the wetlands to raise the land above basic flood elevation. The infrastructure is not elevated. These destructive practices will need to be addressed, as well as our obsession with more and more construction along our coastline. The crazy thinking that we can design our way out of massive geophysical transformation that has been set in motion needs to be re-examined.

Rush’s book is a wake-up call. As citizens, we must heed the warnings and rise up to our new realities of fierce storms, warming oceans, and water that is not deterred by our feeble attempts to control the sea. May we become wiser--fast, as the water is rising.



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Reflections on the Different Faces of the Natchaug River

By Mark Svetz

We were heading out to Chaplin with Miriam the other day to have a swim and a picnic at the Natchaug River. This has been a great summer, for the River. One day, we were there for almost five hours, most of it in the water and clambering over the rocks as Miriam loves to do. But on this day, Miri had her Mima and Nonno confused when she asked a question: “Which Natchaug River are we going to?”

Sarah and I were stumped. We asked a few questions and when she said something about splashing, a light went off: She was talking about the splash park at Lauter Park, right here in Willimantic. We had gone there earlier in the summer and Miriam learned that this was her own, beloved Natchaug River. Well, on this day we all had a good laugh and Miriam told us she wanted to go to the Splash Park. We spent the morning running through the spray – all of us! – and having our picnic in the shade, watching others run through the spray.

Miriam loves the water, and she went into the Natchaug for the first time last spring when she was not yet two years old. Sarah and I go to a spot, out in the Natchaug Forest where the river is wild and beautiful. At our particular spot, the water is shallow, with little ripples to make it exciting, and Miri’s first experience was to jump right in, trusting Nonno to grab her. Now after two summers on the river, she puts on her goggles and swims underwater, grabbing sticks and rocks to show us. She is in her element, like an otter playing on the rocks.

When I was younger, I didn’t have time to drive around the countryside. Oh, every now and then, if I was out covering a story for the paper, I might stop at a swimming hole and take a quick dip, but mostly I was in Willimantic. I spent a lot of time at Lauter Park – no splash park in those days – enjoying its cool, clear waters, crowds of kids laughing and splashing, and I recall there used to be a diving board, adding excitement to the experience. It was so easy to zip out there on my bicycle for a quick swim on a hot day.

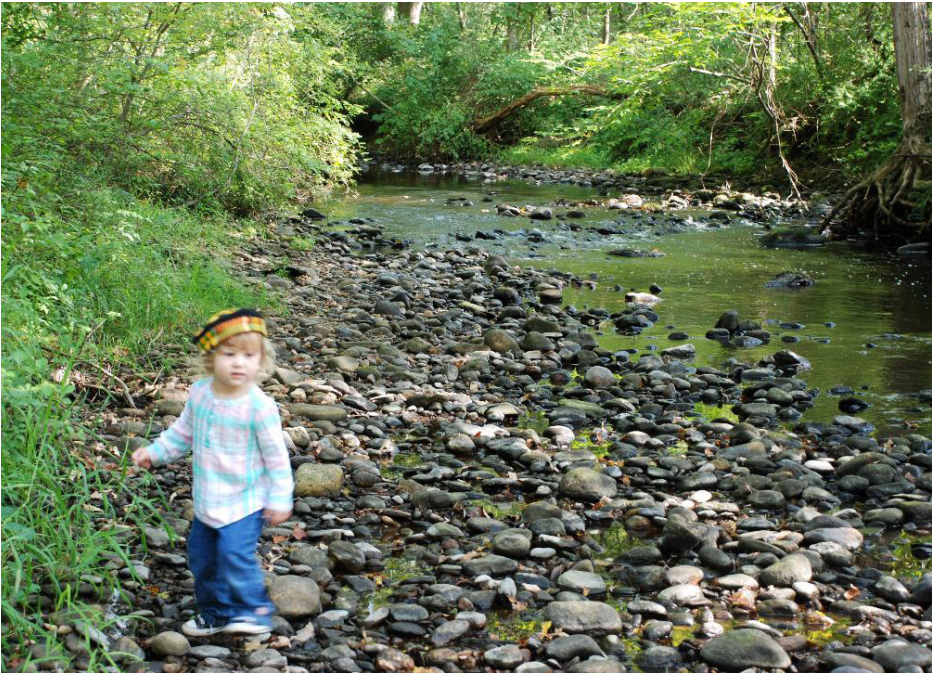
At this point in my life, I feel very fortunate to



have the time, not to mention a decent car, to drive out to the forest as often as I like. I find it brings me back to my childhood in northwestern Connecticut where the woods and streams were my playground. Floating on my back in the Natchaug River, looking up at the blue sky through the hemlocks and oak trees, listening to cry of the King Fisher, these are the sacraments in my personal faith.

I love introducing Miriam to this world. And she is enthusiastic as she learns the little delights of swimming in the river. She watches the minnows and penny doctors, which she calls water boatman, and I think many people call them water striders. They fascinate Miriam and she scatters them when she tries to play. She gets rocks from the bottom and makes piles on the big flat rocks where Sarah and I sit, watching. One time this summer, when I put a lawn chair in shallow water to sit, she dragged it into deeper water and used it like a jungle gym, swimming in and out of the legs. She is at home in the river.

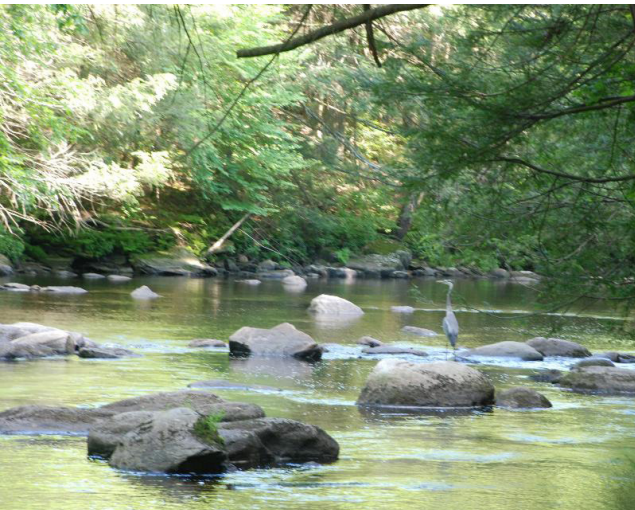
Sarah and I usually choose the peace and tranquility of the forest swimming holes these days. We need the time to renew our spirits and calm our minds in these often troubling times. I am reminded of a song by Mary Black, in which she tells us, “I would not stay where the city streets



Miriam walks along Beaver Brook in Scotland. Rivers are playgrounds for Miriam. Sarah Winter photo.

proclaimed so loudly man’s endeavors.” In the Natchaug Forest, dangling my feet in the river, it’s easy and satisfying for me to imagine this Earth without the foolishness of humans. Miriam has helped me to see once again there is also beauty in “man’s endeavors.”

It was, after all, people who endeavored to



A Blue Heron fishes on the Natchaug River near Miriam’s swimming spot, ‘far from man’s endeavors.’ Sarah Winter photo.

remember Cora Moore, who as a teacher and city official advocated tirelessly for our children, with this exciting Splash Park on the banks of the Natchaug River. When we go there on a summer day to build our little sand castles on the river’s edge or run madly through the cooling mists of the Splash Park, the screams and laughter of the kids bring a renewal of a different sort. We love feeling so closely connected to this wonderful community, and watching Miriam develop her own sense of this place.

Forty years ago, I watched Miriam’s father learn some of these same lessons in these same places. Willimantic, with its magical, fun-loving community has nurtured me for the last half century; I have found, in its struggles and celebrations, joys and sorrows, a life worth living. It has guided and protected me through my own struggles, as well as correcting me – gently, at times, and other times not so gently – when I have strayed. Willimantic has given me love, friendship and a sense that I belong in this one place, with these people. That is the gift that I ponder at Lauter Park with the shouts and laughter as a backdrop.

Whether it’s the rocks and trees of the wild Natchaug Forest, or the children, parents and camp counselors of Willimantic, both faces of the Natchaug River are a wonderful setting for Miriam to learn about our Earth and our Community. Whatever else Miriam might choose to do with her wonderful and unique life, I am satisfied that she is getting a good start, and both faces of the Natchaug River are at the heart of it.

Mark Svetz, now (mostly) retired, has been a journalist, activist, teacher and self-appointed knight errant in Willimantic for the last 45 years. You can read more of Mark’s writing at www.WillimanticToday.wordpress.com

Nightmare on Main Returns to Mill Museum

Submitted by Bev York

Nightmare on Main: Hauntings... Unexplained Tales from Connecticut’s Past will entertain and educate the public again this fall in Willimantic, CT. For two weekends the exhibition of haunted places will come to life in the evening with performances of the chilling stories. Then for seven weeks an exhibition will illustrate the tales from the abandoned Dudley Town, Micah Rood’s orchard and many more.

One feature story will be of the 1909 Ledge Lighthouse that sits prominently in the mouth of the Thames River between the shores of New London and Groton. It was manned by men until 1987 when the light became automated. Who haunts the lighthouse? Could it be one of the light house keepers that met his death as he jumped from the roof of the lighthouse. Someone or something lives there. Numerous reports detail unexplained knocking on the wooden walls, doors opening and closing repeatedly, and the sheets flying off the bed.

The evening events will be Sept 29, 30 (Sat and Sun) and Oct 5, 6 (Fri and Sat) Visitors should arrive between 7:00 and 9:30. Admission \$10 pp. The event is held rain or shine. Refreshments are available.

The daytime exhibition runs from September 30 through Nov. 18 during regular museum hours Fri. Sat. Sun. 10 to 4 p.m. The location is The Mill Museum, 411 Main Street, Willimantic, CT MillMuseum.org 860-456-2178

This year’s theme will take on the subject of the unexplained or paranormal. Many places in the state are known to be or rather claim to be “haunted.” And scores of people swear to have seen, heard, and felt unusual occurrences that cannot be explained. Other people or sceptics think it is bunk. There is an ongoing debate about the validity of these claims. The subject matter is very widespread in popular culture from movies and television. The topics of ghosts, UFOs, psychic abilities, ESP, cryptids and the like have become a moneymaker in the field of entertainment. According to a 2005 Gallup Poll: 37% of Americans polled believe in haunted houses and 16% are not sure, and 32% believe in ghosts and 19 % are undecided. So, about one third of the people will believe these haunted accounts to be true and others will dismiss them as interesting but fictional tales passed down for generations. Visitors to the Nightmare on Main: Hauntings will have to decide for themselves.

The idea of Nightmare on Main is

to provide both education and entertainment of chilling topics based on true history and real life experiences. Many of the historical topics are based in the 19th century which is the time period of the museum.

During the evening performances small groups are guided through the exhibit hall as an introduction and then through the rest of the museum where actors perform stories related to the theme. The amount of research and work that went into creating the sets, props and costumes has led to the exhibition concept. The main exhibit hall of the Mill Museum becomes a standalone presentation of the topic with dioramas, displays and interpretation for seven weeks. Past themes have included Witches in History and Fable; Confinement: Asylums, Prisons and Sanitariums; and Death and Diseases in the 19th century. The events have been attracting large numbers of participants and visitors from ages 20 through 40 which is a welcome and needed demographic for museums.

Bev York, Museum Educator, explains “When we did the Witch exhibit the dioramas gave a brief history of witchcraft from the ancient Greeks to the present day Wiccans. But the evening shows were dra-



matic performances about the Connecticut witch trials from accusation, jail confinement, trials and execution of about a dozen people in the 17th c. Hartford area. Almost everything we present is based on accurate research of stories from the past when people’s beliefs, knowledge and superstitions on death, medicine, punishment, society and other topics were drastically different from today.”

The Mill Museum, or officially the Windham Textile & History Museum, interprets the 19th century industrial history of Connecticut. More specifically tells the stories of thousands of immigrant workers who produced textiles to clothe the world. The museum is located in two distinctive buildings of the former thread company. The Museum and Library are open year round (except January) for self-guided tours, (guided tours available,) events and programs. For more information www.millmuseum.org

War, Torture, and Treatment, or What Happened to Me September 3rd

By Edmund Smith

Outside of Facebook, and a few loyal readers of Neighbors Newspaper, I have no assurance that anything I write will be read at all, and certainly less faith in knowing who would be reading it.

A small error there. Yes, family and friends are most likely to read what I have written. That’s how it should be- I guess.

Unlike a Netflix show, everyone does not know where the story left off. Here is where the story left off. Feeling myself momentarily master of the pain war, as of Monday, September 3rd, I was brimming with the joy of creativity; further brimming (the cup now showing spill-lines) in ardently craving an improvement in my condition through a medical procedure scheduled the next day. Now ‘my cup runneth over’-somewhere around my mouth-which I inveterately run, to the chagrin of a few. My cup runneth over because I had just enjoyed such a magical visit from Ella, one of my beloved daughters.

I have enough cancer in me to keep an oncologist employed for a good long while. It has found its favorite haunts, riding the rails of my skeletal system. I will not assail you with a laundry list of these lit bulbs of death. Preferring to depress a key than me, I will type through the times for each of these OR contests.

Now for this one.

When I consulted with my radiologist the week before, the stated goal was to ablate tumors close in on the L1 and L4 vertebrae. These tumors were doubly dangerous in that their growth produced greater inflammation and thus, greater pain. That was the least of the 2 dangers, because medically, doctors are used to treating pain. So are drug lords, but that’s another question.

For those of you who are unfamiliar with the term ‘ablation’, it is now a standard form of tumor treatment, used in tandem with radiation or standing alone, as per case. Now I get to describe it and you get to say, ‘My oh my! Cancer medicine has come so far!’ Yeah.

Here is the Wikipedia account of ablation: Ablation occurs in tissue that has been frozen by at least three mechanisms:

- formation of ice crystals within cells thereby disrupting membranes, and interrupting cellular metabolism among other processes;



-coagulation of blood thereby interrupting bloodflow to the tissue in turn causing ischemia and cell death;

-induction of apoptosis, the so-called programmed cell death cascade.

In plainspeak, I had to have -20c balls of ice jammed up into the diseased tissue to cause ‘apoptosis’, after which cement would fill and seal off the area, preventing recurrence where treated. The operation would take about 2 hours. I would be semi-conscious throughout, having to provide ‘biofeedback’ to keep the OR informed of any sensations that might suggest the cement was encroaching on my spinal cord. This particular no-no was only brought to my attention shortly before the operation itself. I guess these guys know what to tell and not tell to insure their patients will still show up! In this case, one of the ‘don’t tell’s was that the cement, and I suppose the ice, too, could possibly cause paralysis if it did not ‘stay in its lane’. In the initial consult, it was blandly revealed that there was about a 15% chance that the procedure would ‘not do its job’. The job it could do I did not find out until later: paralysis.

