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Looking Up:

When Skies Grow Cloudy and Gray

By Bob Grindle

The life-sustaining atmosphere that protects every living thing on Earth from the deadly ravages of exposure to cosmic weather can be a rather fickle companion. This morning, while I was out loading our car at about 5 o'clock (yes, it was quite dark), the sky had that crisp, cloudless, insanely vibrant clarity of a 40°F autumn morning. You know, the kind of morning that makes some of us want to go out for a run or a bike ride and others slide down into the warm, comfy cocoon for a few more minutes of sleep. In this morning's short-lived clarity and stillness, though, the constellation Orion was standing, smile-worthy and proud, in the center of the high southern wee-hours-of-the-morning sky. Since you'll be reading this in early November, look for Orion to be rising in the late evening eastern sky. The rarity of clear skies these past few months made the moment special and a quick couple of shooting stars made it ever so much more special. It also reminded me that I had altogether neglected talking last month about the Orionids meteor shower of late October. The small particles of dust left over from the passage of Halley's Comet back in 1986 (what a disappointment that was) now create the annual mid-thru-late October meteor shower that takes its name from the Orion constellation where they appear to originate.

Anyway, I hurried inside to let my wife know that the forecasted gray, blustery and drab day that had been expected might take a turn for the better. It didn't work out that way. In less than 20 minutes, the clouds moved in and it began to rain. The glorious starscape that had invited a lingering look up was now nothing more than an early morning memory. Later, on my way to work, driving through a now firmly established cold, rainy day, I couldn't shake a childhood memory of almost-distracting entice-

ment that used to call out to me: the glistening riverbanks and swollen, often very noisy streams and rivers; the drippy quarter-sections of woods, rank with the smells of decaying things that used to be alive; and the now-mushy fields with their grasses or rows of crops bending under the weight of water that used to be suspended overhead. All of these things, as well as deer and squirrels and foxes and birds that seemed not to be fazed by the wetness all around them, called out to an 8- or 9-year-old me so loudly and with such a promise of adventure that I would sometimes skip school just to explore my Northern Indiana world.

Even now, all these years later, a rainy day tugs at something inside of me—not a gully-washer, a sod-soaker, or a downpour (call it what you will) but, you know, the good rain, steady and soaking. There is something still inviting and promising about getting outside, often without an umbrella, rather like walking in the belly of the planet. It can feel good to get wet and chill and a bit uncomfortable, not altogether unlike kayaking or canoeing the rapids or river of life. Perhaps "looking up" is a bit of a metaphor for simply opening our eyes to what is going on all around us. Despite it all, though, whether you enjoy the rain or not, there has not been a lot of up to look at. Our little corner of spaceship Earth has been a bit shrouded and murky. For those occasional moments when things clear out, though, the Sun and the stars are still inspirational and comforting, to say nothing of warming.

In the event this year's early Thanksgiving—yikes, the 22nd! I think that's the earliest it can be—is clear, the full "Beaver" Moon will light the night and that reddish star very close to it is Aldebaran, an orange giant of a star that is the eye of Taurus. (Curiously, Aldebaran comes from the Arabic, Al Dabaran, meaning the follower—early Arab cultures noticed that this reddish star always followed the star cluster Pleides) Earlier in the



month, that reddish star high in the South and Southeastern sky is not a star at all, but Mars. If you have a telescope, give it a look because it's especially well positioned to see much of the planet's detail, and if you turn to the Southwest, you'll see another planet, Saturn, hanging very close to the waxing crescent of rising Moon.

Jupiter is pretty much out of the picture for most of the month, setting so low in the Western sky as to be un-viewable till late in the month. And Venus becomes the just-before-sunrise morning star about mid-month. By the week before Thanksgiving, Venus and Spica, the bright star in Virgo, will nearly touch in the Eastern sky, and Venus increases through the month to become the stunningly brilliant morning star that caused poets and songwriters to sing the praises of this "...sunset and evening star."

Here's hoping that the next several weeks have at least as many clear days and nights as cloudy ones and that each of us find something to celebrate in the advancing season. The coming elections will be history and, whatever the outcome, our cosmic jumbo-craft will continue its journey through the universe despite the cheering, or railing or yawning of its sapient cargo. Be well. Be safe. Enjoy the ride!

Bob Grindle is a Windham Hospital Retiree who recently graduated from ECSU, concentrating in Astronomy.

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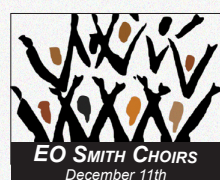
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On the cover: 10.21.18 Alvin Abu Carter (drums) and Jim Mercik (guitar) perform at the Bread Box Theater in Willimantic. Go to www.breadboxfolk.org for information and concert schedule.

Pete Polomski photos.

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Neighbors
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The Purpose of Neighbors:

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

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

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

Neighbors is printed by Rare Reminder in Rocky Hill, Connecticut.

Women: Your Voice Needed

By Loretta Wrobel



In two years, women will have had the right to vote for a century. It was in the summer of 1920 that the 19th amendment was ratified, granting suffrage to women in America. As I stare ahead at the November 2018 elections in our Country, I wonder what the suffragettes, who risked everything to fight for the right to vote, would say to the women of America. Those brave souls, that stood in protest in front of the White House and were harassed, heckled, beaten and imprisoned, were clear about their priorities, and convinced of the importance of voting in a democracy. They were willing to give up their freedom and go to jail. They were subjected to belittlement. They were called "traitors" as they were protesting during the First World War. What would our courageous ancestors say to the women today when they hear them declaring, "I am not voting, I am not political, and my vote doesn't matter"?

I take a deep breath and pray that the revolution has arrived and American women will stand up and vote on election day. As I watch in horror all the events of the present-day political scene in our compromised democracy, I taste the urgency of this coming election. Will women turn out to vote? What are the issues that are priorities for women? Can our democracy survive? The questions and concerns about immigrants are complex. What about transgendered people? Healthcare looms large with controversy. How safe is it to be a minority in America in 2018? Is a woman safe in this country?

There seem to be so many issues vying for our attention. It feels overwhelming. Diversity is on the chopping block, as our nation of immigrants from around the globe threatens the powers that be. Only "true" Americans get to live and thrive in America. And what is a true American? Even more important, who defines the real American?

The political climate has shifted since 2016. The decency and civility of our leaders have reached a new low. It appears that our long-time politicians can say whatever they want. The recent Supreme Court hearings demonstrated that a candidate for the highest court in the land can be disrespectful, condescending, belligerent, and still be selected for a privileged seat on the Supreme Court!

I was appalled and shocked by the rude and arrogant behavior of many of our formerly esteemed Senators. Does this mean the election of the 45th President of the United States signaled that disrespect and rudeness are acceptable, while civility is archaic? Or does it demonstrate that white privileged males can do whatever they please? After all, our Constitution did give power to white landed gentry (males) and forgot everyone else.

What is real in our supposed democracy in 2018? Are we a nation ruled by a primarily male oligarchy that deliberately and secretly gathered up all the wealth, and will now lord it over us? Or are we a nation of diverse peoples that believe in equality, fairness and justice for all?

Perhaps more specifically, will our nation move toward social justice and acceptance of differences? Right now, to me, it looks like women are being minimized, mocked and devalued. Transgendered rights are being trashed, and the word is out that heterosexuality is the one and only path. Racial discrimination and cruelty continue to escalate. A woman's right to control her own body is constantly being questioned. Health care? Who can afford the rising healthcare costs and increasing premiums, deductions and copays? Our country, which began as a haven for immigrants fleeing oppression, is now an oppressor shutting its doors to any refugee. Are we OK with this?

These questions keep running through my brain, as I listen to the politicians, hear about this or that poll, and consider this particular election day. I feel that it is up to us as decent, freedom-loving people to decide. What kind of country do we want? Do we have the courage and passion to sift through all the political double-talk, and carefully examine the candidates? Do we have the strength to do our homework and research? Or are we just to be led by the billionaires' money funding their political choices, leading to more dollars in their already stuffed pockets, and less in our too drained and strained incomes?

I am encouraged by first-time candidates running for office because they are fed up and want better government. In Ashford, my town, Pat Wilson Pheanious is running for state representative. She is new to the political scene and is a woman who wants to make a difference. She is a person who was enjoying her retirement, and decided to act rather than complaining and being frustrated. She decided to run for office. I see Pat as an inspiring role model for women who want to take charge and empower themselves. I encourage all women to follow her lead and not be apathetic.

Get out and shout for what you believe in. Prior to November 6th, learn about the issues that have an impact on your life. Support the candidates that reflect your views. Remind your neighbors to vote. Offer to drive a friend to the polls. When you are voting, please check "Yes" on ballot Question #2 to allow for public input prior to any selling or transfer of public lands. We need to keep our parks and forests safe for all to enjoy.

Women have the opportunity to make a statement. We can take our country back, along with our rights. We can fashion a nation that reflects concern for all its citizens, especially women, children, and minorities. Make the suffragettes proud, and honor all their efforts. Vote on November 6th. Practice democracy. See you at the polls!

Coventry's Christmas in the Village

Submitted By Ruth O'Neil

Coventry's Christmas in the Village will be held on Sunday, Dec. 2, 2018, from 12 noon to 4 P.M. This annual town event brings community members and businesses together to welcome the holiday season. The year, the activities will include the annual town tree lighting celebration which will take place at 5 P.M. After enjoying an abundance of holiday happenings throughout the village area earlier in the day, community members and visitors can gather together to share in this long standing tradition. Students from the Coventry High School music program will provide songs of the season and lead a community sing-a-long.

Activities during the afternoon include: horse and wagon rides, live musical performances by local artists and students from the Song-a-Day Music Center, pony rides, crafts, an interactive dance demonstration by students of The Can-Dance Studio. Santa pays a visit to Coventry, traveling down Main Street to Coventry Arts and Antiques where guests may visit and have photos taken with him.