The waiting room at Jarvis Radiology was, thankfully, serene, compared to most doctor’s offices, where FOX and CNN vie with incessant infomercials about the condition that you are either likely to have or fear having. No TV, and the piped in jazz could be worse. We find 3-D art on the walls. Today, no one looks ‘walking dead’ sick. Almost a dentistry vibe about the room. All sight-seeing matters to fade as the pre-op consult proceeded. After I gulped down the pill of possible paralysis (yes, I’ll risk it, for fuck’s sake!) a couple of other points of interest. I would have to lay on my belly on an OR table (think direct opposite of posturepedic) for over 2 hours, pumped on pain meds, while I was to keep the OR informed of the onset of ‘heat’ - a tell-tale sign of spinal cord threat. This is what biofeedback meant in that context. Yet another detail that I only then learned of was that the doctor would be hammering on my vertebrae intermittently to clear a space for the ice balls and cement. Thus, among the ‘ amazing advances of cancer medicine’, I flashed to the scenes from ‘A Young Doctor’s Notebook’. The saw, the morphine, the terror,

In illness, as in life itself, there exists 2 layers of misery. One is the mental suffering over the situation at hand and the other is... the situation at hand! The hammer on the spine- well, that did feature some frightening pain, though short-lived. The belly-down posture on the

operating table for over 2 hours: that was the clincher. The team, on the other hand, resembled a squad of trilling birds. They felt everything was going well. And I’m very glad for that! At the end of it all, the mood was elation dulled down by professional decorum. My mood was pain. My leg, hip, and back roared with it. I finished up by a brief consult with the doctor. The doctor, in conversation with me while I am on a stretcher, is looking down with a warrior’s animation about the eyes. I am feeling as if I am the war-wounded within a foxhole and my comrade is starkly disclosing our situation. In the course of it, my own eyes widening, as if taking in a panorama of reality hidden from me in that ditch, I learn that the operation had gone well. It was as complete a killing off within that area as possible, given the disease’s protean power of recurrence. Doc said that this was/is a particularly unusual and aggressive cancer. After recovery, future procedures would be planned for other areas. And that is where matters were left.

Leaving the facility in high pain, I was wheeled to my car. There, in the passenger’s seat, I achieved a surprising measure of comfort. It was my feng-shui, know-the-neighborhood power-place. Had I only been able to chill there longer and get into my home without (Sam Kineson voice): TORTURE! No planning for this at all; thus, the perfect storm. I found, upon leaving the car, my leg immediately ratcheted up in pain. Making matters worse, a bale of overly enthusiastic ground cover draped over the walkway, which in its intended charm, presented as something between colonial cobblestone and an anthropological site of great antiquity. In a state of terror- not knowing how to get around with a walker if unable to walk- I decided to hack my way across the terrain. My wife and step-son stood by helplessly. I would not allow them the assist me. I felt I could not trust what their hands would do and what I could stand.

All upper body; could not use my legs! I must have looked like a primitive mechanical scythe, chopping my way through that shit and up the stairs. Once in the house, I slid along swiftly like a highly motivated spirit. I dove towards my bed. By the time I got there, I landed in a state of delirium. I could barely put words together, feeling like the animal we all, ultimately, are.

(Please look for the next installments of this story. It is day 3 post-op. I am feeling better).



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Copper Hill Farm Brings Much to the Table

By C. Dennis Pierce

On Sundays, I often walk my dog since I have neglected her all weekend, while I was doing chores or errands. This past Sunday, I walked the circuitous path around the Mansfield Dam. The ground smelled of early fall and leaves were already beginning to accumulate. As usual, geese are already moving south, only stopping along the way to rest from their journey. I think fall is the best time of year. Each night the autumn moon backlights the evening sky which is congested with passing clouds. They appear white as ghosts as they move in a destination that only they determine. It is breathtaking that in midst of all the chaos that surrounds us we can rely on that moment in time when we can gaze towards the sky and realize how we are only playing a minor part in the universe which swirls around us. If only we can stop those clouds, shut off that moon and so life can stand still ... only for a moment.

Call me a dreamer but sometimes you need to center yourself and think beyond today. Last week I visited Copper Hill Farm in Somers and encountered a real-life dreamer, Greg Hazelton, owner of Copper Hill Farm. Greg not only spends a lot of time caring for his pasture raised heritage breed pigs, laying and broiler chickens and turkeys but also growing heirloom vegetables. While he is engaged in his chores he imagines what else can he and his partner, Howard Schafer bring to the farm to engage the community. “I want our farm to be community based and community driven. Good clean food impacts people’s lives. I want to feel that I play a major part in my customers health care.” Greg has had many careers in his lifetime. He attended Green Mountain College in Vermont, met his wife at Suffield College in Suffield Ct, managed a band, did a stint as the market manager in the early days of the Ellington Market and now dedicates his life to his wife, two children, Natalie and Amelia and of course to farming. Greg shared that his enterprise is still developing. He envisions event driven agritourism where customers can visit the farm and see the livestock and vegetable gardens.

This issue may miss the upcoming pig roast that Copperhill Farm is hosting but if there is still time to take the opportunity to stop by on Saturday, September 29th, at 4pm, where the farm will host its first pig roast and farm tour. For a small donation (\$10 minimum per person), you will get to enjoy pork, vegetables and other yummy morsels of farm fresh food, grown and raised right at Copper Hill Farm. Once bellies are full, and spirits are high (BYOB), Greg and family will lead a farm walk, to check out the pigs, laying chickens and turkeys, gardens and the overall property. To Copper Hill Farm, transparency is important, and they want their customers, neighbors and friends to experience farm life. If you are not able to make it Greg is normally at the Ellington Farmers Market and



also runs his stand at 144 Hall Hill Road in Somers CT. His contact information is GregHaz42@yahoo.com , phone number 860.306.9604 and their Facebook page is Face book.com/CopperHill-BeyondOrganic.

Lastly, you might want to prepare for Thanksgiving by ordering one of Greg’s turkeys, they are medium in size ranging from 10 to 20 pounds. Make sure you contact him early since they go fast. All of his meats are processed off site and currently he uses Plymouth meats and has his smoking done by Noack’s in Meriden, CT. And don’t forget about the pork that he sells. Over the years Greg has set up relationships with many high-end restaurants where he obtains his vegetable feed and breweries where is able to obtain the spent grain left over from their brewing process. I can just taste that pork now. Yum!



Reduce to heat to medium and add onions and stir until soft. Add, apples, cider, chicken stock, maple syrup, garlic and thyme. Stir well Bring to a boil, stirring constantly until sauce is slightly reduced Return pork chops to the pot and any juice that is on the plate. Cover and cook until meat is falling off the bone, about 45 minutes to an hour. Place chops on individual pre-warmed plates and top with apples, onions and sauce.

You might serve the pork chops with baked or boiled potatoes. I purchased potatoes from Bluebird Hill Farm in Lebanon this week at the Willimantic Farmers Market and they were outstanding.

I usually end my column with a quote that will make you pause and think about the land and the environment that surrounds us. Instead here is a passage from Henry David Thoreau from his writing, Autumnal Tints.

“It is pleasant to walk over the beds of these fresh, crisp, and rustling leaves. How beautifully they go to their graves! how gently lay themselves down and turn to mould painted of a thousand hues, and fit to make the beds of us living. So, they troop to their last resting place, light and frisky. They put on no weeds, but merrily they go scampering over the earth, selecting the spot, choosing a lot, ordering no iron fence, whispering all through the woods about it, --some choosing the spot where the bodies of men are moldering beneath, and meeting them half-way. How many flutterings before they rest quietly in their graves! They that soared so loftily, how contentedly they return to dust again, and are laid low, resigned to lie and decay at the foot of the tree, and afford nourishment to new generations of their kind, as well as to flutter on high! They teach us how to die. One wonders if the time will ever come when men, with their boasted faith in immortality, will lie down as gracefully and as ripe, --with such an Indian-summer serenity will shed their bodies, as they do their hair and nails.”

Thanks for taking the time to read *Neighbors*. Look for us at the Willimantic Co-op Fair this Saturday, September 29 on Jillson Square. As always, purchase local grown. It makes a difference and you can be part of that difference. Peas be with you.



Greg Hazelton of Copper Hill Farm in Somers. Dennis Pierce photo.

If you do venture to Greg’s farm or can find the right cut of pork try out the recipe below. It will make you appreciate Autumn even more.

Cider Braised Pork Chops with Apples and Onions Serves 6

When preparing this recipe make sure you are using bone- in blade cut pork chops and not bone-in center cut chops. Blade cut will be more tender and not dry.

Ingredients: 6, bone -in, blade cut pork chops, 1 inch thick, trimmed. If you cannot find these Windham IGA will cut these

for you to order.

Kosher salt and freshly ground pepper
2 tablespoons of olive oil
2 medium yellow onions, chopped
2 apples, such as Empire, Cortland or McIntosh, cored and coarsely chopped.
1 cup of apple cider
½ cup of chicken stock
2 tablespoons of maple syrup
3 garlic cloves, minced
2 sprigs of fresh thyme

Directions: Preheat oven to 300 degrees. Remove pork chops from refrigerator and let rest for 15 minutes Season the pork chops with salt and pepper to taste Heat the oil in a large Dutch oven over medium heat. In batches, add chops and brown on both sides about two minutes per side. Transfer chops to a plate and set aside.

Our Community Calendar

Compiled By Dagmar Noll

Calendar begins here and winds its way through paper. Ed.

October 1, Monday
Kids: Toddler Time Play Group, 10:30a.m. Stories, songs and activities at the Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

October 3, 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

October 5, Friday
Live Music: Bruce John & the Bandoleros, 6:30p.m. - 9:30p.m. Windham Club Club Road, Windham.
Hauntings: Nightmare on Main: Uneearthly Tales from Connecticut’s Past, 7:00p.m. - 9:30p.m. \$10. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

October 6, Saturday
Skill Share: Autumn Tree ID, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Live Music: Big Jump Rocks the Dock!, 3:30pm – 7:00p.m. \$25-\$35. CLiCK Fundraiser at the Franco-American Civic & Social Club of Windham, 116 Club

Road, Windham. Tickets available at the Willimantic Food Coop or bpt.me/3594781 Info: 860-786-7907 clickwillimantic.com
Hauntings: Nightmare on Main: Uneearthly Tales from Connecticut’s Past, 7:00p.m. - 9:30p.m. (See 10/5)

October 7, Sunday
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

October 8, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 10/1)
Film: “Digital Disconnect: How Capitalism is Turning the Internet Against Democracy”, 7:00p.m. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867
October 9, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. Midway Restaurant, Rt. 44, Ashford. Rain location is the town grange. Info: qcf.webs.com

October 10, Wednesday
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/3)

October 11, Thursday
Kids: Bedtime Stories Pajama Party, 6:30p.m. Ages 4-7. Wear pajamas to the library and bring your favorite stuffed doll. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

October 13, Saturday
Skill Share: Repair Cafe, 10:00a.m. - 2:00p.m. Bring broken items to the First Congregational Church of Willimantic, UCC, 199 Valley Street, Willimantic, CT.

Suicide by Sudoku

By Delia Berlin

Generally, I don’t write fiction. But recently I flirted with the idea of writing a story about a woman who suddenly dropped out of sight. As her calls and emails went unanswered and her mail piled up by her front door, neighbors notified the police. They found her dead, in a state of extreme self-neglect. She was sitting at a table, with her head resting on a pile of mostly solved Sudoku puzzles. Her death was attributed to dehydration and no foul play was suspected.

The inspiration for such story came from personal experience. While I never came close to the fate of my fictional character, I have been absorbed by Sudoku puzzles and also intrigued by their power to engage the mind. This is a brief account of my journey though Sudoku and some related research sparked by my curiosity about the game’s effects.

For those who may not be familiar with the game, Sudoku is a simple puzzle that uses only single digits. The rules are minimal, elegant and precise. A nine-by-nine grid is subdivided into nine three-by-three squares. The grid must be filled with single digits (1 to 9) in such a way that in each column, row and three-by-three square, each digit appears just once. No knowledge base is necessary for the game.

Yet, a few months ago, when I tried to solve a Sudoku for the first time, I found it almost impossible. I simply could not believe that such a simple task would prove so challenging. So, through sheer stubbornness, I stuck to it and eventually solved an easy Sudoku.

I started paying more attention to Sudokus and noticed that they were rated by difficulty. The rating seems to depend on the number of digits that are pre-filled in the puzzle, their positions and their redundancy. One system employs a scale from one to six stars; another one uses adjectives, from “easy” to “diabolical” – a level I couldn’t imagine I could reach. Could I?

Persistence and determination are powerful. I bought a few Sudoku books and started playing. At first, I had to study solution possibilities for each individual block, quite methodically. But I kept playing and soon discovered that I was actually learning new tricks. I could, for example, look at a larger grid and notice at once what digits were missing, without having to go through each blank square systematically. I could also hold more numbers in my head at once, more easily excluding the digits that didn’t fit.

Soon, my speed also improved and I enjoyed solving these puzzles. When I completed one, I really looked forward to the next one. I also realized that during much of my sleep at night, I was playing Sudoku. Was this becoming an obsession? Was it good or bad for me?

At first glance, it seemed that Sudoku required focus and concentration, as opposed to most of our automatic and multitasked daily chores. In this respect, it appeared that it may be good for brain fitness. But its addictive quality intrigued me.

Am I addicted to Sudoku? My husband and I seem to differ. We have very different perceptions of how much I play. Off-the-cuff, he estimates that I solved 20 Sudokus per day. This rate would have me completing a book of 70 Sudokus in little over three days. Yet, I have completed approximately five books all spring and summer. Timewise, I spend a while playing Sudoku at breakfast time, extending my paper reading routine. Often, I also play a little after lunch, and sometimes again in late afternoon. I can interrupt playing anytime and the game hasn’t interfered with my normal routines or completely displaced other elective activities, such as reading. So, I think that I’m not addicted and that perhaps my husband needs to play some Sudoku himself to fine-tune his perception.

But since both my husband and I were curious about my new fascination with this game, I did some research. To my surprise, there is substantial literature about Sudoku and brain function. But the claims are hardly in agreement. The range of positions goes from convincing improvement in cognitive function and great happiness, to harmful addiction, deterioration of verbal skills and even seizures.



For example, Everyday Health (Sudoku: Why You Should Play) states that “a brain game like Sudoku... can help delay dementia and Alzheimer’s disease, and protect the brain from decline.” It adds that “while it offers good exercise and stimulation for the brain, Sudoku can actually be very relaxing.”

In contrast, The Telegraph reported that according to the Global Council on Brain Health, improvements in Sudoku performance have not been shown to result in improvements in people’s daily cognitive abilities, in spite of the belief that they can stave off dementia.

Meanwhile, Lifehack lists many “amazing benefits of playing Sudoku” including: memory improvement, decreased risk of Alzheimer’s, increased concentration power, increased learning speed and feelings of happiness.

Yet, in The Guardian I found an article titled “Trouble with Sudoku” that, as expected, raises many concerns. The author claims to have received disturbing evidence from Sudoku addicts about its side effects. Many of these “addicts” claim that their ability to solve other puzzles was impaired and that their brains may have lost flexibly and creativity. Multiple similar reports have made the author wonder if “Sudoku puzzles should carry a health warning.”

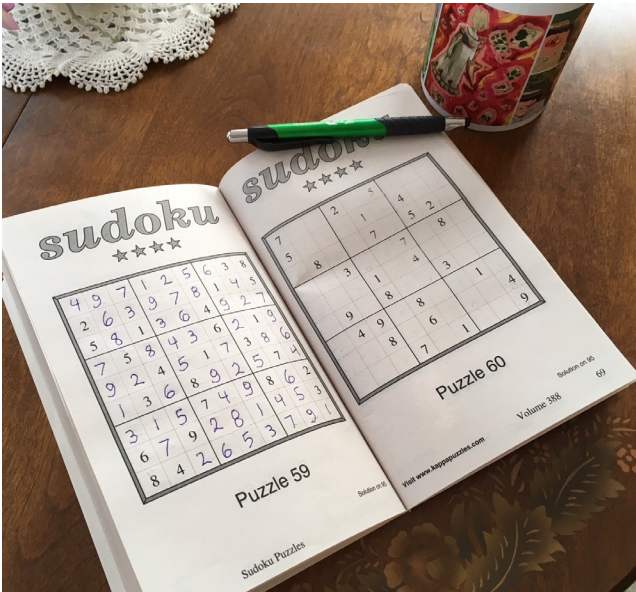
But Quora claims that Sudoku will keep you practicing logical thinking and eventually improve your number skills. They also claim that it reduces the chances of developing Alzheimer’s and that “it helps to increase your sense of time” – whatever that may mean...