More holiday activities will be held at the Booth and Dimock Library and a Chocolate Festival is

planned at Mill Brook Place, proceeds of which benefit a local non-profit organization.

The Coventry Lions Club, current sponsor of the event, will host its annual Christmas Tree Festival, along with a Crafter Exhibition at the Coventry Community Center. A very popular aspect of the day, drawings will be held for trees decorated and donated by local organizations, businesses and individuals.

The "Polar Express" will make a stop in Coventry during the afternoon. Sponsored by the Coventry Parks and Recreation Department, the Express will offer train rides to children around the grounds of Patriots Park. Other fun activities for children of all ages are planned, including cookie decorating, a selfie photo booth, make and take crafts and more.

Merchants -- along the newly renovated historic stretch of Main Street -- will be open, offering demonstrations, holiday gift ideas, specials, free drawings, refreshments, and more. The Coventry Visitors Center will feature a Country Gift Cupboard along with an array of area tourist material. The First Congregational Church will host a Church Holiday Market. Local Boy and Girl Scout troops, 4-H clubs

and other organizations will be set up along Main Street, offering hot chocolate and other holiday goodies.

Also, coinciding with Christmas in the Village is the multi-day Eastern Connecticut event, Artists' Open Studio. Two Main Street studios, Timberman Studio and Maple Brook Studio and Forge will be open to the public on the 2nd. Visit aosct.org for more information on the Artists' Open Studio.

Christmas in the Village began in 2003 by the Coventry Village Improvement Society. This is the 15th year for the event.

Visit Coventry's Christmas in the Village's Facebook page for detailed schedule information. Sponsorships and volunteers to help are welcome as well as donations. Call the coordinators at 860-918-5957 or 860-617-3588 for more information.

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Willimantic, Now and Then:

Do-It-Yourself Community is an Inspiration

By Mark Svetz

Homelessness has been on our minds in Willimantic lately. In the summer people living outdoors make their presence known under the footbridge and in other places around the city. Town officials were disturbed; residents were concerned. Now, as the temperatures drop, many of us are worried about those without homes.

The Windham Region No-Freeze Hospitality Center has for the last 15 years or so opened its doors each winter to give people a warm place to spend the cold nights that are a part of Willimantic winters. This center, like so many other good things in Willimantic, was a community do-it-yourself project. I recall getting a telephone call from my old friend Richard Baber – I believe this was in 2003 – who wanted me to take an overnight shift at a new shelter in a storefront on Main Street.

A bunch of people had rented the space for anyone who needed to get indoors on the cold nights. They furnished it with cast-off chairs and couches, and took turns spending the night so others could stay warm. This storefront and these people in this community began the Windham No-Freeze Hospitality Center, and 15 years later it is still a community project.

Leigh Duffy is the Director of the Center and she describes it as grassroots, right from the start. Leigh is proud to say the shelter gets only a small amount of its support from a few towns in the area, everything else comes from this community. It comes from residents who drop off supplies and write checks and buy tickets to benefit performances by local entertainers and their friends. Support for the center comes from church groups, school groups – anyone and everyone, it seems – who have fairs, or sell baked goods or show movies or do any of the things communities do when their friends and neighbors are in trouble.

This year the Town of Windham chose to review the terms of the Center's permit under town zoning regulations to operate at its location on Bridge Street. Part of that process was a public meeting and nearly 100 people came out to learn and to speak about this center. Most of the people were supportive of the shelter, and many spoke with a deeper understanding of a community's responsibilities to everyone in it.

"We have never thought of it as fund raising," Duffy said recently. "It's always about education. Our goal is to have space in the community for everyone. We talk to everybody. That's why so many people were at that meeting. It's very personal. We want to have this if it's needed."

The center's permit was renewed and there were some concerns raised at the meeting. One man was upset that illegal campers have made a terrible mess in the woods behind his house. Others were concerned about a request from the Willimantic Police Department to have everyone who comes to the center have background checks done by the police. This is what a community looks like when it faces a problem: There are many legitimate interests to consider.

I like Leigh Duffy's approach to resolving some of these problems; it is in keeping with a long tradition in Willimantic of facing our problems with compassion and good humor. There has been talk about homeless people sitting on benches, and the bad impression that makes in a town that's keen for development, according to Duffy.

"Now you can look at that and say: 'Let's get rid of the benches,' the way a lot of people do," Duffy says with a laugh. "I see that and say: 'Let's get hundreds of benches!' It really depends what kind of community you want to live in."

The hospitality center is one community response to a problem. It is typical for the people of this community to just roll up their sleeves and start addressing problems. We see examples of this all around us. The garden club is quietly digging and planting and weeding to make Willimantic beautiful. Third Thursday has been organized by people in the community for many years. Our famous



Boom Box Parade was conceived by a group of people who were disappointed because our Memorial Day Parade was cancelled when no bands could be found. Some 35 years ago a bunch of people in the community wanted a better food supply and they started the Willimantic Food Co-op that is now an anchor in Downtown Willimantic. Everyone who reads this could add to that list groups and people from their circles who have made our community a better place to live.

I often hear people talking about the strength of the community here in Willimantic, and I believe the Windham Region No-Freeze Hospitality Center shows us the foundation of that strength. When Willimantic sees a problem or a need, or even an opportunity to have some fun, people just start making plans. Sometimes the Town can help. Sometimes they even do. A lot of the time our 'leaders' get in the way, which seems like what might be happening here a little bit. In any event, this community does make things happen. Wise leaders would do well to trust that.

Many of us are grateful for that impulse of compassion and generosity that sent a handful of people out of



Leigh Duffy, Director of the Windham No-Freeze Hospitality Center, talks with Mark Svetz at the Willimantic Food Co-op. Sarah Winter Photo.

their own warm homes into the cold night so that others who had no homes could be warm. That the No-Freeze Center is still here, run by the community, with funds raised in the community shows me something else about Willimantic.

For whatever reason, many here in Willimantic seem to feel a deep responsibility to their community. Our responsibility seems to go beyond coming up with a good idea, or even organizing an event. Amazingly, we always seem to have the discipline and the skills to follow through, even, as in the No-Freeze Center, to create a local institution.

When I sat in that meeting room last month and listened to my community work out its response to a problem, I felt proud to be part of this community. Whatever else those people did back in 2003, they shaped a community's response to a national problem.

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

Community Kitchens Benefit Concert

Take Note! a cappella ensemble will perform a benefit concert at the First Congregational Church of Woodstock, 543 Route 169, on Sunday, November 4th at 3:00 p.m. The concert is free and open to the public. A free will offering will be taken to support Community Kitchens of Northeastern Connecticut.

Community Kitchens is a local nonprofit organization that provides a free hot noon-time meal each week-day at one of five locations in Danielson, Moosup, Putnam and Woodstock.

A Take Note! concert offers a wide variety of musical styles, from madrigals, spirituals and sacred, to pop, jazz standards and world music. The group is dedicated to "raising voices, raising spirits, raising hope" through performances in support of charitable endeavors. Take Note! has been performing throughout eastern Connecticut for over 15 years. Over that time, they have given over 100 concerts to benefit more than 60 local non-profit organizations.

Come hear a wonderful concert and support a worthwhile cause!

Register and Vote!

"In America, it doesn't matter if you have a billion dollars or none, every vote counts equally."

-Lourdes Montalvo, Director of Constituent Services, Office of the Secretary of the State

By Carol Davidge

In October, 45 people attended a Quiet Corner Shouts meeting in Pomfret to learn about the November 6 election, voting and voter registration, and election security from two officials of the Secretary of the State's office: Lourdes Montalvo, Director of Constituent Services and Deputy Secretary Scott Bates.

Montalvo stressed that every vote counts equally and that all citizens should vote on November 6, adding that people can both register to vote and vote on November 6 from 6am to 8pm.

"Connecticut has Election Day Registration for new voters. This means eligible voters can both register AND vote on November 6, but *election-day registration takes place in the designated registration location in each town*," she said. (In many small towns both the voting sites and the registrars of voters will be in the same location on election day, November 6, but in larger towns, several polling places exist, and the registration location may be elsewhere such as in a town office building.)

October 30 was the deadline to register online, in person at offices of registrars, by mail or at the DMV. **BUT two other opportunities to register are: November 6** election day (6am-8pm) and **November 5** until 5pm at ROV offices for folks who became eligible to vote between October 30 and November 6 (those who turned 18, who moved into town, became a citizen, etc).

"Most importantly, Election Day Registration allows all eligible voters to register and vote on Election Day, even if they have not registered before then," says Montalvo.

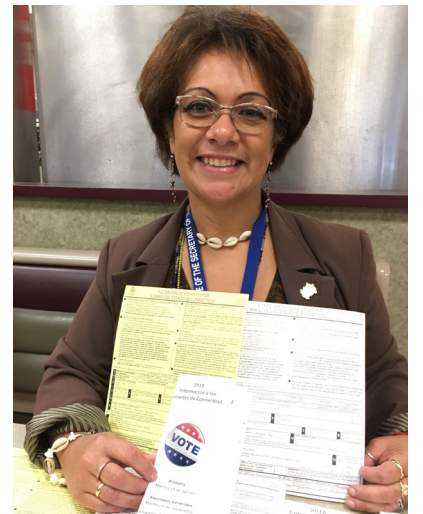
"In America, it doesn't matter if you have a billion dollars or none, every vote counts equally," said Montalvo. Montalvo is a life-long resident of Willimantic who started her work life at UCONN as a cook, then carpenter, then diesel engine mechanic, then truck driver, all the way breaking barriers that had prevented women from obtaining "men's work." Denise Merrill learned of Montalvo's achievements and brought her to the State Capitol to help people obtain their voting rights. She works in all 169 towns in Connecticut and has distributed more than 21,000 voter registration forms since June 2018. Montalvo speaks three languages and works nights and weekends to assist people in all walks of life to be enabled to vote.

Another speaker at the October meeting was Connecticut's Deputy Secretary of the State Scott Bates, who is an expert on homeland and cybersecurity. Bates said that Connecticut is America's leader in voter security.

"The Russians tried to break our voting system, but the great thing about voting in the U.S. is that it is decentralized - each state keeps its process separate from all other states, so hacking our elections is a bit like if someone tossed a thousand pennies into the ocean and then had to get all of them in back in one place again," said Bates. Connecticut is using a U.S. Homeland Security grant of more than \$5 million grant to improve security for the election, he added.

"It was inspiring to have Lourdes Montalvo and Scott Bates join us in Pomfret. Deputy Director Bates encouraged us that, compared to what he has experienced traveling the world and working with other governments, our country still has a very strong democracy, despite the anxiety we feel lately in such an angry, partisan atmosphere. He encouraged groups like ours to keep up the good work, to be civically engaged and to help others get involved in politics, no matter what party. They stressed that our votes really do count," said Cris Cadiz of Pomfret, Co-Chair of Quiet Corner Shouts.

Quiet Corner Shouts! is a nonpartisan grass-roots organization in northeastern Connecticut providing opportunities for individuals to engage with their communities. For information, find Quiet Corner Shouts Info on Facebook.



Lourdes Montalvo of Willimantic holds voter registration information sheets she created in English and Spanish.

Photo by Carol Davidge

Agony and Ecstasy of Watching Glaciers Melt

By Don Hoyle

I was first introduced to glaciers about 55 years ago when, as a young family, we traveled to the Columbia Ice Fields as part of a Trans-Canadian vacation. I remember riding on a caterpillar-type vehicle and looking down into the disappearing crevices in a glacier. The tour guide explained how amazingly deep those crevice were. When we went to the toe of the glacier, we were told that if an explorer had fallen into one of the crevices, hundreds of years ago, he might be coming out of the toe. He would be preserved as he was when he fell into the crevice. I was impressed by how long it would take for him to come over the toe and by how slowly an ice field flows to its melting stage at the toe.



Don Hoyle - Mendenhall Glacier 1988

new homes. The current Sierra Club Magazine also reports: "If emission of greenhouse gases continue at their current rate, human-caused warming of the planet will exceed 1.5 degrees centigrade over pre-industrial temperatures by the year 2040." The Paris Climate Accord was able to convince the island nations to stay in the agreement by stating they would try to have a rise of only 1.5 Celsius set by 2050 rather than the previous goal of 2 degrees Celsius. I have visited the Mendenhall Glacier in Alaska three times: the first visit about 30 years ago, then about 12 years ago, and again this summer. We have pictures of me taken in front of that glacier at each visit showing its receding toe at each visit. The change is very obvious.

The island nations of the world including the Alaskan Aleutian Islands are being immersed by the rising sea level. This must be an agonizing experience for the people as they are being forced to leave their homelands. Many people see this as an environmental or ecological experience, which is what it is. But we are dealing with it as a political-economic issue or concern which is not the nature, and true cause, of the problem. By treating it as a political and economic issue, we are not facing the real problem. We are now being shown problems in many

of the major seaport cities of the world, as we have recently experienced with hurricane Florence along our Southeast coastline. And stronger and more severe hurricanes are predicted for the future.

Insurance and health organizations are predicting increases in costs to health and property. Here in Connecticut insurance businesses and health groups are joining environmental groups urging and voting for more of our state present and future budget money to be designated for



Grandson Jesse - Mendenhall Glacier 2018 Contributed photo.

slowing the rising sea level in order to protect our seaports and towns. This is where a majority of our state environment budgeted money is now going.

We have known through verified scientific studies that global warming with its resulting climate change has been, and continues to be, a major problem for thirty or forty years, but we have not given a significant amount of our money and concern to that problem. We are now in an adaptive, not mitigative, stage of climate change's destructive power. Are we like the lemmings who kill themselves by driving themselves into the sea? When will we start to believe the reality of scientific fact rather than opinion-controlled half truths that lead to our current public policies? As the 1960's protest song, "Where have all the Flowers Gone?" says: "When will they ever learn? When will they ever learn?"

As you cast your vote on November 7th, I trust you will consider scientific facts on global warming and climate change.






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A Vineyard Grows in Columbia

By C. Dennis Pierce

Ok, where did autumn go? Heavy rains and brisk winds cleaned the leaves off the tree branches behind my house with one fell swoop. Gone were the opportunities to savor the colors of autumn and the smell of the moist soil settling in, waiting for the winter frost.

Like most weekends I plan to learn something new about our area of Connecticut. Whether it be a new farmer's market and orchard or most recently wineries.

Last weekend I enjoyed a visit to Heartstone Winery in Columbia. The owners, Nancy and Walter Tabor have a love for stone and recently one for grapes. Walter was in the stone business and also farmed. As hardworking farmers in Columbia, they understood that farming, being such a laborious task, could not be pursued forever as they grew older. Reaching out to the Connecticut Department of Agriculture they were provided some great advice...grow grapes. And that sound advice gave birth to one of Connecticut's newest wineries, Heartstone Farm and Winery.

Located at 468 Route 87 in Columbia it is nestled amidst the arbors of vines that produce the wineries grapes. The large post and beam building, with its adjoining patio is a comforting place to taste the wines that the Tabor's produce or guests can enjoy the entertainment that occurs every Friday evening. Walter and Nancy are very passionate about their new enterprise. Their Estate wine is prepared with care. Walter

has learned the correct methods to produce fine wines. Like any process, the devil is in the details. The ground surrounding the tasting building has a varied terroir. Terroir is a French term that literally translated means: earth, or soil. However, there is no such thing as a literal translation of anything French. In a larger context, the definition of terroir as the specificity of place, and also includes not only the soil in the area, but also the climate, the weather, the aspects of the vineyard and anything else that can possibly differentiate one piece of land from another.

The nuances of production and harvesting all play a big part of wine production. Walter and Nancy harvest their grapes in thirds allowing the grapes to mature in stages. The challenges when growing grapes is immense. In a short season that we have in New England, the sugar in the grape is up and the acid that is in the grape is down. And wine fermentation is completed in many stages. This allows for the flavors to mature. Each wine has its own personality and age is important. Some of Heartstone's wines mature from three to four years.

Visiting the Winery and listening to Walter and Nancy talk about their love of their work and the details in making wine was truly an educational opportunity for me. As they showed me around the property which has fifty-six rolling acres, ten of which are in grape production, they pointed to a stone in the chimney that was in the shape of a heart. They had found the stone on their farm and thought it befitting that it should have a place of prominence for their guests to see and appreciate. The Tabors are truly a hospitable couple and love to talk about their trade. They are also appreciative of the support from the town of Columbia in creating a great venue to appreciate locally grown. On Friday evenings the winery hosts musical entertainment and draws crowds of fifty to one hundred lovers of fine wine. Their schedule and winery information can be found on their website, <https://heartstonewinery.com/winery/> or their

Facebook page, www.facebook.com/heartstonewinery/ The winery offers a tasting of five wines for twelve dollars plus tax and this also includes the glass. This provides you with the opportunity to try out some of their nine wines currently offered. Six of the wines are Estate wines. That is, the grapes are grown on the property. The remaining three are sourced from Africa, California and Washington state. I had the opportunity the 2017 Cayuga, a semi dry white with notes of pineapple and passion fruit. A good choice with the recipe provided below.



Christopher McGrath (left) with Nancy and Walter Tabor of Heartstone Farm and Winery in Columbia. Dennis Pierce photo.

I would suggest that you need to make plans for this upcoming week since the winery's season closes on November 4th - 12:00pm to 3:00pm. Their operating hours are: Thursday, 12:00pm to 7:00pm, Friday, 12:00pm to 8:00pm, Saturday, 12:00pm to 7:00pm and Sunday 12:00pm to 6:00pm. The Tabors suggest that you call ahead for parties of 10 or more (860. 337.0162).

As the weather cools down it is enjoyable to have a warm, comforting dinner. Not only does the following recipe taste great but the oven takes the chill off of your kitchen. In this column I am providing you with two distinct recipes which by no means should be served together. I found myself with a lot of green tomatoes and were planted too late in the season. I believe many people ponder what to do with green tomatoes so I thought I would add this recipe as an added bonus. The chicken recipe shares some tips that I have learned over the years. They require a little more effort but, in the end, it is worth it.

Roasted Chicken with Wine Sauce Serves 4

Ingredients:
1 (3 to 4-pound) chicken
1 large bunch mixed herbs (parsley, thyme, savory, marjoram, fennel and bay)
2 tablespoons of butter or olive oil
Salt and pepper
10 to 15 cloves of garlic, unpeeled (yes, do not peel)
1 cup of white wine for deglazing

Directions:
Remove chicken from refrigerator an hour before cooking. Rinse the chicken under warm water and then pat dry. Place chicken on a plate and cover with paper towel. Preheat oven to 425 degrees.

After an hour passes, stuff the cavity of the chicken with herbs.
Rub the outside skin with butter or olive oil.
Season with salt and pepper
Place chicken in roasting dish just large enough to hold the chicken.
Roast bird 15 minutes breast side up, the 15 minutes on one side and the 154 minutes on the other and then 15 minutes breast side down.