Finally, an article from Time magazine even describes a case of Sudoku-induced seizures... This case involved a 25-year old man who had experience oxygen deprivation during a skiing accident. Apparently, he required a long stay at a rehabilitation clinic, where his boredom led him to play Sudokus. To everyone’s surprise, he would experience “clonic seizures” in his left arm every time he played. The seizures stopped as soon as he stopped playing Sudoku.

What seems clear is that Sudoku uses certain skills, but those skills are narrow. Learning any new skill can have benefits, but once you really get the hang of it, those benefits may dwindle. Several of the articles I read put Sudoku in the same category as crossword puzzles. Those articles emphasize that mental puzzles provide valuable exercise and entertainment, but that in order to stay mentally nimble nothing works as well as social interaction and engagement. And in this regard, there is agreement.

What’s comforting from Sudoku is that there is only one solution and it speaks for itself. There is no argument. In this era of “fake news” and alternate realities, when “truth is not truth” and we are often asked not to believe in what we see and what we hear, Sudoku offers refuge and solace. The findings of additional happiness and relaxation may be rooted in that simple logic and if so, I am thankful for that.

At this point, I still plan to continue playing Sudoku and simply enjoying it. The steep learning curve I experienced early on has leveled significantly, although I still develop new insights every now and then. Now, most Sudokus have become entertaining and rewarding, but not terribly challenging and frustrating. I envision a time ahead when they may even become boring. But for now, I’m happy to report that I’m still in good health and capable of managing my own affairs. I have not had any seizures or trouble stopping the game for other important activities. Still, if by chance you can’t reach me or you see lots of mail piling up at my door, please don’t shy away from calling the police for a courtesy check.



Harvest Dinner

October 20, 2018, 5 - 7 pm
Hampton Congregational Church
263 Main Street, Hampton

The meal includes Roasted Pork or Vegetarian Stuffed Squash with rosemary roasted potatoes, apple glazed carrots, green salad, drinks and delicious home-made desserts.

Tickets \$11 adults; \$5 children, under 5 free
For tickets and information: 860-455-9677 or hcc06247@gmail.com

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The Neighbors Paper
A little paper
Big on community

Urban Greening

By Faith Kenton

The following describes three initiatives working locally to green-up Willimantic. The Garden Club of Windham, the Willimantic Wildlife Habitat, and the 325 Trees/Shrubs Project are made up of volunteers promoting the value of trees, shrubs, gardens in place of concrete and rubble(write-up coming next month). The groups are self-starters, almost bureaucracy free, and welcome all comers to join them. Questions? Want to get involved?

Garden Club of Windham, Box 773, Willimantic.
Phiona8@sbcglobal.net Also on Facebook
Willimantic Wildlife Habitat, 333 Pleasant St.,
Willimantic wpamjim@hotmail.com Facebook
325 Trees/Shrubs Project 246 North St Willimantic
phiona8@sbcglobal.net
White Water Park 28 Bridge St. Willimantic.
turnerjim9@gmail.com Facebook

Garden Club of Windham

The Garden Club of Windham was formed about 10 years ago, the earliest of these green groups. Their focus is on outdoor spaces, public plantings. While they are most known for managing the Garden on the Bridge, they also help maintain plantings around town including the Schilberg Butterfly Garden near the Jillson House, Julia de Borgos Park on Jackson St, Cardinal Square, two gardens at the Windham Textile and History Museum, and the plantings around the town parking lots on North St and beside WilliBrew. The Windham Public Works crew has been very supportive in helping the club maintain these spots, providing trucks/machines/labor/trash barrels as requested.

The newest addition was to refresh the pocket garden at the entrance to the public library in June. After Public Works removed all original plants intending to concrete over the space, Faith Kenton and Pam Wright installed more native-habitat-friendly plants with the cooperation of the library director and board. Library patrons now walk past the fragrance of lush hyssop with pollinating bees, see the young Apothecary Rose bushes take root, and can watch for monarch butterflies feeding on the Asclepias tuberosa (milkweed) – or could have. Evidently, the garden was a success to the butterflies. Monarchs were quickly spotted investigating, and Julia Gavin, Adult Services Librarian, began a series of photos of the monarch life cycle happening right here at our own library after first noticing a monarch flying near a milkweed plant’s leaf Aug 10. After watching and cataloguing through photography, she announced on Aug 31 that “All 5 caterpillars have now pupated, and two more will follow”. One newly emerged butterfly, sadly, was immediately snatched by a hungry bird. On Sept. 14, the update was “The other 3 monarchs hatched out, all healthy and beautiful”, and presumable, have flown away. You can follow these wonderful photos on FB Willimantic Public Library www.willimanticlibrary.org. Perhaps the library will get a butterfly postcard from Mexico? Elizabeth Lane, new library director, invites the public to come look through and check out from the library collection of insect-related books, and books relating to specifically, the monarch. And come get a library card!

A second recent endeavor was not as rewarding. The Garden Club got a note from the manager at Windham Heights requesting our labor to help a woman deconstruct her beloved apartment garden which was against regulations. She was faced with a whopping landscaper bill to pay for “damages” if the garden was not removed. While deploring the corporate decision but in sympathy, several Garden Club members spent three separate mornings with her digging up her collection, potting the plants, and repurposing the plants and shrubs to other public spaces such the So. Windham library grounds, the Butterfly Garden, and the North St parking lot. While the club members were

happy to help this woman avoid a huge bill (for a garden?), it was a bittersweet experience for everyone. We do wish for more gardens everywhere, especially in public housing areas with careful hands tending them for everyone’s benefit. There are community gardens at Lauter Park and elsewhere, and have been a haven for people to grow their vegetables and flowers. Good, but not the same as having a garden nearby your front door for you and your neighbors to enjoy. The residents at Father Honan Terrace, a Willimantic Housing Authority area, are allowed to have plantings outside their apartments. Foster Drive? The several Ga-Na-Den complexes? Easier to mow grass ... but a lot less beautiful, healthy, or community-minded.

And back to something positive – The Garden Club will be an Orchestra Partner this year with the best kept secret in town, the Willimantic Orchestra. The Orchestra includes 55 area musicians, was formed in 1977, performs three concerts a year open to the public and free. Having performed at Shafer Hall for years, the Orchestra performs now on ECSU’s upper campus in the new Fine Arts Instructional Center (FAIC) on High St. The first concert will be the fall concert Sunday Nov. 11 at 3 pm. The concert hall at the FAIC is a visual delight and acoustically most enjoyable. It is hoped that by partnering with the Orchestra, both organizations will benefit with increased awareness of each other.

Willimantic Wildlife Habitat

You may have seen as you drive around town plaques on houses from the National Wildlife Federation (NWF). These plaques denote a residence, business, church, or school that is supportive of native wildlife – insects, birds, reptiles and amphibians, mammals native to our area. A place showing such a plaque has given thought to providing whatever food, water, shelter, and safe places as needed to raise young in order to sustain the creatures that share our environment. Some of these places may look untidy, unmanicured, even weedy to some but in the minds of the NWF and our local Wildlife Habitat group, all these conditions are positive. Wildlife habitat people see food for all the tiniest of the animal world,

nests, protective winter egg sacs in that leaf litter, an apartment house in that tall “dead” tree stump. The habitat people know the importance of species diversity. They know how much we all depend on other species for our own well-being and health, and promote management by planting wisely, and keeping areas clear of smothering invasive plants and vines which have no natural enemies and thus can overpower less vigorous native species. In addition, their foliage/flowers/seeds are not useful to native wildlife. Thus, these plants interfere with or destroy the ecological balance.

This Sept 22-23, area volunteers got down and dirty pulling weeds in preparing to plant native shrubs (New Jersey tea, St Johns Wort) at the future Whitewater Park on Bridge St, Willimantic. These volunteers came from the Community Engagement Center at ECSU, UCONN Community Service, the Willimantic Wildlife Habitat, and various youth groups. The volunteers worked with Jean deSmet and Pam Wright who have organized urban Willimantic into a National Wildlife Federation- approved habitat for wildlife, especially insects and birds. The Whitewater Park area is especially desirable as it offers the soothing pleasures of open space and a river for humans as well as wildlife to enjoy.

Students also helped remove the invasive weeds and vines which degrade the habitat for native wildlife. At present, anyone walking along the Bridge St sidewalk can spot goldfinch, a variety of songbirds, and an increasing number and variety of native pollinator insects feeding on seeds and pollen of our native flowers. There is an increasing variety of native bees, a valuable pollinator. A pedestrian can also appreciate two metal sculptures created and installed by local artist David Corsini. Corsini designed these pieces – called assemblages- to add visual appeal to the area with one of the sculptures being propeller shaped



Photos of monarch butterfly and Willimantic Whitewater Park were taken by Pam Wright.

and wind-driven.

Also helping to plant these shrubs were members of the Willimantic Lions Club, working to fulfill their international mission of environmental stewardship. The plants put in by these volunteer groups will be a destination for monarch and swallowtail butterflies as they are attracted to the rich nectar of several varieties of milkweeds planted there. Monarchs have been especially plentiful this year, feeding on native shrubs and laying eggs, then storing up nectar for their long journey to winter in Mexico. Our plantings in the heart of the city will be a haven for them upon their return in the spring.

The White Water site has been a particular focus of the Wildlife Habitat group for a number of seasons. Their efforts to reclaim this area have now inspired the town officials to get long-delayed permission from the railroads to clean up the railyards along Riverside Drive, and the town has also added more attractive fencing. Various property owners also have cleaned up the previously neglected lots behind their buildings – CafeMantic, the Abundant Life Community Church, Willimantic Pharmacy. The park site right on the river is an improved venue for community events such the Riverfest held there Sept. 29. This site is a side piece of the new Greenway Trail (see www.willimanticriver.org with the warning that this site does not yet include the finished piece connecting the Kingsley Rd section to downtown Willimantic). Work to improve the White Water Park and the Greenway is beneficial to all the hikers, bikers, horseback riders, nature enthusiasts coming through any part of that beautiful trail that now stretches conceivably from Maine to Florida under the overall name the East Coast Greenway.

325 Trees/Shrubs Project Year Two

So much to say, especially a big thank you to all supporters for Year One, and funding having come in for Year Two’s project at Heritage Park and upper High Street. ... to be continued next month

What is this project? The town of Windham recently had its 325th birthday as a town and organized some celebrations for that year including Jimmy Baran, this year’s Cupid, rewriting the Broadway play into The Book of Windham. My idea of celebrating, besides a New Year’s Night bonfire, was to plant 325 native trees and shrubs locally over 3 years. How? Where? Who? Whaaaaat? All will come clear next month. Meanwhile, take a walk through Memorial Park and admire the new trees planted there in September 2017. There are Liberty Elms, Sweet Gum, Oaks, American Redbud and more all planted strategically for seasonal emphasis of bloom and fruits. Other places around town received a new tree or two as well. All trees have flourished, seem strong and vibrant after a hot but wet summer.

This three-year project has been wonderfully supported by the Garden Club and its Wildlife Committee, Windham Public Works, ECSU’s Public Facilities crew, the Savings Institute Foundation, the Community Foundation of Eastern Connecticut, and many many donations of individual citizens. This year’s focus, early October, will be upgrading Heritage Park and the smaller traffic island on upper High Street by adding trees and shrubs for shade and wildlife support . There will be publicity for volunteer help when the work dates are finalized. Please see below:

URBAN PLANTING VOLUNTEERS NEEDED:

SATURDAY OCT 13th, 9 am to end of job.
TWO SITES: HERITAGE PARK, MAIN ST, WILLIMANTIC or HIGH STREET, WILLIMANTIC.

We need people to form teams of tree planters, pot planters, mulchers (360 bags) to work under supervision for this 325 Trees/Shrubs Year Two project. For info, call 860-456-0817 or email phiona8@sbcglobal.net

On Anxiety, Depression, and Other Feelings

By Grace Preli

Okay, so lately I’ve been experience something I don’t think I ever consciously struggled with or was aware of experiencing before: anxiety. I’m sure I’ve felt anxiety or feelings of worry or doubt or nervousness before, in fact, I know I have... but I’m not entirely sure that I have ever really acknowledged it or let myself REALLY feel it. If you had asked me six months ago if I’m ever anxious I probably would have shrugged my shoulders and said, “hmmm maybe sometimes, but not really” and then I would have thought no further on the matter. However in experiencing these feelings now, I realize that I HAVE felt them before. I just never really put a name to the day-to-day anxiety or stress I might have been feeling.

So. This being a set of newly recognized feelings and experiences, I initially found myself unable to admit what I was feeling; I’m not anxious, no way! I’m not stressed, nope, not me! Then after the appropriate period of denial passed and after admitting what I was experiencing, I immediately felt as though I was adrift at sea. Help! Where did all my wisdom go? Help! Where did all my ‘knowledge’ of the infinite up and down nature of this life run off to? Help! Where did my awareness of my breath and my connection with source go? I felt totally lost. Lost from myself, lost from those around me, lost from my connection with living and with this world. I knew I was here, but I didn’t feel like me, I didn’t feel like Grace.

I can’t speak for everybody but I can speak for myself. Experiencing feelings of anxiety, depression and ambivalence throughout the last few months has been tough. These feelings came out of left field. Sure, they’ve probably always been there, sure, I’ve definitely dabbled with these feelings before, but never really with this level of involvement, never with this level of understanding and awareness. I’m unable to fool myself, or hide from myself and these feelings; feelings which I might think are bad, or terrible or wrong or unworthy of me experiencing them. I can’t NOT feel these things.

I’ll be honest, It’s been really hard. Some people didn’t take me seriously — “You’re Grace! A ray of sunshine, the most positive, happy, joyful person we know! You can’t be sad!” — and these external sentiments made it difficult further still to actually feel my own awareness of my own experiences. It’s hard for any of us to really, truly know what another person is feeling or going through, especially when we compare it to or contrast it with our opinion or view or expectations or image of the person in question. I immediately saw this attitude from others begin to manifest within my own experience. If people see me as joyful, exuberant, life loving, always happy Grace it can be hard for them to comprehend or understand my anxiety, sadness, confusion, depression or anything else that doesn’t ‘fit’ with their view of me. And aren’t we all guilty of this? Are we not all guilty of judging someone? We say oh they’re a good person and then we have difficulty seeing that that person can do something hurtful. Or we know someone to be really reliable and then they drop the ball and leave us hanging. What then? Are they suddenly not reliable because of one experience? No, I don’t think so, instead it is my understanding that they are reliable and unreliable. They are human. So, as a human, I am joyful and happy and exuberant at times and at others I am anxious and angry and stressed, I am all of these things.

After getting clear on what I was feeling and getting clear on the fact that it was 100% okay to be however I needed to be and feel whatever I needed to feel, I realized that I still needed some help. Feeling my way through anxiety and depression and ambivalence, or any feeling really is okay, and sometimes that’s all it takes: time. And other times we need to keep working through our emotions and feelings with a few tools in the back pocket. The following things have really helped me. I speak (as always) for myself. I don’t want to generalize here or speak for you, but I do want to be honest and share some of the things I have been doing to help me through feeling any and all the feelings! If they resonate with you and work for you, great! If not, no worries, there are other things you might find constructive and helpful.