Add garlic after the first 30 minutes, tucking the cloves around the bird and in the pan itself
Finish cooking the chicken with breast side up for an additional 10 minutes if needed. With a thermometer chicken should be 165 degree when the thermometer is inserted into the thickest part of the breast.
Place chicken on a plate, breast side down and cover with foil for 10 minutes.
Pour wine in roasting pan over medium heat scraping the pan to collect any charred bits. Reduce liquid and adjust seasonings. This can be used to pour over chicken pieces when served or served on the side.

Green Tomato Relish

Ingredients:
24 large green tomatoes
3 red bell peppers, halved and seeded
12 large onions
3 tablespoons of celery seed
3 tablespoons of mustard seed
1 tablespoon of salt

5 cups of sugar
2 cups of cider vinegar

Directions:
In a grinder or food processor, coarsely grind tomatoes, red bell peppers, green bell peppers, and onions. (You may need to do this in batches.) Line a large colander with cheesecloth, place in sink or in a large bowl, and pour in tomato mixture to drain for 1 hour.
In a large, non-aluminum stockpot, combine tomato mixture, celery seed, mustard seed, salt, sugar, and vinegar. Bring to a boil and simmer over low heat 5 minutes, stirring frequently.
Sterilize enough jars and lids to hold relish (12 one-pint jars, or 6 one-quart jars). Pack relish into sterilized jars, making sure there are no spaces or air pockets. Fill jars all the way to top. Screw on lids.
Place a rack in the bottom of a large stockpot and fill half-way with boiling water. Carefully lower jars into pot using a holder. Leave a 2-inch space between jars. Pour in more boiling water if necessary, until tops of jars are covered by 2 inches of water. Bring water to a full boil, then cover and process for 30 minutes.
Remove jars from pot and place on cloth-covered or wood surface, several inches apart, until cool. Once cool, press top of each lid with finger, ensuring that seal is tight (lid does not move up or down at all). Relish can be stored for up to a year.

When visiting with Nancy and Walter, they shared with me a great line from a sign that they saw in Maine. It said, "The road of life is paved with undecisive squirrels." Truly a perfect observation this time of year when squirrels are preparing for the upcoming winter. If you have a suggestion or a farm, or a local grower, you would like featured in a future column drop me a line at Codfish53@yahoo.com. Peas be with you.

Our Community Calendar

Compiled By Dagmar Noll

The calendar begins here and continues through paper.

November 2, Friday

Dance: Quiet Corner Contra Dance, 7:45p.m. - 11:00p.m. \$6-12. First Friday of every month. Live caller and band. No partner necessary Soft-soled shoes. Snacks welcome. Info: cannell.dm@gmail.com 860-4845204 quietcornercontradance.tripod.com
Clean-Up: Willimantic Trash Mob,

5:00p.m. - 5:30p.m. End-of-Season Clean-Up at the Museum. Bring gloves, a bag, and a friend. Windham Textile & History Museum, 411 Main Street, Willimantic.

Live Music: Bruce John & the Bandaleros, 6:30p.m. - 9:30p.m. The Windham Club, 184 Club Road, North Windham.

November 3, Saturday

Kids: Agriculture in the Community, 10:00a.m. - 12:00p.m. Learn about what forestry is and how it benefits us.

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

November 4, Sunday

Photography: Opening Reception, Quiet Corner Camera Club 13th Photographic Show at Art Space, 1:00p.m. - 4:00p.m. Free. Show open weekends 11/4 - 11/25. 480 Main Street, Willimantic.
Live Music: Take Note!, 3:00p.m.

Community kitchens Benefit Concert. Free (donations welcome). First Congregational Church of Woodstock, 543 Route 169, Woodstock. Info: take-note.org

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

November 5, 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

A Tree-mendous Weekend

Submitted by Faith Kenton

To continue the local initiative begun two years ago in honor of Windham's 325th birthday, Faith Kenton organized a second annual planting party in her goal to plant 325 native trees and shrubs in Willimantic, this time two sites over two days. Volunteers (good showing from the local Lions Club) showed up after a rainy morning on Saturday Oct 13 to work on planting a long traffic island on upper High St/Lynwood. On Sunday, volunteers spent a second day planting Heritage Park on High Street putting a total of 178 more trees and bushes into the ground. Not quite finished – the last job then was to protect the new plants with landscape collars and mulch. TREE-mendous!

Volunteers came from Windham High School and Middle School, ECSU Community Service, the Garden Club of Windham, the Lions Club, as well as local residents. One new resident is Joe Pliss who moved here a year ago from upstate New York. He says "It makes me happy to think of all the people who will enjoy these gardens. Every time I drive or walk by these gardens, I feel a connection for this place that I didn't have before. It's a pleasure and an honor to get to know people while creating civic beauty. The benefits go beyond the garden. There is something very hopeful when there are people of all ages contributing to making Willimantic a better place. That's what I saw and felt as we turned a patch of lawn into a garden."



Joe Pliss of Willimantic works a garden on High St., Willimantic. Contributed photo.

In between laboring, the volunteers enjoyed grinders from Bobs IGA, Buells orchard cider, Bagel One bagels, the Stearns Red Barn cider donuts, and a pre-sampling of Halloween candy bars.

Please go take a look at these new sites. The Heritage Park especially offers classic New England scenery with a stately granite mill building on one side, a rushing river on the other, and a spectacular view up and downstream from the upper level of the Garden on the Bridge.

The success of this project can be attributed to the cooperation and commitment shown us by the Town of Windham and ECSU, especially respectively Scott Clairmont and John Wylie. Also to Yves Kraus of Stump Hollow Design, Mansfield. He has donated 100 hours minimum over the summer to design and implement a plan of planting and installation by many enthusiastic volunteers. Kraus was key to consulting with his friends at Prides Corner Farm, especially Jim Harlow who presented the project favorably to Pride's owner Mark Sellow. Sellow was very pleased to be involved with a local volunteer beautification effort of this magnitude, and gave the project a very generous discount. Likewise, Kraus worked with Dave Dupuis at Willards Hardware gaining another very generous discount. Kraus also brought three of his own professional experienced men to prepare two sites ahead of planting day, knowing that the work ahead would be too much for volunteers to accomplish within the two day periods allotted. The volunteers then worked steadily and accomplished the set task.

Project funded by grants from the Savings Institute Foundation, the Community Foundation of Eastern Ct, the Garden Club of Windham, the Prue Law Group / Pageau Fund, and personal donations from supportive citizens for amounts from \$20 to \$500. The project was supported also by Windham Town Hall, Eastern Connecticut State University, and Windham Mills.

In-kind contributions from Kraus total well over \$5,000 for design, transport, preparation of sites, and installation. ECSU's in-kind contribution of preparing High St approximates \$500, Windham Public Works \$1500.

A third year? The magic number of 325 has been already achieved, adding in numerous trees and shrubs planted on the Greenway and White Water sites by Willimantic Wildlife Habitat, GROW Windhams fruit tree gardens at Lauter Park, and various hybrid chestnut trees sold last year for local beauty. Finished? Retire? Not likely, says Kenton. With cash contributions from so many sources, successful grant applications from local funders and technical knowledge provided, and volunteers willing to dig/carry/mulch, why stop now? "The more you plant, the more plantings people want" Kenton said. "And the more people see the results of last year and this year, the more possibilities they see for the next year."

Kenton has received cash donations from \$20 to \$500, and grants from \$1,000 to \$2500. She has a large Tree of Life painting with many names on its leaves and branches of donors. Still room for more. If you wish to contribute and build up our fund for next year's to-be-named project, send a check to 325 Trees/Shrubs, c/o the Garden Club of Windham, Box 773, Willimantic 06226. For more information, call her at 456-0817.

Thank you volunteers!

Scott Clairmont – Windham Public Works
 Marisa Copley – Windham High School
 Tripp Copley – Windham Middle School
 Kristin Culbertson - resident
 Mike Culbertson – resident, Lions Club
 Jean DeSmet – resident, Lions Club
 Tim Dwyer – Lions Club
 Eric Gingras – Eastern CT State U
 Ronald Goldstein – Lions Club
 Kim Haddad – resident, Lions Club
 Leanny Hernandez - ECSU
 Lynn Keleher – resident, Garden Club
 Faith Kenton – resident, Project Director
 Liz Kenton - volunteer
 Steve Kenton - resident
 Joe Pliss - resident
 Tabatha Rubitski – Eastern CT State U
 Alex Salustri - resident
 Becky Salustri - resident
 Helen Sanborn - volunteer
 David Stoloff - resident
 Debbie Stoloff - resident
 Ben Waite – Windham Public Works
 John Wylie – ECSU Facilities

www.willimanticlibrary.org

November 7, Wednesday

Art: Opening Reception for Robert Oxenhorn, oils and acrylics painter, 4:30p.m. - 6:00p.m. Show runs through December. Fletcher Memorial Library's Top Shelf Gallery, Hampton.

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

November 8, Thursday

Kids: Tellabration, 6:00p.m. Storyteller Peg Donovan entertains the whole family with stories using puppets and felt boards. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

November 9, Friday

Live Music: Hothead, T Wreck, Electric Dawn, and Perennial, 7:00p.m. - 10:00p.m. Free. Willimantic Records, 75 Bridge Street at River Plaza, Willimantic. Info: 860-450-7000 www.willimanticrecords.com

Live Music: Mark Manderville & Raianne Richards, 7:30p.m. \$15. Vanilla Bean Cafe, Pomfret. Info: www.markandraianne.com

Hiking: New Moon Night Hike, 7:00p.m. - 8:00p.m. Followed by a New Moon campfire! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

November 10, Saturday

Clean-Up: Ashford Roadside Crew for Trash pickup, 9:00a.m. -

11:30a.m. Bring your own gloves. Meet at Knowlton Hall. Info: 860-429-2629 birdeye123@charter.net
Kids: Crafts, 11:00a.m.-12:30p.m. (See 11/3).

Kids: Candle Dipping, 2:00p.m. - 4:00p.m. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Live Music: Still Pickin', bluegrass band, 6:30p.m. \$10. Elks Club, 64 Edmond Street, Putnam. Info: 960-933-3147 slimrdusty@gmail.com

Live Music: Bruno Raberg with the Ear Dharma Trio in Concert, 7:00p.m. \$20-25, "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/

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The Neighbors Paper
A little paper
Big on community

Musings on Bilingualism

By Delia Berlin



According to the World Bank, climate change is a growing driver of human migration. As many as 143 million people may be displaced by 2050 due to rising sea levels and lack of food or water. Languages will become an increasingly valuable skill for human adaptation.

Yet, the learning and speaking of foreign languages is not universally embraced and families raising bilingual children encounter difficulties. In turn, many international resources supporting early bilingualism have emerged. One of them is Adam Beck's blog *Bilingual Monkeys* (<http://bilingualmonkeys.com>). What follows is adapted from my interview for this blog. Adam Beck is also the author of the popular non-fiction book *Maximize Your Child's Bilingual Ability* and the captivating illustrated novel for all ages *How I Lost My Ear*. He is also the founder of the forum *The Bilingual Zoo* (<http://bilingualzoo.com>). He lives in Hiroshima, Japan.

1. Could you please tell us about yourself? In what ways has your life been touched by bilingualism?

I have lived in New England for 42 years, but was born and raised in Argentina. My grandparents' generation had immigrated to Argentina from Spain in the 1930s, a time of rapid development in Argentina that attracted many immigrants looking for peace and prosperity.

My grandparents were from Galicia, a poor rural area in northwestern Spain. They were ambitious workers of modest means, with few years of formal education. Yet, they were bilingual. Although I always knew this, it only dawned on me recently. My grandparents' first language was Galician. Galician is not a Spanish dialect. Wikipedia defines Galician as "an Indo-European language of the Western Ibero-Romance branch" more closely related to Portuguese than to Spanish. It's spoken by approximately 2.4 million people, mostly in Galicia.

Since most immigrants leave their countries of origin due to some duress, such as natural disasters, wars or economic depressions, they tend to desire adaptability for their children. The experience of geographic and cultural relocation is life-changing and traumatic. But immigrants know that it can also be life-saving, so it's not surprising that they may want their children to grow up with options, so languages are considered important.

These days, wars and climate change are forcing huge numbers of people to relocate. Presently, it is estimated that there are more than 65 million people displaced by disasters. Among the challenges that these people face, language barriers rank high. In these situations, an additional language can be a lifeline.

But the usefulness of additional languages is not limited to catastrophic and unforeseen circumstances. Each language offers a window to a different body of knowledge and a connection to a different group of people. A language can make travel abroad more enjoyable and it can make us more useful to others at home. My grandparents recognized this and knew that outside of Galicia, Galician had limited practical use. Spanish was the language that opened doors for them.

For my grandparents it was a foregone conclusion that their children and grandchildren would grow up with additional languages as well. So, even though Argentina was highly monolingual, children in my family went to schools that included foreign languages in the curriculum. From first grade on, we studied at least one foreign language in any given year. For me, over time these included German, English, French and Portuguese.

2. What led you to become a writer, and in particular, an author of bilingual books for children?

I enjoyed writing from an early age, but my education at the primary and secondary levels was in Spanish. In my school, additional languages were taught as enrichment, not immersion. When I moved to the US, during my tertiary education years, my sense of competency as a writer plummeted. It took many years to regain similar fluidity and ease in English as in Spanish. But language learning is a life-long process. Almost inadvertently, we add vocab-

ulary and nuances to our repertoire every day. So eventually, the time came for me to feel even more comfortable writing in English than in Spanish.

By the time I became a mother, I wasn't sure if I was going to return to Argentina or remain in the US. I wanted my child to be equally well prepared for school in either language. I read all I could about maximizing language development and bilingualism. I decided to speak only Spanish at home, and to rely on a Montessori preschool program for English exposure. Even though the preschool program started at age 2 and was only a half-day program, within six months of enrollment, my daughter's English had reached the same level of her Spanish. Also, since she had learned both languages from native speakers, she had native accents and fluency in both.

I believe now that a variety of methods for introducing languages in infancy can be equally successful. Children are uniquely equipped to absorb languages and can easily manage learning several at once. Some general guidelines (like having each person always speak in the same language) can reduce confusion and facilitate learning, but young minds are masters of decoding and eventually figure it all out.



What motivated me to write children's books was the birth of my first grandchild, also being raised bilingually. Remembering some of the challenges I had faced finding enough appropriate bilingual books for my daughter, I wanted to add my own two cents to the inventory. Not only was the selection limited, but often one of the language versions was a poor translation.

3. Could you tell us more about your books? What sort of themes are important to you?

I am interested in stories that can provide subtle insights in a non-directive manner. I like stories with elements that help children identify with the kindest characters, emerge with enhanced empathy for others or gain a deeper understanding of fairness. Our self-preservation instincts tend to make us more invested in ourselves than others. Helping children see the world from the perspective of "the other" has practical and long-standing benefits. In a world that changes rapidly and is increasingly uncertain, kindness, tolerance, flexibility and inner strength are important qualities.

But for a story to be processed, it has to be told. If a book is not fun to read, its lessons will go unlearned. I want books that are fun for children and their significant adults to read aloud and discuss. Humor and play are usually incorporated in my stories. Many of my characters are illustrated as animals, so children can identify with them regardless of their physical appearance or ethnic background.

4. In what ways can your books, and bilingual books in general, be of support to the language goals of families and schools?

Both in the family and in the classroom, bilingual books are an important tool to help build vocabulary. They provide a "ladder to the top" for language development,

because learning a word in one language creates the desire to know it in the other, by simple curiosity.

In both households and schools, these books are also helpful for the adults, whose language development in one of the languages may lag behind the other. Bilingual children books provide a non-threatening tool for expanding adult vocabulary and understanding, as they read to children. These books also help build cross-cultural competency by frequently introducing topics that are more universal and less ethnocentric than those in monolingual books.

Another important quality of bilingual books is that they can allow an entire extended family (regardless of individuals' primary languages) to share the same stories. Nobody needs to be "left out" just because a story is not written in their main language.

5. What other kinds of writing do you do?

Like my life, my writing is eclectic. My first published books were pet bird manuals. One of them, *Mature Bird Care*, supports and encourages pet parrot re-homing. Parrots are extraordinary animals. Beautiful, intelligent, playful and loyal, they can be loving, but demanding companions. Their long lifespans and individual idiosyncrasies can also make them challenging to keep, resulting in huge numbers of older parrots in need of new homes. Having lived with parrots most of my life, I was motivated to help the plight of rescue parrots by raising awareness about their great pet potential. I am proud to say ASPCA, the American Society for the Prevention of Cruelty to Animals, endorsed this book. After many years, it is still available in electronic edition.

In addition to writing for children, I write for parents and professionals working with children. I have contributed articles for several magazines, newsletters and blogs, including *Teaching Tolerance*, a resource for teachers from the Southern Poverty Law Center.

I'm also a regular contributor of essays and short stories for *Neighbors*, a free monthly regional community paper in northeast Connecticut. I also have published volumes of short stories with my husband, David Corsini.

6. What would be your best advice for families seeking to raise bilingual children?

My advice for these families is unqualified encouragement. There are no documented cases of children not learning the majority language when only a minority language is spoken at home. In fact, children are able to learn several languages at once, given sufficient exposure to each in their early years. Having each person speak the same language at all times is helpful, at least until the child can understand the very concept of different languages.

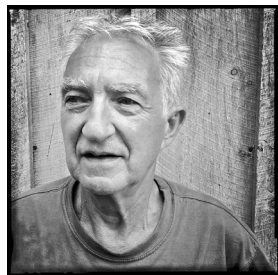
Relatives who don't speak the minority language may be anxious about this "experiment" that they may not have seen play out before. They may fear that children will not learn the majority language, or that they may not even be able to communicate well with them. They should be reassured and encouraged to talk to children in their own language as much as they want. There is no need to put one language on hold while the other one develops. Effortlessly, a bilingual child will emerge unscathed.

For maintaining bilingualism, the child's motivation is as important as the parents', if not more. No amount of parental effort will be enough if children decide that they don't want to speak a language. Parents and grandparents should be alert and aware of prevailing cultural attitudes. Children who feel shunned or judged when they speak one of their languages, may not want to speak it. It's important to counter any negative stereotypes and to take steps for children to experience the benefits and practical value of their additional languages.

Using an additional language to help others, to be able to play with more children, to read more books or to travel, are good ways to encourage pride in bilingualism. For younger children, talking dolls whose language can be changed by flipping a switch, also can be very useful. Children usually speak to these dolls in the doll's language, providing an incentive to practice the minority language in play.

Highway Reveries

By David Corsini



On Columbus Day weekend I traveled to St. Johnsbury, Vermont to visit my sister, Donna, and brother-in-law, Bill. It is a four-hour drive and in my late 70's I do not look forward to a long drive. But it is a relatively easy drive and it is the only occasion during which I am comfortable enough to use cruise control. In previous years on similar trips, I have also listened to the radio or CDs. But after the last presidential election, I have found listening to the radio noxious. Also, I forgot to bring CDs. So, I was left with observing scenery, attempting to identify roadkill, and entertaining myself with reminiscences of my past.

There was moderate traffic getting to and onto 91 North but it started to thin out after Northampton, Massachusetts. I eventually rediscovered how to set the cruise control and was comfortable observing the changing foliage until I got to the Welcome Center just below Brattleboro, Vermont. This welcome center is particularly attractive and marks the halfway point of my trip. The first order of business at the center is always a visit to the men's room. Here, as an example of the civility in Vermont, there are paper towels rather than those annoying hot air noisemakers. There are many displays of Vermont products and a wealth of printed information, as well as knowledgeable and helpful personnel.