1) Breathe. This is the hardest thing for me to do sometimes and it sounds cliché but focusing on the breath and focusing on the body can really help. I find that depending on what feeling is coming up I might need to shift my awareness of my breath to different parts of my body. I often find it uncomfortable to breathe as some meditation practices suggest into my stomach or my chest. If I’m feeling anxious or nervous, my stomach or racing heart is the last place I want to focus my attention to. My go-to is to imagine my breath coming in through my head and hands



and out through my feet. This makes me feel like I’m pulling in energy and power through my crown and out through my feet into the earth. This is super grounding. Sometimes, I’ll also ‘pull’ in energy through my feet, let it come up, circle around my body and go back out through my feet. Other times I’ll pull in energy from both my crown and my feet. Imagine an infinity sign placed vertically over your body. Breathe from the crown and from your feet, bring the energy together in your center and let it sort of loop around and slingshot back out. This practice of breathing into my whole body feels much more comfortable to me than breathing into just my stomach or chest. However, to each their own! Many people find great comfort and peace by breathing into their stomachs or by focusing on their heart beat or another fixed spot in their core. Another reason I tend to pull energy/my breath in through my crown or feet and out my feet or crown again is because it gives me more to focus on. Running the energy through my body and imagining it/feeling it as a constant loop or circuit helps me focus even deeper on my breath.

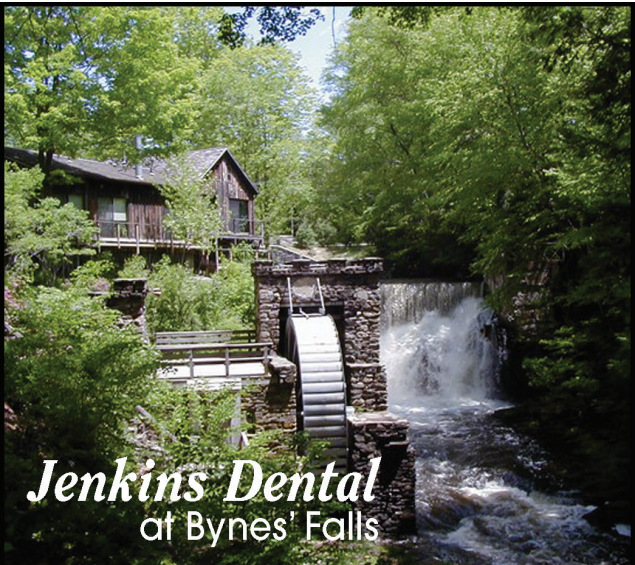
2) Talk it out. Find something/someone to talk to. Preferably someone who will listen compassionately. Don’t waste your time with people who are going to judge you, get mad at you, try and tell you how to feel, tell you you should feel something different or tell you that what you’re feeling isn’t valid. These things take time. We don’t stay stuck forever, I promise! But from personal experience I can say, being in it when you need to be in it is the most important thing. It might take you five days, or five months. You might feel low and anxious once a month or once a week. It’s a process and we’re all processing differently and that’s okay! So, find a tree, a friend, a loved one, a therapist and talk. I’ve had to get super honest with the people around me by saying: I’m feeling this and I need help.

3) Alternatively, write! Writing can be another way of getting it all out. Burn it afterwards if you want. Or rip it up into super tiny pieces and throw it into the air or fire. There’s something super powerful about writing everything out in rough sentences or big letters or scribbles and then burning it up. It is super satisfying and there’s definitely (in my experience) a transmutation of energy. It changes definitively.

4) Move (or don’t move) your body. Do something, anything. I’m not talking exercise, though if that’s what you’re feeling, go for it. For me, I like to walk, swim, dance and drive. Doing these things provides a distraction. It provides an outlet for the jitters, for the nervous stomach or the racing heart. Also, it’s sometimes nice to not move. To just lay down and feel it all. You can lay on the floor, off the couch, up-side-down on your bed, in the grass outside. Do so and try not to feel guilty for doing this. Lay down in the middle of the day and really feel what that feels like. Moving or not moving my body in whatever way I need to helps me immeasurably. It provides a distraction when I need it or it provides the perfect calm moment for me to get clear on what I’m feeling.

5) Emote, in whatever way you need to. This is the big one and it’s what all of the other things: breathing, talking, writing and moving are leading you up to. Emote your emotions! Cry, yell, sigh, scream, whatever it is man. My go to is crying. I cry a lot... when I’m happy and joyful and loving life AND when I’m sad or angry or frustrated. It’s my go to way of releasing whatever I’m feeling. For me it seems like any excess in emotion, whatever emotion it may be, leads to tears. Some people don’t cry and that’s cool too, some people like to yell. I’m not a big yeller, but again, whatever works for you. I’d encourage you to find ways to emote your feelings that are kind and compassionate (for yourself and others around you) even when they might be intense. It’s better to yell at a tree in the middle of the woods or your steering wheel in the car, less so your cat or your kids.

For me, finding ways of feeling and expressing what I have been experiencing has been super important. These past few months, while realizing and working through some of these newer feelings I have been super supported by people around me and by my trust in the process. It isn’t forever. Actually the process of processing is forever, but the feeling you or I am currently working through doesn’t last forever. Sometimes I get frustrated with the ups and downs and I feel stuck in a certain pattern, but then I breathe, or talk it out or go for a walk, then I realize that I’m not alone and what I’m working through is going to pass. Hopefully me sharing my experience helps you with yours. It’s okay to be okay and it’s also okay to not be okay, this is the human experience and we’re all in this together. Love, Grace.



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Satyagraha – core of Basic Education

By P.K. Willey, Ph.D.

It is said that the Buddha’s first sermon under the Bodhi tree in Sarnath was not when he spoke, but where he appeared and stood silently before the *Sangham* (community of truth seekers), and they could see and feel who and what he was. Gandhi’s example too, was more powerful than words.

Gandhi’s greatest effort in life was to inform all humanity as to the power of truth enacted through ahimsa – deeply compassionate, firm, loving effort, by which we may as yet resolve our tragic social problems. The power of Gandhi’s novel approach on such a grand scale for positive restoration of humanity and humane feelings was aptly described by Gandhi’s official opponent in South Africa, Jan C. Smuts: “...[] he succeeds, not by reasoning or persuasion, but by arousing the much deeper-lying emotions of fear, of shame, of repentance, of sympathy, of humanity, and of other feelings below the threshold of conscious thought, which in their mass effect, prove much more potent than reasoning or persuasion.”

It is love that connects and educates us effortlessly into our duty. Gandhi appealed to the vast population in India by the degree which his love for humanity inspired his sense of duty and obligation into action. He appealed to a shared spiritual understanding. This to him was the hallmark of what he called true religion, bound by love’s duty to the highest or widest extent possible. A dutiful people i.e., people worldwide who could try to be aware of and fulfill the obligations of love, understood, respected, and supported his efforts.

What Gandhi was to term Satyagraha, is a natural quality in human beings. He gave this understanding of the evolution in human awareness towards Satyagraha:

“The word was newly coined some years ago, but the principle which it denotes is as ancient as time. This is the literal meaning of Satyagraha—insistence on truth, and force derivable from such insistence...conduct based on truth is impossible without love...truth-force then is love-force...the relationship between father and son, husband and wife, indeed our family relations are largely guided by truth or love. And we therefore consciously or unconsciously apply Satyagraha in regulating these relations.

“Those men and women who do not recognise the domestic tie are considered to be very like brutes or barbarous, even though they in form have the human body. They have never known the law of Satyagraha. Those who recognise the domestic tie and its obligations have to a certain extent gone beyond that brute state. But if challenged, they would say, ‘What do we care though the whole universe may perish so long as we guard the family interest?’

“When men and women have gone a stage further, they would extend the law of love, i.e., Satyagraha from the family to the village. A still further stage away from the brute life is reached when the law of Satyagraha is applied to provincial life, and the people inhabiting a province regulate their relations by love rather than hatred...in modern times, in no part of the Earth have the people gone beyond the nation stage in the application of Satyagraha.

“In reality, however, there need be no reason for the clashing of interest between nation and nation thus arresting the operation of the great law...that nation which wars against another has to an extent disregarded the great law of life...I do wish to submit as a matter of experience that it is not only possible to live the full national life, by rendering obedience to the law of Satyagraha but the fullness of national life is impossible without Satyagraha, i.e., without a life of true religion.”

Gandhi’s thinking on both Satyagraha and Basic Education arose out of first being a father, then through his work in South Africa at his first communities (Phoenix and Tolstoy Farm). He was pressed to find, educate, and produce people who could be ‘*Satyagrahis*’: people who would cling to truth, no matter what, thereby injecting an ‘energy’ or ‘force’ of truth into a given situation. Gandhi saw education towards this nature needed to begin with birth itself. In Phoenix he undertook children’s education himself along with co-workers. He saw that:

“If I was to be their real teacher and guardian, I must touch their hearts, I must share their joys and sorrows, I must help them to solve the problems that faced them, and I must take along the right channel the surging aspirations of their youth.”

He wrote to the larger Indian community, seeking

support for a new type of education:

“The main object of this school is to strengthen the pupil’s character. It is said that real education consists in teaching the pupil the art of learning. In other words, a desire for knowledge should grow in him. Knowledge however is of many kinds. There is some knowledge which is harmful. If, therefore, the boy’s character is not formed well, they will acquire the wrong kind of knowledge. Because of lack of proper planning in education, we observe that some persons grow to be atheists and some, though highly educated, fall a prey to vices. It is therefore the main object of this school to assist in building the moral character of boys...Mr. Hassan Mia, Mr. Ravikrishna [Satyagrahis] are in jail today for the sake of the country. Both of these have gone out from the school at Phoenix.”

Back in India, Gandhi was faced with a population of people who had been down trodden for millennia, not merely the 300 years of British rule. Gandhi knew that without increasing spiritual awareness in the people, they would be unable to forge a new and united India that could begin to consider all its members. He wanted to establish a genuine democracy, and the thinking of social equality and equal opportunity that would go with it. He said: “What is needed to make democracy function is not knowledge of facts but right education.”

Basic Education is based upon the core of Satyagraha – ahimsa – to train and restrain one’s own mind in order to learn to live with hatred towards none. Basic education. Gandhi was to declare the truth that real education is the creation of the noble human being: “The essence of all education is kindness, kindness to all, friends, foes, men and beasts...”

The ideals of Basic Education stress education for meaningful service to the environment, community and nation, and education to know one’s self. Along with character was the necessity for economic survival, the imparting of manual and intellectual skills that would make it possible for the students to keep body and soul together. To this end, becoming able to manufacture goods and materials required by the community, through artisan handicrafts and trade skills, ensured a means to physical survival with dignity.

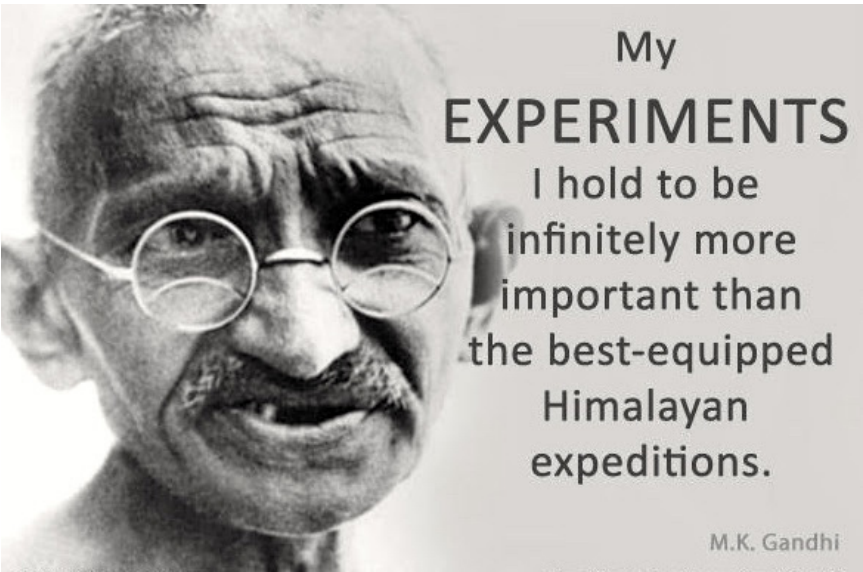
As he began to unfurl his flagship schools for Basic Education, Gandhi initially was flocked with people who wanted teacher ‘positions’ that had been educated in a formal sense. With that form of education came the training for status thinking, and preferences for intellectual life devoid of manual labor.

Once he got outside his ashram visiting the schools that were popping up all over India like mushrooms after a rain, Gandhi soon realized that a qualification indicated by a degree, and knowledge of letters, was the least important component of a good teacher. Loving kindness, duty and vigilance toward the students were the qualities which could activate genuine education, and make a school a humming hive of learning.

Gandhi saw the role of the teacher as the most important element in the schooling life of the child, and in the future life of the community unit, the society, and nation. He saw the teacher as responsible for creating the moral environment that the children would live in through the force of their own character and spirit of sacrifice: “One word only as to the education of the heart. I do not believe, that this can be imparted through books. It can only be done through the living touch of the teacher. And, who are the teachers who join the primary and even secondary schools?... Have they themselves received the training of the heart?”

For Gandhi, the most important element of instruction was the character of the teachers. He saw the teacher as having the responsibility and role to awaken awareness of Satyagraha in children. Teachers are walking text books for children:

“The chief thing aimed at is contact of the children with men and women of culture and unimpeachable moral character. That to me is education. Literary training is to be used merely as a means to that end. The industrial training is designed to give the boys and girls, an



additional means of livelihood.”

Recruiting ethical and morally strong teachers came to be seen by Gandhi as a national investment.

“I have pictured to myself an India continually progressing along the lines best suited to her genius. I do not, however, picture it as a third class or even a first-class copy of the dying civilisation of the West. If my dream is fulfilled, and every one of the seven lakhs [7,00,000] of villages becomes a well-living republic in which everyone is usefully occupied and has nourishing food, well-ventilated dwellings and sufficient khadi [hand-spun hand-woven cloth] for covering the body, and in which all the villagers know and observe the laws of hygiene and sanitation such a State must have varied and increasing needs, which it must supply unless it would stagnate. I can therefore imagine the State financing all the education...and if the State has such requirements surely it will have corresponding libraries... University training becomes self-supporting when it is utilised by the state...If we believe in the necessity of the reform, we can achieve it in no time.”

He knew that should the effort at Basic Education, culminating in alert Satyagrahis succeed, India would be able usher in genuine democratic thinking, the nation would be safe and secure from within.

“Everything will be well with a people who are disciplined and who value integrity of character. The young should be taught this while they are students.”

Skill Share: Herbs & Spices: Preparing for Winter Health, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Kids: Crafts, 11:00a.m.-12:30p.m. Ages 3+. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

Nature: My Year in Mushrooms, 3:00p.m. - 4:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

Painting: Paint Night, 6:30p.m. \$30. Windham Center Fire Department, 18 Windham Center Road, Windham.

Live Music: June Bizantz, Alex Nakhimovsky, Norman Johnson & Matt Dwonszyk, 7:30p.m. - 10:00p.m. \$10-25, “BYOB&F”™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/upcoming

October 14, Sunday

Live Music: Jen Chapin Trio and Kerri Powers, 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 10/7)

October 15, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 10/1)

October 16, Tuesday

Kids: Build & Destroy, 6:00p.m. Build with KEVA and take down with LittleBits. Ages 7+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

October 17, Wednesday

Hiking: Senior Walk, 11:00a.m. - 1:00p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Kids: LEGO Fun!, 4:30p.m. - 5:30p.m. Free. Ages 7+ build and play with thousands of LEGO bricks. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

Trust Funding?