In addition to showcases of contemporary Vermont enterprises, many antique tools are displayed on the walls. One of my former colleagues from UCONN retired to a town near the welcome center and was a volunteer helping in the early years of the center's development. At one point in my life, I collected old farm equipment. Many years ago I gave my friend several pieces to donate to the center. Included was one distinctive piece of equipment that I believe was used to move large logs with the help of chains and horses or oxen. It is hung high up on a wall. When I visit the center, I always check to see if the piece is still there. It was.

In the leaf peeping season there is lots of traffic to VT and outside the center a large variety of snacks and treats are offered by an impressive group of volunteers. I am not sure how many days a week or weeks a year this is offered, but on this Columbus Day weekend it was in full operation. There were many cookies and sweets, crackers and cheese, apples, coffee, cider and, this year, even hot dogs. All offered for free with a jar for voluntary donations.

It was with reluctance that I left the snacks, but I was only half way to my destination. After Brattleboro the traffic thins out and it is easy to use cruise control. One thing I do in these conditions is attempt to identify roadkill. I did not keep a systematic record but I observed many dead skunks, a dark medium-sized body that I was pretty sure was a fisher, several possums and raccoons, grey squirrels and the rib cage of a deer being picked clean by five crows. At one point I was stumped by a set of iridescent feathers. It wasn't until many miles later, when I saw a small flock of turkeys, that I realized what the feathers I had seen were the remains of.

Observing roadkill reminds me of my Earthwatch adventures, in the early 1990's, on the islands around Hong Kong. The purpose of my expedition was to collect specimens of frogs and snakes on these islands. The specimens were sent to the Museum of Comparative Zoology at Harvard to provide a record of herpetological life on these islands. While we searched for specimens in multiple ways, one way was to collect roadkills.

When we spotted a roadkill, we would stop and run back to identify and collect the critter, if it was a snake. That is, collect it if it had not become "road pizza". That is the term we used for something run over so many times it was unidentifiable or useless as a specimen. As I drove along RT 91, a great deal of the roadkill was of the pizza category. But I enjoyed related thoughts of my time on the islands of Hong Kong searching for frogs, snakes and other life forms. For example, one day we found a live pangolin and one night we collected five kraits. Kraits are deadly venomous snakes.

Donna and Bill had planned activities for my two day visit: a steak barbecue, apple picking, bus tour of local sites in Barnet, Vermont and kayaking. Donna and Bill always put together a special meal. For apple picking we went to Bert's Orchard—a very large orchard with many types of apples. Unfortunately, when we were well into the orchard, there was a strong shower. We did not have rain gear and the umbrellas were in the car. I quickly picked what turned out to be \$10 worth of Macoun apples and returned to the car with the apples and a small bag of warm donuts. Donna and Bill persisted longer and emerged with

\$26 worth of several varieties. I had saved them a donut. Donna and Bill live on a large property and have about 20 apple trees. Each fall they like to make apple sauce but this year their trees produced no apples. Last year they had so many apples they were calling neighbors to come pick.

The bus tour of Barnet was like an animated Norman Rockwell painting. The tour group was an older crowd which included mostly local Vermonters. We loaded onto a yellow school bus. The bus was driven by a wise-cracking man in a cowboy hat. The tour director was a retired long-time teacher knowledgeable about the farms and lore of the area who admitted right away that he had some memory issues. He was supported during the trip by his wife and a friend who would provide information when his memory failed. When I sent a photo of our group to Delia, she replied that Donna, Bill and I looked like the babies of the group.

In addition to driving by many large farms with a narrative about the history of the people who lived there, we stopped at Steven's maple sugar shop. This is a very modern operation that produced about 700 gallons of syrup that could be sold for \$40 a gallon. We learned that it takes 30 gallons of sap to make one gallon of syrup. To get the sap to syrup largely involves elimination of water from the sap. This modern operation used reverse osmosis to remove a great deal of water before boiling the sap. Collecting sap when the nights are cold and the days are warm happens primarily during a five week period in the spring. Clearly, the people who run this operation have other sources of income. The man who owned the maple sugar operation collected John Deer tractors and had 10 vintage examples displayed beside the driveway. I am a collector but was happy not to have been bitten by that bug!

Then we stopped at an old Scottish Presbyterian church. This area of Vermont was settled by the Scottish and many families with Scottish ancestry remain. We learned that original members of this church were guided by Old Testament concepts and the singing of hymns was done without musical accompaniment. I don't remember if the church is still used but there were many hymnals in the pews.

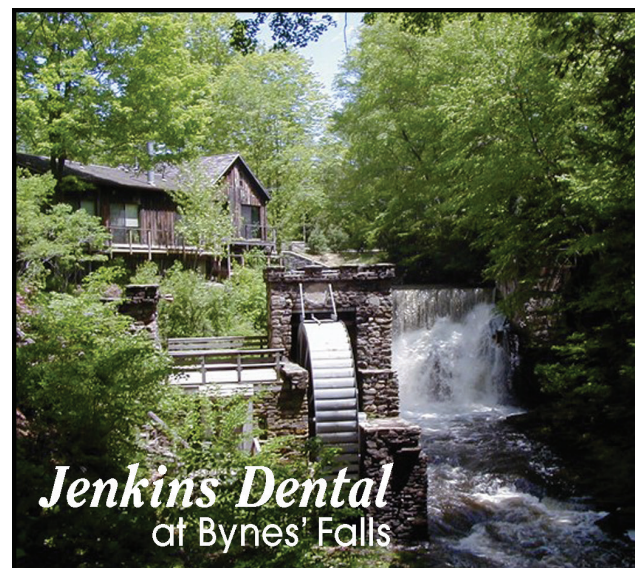
Lunch was provided at a meeting house by a local church group: Ten dollars for soup, sandwich, drink, and dessert. We had the choice of three soups, five sandwiches, assorted drinks and multiple desserts. Again, this was a very "Norman Rockwell" scene.

Although the weather was chilly, in the afternoon we headed off in Bill's truck with three kayaks well secured in the bed. It had been a while since I had been in a kayak, but, once seated, all was well. We were the only ones on Long Pond. It was not cold and the wind was light. Sun enhanced the brilliance of fall colors on the small mountain beside the lake. Several times I saw two loons that were actively diving. I also saw a small black mammal running along the shore of an island that I later identified as a mink. After an hour in the kayak, I was pretty stiff and needed Bill's help to be extracted.

After two nights, I headed home. On route 91 there was an exit for Barre, Vermont. This elicited thoughts of my Bowdoin College roommate and fraternity brother who was from Barre. This kid carried the nickname "Uno" because one of his testicles had not descended. How I knew this, I cannot remember. I do remember the time when I was visiting with his family and Uno told me he had "feelings" for me. This sure was a surprise to me. But as I remember, I just said I was sorry not to share the same feelings. I had my eyes on his sister and we were flirting. Remembering this incident, led to other reflections on my college days—some good memories and some bad.

As I got closer to Brattleboro, the number of grey squirrels in the roadkill increased dramatically. The Vermont visitor's center is not accessible from RT 91 going south, but I always pull off on Exit 2 and head to the farmer's market that is less than a mile on the left. On weekdays the site of the farmer's market is a pleasant place for bladder relief. However, this time I was passing on a Saturday when the market was in full swing. But not to worry, as there are three very well maintained Port-O-Lets. I walked quickly through the farmer's market—another "Norman Rockwell" scene. The feeling I experience when being in these scenes is what I love about my trips to Vermont.

I was sorry to leave but I was anxious to get back home to Delia. Dancing at the CLICK (Commercially Licensed Co-operative Kitchen) fundraiser was on the agenda. While I did not get the "Norman Rockwell" feel at this event, it was a very Willimantic event and that's a good feeling too. Delia and I enjoyed talking with friends and dancing to The Big Jump Band. It was good to be home.



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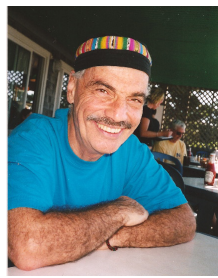
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On Elections and Political Parties- Do We Really Want or Need Them?

By Len Krimerman



Do elections really matter? Do they aid and protect “democracy” or interfere with it?

Well, maybe some of them matter, like those for Governor in Florida and Georgia this year. But on the whole, do they change things for the better? (Or even, like our most recent Presidential election, make things worse?)

Yes, I know that voting in free elections is widely imagined to make our country a “democracy”, but maybe this is just a myth or an unfounded superstition.

Lately, I’ve been reading a remarkable book by Belgian philosopher David Van Reybrouck; its title is itself intriguing: *“Against Elections; the Case for Democracy”*. On Reybrouck’s view, today’s elections can only be seen as impediments to democracy. Elections might have been significant or worthwhile, he claims, in the early days of our self-government experiment. But those were days of vastly smaller communities, days when people knew one another in their villages – including those running for office. When we vote today, how well do we know the candidates?

Moreover, those were days before “democracy” had to confront the huge power shift generated by social media; today, everyone can not only be a reader, but their own editor-in-chief sending out virtual words and images to more folks than are reached by electoral campaigns, newspapers, or TV stations. In short, the 21st century is increasingly horizontal, from “centralized to decentralized, from top down to bottom up”, whereas election by ballot box has remained a “vertical model”: elections enable an elite few of us (politicians and their wealthy donors) to make the decisions that the rest of us are compelled to accept. Van Reybrouck sums up his case against elections with two analogies:

It may not be a popular conclusion, but it must be understood that a democracy that reduces itself to elections is in mortal decline. It is indeed rather as if we were to limit air travel to the hot-air balloon, even though there are now high-tension cables, private planes, new climatic patterns, and space stations....