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.

A trust is a common estate planning tool that seeks to manage and control the distribution of your assets in the event of your death or incapacity. But as effective as trusts can be in managing assets, they can be completely ineffective if not properly funded. So trust funding is a vital aspect of ensuring that the trust performs its intended role.

Many people incorrectly assume that trust funding is complete once the trust document has been signed at their attorney’s office; however, executing the trust document is only the beginning. For a trust to function, the trustee must hold title to the assets owned by and therefore subject to trust provisions; consequently, each asset to be owned by the trust must be re-titled to reflect trust ownership. Failure to transfer assets to the trust defeats its management purpose and, in the future, could expose trust assets to the unnecessary time and expenses associated with probate.

What types of assets can be owned by a trust?

A trust can own several different types of property. Cash and liquid securities, including checking accounts, savings accounts, certificates of deposit, and money markets are all ownable by a trust. Some other assets that can be owned are non-retirement brokerage accounts, mutual fund accounts, physical stock and bond certificates.

Among other ownable assets are personal properties, real estate, and business interests.

How do you transfer ownership of property to a trust?

For most assets, transferring ownership is relatively simple. Bank and brokerage accounts typically require completion of new account paperwork in the name of the trust, along with signed authorization to re-title or transfer assets from the current account to the trust.

Physical stock and bond certificates require a change of ownership to be completed with the stock transfer agent or bond issuer. Life insurance and annuity contracts also typically require submission of a change of ownership form to the contract issuer.

Some assets require more effort to properly change title. For example, personal property without a legal certificate of title is commonly listed on a schedule accompanying the trust to reflect that the trust owns those assets. Assets with certificates of legal title require that the owner quitclaim ownership interest in the asset to the trust. The attorney who drafts the trust should help you with the quitclaim process.

Other considerations

To avoid unintended consequences, it is very important to fund the trust in a timely manner. It is also important to work with your attorney and advisor when determining which property the trust should own. There are several variations of trusts, and each trust may have a specific role in the estate plan and require specific assets to fund specific trusts.

Plan Well

Estate planning can take place in many different forms. When you choose trust funding to leave your legacy and support your family, this may prove helpful for some considerations that may not have been thought of at first. At Weiss, Hale & Zahansky Strategic Wealth Advisors, we hope to establish this dialogue and trust with our clients so we can make better informed decisions for their unique plan. To explore our process, visit www.whzwealth.com/our-process.



This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax advisor, or lawyer.

Presented by James Zahansky, AWMA®, researched through ©2018 – Commonwealth Financial Network. Securities and advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. 697 Pomfret Street, Pomfret Center, CT 06259, 860.928.2341. www.whzwealth.com.

Weiss & Hale Financial Announces Business Name Change

Pomfret Center, CT (September 14th 2018) — Weiss & Hale Financial, a provider of comprehensive financial and portfolio management services for more than 12 years, announced today the launch of a new business brand identity and name - Weiss, Hale & Zahansky Strategic Wealth Advisors. Among the other changes will be its logo and domain name www.whzwealth.com.

In all, the change more accurately expresses the business’ offerings and strategic financial service model: Plan Well, Invest Well, Live Well™. The new identity builds upon its history of unique, quality wealth building service focused on individuals, non-profits, and institutions.

Founded by business partners Jim Weiss and Laurence Hale in 2006, Weiss & Hale Financial has positioned itself as a premier strategic partner in wealth management and financial planning for individuals, families, non-profit organizations, and businesses. Jim Zahansky joined the business in 2014 as Senior Vice President after a distinguished executive-level career in the pharmaceutical industry and became Co-Principal/Managing Partner in 2016 with Laurence Hale as Jim Weiss transitioned out of the business to focus on the “Live Well” phase of his life.

“Over the past 12 years, we’ve built a strong reputation in providing customized service and experienced fiduciary care of our clients,” said Laurence Hale, Managing Partner and Chief Investment Officer. “Our new company name brings forward our strong legacy while reflecting our focus on our clients.” Jim Zahansky, Managing Partner and Chief Goals Strategist, adds, “Weiss, Hale & Zahansky Strategic Wealth Advisors will remain profoundly committed to our client’s life financial goals and our key service attributes: accountability, confidentiality, integrity, reliability, and trust.”

Visit www.whzwealth.com to learn more. Note: Securities and advisory services for Weiss, Hale & Zahansky Strategic Wealth Advisors, 697 Pomfret Street, Pomfret Center, CT 06259 (860.928.2341) are offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser. They are located at 697 Pomfret Street, Pomfret Center, CT 06259. For more information, please visit www.whzwealth.com or call 860.928.2341.

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/3)

October 18, Thursday

Hiking: Senior Walk, 1:00p.m. - 3:00p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

October 20, Saturday

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

Kids: Crafts, 11:00a.m.-12:30p.m. (See 10/13)

Kids: Celebration of Neewollah (Halloween), 2pm – 10pm. Free.Face Painting, Boune House, Pumkin Painting, vendors, and a night film, “Hokus Pokus”, all on Jillson Square, 533 Main Street, Windham.

Immigration: Stand with Neighbors, 5:00p.m. - 7:00p.m. \$30. Cocktails and appetizers. Fundraiser for the Neighbor Fund. Fitch House B&B, 563 Storrs Rd, Mansfield Center.

October 21, Sunday

Live Music: Peppino D’Agnostino & Jim Merick, \$25. 4:00p.m. Bread Box Folk Theater, St. Paul’s, 220 Valley Street, Willimantic. Tickets: 860-429-4220 www.breadboxfolk.org

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A Slice of Daily Home Life – USA 1938

By P.K. Willey

Courtship correspondence between Virginia and Charles Prewitt was a fairly steady stream, and always handwritten. Virginia’s letters were more lengthy, neatly written, often dealing with details of the contexts she was facing. This one, postmarked: Stanton, KY August 23, 1938 3PM, written on looseleaf paper during a trip home very shortly after they met, gives a slice of her home life in Stanton, her role in it as eldest child in the family dynamics. The Depression years were on, and everyone relied heavily upon their gardens. Elder children were expected to help and nurture younger ones. Parents never ceased their vigilance. Hoover was the youngest Stewart, born nearly 10 years after Virginia. Electronically produced sounds did not fill their ears, nor was automobile traffic very common. Courting began with young men visiting their lady-friend’s family; the porch was integral – allowing a sense of distance from the family inside the house, a degree of privacy, yet out in the open. For Charlie, the trip from Lexington to Stanton was over 45 miles by passenger trains.

After finishing her associates degree at UKY- Lexington, Virginia had gotten a job as professional all round help – with the Stovalls at Hazel Green Academy in Hazel Green, KY.. Later in life, Hoover was to marry the Stovall’s daughter.

This letter also reveal a loving, nurturing way of relating, that was naturally unfolding in her relationship to Charlie. Edited to reduce length.

Monday Night 8:30
My dear Charles:

This time last Monday we were together – on the porch. It was so good to see you and talk with you. But tonight, I’ll be content to write you and look at the picture and just dream the rest.

The picture is so nice in fact Very sweet. Even my family liked it. Really. I was expecting the letter today but not the picture, so it was really a very nice surprise. I do appreciate the picture but there was no intended request in the remark I made about the size. A smaller one, if you that felt to, would have pleased me, just so it was you.

Even after receiving your card Saturday, I couldn’t help feeling that somehow you might come. I figured if you did come, it would be about 10 o’clock. So I didn’t go to Sunday School but did go over at 11 o’clock for Church There was a funeral out in the country from us and ever so many cars went by, several Fords. And every time I heard one coming I was sure that it was the Prewitts’ but always found it was just another Ford and that they all run alike.

I spent the rest of the afternoon in jail! Imagine. Well you see, Hazel, Alice and I went to town and as we returned we were caught in a terrible storm. We ran into the jail and had to stay two hours and fifteen minutes. A ‘Holy Roller” Preacher was having Services for the prisoners so the jailer opened the window into the prison to it was just like being in Church. Suppose that made up for the Service I missed.

Am having a lot of conflicts as Hoover started to school today and he is insisting on reciting the Multiplication Table in here.

Mr. And Mrs. Stovall came down Sat. and wanted to know if I would come up to Hazel Green a week early to get the dormitory cleaned and order the supply of groceries and to be in a play, the proceeds to go for the cemetery. The play is directed and was written by a Dramatic Company in S. Carolina. Seems as though I will embark for Hazel Green next week, perhaps next Wednesday.

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 10/7)

October 22, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 10/1)

October 24, Wednesday
Hiking: Full Moon Night Hike, 7:00p.m. - 8:00p.m. Approx. 6 miles in length. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Nature: Full Moon Campfire, 8:00p.m. - 9:00p.m. Approx. 6 miles in length. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

There is a family of Conlees who live in Taylorsville they formerly lived in Stanton in fact we knew the family and my parents were good friends of theirs. Perhaps you know them or I thought they might live near your grandmother. Mother

and I have really worked today as we canned seventeen quarts of corn and a few apples. If you have ever helped with corn you will realized how much energy it takes to prepare it for canning. However Dad gathered and shucked most of it.

Am to glad you are going to be in the country for a while. Do get plenty of rest, fresh air, and I know that the



Virginia at her desk with Charlie's photo at Hazel Green, 1938. courtesy, C. Walker Prewitt, Jr.



The Organic Chemistry Class at Transylvania University where the Prewitts met. Charlie, back row far R, Virginia, front row, second from left. Fantastic summer it was! Courtesy, C. Walker Prewitt, Jr.

good food part will be OK. But after all those are the three important constituents for good health. “If I was the robin who visits your garden tree I would sing in my sweetest notes ‘I love Thee’.” Those lines came to me the other day and they are intended for you.

Its just now 9:00. “I guess I had better go home.” Do you remember?

Excuse this paper you see I didn’t have any stationary but that didn’t keep me from writing. I think I have been interrupted for the last time as Hoover has just gone to bed. First it was, “Jenny [Hoover’s name for Virginia] hear me say my fours. Then fives and finally sevens.” One time he made a mistake and Dad called up that 4x6 = 24 and not 34. Va’s [her shorthand for herself] mind was several miles away at that time, but I promised I’ll do better when I start teaching. If I didn’t – poor pupils.

Charles, it does seem longer than one week since I saw you. We must see each other soon after school starts. Speaking of Commencement, I’ll be so happy to see you graduate next June. Of course you will be happy then, and seeing you happy would make me happy and then we can know that another milestone has been reached. Do have just a really good time you deserve it. I’ll be expecting to hear all about it.

My love to you,
Virginia
P.S. I’m so glad you were smiling in the picture because I remember seeing you like that so often. V.A.S.

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/3)

October 25, Thursday
Kids: Halloween Lights, 6:00p.m. Ages 6+ Create cute or spooky Halloween Decoration. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

Ocober 27, 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

Children’s Corner #4

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.

To Feed the Mind

There were two best friends named Adam and Ben. One day after school, Adam invited Ben over for cakes, fruits and ice-cream. They chatted happily together, and Adam showed Ben his new CD player; they listened to music, singing harmonies with some of the songs. After some time, Ben took leave of Adam and his family, and they resolved to see each other again outside school before too long.

A few hours after Ben left, Adam was looking in the mirror, and saw that the gold chain that he wore around his neck was missing. He remembered he had taken it off before his daily bath in the morning. He always kept it on the table by the CD player before bathing. ‘Ah,’ he thought to himself, ‘I forgot to put it back on.’

He went into the room where the CD player was, expecting to find it on the small side table. The gold chain wasn’t there. Adam was very surprised, he was certain he had put it there, he was sure he had seen it there. But it was gone.

He began to look all over the house for it, he checked and then rechecked, and rechecked, again and again, the bathroom, even the dirty laundry, all the space between his room and the bathroom. He kept coming back to the small side table, standing and staring at it. He felt certain he had left it on the table, he almost remembered placing it there. As he tossed the matter over in his mind, he recalled that the only other person who had been in his room that day was his dear friend, Ben.

He began to suspect Ben. The next day, he saw Ben, and although Ben was happy to see Adam, Adam could not be that happy. He began to view his friend with ever-increasing suspicion. Ben felt the change and was at first puzzled. This went on for several days Ben began to feel sad about Adam’s change towards him, and several times asked him frankly, “What’s up with you, Adam?”

Adam showed his teeth in a smile and said, “Nothing, why?” He could hardly meet Ben’s eyes with his own. Things became strained for no reason that Ben could figure out, yet he began to resent the way Adam was disregarding the love and goodwill of their friendship.

Meanwhile, Adam’s suspiciousness grew to know no bounds. He was surprised at the total ease with which Ben could lie, being friendly to his face, as though he had done nothing wrong. “The person you thought was your best friend, look what he did!” he thought to himself.

On the 10th day after his chain became missing, Adam was walking in the garden at the back of his home at mid-day. His head was bent down. He was lost in thought about the treacherousness of his greedy friend Ben, who could steal so easily and with a smile. Suddenly saw a sharp glitter on his right side. He bent down, and picked up his gold necklace. The cloud of gloom and distrust lifted instantly.

Adam was shocked and surprised at the actions of his own mind, and how quickly he had mistrusted the sincere good-will of his friend Ben. He was to embarrassed to confess his ill-will and mental accusations to Ben, but, in his remorse, resolved to try to control his mind so that he never did this to anyone, nor to himself, again in his life.

This is the nature of our minds. At times, the mind may even entertain thoughts of killing another person. This is very bad for us, bad for the Earth, the atmosphere, for other people. To help control the mind, we need to practice three things: 1) watching, reading, and listening to good words, speech, images and ideas, thereby filling our minds with healthy mental food, 2) spending time thinking about what we heard, read, or saw, and 3) contemplating on those ideas, which become the seeds that will blossom into beautiful fragrant flowers, and mighty oak trees to sweeten and shade our lives and the lives of those we live with.

Contributed by P.K. Willey

Kids: Crafts, 11:00a.m.-12:30p.m. (See 10/13)

October 28, Sunday
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
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 10/7)

The Willimantic Food Co-op Plastic Project

By Cari Nadeau

As the worldwide discussion about the plastic problem explodes, we at the Co-op want to do something to bring attention to it locally. So, we created a plan to do just that.

I kept track of all my plastic use for the month of June. I wrote down everything plastic that I put into the garbage can or the recycling bin. I included the plastic that went into the recycling bin because the amount of plastic that actually gets recycled is pretty dismal, especially now since China has put a ban on importing plastic waste. Even if they were still accepting it, the manufacturing and recycling of plastic is a highly toxic process, hardly making recycling a sustainable solution.

For the month of June, I created 2.12 pounds of plastic garbage and recycling. Over a year, that adds up to 25.44 pounds. The Globalist, in a 2017 article, states that “...an average person living in North America or Western Europe consumes 220 pounds of plastic each year, mostly in the form of packaging.”

While my plastic use is considerably less than the average person, I still want to, and can, do better.

I’d say about 95% of my plastic was from food packaging. The rest were supplement bottles and some shipping materials. I buy very little as far as consumer goods (besides food), so I didn’t have any packaging other than this.

What I Learned By Doing This Experiment

My plan after finishing this for the month of June was to jump headfirst into a worldwide plastic challenge for the month of July, called Plastic Free July. The challenge was to use no single use plastic for the entire month. Well, I failed miserably on day one and realized that, in a plastic dependant society, this task sounds much easier than it actually is. Almost everything, food and otherwise, either comes in plastic or has some part of the packaging that is plastic.

If I were to actually succeed in this challenge, I would have to give up meat for the month, which my body does not take kindly to. Even the animals we raise on our own property are wrapped in freezer paper, which is lined with plastic to help keep it fresh in the freezer. I would have to prepare every bit of food that would go into my mouth ahead of time at home, but food planning is not exactly my strongest skill. I would have to give up the Ca-shew Cheese that makes eggs special again. Even canned beans and tuna cans are lined with plastic. Ouch.

Could I do all of this for a month? Sure, with some planning and dedication I could probably do anything for a month. But, I’m not interested in what I can will myself through for a month, but sustainable changes that will last me a lifetime, without having food prep consume my life.

Moving Forward

Since most of my plastic use was food packaging, I’m focusing on ways to reduce this. The main thing I plan on doing is working on getting better at meal planning and batch food prep for the week. This means I’m almost exclusively using things from the bulk and produce departments, avoiding the packaging on other items in the store.

I tried batch cooking most of my meals for the week a couple of months ago and it was a great week. I wasn’t stressed at all about meals, ate only my home-cooked food, and felt better than usual. I had my own nourishing food that satisfied my hunger so I didn’t grab the bag of chips or cookie (who am I kidding? cookieS) that I would have grabbed when my hunger wasn’t satisfied by snacks or a to-go meal. I truly believe that food cooked at home is the most filling and nourishing food we can eat. It is an act of love to prepare our own food.

The Co-op Plastic Project: A Challenge

For the month of October, we’re hosting a challenge to help people reduce their plastic use. The first two weeks of October will be a prep time. We’ll send you educational and inspirational emails to prepare you for the next two weeks, where we’ll ask you to make at least 3 changes in how you use plastic in your life. An example would be to commit to using a reusable water bottle instead of buying water in plastic, using a reusable coffee cup at the coffee shop, and using reusable bags for grocery shopping and produce. In-store during October, there will be a merchandise display full of our favorite plastic alternatives at 10% off to help make the changes a bit easier.

At the end of October, we’ll ask for your feedback on the project. Was it a personal challenge, a family effort? What will you continue to work toward? We would like to

compile the data from our challenge and report back in a later issue of The Compost. The hope is that by changing old habits, new ones will stick and encourage us to make even more changes as time goes on.

Of course, it’s not totally practical to think we can just stop using plastic altogether. In the bigger picture of plastic use, we as consumers will need to tell companies what we want: packaging that is plastic free and sustainable. How realistic is this? Honestly, I don’t really know. I do find it pretty hard to believe that we can replace someone’s heart and build robots that can basically run your life for you but we can’t design or discover a packaging material that is a sustainable alternative to plastic.. I think it’s more a political issue than a materials issue; selling plastic is big money.

I don’t see the overall goal to be reduce, reuse, recycle, but to be refuse (buy less stuff), reduce, reuse, recycle, rot (compost). It’s undoubtedly difficult in a consumer culture, but as awareness of the issue grows, I think we’ll see more people refusing to buy things that aren’t in line with their goals for the environment. Even sustainable plastic substitutes would be made from the earth’s resources; there is always an environmental consequence to everything that we as humans produce and consume.

While reducing our plastic use is absolutely crucial, so is living a guilt-free life. So, the point of this whole thing is to do the best you can without making yourself crazy. We can also support the innovative people and organizations who are working on creating packaging alternatives. There are many people, just like you and I, who are coming up with solutions to this problem right now, as you read this article.

Sign up now for The Plastic Project! Email Cari @ cari.nadeau@willimanticfood.coop or stop by the Co-op today!

Barry Update

By Kevin Pratt Jr.

In last month’s article I talked about a good friend of mine, Barry, who had been in the hospital then transferred to St. Joseph’s Living Center. He spent, I would say, almost two weeks in the nursing home just for general rehab. During the time in the facility there were many ups and downs emotionally because he did not remember why he was there. So being the friend that I am, I would have to go down and explain to him why he ended up there and how long his recovery was going to be.

As of writing this article Barry is currently home and resting comfortably in his apartment. I have been in constant contact with him, reminding him to stay the course and make sure that he is taking his medication and doing all the right things that he needs to do. I’m happy to report that he is back to his stubborn self which is a good thing in this case because it means that he is thinking more clearly which makes me feel better. When he was going through the recovery process there was a lot of sadness in his eyes and a lot of uncertainty because, as you know, senior citizens do not like their routines interrupted at all. I’m so glad that I was able to be there as much as I could because I strongly believe that I if I had not been there through this entire process from the beginning to now, he would’ve had a tougher time recovering.

My only concern now that he is home that he is going to go a little stir crazy because he is not allowed to drive for a couple weeks. He needs to get the okay from his primary doctor. That was one independent thing that he was afraid he was going to lose. I told him he would not lose the ability to drive. One of the main reasons I told you about Barry is that we all know someone out there, who at some point is going to need help or just moral support. Let them know that everything is going to be okay. Whether you have children, nieces and nephews or just friends, make sure you have someone in your life that can be by *your* side. Especially when something happens, no matter how major or minor, you never know when you will need help. No matter how well you are, we all need help at some point in our lives. Take it from me, a person that needs help every day, 365 days a year. Don’t ever take anyone for granted and always remember to be kind and say thank you because people really do appreciate that. Little things matter. Last but not least, Barry you are a fantastic human being and a good friend. Beyond the recovery and going forward I will always be there for you no matter what. I appreciate and respect our friendship. Much love and respect goes out to you my friend.

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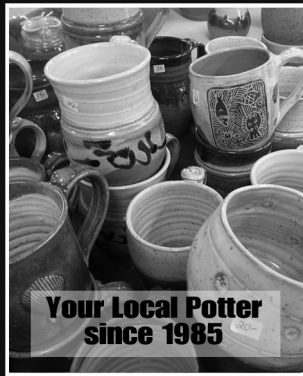


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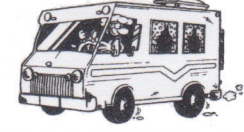
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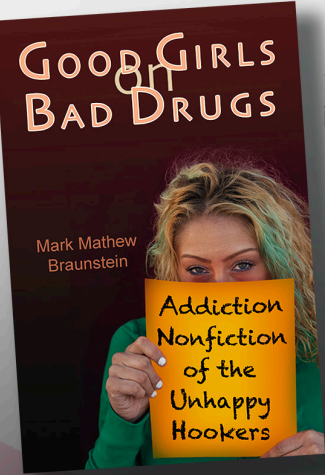
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All That Jazz!

By EC-CHAP

All That Jazz or “All That’s Jazz” – However you look at it, October is definitely Jazz month at The Packing House!

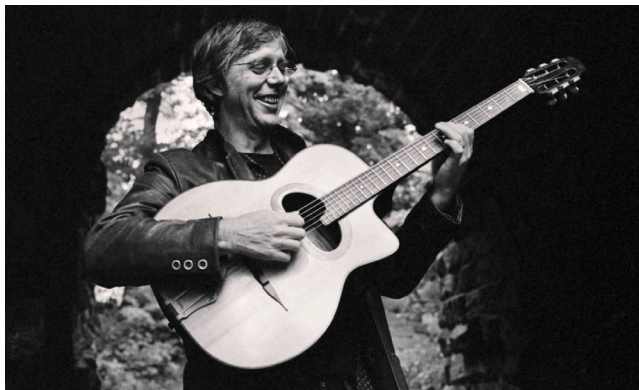
From gypsy jazz to bebop, Chet Baker, the classic American Songbook, national and regional artists, and upcoming jazz musicians – it’s all here! If jazz is your love, consider a “Jazz Pass” for October - take in all six shows - save over 25% and avoid all processing fees. Call 518.791.9474 for credit card phone order – also available at the door.

This season, EC-CHAP is also introducing “The Packing House Rewards Program”, as well as customized ticket bundles providing greater value and live listening experience.

EC-CHAP is pleased to offer the following performances and events during October! Additional artist information, photos, sound bites, video clips, and program details can also be found on our site: www.thepacking-house.us.

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”. 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.



Performing Arts



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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.

“Sarah Hanahan Quartet – Part-1”. Saturday, October 20th, 7:30pm.

Sarah Hanahan is a jazz saxophonist studying performance at the Jackie McLean Institute of Jazz within the Hartt School of Music (University of Hartford). In 2015, Sarah was awarded a full scholarship to study jazz performance at the McLean Institute. Her college teachers include well-known jazz saxophone performers Javon Jackson and Abraham Burton. The McLean Institute has also afforded Sarah the opportunity to receive instruction from and perform with accomplished jazz musicians such as bassist Nat Reeves and trombonist Steve Davis.

Since that time, her gigging schedule has grown exponentially! Sarah recently appeared as a guest artist at the Caramoor Jazz Festival, and is scheduled to perform at the Hartford Bushnell Park 2018 Monday Night Jazz Series opening for Terri Lyne Carrington. She fronts her own quartet / quintet, and also plays in a jazz duo with jazz guitarist Jeremy Galloway, a close friend and McLean classmate.

This concert represents Part-1 in a three-part Seasonal Series. Concerts will be scheduled in October, January and April 2019. Tickets \$20.00 Advance / \$25.00 Door. NOTE: 3-Part Series Tickets available for this event - \$58.00. Save over 25% and avoid processing fees. Ask for details.



“Jacqui Naylor with Art Khu”. Friday, October 26th, 7:30pm.

Jazz vocalist and songwriter Jacqui Naylor returns to The Packing House following sold-out shows in the United States, Europe and Canada in support of her 2017 release, her ninth recording, “Q&A”. Her albums have made the “top-ten” lists of USA Today, Jazziz and The Washington Post and she is recognized for her wide vocal range and ability to mix and “smash” multiple genres and generations of music. She is equally at ease singing the music of Johnny Mercer and David Bowie as she is her own original music, with several compositions used in national advertising.

“Naylor remains one of the most superbly arresting vocalists around.” JazzTimes

“She excels as a sensitive song interpreter with unerring intonation.” DownBeat

At her concert expect music from Naylor’s recently released duo recording, “Q&A”, featuring multi-instrumentalist, arranger and composer, Art Khu. These artists are perhaps best known for an arranging technique they coined “acoustic smashing” where she sings the melody and lyrics of a jazz standard over the groove of a well-known rock anthem or vice versa.

Naylor’s many recordings are available throughout the United States, Europe and Asia and she tours regularly in these regions at esteemed venues and festivals, including Monterey Jazz Festival, Jazz Aspen Snowmass, SFJAZZ Festival, Women in Jazz Germany, Ronnie Scott’s London, Jazz Standard New York, Jazz Alley Seattle, Snug Harbor New Orleans, and the Blue Note jazz clubs in New York, Milan and Tokyo. Tickets \$25.00 Advance / \$30.00 Door.



“Greg Abate Quartet”. Saturday, October 27th, 7:30pm.

Greg Abate jazz saxophonist, flutist, composer continues as an International Jazz / Recording Artist with 225 days a year touring the globe.

In the mid 70’s after finishing a four year program at Berklee College Of Music, Greg played lead alto for the Ray Charles Orchestra for 2 years. In 1978 Greg formed his group ‘Channel One’ which was a favorite in the New England area and from there had the opportunity to play tenor sax with the revived Artie Shaw Orchestra under leadership of Dick Johnson from 1986 to ’87.

Following this experience Greg ventured out as post hard bop soloist playing Jazz Festivals, Jazz Societies and Jazz Clubs throughout the U.S. Canada and abroad, including most of Europe, UK, and Moscow and Georgia Russia.

His most recent recording, *Road to Forever*, was released earlier this year on the Waling City Sound label. The project includes ten original tunes written by Greg and features members of his working trio Tim Ray Trio, Tim Ray (piano), John Lockwood (bass), and Mark Walker (drums).

Greg will be joined at The Packing House on October 14th by Matt deChamplain on piano, Lou Bocciairelli on bass, and Ben Bilello on drums. Tickets \$25.00 Advance / \$30.00 Door.



“Tolland HS Jazz Band”. Tuesday, October 30th, 7:00pm.

The Tolland High School Jazz Band, led by Mrs. Megan Kerwin, is an audition only ensemble, and is one of the premiere groups in the THS Music Department. The group plays several gigs a year throughout the local community and has participated in Festivals of Music competitions in Chicago and Virginia Beach and the Berklee High School Jazz Festival. Snacks and soft drinks will available. No BYOF&F at this performance. Free to the public.

EC-CHAP FILM SERIES

“Citizen Kane”, 1941 (PG). Sunday Afternoon, October 14th, 3:00pm

Citizen Kane (1941), an American mystery drama directed by Orson Welles and written by Herman J. Mankiewicz and Orson Welles. The film stars Orson Welles, Joseph Cotten, Dorothy Comingore.

“Following the death of a publishing tycoon, news reporters scramble to discover the meaning of his final utterance.” -IMDb

This classic film was nominated for nine Oscars and won the Academy Award for Best Writing, Original Screenplay (Herman J. Mankiewicz and Orson Welles). Suggested donation \$5.00.

EC-CHAP ARTIST IN RESIDENCE

Rebecca Zablocki Solo Show: “AS IS”. (Mixed Media) Saturday, October 13th, 5:00-9:00pm

Rebecca Zablocki: “AS IS” is a show consisting of the work developed over the last ten months as an Artist-in-Residence with EC-CHAP. The work in the show is a mixture of drawing and prints on paper, as well as ceramic, paper and plaster sculpture all about dealing with chronic illness, pain and the other effects that it has on people’s lives.

The title “AS IS” (acronym for Ankylosing Spondylitis), has come from the artist’s personal experience with chronic illness and pain, whether it be her own or the pain and illnesses of my loved ones. Taking things as they are and navigating the simple tasks of life can be difficult. The artist would like to express that and hope that it resonates with viewers, as many people, if not all, have had to experience illness and pain in some way as well as the emotional weight that comes with it. EC-CHAP “Artist In Residence” (AIR) Rebecca Zablocki will exhibit her unique and delicate works at the “Dye & Bleach House Community Gallery” at The Mill Works, 156 River Road, Willington, CT. Preview Sunday, October 7th, 12:00-5:00pm; Opening Reception Saturday,



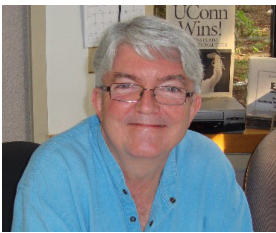
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Community Media and Regional Arts

By John Murphy

Happy Equinox! As the Big Blue Ball marks the change of seasons I thank you for sharing some time with me.

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!



Windham Arts is Expanding Its Regional Media Support for the Arts

With this issue I mark the second month of expanded coverage of our regional arts scene. It is growing and rich in creativity with diversity of form and presentation.

As a pathway to growth and sustainability Windham Arts is establishing a new arts promotion, marketing and development project to greatly expand media support for individual artists, arts groups of all kinds, arts presenters and venues, libraries and many other related organizations. Much more information will follow next month, but for now I want to share the following ways you can let us know about your needs:

Local employment: if you are a free-lance producer in any media form contact me about new work.

Local venues/presenters: if you think this project can help you send me a short email saying ‘yes.’

Arts organizations: if you think this project can help you send me a short email saying ‘yes.’

Windham ARTS—one of nine Designated Region Service Organizations

To support the state’s creative economy and provide cultural leadership to a broad diversity of regional constituents, Designated Regional Service Organizations assist the Connecticut Office of the Arts (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

More information: www.windhamarts.org

Connecticut Office of the Arts Awards Grants for FY 2019

SUPPORTING ARTS GRANTS

The Supporting Arts grant program provides unrestricted funding to help support Connecticut’s arts organizations and municipal arts departments as they pursue their mission. This type of grant is flexible rather than for specific projects or programs and gives the grantee the ability to use the funds where they are most needed.