Elections were introduced to stop democracy, rather than to make democracy possible. If innovation is truly important, let us rethink the key procedure we use to let people speak. Ticking a box is no longer an option.

In the main, I agree with Reybrouck’s analysis, or at least his conclusion that today’s elections are at best an anachronism, and at worst, hugely problematic. But I also think that elections for representatives, congresspersons, senators, presidents, etc. were faulty right from the start, from the birth of our nation and its alleged democratic, or self-governance, experiment. They were stained at the outset, rejecting and then undermining citizen sovereignty and self-governance.

This was recognized in 1762 by French philosopher John-Jacques Rousseau; here is his entirely unheeded warning about – condemnation of – elections.

The people of England deceive themselves when they fancy they are free; they are so, in fact, only during the election of Members of Parliament. For, as soon as a new one is elected, they are again in chains, and are nothing. (From Rousseau’s *The Social Contract*, quoted at the beginning of *Against Elections; the Case for Democracy*.)

In short, elections provide the electorate – you, me, and all of us – with just one day every two or four years to have a say in shaping our own governance! Those we “elect”, as Rousseau recognized, are not accountable to us; once in office, they can do as they please, keeping us in chains. And if we vote one of them out, we can only vote for an equally unaccountable office seeker. Rather than enabling citizen sovereignty, elections trick us into becoming mere powerless spectators of our own alleged and faux self-governance. Yes, we can (for now!) protest and otherwise contrive to change the minds and hearts of those elected. But the odds are way against us, as our representatives and other elected officials are not required to take our voices, desires, and demands seriously. Instead, elections guarantee them the upper parental hand, while we remain, politically, in paternalistic childhood. And this was as true when the USA began, as it is today.

Should we trust political parties?

Elections are not the only barrier to genuine democracy. Their interference with citizen sovereignty is matched by yet another supposedly essential feature of all democracies: *political parties*. On one hand, these often tribal-like and severely partisan groups took elections for granted – indeed, took control over them – lending their weight to the paternalistic relationship of the electorate to its government. But they have prevented genuine rule by the people in other ways.

Consider this eye-opening passage on the Huff Post web site, from a piece by Todd Phillip titled *“Political Parties Were Never Meant To Be.”*

There is no mention of political parties in our Constitution, yet the Framers wrote about them elsewhere, often referring to them as “factions.” In 1780, John Adams wrote, “There is nothing which I dread so much as a division of the republic into two great parties, each arranged under its leader, and concerting measures in opposition to each other. This in my opinion is to be dreaded as the greatest evil under our Constitution.” In the Federalist Papers, James Madison sought to convince readers that one of the main advantages of the Constitution, with its separation of powers, was “its tendency to break and control the violence of faction.”... And in his Farewell Address, George Washington warned that political parties would be “potent engines, by which cunning, ambitious, and unprincipled men will be enabled to subvert the power of the people, and to usurp for themselves the reins of government.” The Framers considered factions “engines of corruption” that put the interests of selfish minorities ahead of the common good...

Todd Phillip concludes his article with this assessment of political parties.

The effect of political parties is that they undermine the central premise of democracy, which is that the people will rule — the people are sovereign and government must work to serve the interest of the people.... Political parties divide the public into warring groups, turning the people against one another and making it impossible for the people to rule. The effect is a classic divide-and-conquer situation that distracts the people from any sense of a common good, or public interest.

Where, though, do we go from here?

How do we replace our problematic elections and political parties? Or at least, emancipate ourselves from their ubiquitous undermining of the electorate’s self-governance? Maybe we need a very different form of democracy, one that enables it to become constantly experimental. Or, as John Dewey put it, *to be born anew every generation, and education is its midwife*. This thought was the basis of an interview of Van Reybrouck a year ago, by Rob Hopkins, one of the founders of the Transition Town movement (see <https://www.robhopkins.net/2017/11/01>). The interview is a delightful conversation on “imagination and democracy” full of powerful ideas and numerous real time examples of how to begin renewing democracy and “what to do next”. It’s a really good starting point, as illustrated by this question posed” to Reybrouck by Hopkins:

If you had been elected Prime Minister of Belgium, and you had a run on a platform of ‘Make Belgium Imaginative Again’, so rather than ‘Make American Great Again’, your mission was to prioritize a rebuilding of the nation’s imagination. First, what might you do in your first 100 days in office? But secondly, what might you do to the electoral system to enable that in the future?

Let’s look at Reybrouck’s response, and other equally provocative components of this dialogue, in the next issue of *Neighbors* paper.

P.S. And don’t forget to vote; maybe some candidates will be open to considering a different, more imaginative and inclusive way to rebuild our democracy...

Please thank and patronize our advertisers for making the Neighbors paper possible. Thank you. T. King, Publisher

Technology Glitches

By Beverly Eleanor Carlson

Tech Glitch #1:

My dog “Chloe’s” eyes were diagnosed with glaucoma. The veterinarian handed me a prescription to be filled by a pharmacy. She said the medication is the same one that humans take when they are diagnosed with glaucoma.

CVS entered the data into their computer under the name of “Chloe Dog Carlson”.

One day I received the following voice mail: “This is CVS calling for Chloe Dog Carlson. If you are Chloe Dog please press #1. If you are someone other than Chloe Dog, please press #2.

I got confused and pressed #2.

The next message said, “Would you please have Chloe Dog come to the phone.”

Tech Glitch #2:

My best friend lives in Maine, near a Rite Aid Pharmacy. Not long ago she was in the store and noticed a display of Ritz Crackers with peanut butter. She bought a package using her debit card.

The next day she was in the store and noticed the display was gone.

The following day she found this voice mail on her cell phone: “This is Rite Aid calling. Our records indicate that you recently bought a package of Ritz Crackers with peanut butter. This is to inform you that it may be contaminated with Salmonella. Please return the crackers for a full refund. DO NOT EAT THE CRACKERS.”

My girlfriend said to me, “Hell, damn, I was hungry. I ate ‘em on the way home. Well, I’m not sick yet.”

Tech Glitch #3:

My friend Johnny answered a classified ad offering a free tractor part. The man offering the part told Johnny he could have it and gave Johnny his address in Rhode Island. Johnny recognized the address and asked the man whether he lived near a certain beach. The man said he lived right next door to that beach and added that he owned 1/4 of a mile of beachfront property. Johnny said he’d pick up the tractor part the following morning.

Johnny lives in the town adjacent to mine, in NE Connecticut. He called me and asked whether I’d like to join him on a drive to Rhode Island. I said “yes”. He said he’d pick me up at 6:45am the next morning.

Johnny pulled into my driveway bright and early the next day. He plugged his cell phone into the cigarette lighter and told the GPS app the address of our destination. “Alexa” immediately began spewing out directions. We were off and running.

Road trips with Johnny are always fun. Johnny is intelligent, holds a master’s degree, and is a good conversationalist. We can talk at length on any subject. Our small-talk is peppered with Johnny’s comments about other peoples’ driving habits. “Get outta my lane, ‘ya fleabag”. Sometimes Johnny uses language that a couple of sailors would use on a 3-day-pass to Tijuana. “*&\$\$%# tailgaters. Suck my exhaust pipe %\$#**&^”. Have a rock and roll fantasy.”

I heard Alexa say “Now go 10 miles north”. Toward the end of the 10 miles I dozed off. But I could have sworn she said, “Now do a U-turn and go 10 miles south”. Johnny complied. When I heard Alexa say “Now do a U-turn and go 10 miles north”, for the second time, it immediately woke me up.

The scenery was the same. I said, “there’s Big Ben”, referring to National Lampoon’s movie “European Vacation”, where Chevy Chase is driving on a round-about and can’t seem to get off. Every time he passes by the clock tower his family says “there’s Big Ben....there’s Big Ben.there’s Big Ben”.

I said to Johnny, “Did we just go 10 miles north, then 10 miles south, then 10 miles north again?”

Johnny answered “yes”. A pause followed, then he said, “I just put two and two together and figured out what happened.” He went on to say that several weeks ago he dropped his cell phone and apparently it bent a chip. He said, “Every time I get 10 miles from my destination Alexa gives me reverse directions.”

A contemplative moment passed before Johnny blurted out, “I’M MAD AT MYSELF FOR LISTENING TO THE BITCH!” He then looked down at his cell phone and, as if Alexa was a real person, yelled “YOU CRACK-HEAD!”

I’m still laughing at the incident.

These are true stories. Johnny is not his real name. I can be emailed at: becarlson98@gmail.com

Fundamentals of Asset Allocation

By James Zahansky, AWMA®



Sometimes, it seems that each day there is a news headline about a data breach or elevated risk within the markets. The financial industry, like any industry, has become more complicated as globalization and technology expand. Although you can never guarantee a risk-free world, there are things within your control that can help mitigate and reduce your risk.

For the month of November, we will be discussing risk management techniques from both an investment and personal perspective. Let's begin the month by discussing how to manage risk within your portfolio. Asset allocation isn't about picking individual securities. Instead, you focus on broad categories of investments, mixing them together in the right proportion to match your financial goals, the amount of time you have to invest, and your tolerance for risk.

The basics of asset allocation

The idea behind asset allocation is that because not all investments are alike, you can balance risk and return in your portfolio by spreading your investment dollars among different types of assets, such as stocks, bonds, and cash alternatives. It doesn't guarantee a profit or ensure against a loss, of course, but it can help you manage the level and type of risk you face.

Different types of assets carry different levels of risk and potential for return, and typically don't respond to market forces in the same way at the same time. For instance, when the return of one asset type is declining, the return of another may be growing (though there are no guarantees). If you diversify by owning a variety of assets, a downturn in a single holding won't necessarily spell disaster for your entire portfolio.