Seventy-nine (79) FY19 Supporting Arts grants totaling \$456,000.

ARTS PROJECT GRANTS

The Arts Project grant program provides funding for the planning and implementation of arts-based projects, of all disciplines, for Connecticut audiences, communities and participants. The project must be accessible and relevant to the audience and community and must engage at least one (1) Connecticut artist in a significant project role.

Twenty-four (24) FY19 Arts Project grants totaling \$332,300.

REGIONAL INITIATIVE (REGI) GRANTS

The Regional Initiative grant program provides funding for the planning and implementation of small community art projects that align with the READI (Relevance, Equity, Access, Diversity and Inclusion) framework in combination with a strong community engagement plan. Panel reviews are conducted regionally in collaboration with Regional Service Organizations that serve as local field offices for the Connecticut Office of the Arts.

Thirty-eight (38) FY19 Regional Initiative grants totaling \$138,520.

ARTS LEARNING GRANTS

The Connecticut Office of the Arts promotes teaching and learning in, about, and through the arts, through high quality arts engagement, arts integration, arts exploration and discovery experiences. Through its Arts Learning grant program, the COA seeks to connect PK-12 schools and citizens with arts experience(s) in Connecticut.

Twenty-four (24) FY19 Arts Learning grants totaling \$37,466.

CONNECTICUT CULTURAL HERITAGE ARTS PROGRAM

The Connecticut Office of the Arts awarded a partnership grant in the amount of \$11,500 to the Connecticut Historical Society for the Connecticut Cultural Heritage Arts Program (CCHAP) (aka Connecticut’s Folk and Traditional Arts Program).

As part of COA’s grantee responsibilities to the National Endowment for the Arts, the State of Connecticut must maintain a Folk and Traditional Arts program. CCHAP has served as COA’s Folk and Traditional Arts partner since 1990. A Folk and Traditional Arts program as defined by the NEA is as follows:

The folk and traditional arts are rooted in and reflective of the cultural life of a community. Community members may share a common ethnic heritage, cultural mores, language, religion, occupation, or geographic region. These vital and constantly reinvigorated artistic traditions are shaped by values and standards of excellence that are passed from generation to generation, most often within family and community, through demonstration, conversation, and practice. Genres of artistic activity include, but are not limited to, music, dance, crafts, and oral expression.

FUNDING OPPORTUNITY:

We are still accepting applications to the Access category of the Arts Learning grant program. Arts Learning: Access grants provide funding, from \$500 up \$1,000, for exposure to the arts through field trips, school or classroom visits, performance(s), “informance(s)” and/or lecture demonstrations by artists or artist groups or arts venues.

Applicants who applied to and/or received a grant through COA’s FY19 grant programs -Supporting Arts, REGI, Arts Learning & Arts Projects - may apply for an Arts Learning: Access grant. The application “deadline” is rolling, and funds are dispersed on a first come (and eligible) first serve basis. No match is required.

Eligible applicants for Arts Learning: Access grants are:
PK-12 Schools
501(c)(3) arts organization seeking to provide art experience(s) for PK-12 students

Arts program of a 501(c)(3) non-arts organization seeking to provide art experience(s) for PK-12 students

Note: Arts Learning: Access funds can be used towards transportation to/from an arts experience!

Windham Arts Seasonal Craft Fair
East Brook Mall in Mansfield
Saturday November 3, 2018
10 AM TO 5 PM

Information and applications for vendors and food providers are posted on the Windham Arts website. Sign up is fast and easy—it would be great to host a wide variety of art forms and styles. For more details the contact is: john@windhamarts.org

WINDHAM ARTS ‘ON AIR’

I continue my weekly program on WILI Radio in Willimantic at 1400 AM and 95.3 FM. Wednesdays between 5-6 pm. 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

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

Other Community Media Resources for Our Region

A great deal of programming about the spectrum of local life in our region is available throughout the year. Watch, listen and read—and let us know you are out there. Connect for cooperative action!

Neighbors Newspaper/Magazine.

Monthly print version distributed throughout 22-town region in the Quiet Corner

Available online in color at www.neighborspaper.com with full archive

Contact Tom King, Owner/Publisher, as neighborspaper@yahoo.com

Send calendar/event listings to “Attention Dagmar Noll” in Subject Line

Local Radio Programs

Windham Arts Radio Review, Wednesdays 5-6 pm on WILI AM 1400 and FM 95.3

The Pan American Express, Tuesdays 12—3 pm on WECS 90.1 FM and www.wecsfm.com

Guests invited! Email john@windhamarts.org

Charter Public Access TV Channel 192/NE Connecticut Area/North Windham Studio

For 24/7 on-demand access to CTV192 programs on the Internet:

1. Go to the website = www.ctv192.com
2. Open the Programming Tab and select “watch programs.”
3. When you open you will see a display listing current shows
4. Make your selections based on the channel, program title, topic or date and enjoy!
5. On the Homefront is also on Channel 192 Tuesdays 2:30 pm, Thursdays 8:00 pm and Saturdays 2:00 pm.

Remember the Charter Public Access Channel moved from channel 14 to channel 192. Make it a “favorite” on your cable channel remote control and take a ride with community TV—it’s free and worth every cent.

So that’s it for this issue. Thanks for reading and keep the faith!

John Murphy
Windham Arts
john@windhamarts.org

Quiet Corner Fiddlers



Join us for QCF playing out dates:
Tuesday, October 9, Midway Restaurant
Route 44, Ashford, 7pm

Fiddlers of all skill levels always welcome at our sessions every Tuesday evening 7-8:30PM
Info Bernie: b.schreiber@snet.net

The Phases of Digestion

By Dr. Tonya Paternak

Understanding the Digestive System:

Many people struggle with digestive issues. Some of the most common symptoms include nausea, upset stomach, bloating, constipation, and reflux. The cause of these symptoms can be hard to pinpoint due to the complexity of the digestive track. Influences include stress levels, eating habits, and the natural processes that happen in the intestines. It is important to know how the digestive tract works in order to uncover where the dysfunction may be.



First phase of digestion: Chewing

The digestion of food starts with chewing. While it seems like a no-brainer, many people don’t take time to adequately chew our food. This is common in our fast-paced world where we are constantly in rushing or multitasking. When we gulp down meals we skip a crucial phase of digestion and also typically tend to overeat.

Second phase: Stomach acid

After we chew and swallow our food it hits the stomach where it is mixed with stomach acid, or hydrochloric acid (HCL). An overabundance of HCL leads to esophageal reflux, or heartburn. The most common presentation of this is a burning sensation in the chest. Some people however get atypical symptoms such as a metallic taste in the mouth, frequent throat clearing or irritation of the throat. These symptoms are referred to as “silent reflux” due to their misleading presentation. Although due to the same underlying cause as heartburn, silent reflux is often misdiagnosed as other conditions such as allergies.

Hypochlorhydria is when people have too little stomach acid. This can cause symptoms similar to that of having too much, in which case people are sometimes inappropriately placed on reflux medications. In these situations the underlying problem is actually made worse. Suppressing acid production can lead to impaired digestion and mineral deficiencies such as low calcium or magnesium.

HCL challenge:

Since symptoms of hyper and hypochlorhidria are similar, it is hard to pinpoint which one is the real issue. A Heidelberg test can be done in which a capsule is swallowed and used to assess the acidity of the stomach. While this is a straightforward method, it is also invasive and unpleasant. Although not as accurate as a Heidelberg test, an HCL challenge can be done at home for similar purposes. This is where a person takes increasing amounts of HCL supplements with meals and watches for symptoms of burning. When a person experiences burning, the total acid content is too high. If a person takes 1 cap and gets burning, he or she most likely has adequate or elevated levels of HCL already. If a person needs multiple caps before symptoms arise, it indicates the initial stomach acid content is on the lower end.

Third phase: Digestive enzymes and Bile

After the food leaves the stomach it is passed to the small intestine where it is mixed with bile and pancreatic enzymes. Bile is made in the liver and stored in the gallbladder. It is released when a person consumes fat, both good and bad. The bile is needed for the absorption of fat as well as fat soluble vitamins such as vitamin A, D, E and K. If the gallbladder isn’t functioning adequately (or has been removed) people can get an array of short and long term complications. Short term issues include bowel urgency, upset stomach after eating, bloating or greasy-looking stools. Long term issues include deficiencies of fat-soluble vitamins and complications due to such deficiencies. For example vitamin K is necessary to maintain bone densities; therefore fat malabsorption can contribute to osteoporosis. The body can start to suffer from these deficiencies, especially if it’s over a prolonged period of time.

Food in the small intestine is also mixed with pancreatic enzymes which break down fats, proteins, and carbohydrates. Pancreatic insufficiency is the term for low pancreatic enzymes. With this people can experience symptoms similar to those seen with low bile. They can get full very quickly, feel like food isn’t digesting, see undigested food in the stool, or feel like food “just sits there.”

The importance of good food hygiene:

Many factors play into the production of sufficient HCL, bile, and pancreatic enzymes. Good “food hygiene” is very important. Basically our body needs warning that food is coming. Typically this happens when we take time to prepare our meals; gathering, cutting, cooking, and smelling food as it’s prepared. When we eat in a rush our body isn’t ready for digestion.

Another aspect that plays a part is our nervous system. We have two parts to the nervous system, rest and digest and fight or flight. We are in a constant seesaw between the two, but cannot fully be in both states at the same time. When we are busy multi-tasking, doing things like driving, computer work, or watching TV, we are in fight or flight state, sending energy and blood flow to our muscles and brains. In doing so, energy is pulled away from the digestive system. On the contrary, the rest and digests phase occurs when we are relaxed and resting. We need less energy for being busy, and instead can have the digestive system up and running at a healthy rate.

Good food hygiene refers to having healthy eating habits including creating a restful eating environment, not multi-tasking, and taking time to prepare, chew, and enjoy our food. This alone seems so simple but can improve numerous digestive symptoms and allow us to get the full benefits from eating a healthy diet.

Dr. Tonya Paternak is a Naturopathic Physician at Collaborative Natural Health Partners in Manchester, CT. She is an in-network provider with most major health insurance companies and is accepting new patients. Please call 860-533-0179 for an appointment.

An Historical Update

By Joan Taraskiewicz, Musuem Curator

I’m Joan Taraskiewicz, the new Curator for the Gardiner Hall Jr Museum. I took over from Pamm Summers when she needed to retire from that role. I was a science teacher for many years (physics and earth sciences) so I am used to planning for learning experiences. I also created a nature center at Chatfield Hollow State Park where I worked summers as a naturalist interpreter. Now I get to use those skills to enhance this facility by updating and expanding the exhibits here.



The recent NBC Sunday Today with Willie Geist praised Howard Buffet, son of Warren Buffet, for his contributions to Decatur, Illinois. This extremely wealthy man has contributed generously to his town. This made me reflect upon what I have learned about the Hall family in the past few months. Gardiner Hall Jr. did not come from wealth; he came from working in other mills in the area. Yet, he was able to establish a profit-able business that lasted for almost 100 years; a business that employed many during both good times and bad. His impact was not limited to the mill; he built housing for his workers, he built a school, a store and even a post office. A small village grew up in a part of Willington that had not been so densely populated before. The mill was started during a period of social change. The farms began to give out and new jobs were needed to support the local economy. Young girls left the farms for the mills and were safely housed in boarding houses the Halls supplied.

I don’t know how many people in Willington and the surrounding towns realize the uniqueness South Wil- lington represents. On October 6th, I invite you to learn more about this village and the family that founded it. Tyler Hall, a descendent of Gardiner Hall Jr., will lead a history walk through this part of town while discussing his fami- ly’s legacy. The walk will be from 10am – 11:30am. We will meet in the parking lot across from The Mill Works on Rt. 32.

On the next day, Oct. 7, the Gardiner Hall Jr. Mu- seum will be open from 1-4 pm when EC-CHAP presents the Fall “First Sunday at The Mill Works” Community Event. There will be a wide variety of activities, from mu- sical performances, to art exhibits, to children’s events. I hope to meet you then and show you what has been done in the museum recently. And, maybe you will have sugges- tions for me for future exhibits!



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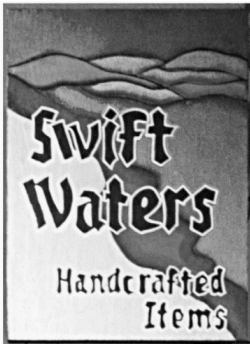
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October, 29, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 10/1)
Live Music: Tom Paxton & The DonJuans, 7:00p.m. \$35. Bread Box Folk Theater, St. Paul’s, 220 Valley Street, Willimantic. Tickets: 860-429-4220 www.breadboxfolk.org

October 30: Tuesday
Concert: Tolland HS Jazz Band (Jazz). Doors 6:30pm / Show 7:00pm. Part of the EC-CHAP Jazz Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Free to the public. Snacks and soft drinks available. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.

October 31, Wednesday
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/3)

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The Neighbors Paper

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This Feature Could Save Your Life



Do you use the Apple Health App?

Reading up on things I don't know or use about the iPhone and it's apps I came across this article by Don Mayer and I thought I'd share it here. It could save a life so give this one a look:One of the bundled apps with your iPhone is the Apple Health app. I find that I am using this app more and more frequently.

It started out that I just used the app to record my critical medical ID information. It is easy to create an emergency Medical ID card that allows first responders to access your critical medical information from the lock screen without needing your passcode.



I then found that it was sort of handy to list all my medications on that same Medical ID. I think part of growing old is that you have a lot more doctors (and lawyers!). Every time I go to a medical appointment or the dentist they ask about my meds. Now I can just hand them my iPhone with the list.

I have diabetes and high blood pressure so monitoring my blood sugar and blood pressure is necessary and a bit of a hassle. I can't wait for those measurements to be built into my Apple Watch but in the meantime I use devices that pair via Bluetooth to my iPhone that will record and save my data.

For blood sugar I use iGluco and the iHealth measuring device. Once you have paired the device with your iPhone, the iPhone acts as the recording device. If you ask it to, it will also write that data right to the Health App. From either the Health app or iGluco I can send my results right to my medical provider as well as having a historical record. This makes it easy to access these recordings at any time.

For blood pressure I use the Quardio Arm or the KookGeek cuff with their apps. In a similar manner they can write to the Health app so you have all your data in one place and can easily send this information to your medical provider. I also have an integrated scale that records weights to the Health App.

This makes it very easy to give more accurate information to your medical provider. But the Health App does not stop there. The Health app highlights four categories: Activity, Sleep, Mindfulness, and Nutrition. Each plays an important role in your overall health — and in the app. I use an app called SleepMatic to monitor my sleep occasionally. You

have to wear your Apple Watch to bed for it to work so I don't use it all the time but if I find myself wondering my sleep habits, I wear my watch and then in the morning I can see just how much sleep I have had.

We have talked about Activity before and my Apple Watch rewards me with closed circles and interruptions as I meet my goals. The Health app gives you more information such as flights climbed, walking heart rate average, resting heart rate and a lot of information to make you feel guilty if you are not exercising more. I have found that I am getting much more exercise here in the Green Mountains than I do down in Key West. I think it must be the stairs in this house and the mountains outside!

I am just scratching the surface of the capabilities of the Health app. Another category is Nutrition and, whether you are counting carbs like me, or monitoring your caffeine input, there are literally dozens of apps that will integrate with the Health app to measure water intake, the carbs in your Panera Bread lunch, etc.

You can keep track of your reproductive health, your body measurements, test results and so much more.

More is coming in the future, too! Health Records on iPhone is in Beta with some medical providers but having all of your medical records securely on your device will help whenever you see a new provider or are far from home. At the last CES, I spent some time in the health section and there is a lot of innovation in health measurement devices coming. Check out the depth of the Apple Health app and at a minimum I recommend setting up your Medical ID. It is well worth it!

Navigate with one hand

Unless you can palm a basketball, you may not be able to use an iPhone single-handed. But sometimes one hand is all you can spare.

If you find yourself in such a situation, give Reachability a try. On a Touch ID-based iPhone, tap (don't press) the home button twice to slide the iPhone's interface halfway down the physical screen, bringing everything into reach of your thumb.

On the Face ID-equipped iPhone's, put your thumb in the bottom of the screen about at the top edge of the Dock if you were on the Home Screen and swipe down.You can use apps normally for a tap or two, and then they'll expand back to the full screen to show the full interface. If Reachability is off (or if you want to turn it off) go to settings> General> Accessibility.

Steve Woron is an artist and Mac technician and lives in Vernon CT. Contact him at (860) 871-9933 leave a message, or illstudio@snet.net. He also has been doing desktop publishing for 21 years. He also scans slides and negatives professionally. See his ads to the left. See DrMacCT.blogspot.com

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Fri: Bible Study in the Soup Kitchen 10:45am
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Common Sense Car Care

By Rick Ostien

This month’s article is about driving 101. Pictured above is a photo of a Toyota Rav 4 belonging to the parents of a friend of mine. Their day started out with the idea of traveling to New York to attend the graduation of their 2 grandsons from a college culinary program. The trip was cut short when a distracted motorist crossed the center line on RT 140 and crashed into them head on. The force of the collision caused the grandmother’s hearing aids to eject to the rear of the vehicle. She sustained many bruises and broken bones. The grandfather is physically OK, a bit bruised and banged up, but he is mentally scarred. This is just another motor vehicle accident that did not need to happen.

What constitutes distracted driving? ANYTHING that detracts from giving driving your full attention is a potential hazard. Some examples include talking on a cell phone, sending or receiving text messages, using a GPS, eating while driving, putting on make-up, emailing, and even changing a radio station are just a sample of things that distract. “In the year 2017, 40,000 plus people died in motor vehicle accidents. Eleven teenagers die each day from texting while driving. 421,000 people were injured by distracted drivers; of this 330,000 were severely injured by a driver who was texting. This means 78% of these accidents nationally were caused by people who were texting while driving. The average speed in the US is 55mph, taking just 5 seconds to read a text means that the driver travels the length of a football field without looking at the road. Reading a text takes a minimum of 5 seconds. Texting and driving is 6 times more likely to get you into an accident than drunk driving. A study done at the University of Utah found that the reaction time of a teen using a cell phone while driving is the same as a 70 year old who isn’t using one.”*These are just some of the sobering statistics I found.

Automobile manufacturers are doing their best to combat this type of driving with safety features like automatic braking, lane sensors, and yes even driverless vehicles. The cost of making cars with these features will definitely cause a sharp increase in the purchase price of a vehicle. These added features will also have to be repaired somewhere within the life of the vehicle. One of the first safety features was ABS or anti-lock braking systems. We have found that some ABS braking system replacement parts are no longer available. This is becoming a problem for a lot of electronic devices on current vehicles. The cost of repairs on an electronic problem has risen sharply as these devices become more complex.

As responsible drivers, we need to ask ourselves if these distractions are really that important. Is it worth your life or the life of others? It is important to remember that if you survive that accident you have to live with the consequences of your actions. That being said, our prayers go out to my friend Kathy and her family. Safe and distraction free motoring to all, Rick
*Statistics courtesy of: <http://distracteddriveraccidents.com/> and ICEBIKE.ORG

Photo by Deb Ostien

Art and Foliage Tour of Northeastern Connecticut

Submitted by Suzy Staubach

Saturday and Sunday, October 13 and 14, 10am to 4pm. Tour is in conjunction with The Last Green Valley and Walktober.

Eight studios in five small towns welcome visitors to the first Art and Foliage Tour of Northeastern Connecticut, October 13 and 14, 10 am - 5 pm. Enjoy original art work including oils, pastels ceramics, photography, wood, jewelry and more. Savor the colorful autumn foliage and the last vestiges of the artists’ gardens.

For more information and a map: www.artgardenct.com Facebook: ArtandGardenTourofNortheasternCT

Participating Artists and Gardens

Ashford

Karen dePersia, Ashford House Studio. Historic home and barn, cottage garden by a river. Oil paintings. 10 Mansfield Road, 860-878-0337, Facebook Ashford House Studio

Suzy Staubach, Willow Tree Pottery, Cottage garden, Country pottery including bowls, platters, casseroles and bells. 24 Bebbington Road, 860-287-8056, www.willowtreepottery.us, Facebook Suzy Staubach Willow Tree Pottery

Barbara Katz, guest at Willow Tree Pottery. Ceramic sculpture, pottery. Showing at: 24 Bebbington Road, 860-230-6410, www.barbarakatz.net

Dorothy Drobney, guest Willow Tree Pottery. Digital Fine Art Photography. Saturday only. Showing at: 24 Bebbington Road, 860-933-3653, www.ddrobneyphotography.com

Mark Drobney, guest Willow Tree Pottery. Laser engraved jewelry and ornaments. Saturday only. Showing at: 24 Bebbington Road, 860-933-3652. www.creativemarken-graving.com

Gretchen Geromin and Lauren Merlo, Handmade cutting boards from local woods with wood burned original artwork, Showing at: 24 Bebbington Road, 860-287-8056

Chaplin

Jane Collins, Organic gardening. Oil and Watercolor painting 109 Bujak Road, 860-455-6251, www.janecollinart.com

Coventry

Barbara Timberman, American cottage gardens, flowers, veggies, berries. Greenhouse. Water color painting. 1194 Main Street, 860-929-2112 www.barbaratimberman.com

Storrs/Mansfield

Mary Noonan, Nature Sanctuary, goats, llama, mini horse. Aquaponics garden. Oil and Encaustic painting. 533 Chaffeeville Road, 860-429-5222

Leanne Peters, Oil and digital paintings, prints and more. Showing at 533 Chaffeeville Road, 860-933-2000, www.artandalittlemagic.com

Shauna Shane, Flower garden and inspirational statuary and fish ponds. Original sculpture. Creative art and garden experience. 287 Gurleyville Road, 860-429-3646, www.sh aunashane.com

Willington

Nancy Bunnell, Meditation garden with stream and pathways. Painting, prints and jewelry. 12 Red Oak Hill, 860-377-7817, www.ncbunnellstudio.com

Janet Lapoint, Watercolor and Oil Painting Showing at 13 Red Oak Hill, 860-377-7817

Midge Makuch, Autumn flowers and ephemerals. Beading, jewelry, home goods. 34 Old Farms Road, 860-933-2291, Facebook: TBG Acces-sories

Pumpkin photo by Dorothy Drobney.



An Artist’s Perspective

By Paul Eric Johnson

With art displayed on the walls of the downtown cafe I frequent, and in other shops too, the atmosphere here is, at the least, art-friendly. Handsome community art centers in nearby towns add to the opportunities. Coastal institutions are a further reach. With increasingly mandatory on-screen time in my life I must admit to becoming more and more of an analog guy. Also while directing the photography at a Provincetown gallery I found a greater affinity among the plein-air painters that were the gallery’s principal interest, and the see the color, paint the light of the Cape Cod School. New printers have become available to express the full range of color in my old film, and with exquisite control. In the end they are pigment on paper with a commensurate 400 year archival life. And remarkable for one who once had to accept the fading of early color prints as we deal now with questions surrounding digital data migration looking into the future.

My introduction to EC-CHAP was through The Packing House. Driving down Route 32 to Willimantic I’d noticed the small sandwich sign by The Mill Works. Finding the info online, with some friends we made reservations for Greg Abate. Jazz. Live. Analog. With a great acoustic room, little electronic amplification is required. I enjoy almost any kind of music if live, and the opportunity for this particular form as it’s new to me. More so, I find the time spent enjoying a medium other than my own enhances creative breathing room. Then there’s live performance’s sense of community. The venue has continued to provide a showcase for appreciation of top regional talent as well as national acts traveling through the area. All without having to hit the Interstate.

This is the kind of success that we want to be able to bring to the visual arts. True galleries are sparse in the area, indeed, smaller galleries are more likely closing as the internet, large Contemporary galleries, and art fairs consume more of the pie. Yet I think there’s an abundant supply of truly quality work available today and at very reasonable prices. It’s a dilemma to me that even with a tight changing economy and the effects of polarized income, art sales lag here, one of the best ways to support the arts is to buy something you love!

Recent efforts at EC-CHAP have included a pop-up show by resident artists of the Worcester Center for Crafts in the Dye & Bleach House Community Gallery timed to Packing House performances, and I mounted a portion of my Reimagine New England suite of prints each with an original poem in the temporary De-vel-op-ment Exhibition Space as a test to implement the flexible use of larger available rooms in the facility. Looking down the road, while we look forward to open call, curated, and invitational shows, also major exhibitions to bring more people into the area, we ask you to look at EC-CHAP as your own local alternative space too. Especially younger artists. Organize yourself, create the opportunity, help make an audience. The spectrum is wide. And be patient too, there’s a lot of work to do.

Let us know your interest, or if only to know who you are, send a couple samples and description to: visualarts@ec-chap.org.

Paul Eric Johnson is a photographer, printmaker, and writer. He is a board member and also an artist member of EC-CHAP. Paul currently maintains a private gallery in Stafford Springs, exhibiting regularly in New England museums.



EC-CHAP
Eastern Connecticut Center for
History, Art, and Performance, Inc.

Visual Arts

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

CO-OP Month 2018: Co-ops See the Future

Submitted by Alice Rubin, General Manager, Willimantic Food Co-op

This October, we are joining over 40,000 co-operatives and credit unions across the United States in celebrating Co-op Month, observed nationally since 1964. This year, the National Cooperative Business Association has chosen “Co-operatives See the Future” as the theme for the month, inviting co-op members to work together to make the world a better place now and for future generations. “From healthy food to organic agriculture, Fair Trade to building stronger local economies, good jobs to alternative energy, food co-ops have been pioneers, empowering people to work together to make the world a better place,” said Erbin Crowell, Executive Director of the Neighboring Food Co-op Association (NFCOA). “And as our co-ops look to the future, we are working to build a more fair, sustainable, and inclusive economy that works for everyone.”

A little over a decade ago, the co-ops that would later form the NFCOA began envisioning how the future might be different if they worked together. As a first step, they commissioned a study to better understand their shared impact. At the time, few would have guessed that these 17 co-ops had a combined membership of 64,000 people and annual revenue exceeding \$161 million. They also had a dramatic impact on local economies, including sales of more than \$52 million in local products and jobs for over 1,200 people. Taken together, food co-ops in Vermont were among the top 25 employers in the state! This year, the NFCOA surveyed the same co-ops to see what had changed over the past decade. Though one co-op from the original study has since closed its doors the others have continued to grow, with overall member-

ship expanding 38% to more than 88,000 people who, together, own their local grocery store. Shared revenue has also increased 39% to over \$224 million, with sales of local products growing to \$64.7 million. Employment grew 20% to 1,485, while wages grew 69%, from \$28.6 million to almost \$48.3 million, reflecting the commitment of food co-ops to more sustainable jobs.

During the same time, the NFCOA as a whole has grown, and now includes 40 food co-ops and start-ups, locally owned by more than 144,000 members and employing over 2,300 people. Together, these food co-ops generate shared annual revenue of \$329 million in revenue, including sales of \$90 million in local products.

Food co-ops are not alone in their contribution to more resilient local communities. From farmer co-ops to worker co-ops, credit unions to mutual insurance, and housing co-ops to energy co-ops, co-operative businesses operate across the U.S. economy where 1 in 3 people are members of at least one co-op or

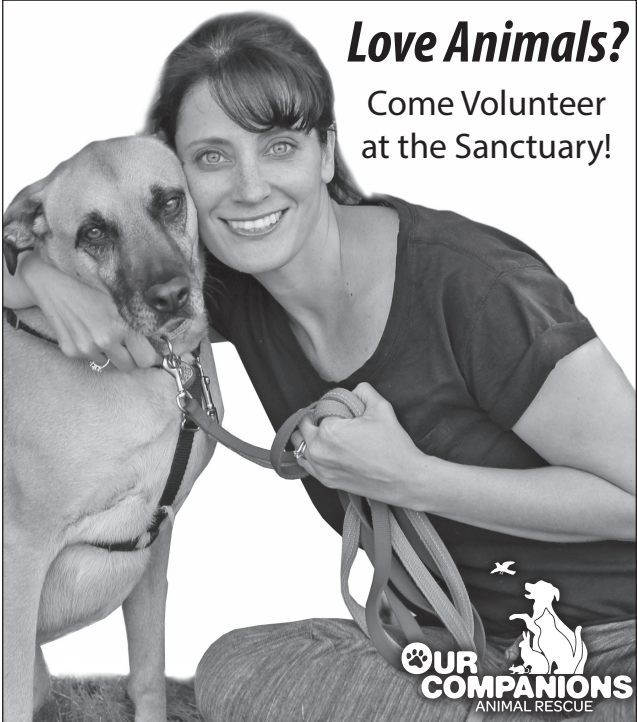
credit union. Nationwide, co-operatives create 2.1 million jobs and generate more than \$650 billion in sales and other revenue annually.

Because they are member-owned, co-ops are driven by the needs of the people who work there or use their products and services, rather than maximizing profit. Learning more about co-ops is easy at your Neighboring Food Co-ops: Just look for the “Go Co-op” signs that identify products on the shelves that were made by co-operatives. You may be surprised by what you find, including dairy products from Cabot Creamery Co-op and Organic Valley, fresh produce from Deep Root Organic Co-op, fairly traded coffee, tea and chocolate from Equal Exchange,

seeds and bulbs from FEDCO, naturally fermented vegetables from Real Pickles, Northeast Grown frozen fruits and vegetables from your Neighboring Food Co-ops — and many others.



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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.

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Neuropathy and Pain – How Acupuncture Can Help

By Nicole T. Smith, L.Ac.

Our bodies have different types of nerves. Afferent nerves bring information to the brain and spinal cord, thus they are called sensory nerves. Efferent nerves use information to create a response, for example, with a muscle, gland, or organ, thus they are called motor nerves. All of our body’s actions, reactions, and sensations are monitored and controlled by these nerves.

Pain and Neuropathy

When nerves are damaged, or are chronically inflamed, alterations to the nervous system can occur. These changes cause the body to be stuck in a loop, where it continues to feel pain. Acupuncture helps to get it out of this stuck state, by turning off the painful circuit. Thus, for conditions such as migraine, headache, low back pain, shoulder pain, carpal tunnel syndrome, trigeminal neuralgia, and other types of pain, acupuncture can not only provide relief, it can also prevent the problem from coming back.

Neuropathy is one condition where unrelenting pain often occurs, hindering a person’s life. Acupuncture works to desensitize painful nerves and promote healing of the area. Studies have shown that acupuncture treatments can restore the function of peripheral nerve cells, thus giving definite therapeutic effects for those suffering with neuropathy and neuritis. (J Tradit Chin Med. 2006 Mar;26(1):8-12.)

A healthy nervous system is vital to optimum function. Without it, we can suffer from countless problems. By working through the nervous system, acupuncture has an effect on all the major systems of the body: the heart, digestive, brain, genitourinary, endocrine, hormones, and even immune, systems. Acupuncture has been shown to calm and regulate the nervous system, providing relief from pain and various related afflictions.

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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