Using asset allocation, you identify the asset classes that are appropriate for you and decide the percentage of your investment dollars that should be allocated to each class.

The three major classes of assets

Stocks: Although past performance is no guarantee of future results, stocks have historically provided a higher average annual rate of return than other investments, including bonds and cash alternatives. However, stocks are generally more volatile, therefore better in the long-term, than bonds or cash alternatives.

Bonds: Historically less volatile than stocks, bonds do not provide as much opportunity for growth as stocks do. They are sensitive to interest rate changes; when interest rates rise, bond values tend to fall, and when interest rates fall, bond values tend to rise. As a result, bonds redeemed prior to maturity may be worth more or less than their original cost. Because bonds typically offer fixed interest payments at regular intervals, they may be appropriate if you want regular income from your investments.

Cash alternatives: Cash alternatives (or short-term instruments) offer a lower potential for growth than other types of assets but are the least volatile. They are subject to inflation risk, the chance that returns won't outpace rising prices. They provide easier access to funds than longer-term investments, and may be appropriate for investment goals that are short-term.

Not only can you diversify across asset classes by purchasing stocks, bonds, and cash alternatives, you can also diversify within a single asset class. For example, when investing in stocks, you can choose to invest in large companies that tend to be less risky than small companies.

Or, you could choose to divide your investment dollars according to investment style, investing for growth or for value. Though the investment possibilities are limitless, your objective is always the same: to diversify by choosing complementary investments that balance risk and reward within your portfolio.

Decide how to divide your assets

Your objective in using asset allocation is to construct a portfolio that can provide you with the return on your investment you want without exposing you to more risk than you feel comfortable with. How long you have to invest is important, too, because the longer you have to invest, the more time you have to ride out market ups and downs.

When you're trying to construct a portfolio, you can use worksheets or interactive tools that help identi-

fy your investment objectives, your risk tolerance level, and your investment time horizon. These tools may also suggest model or sample allocations that strike a balance between risk and return, based on the information you provide.

For instance, if your investment goal is to save for your retirement over the next 20 years and you can tolerate a relatively high degree of market volatility, a model allocation might suggest that you put a large percentage of your investment dollars in stocks, and allocate a smaller percentage to bonds and cash alternatives.

Build and review your portfolio

The next step is to choose specific investments for your portfolio that match your asset allocation strategy. Investors who are investing through a workplace retirement savings plan typically invest through mutual funds; a diversified portfolio of individual securities is easier to assemble in a separate account.

Mutual funds offer instant diversification within an asset class, and in many cases, the benefits of professional money management. Investments in each fund are chosen according to a specific objective, making it easier to identify a fund or a group of funds that meet your needs. For instance, some of the common terms you'll see used to describe fund objectives are capital preservation, income and growth, growth, and aggressive growth.

Once you've chosen your initial allocation, revisit your portfolio at least once a year or more to make strategic adjustments based on the changes in the market.

Note: Before investing in a mutual fund, carefully consider its investment objectives, risks, fees, and expenses, which can be found in the prospectus available from the fund.

Invest Well

To see more tips that may help you feel more comfortable, visit www.whzwealth.com/resources for market updates, and security checklists.

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Ashford Fall Trash Cleanup

Submitted by Pamm Summers

The Ashford Roadside Crew has planned a Fall cleanup day on Saturday, November 10, from 9:00am until 11:30am. Our Summer was too hot to schedule any ARC cleanups. The accumulation of trash has been considerable and Ashford is in dire need of our attention. You may remember what a success our Spring cleanup was with our collecting over 120 bags of trash. Our volunteer response was very good but perhaps we can do even better in November! The plan is to address Rt 44 this time, one of the areas most in need of cleaning and probably the most traveled road in town. We need all the volunteers we can get to lend a hand and make a huge job more manageable. And don't we all benefit from a cleaner Ashford?

We will meet at the Knowlton Hall parking lot to distribute bags, safety vests and pick up sticks. Please bring gloves and water from home. If you have high school seniors who need a community service project for graduation, we will send out letters of participation for validation. Please try to be there, we are also posting on Facebook as a reminder and you can send me an email at 80barnowl@gmail.com if you have any questions or would like to volunteer! All are welcome, needed and we appreciate your help.

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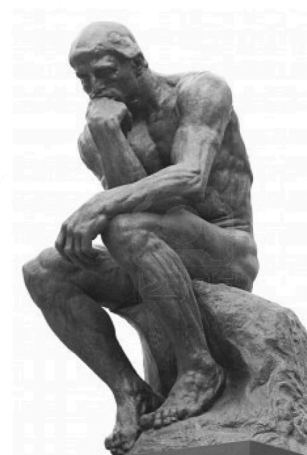
The Think and Do Club Wants You

Submitted by Edmund Smith

What is the Think and Do Club? We are a group of folks who get together every week to talk philosophy. From these talks, some pretty cool thoughts happen. These, as thoughts often do, may turn into some pretty interesting, different behavior, from person life style choices to decisions to go forth and change the world.

What kind of things do we talk about?

To date, we have discussed such wide-ranging topics as global warming, evolution, the nature of consciousness, the political economy of banking, the origins of the universe, and racism. We have also begun to explore the formal branches of philosophy, such as metaphysics and epistemology. But we are not limited to any one discipline



or topic, because life itself.. philosophical! So join us!

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Charlie's 100th Birthday!

By P.K. Willey

On October 25, 2018, Charlie turned 100 – ten decades – a CENTURY old! So much has happened since 1918! Many here now may not remember the long decades of Charlie, his wife Virginia, and their children's social upliftment work for our locale and beyond.

Charlie's early erudition saw him skipped 2 grades forward in elementary school. As his classmates entered their teen years, he was just turning 11, and became more socially isolated. He spent his time up in trees reading, and become a real bookworm, not deeply minding the lack of interaction with his classmates; books gave him wings to new ideas. At 16 he headed to University of Transylvania, in Lexington, KY. He met Virginia when he was 18.

They forged ahead in careers and training, while our Country entered WW2. Soon Charlie and Virginia were whisked into military service research, first through Dupont in Oak Ridge, TN, and shortly afterwards, to

Hanford, Washington state. There, in secrecy, and without inter-department communications, Charlie was put to work on a series of experiments for the Manhattan Project. These researches caused him to become increasingly concerned for the outcome of the experiments he and other scientists were making. The horrific events of Hiroshima and Nagasaki on August 6 and 9, 1945, chilled his soul, yet, the nation held him and others as heroes. Doors of opportunity opened.

He went into science education at Columbia U in NY, and later began teaching Chemistry at what is now ECSU, then, Willimantic Teacher's College. From there, with Virginia's encouragement, he began a project for developing science education through the Ford Foundation in Burma now Myanmar in the 1950's. The entire family moved there for 9 months, then returned to the US. In less than a year, they were on their way for a 7 year stay in Afghanistan, with Charlie helping science education and Virginia with hygiene in home economics. Then, it was on to Pakistan for 2 years. Every year there were furloughs, and the Prewitt family returned home to Mansfield, CT, USA.

It was during these furloughs that their unique contribution to the social and spiritual fabric of our area began. Few in the nation had traveled as far as they had, with kids in tow, to the places they had, and stayed to the extent that they had. Furlough time was taken up with enthusiastic meetings and presentations of these far-off

cultures and people, bringing world brotherhood a little closer. Churches, clubs, schools, universities, groups of all sorts called for the Prewitts to present their findings. Their young children also participated, and in their adult lives, eldest sons Charles Walker Prewitt, Jr., now 73, and David Perry Prewitt, opted for careers as teachers abroad, and have now settled back in our area in their retirements; still busy spreading understanding, awareness, appreciation of our massive human brother and sisterhood throughout the planet in our locale and tri-state area, and further.

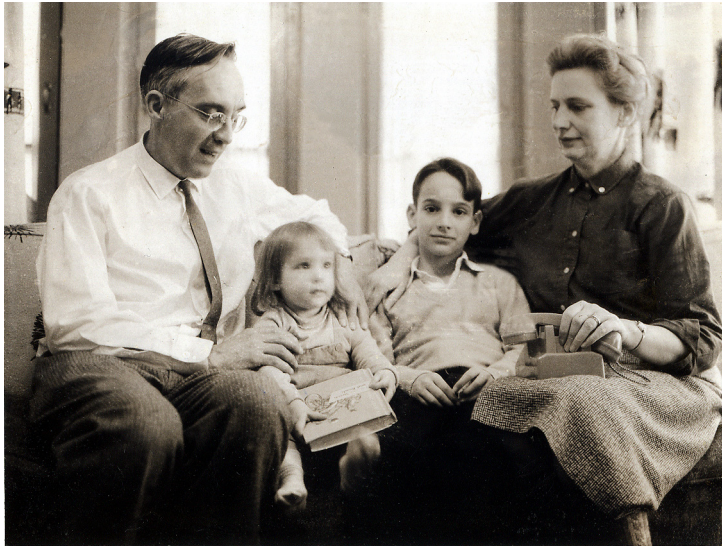
The Vietnam war, and their awareness of the

conditions people were facing galvanized the Prewitts into non-violent resistance to war. Charlie and Virginia started Nuclear Sane Freeze, and supported every peace group and effort from here to DC. As a professor, he galvanized support for the ECSU to start Peace and Conflict studies, which continues to this day. It was humbling, and conscience clearing.

At the forefront of every march, frequently outspoken on radio, TV, newspapers, about

peace filled directions for our Country to turn, Charlie and Virginia stood tall and strong for the best that we as Americans have to offer – compassionate understanding, deep appreciation, and an attitude of genuine charity through helpful efforts towards the entire earth.

And Charlie is still here! October 25th was his 100th Birthday! If you would like to wish Charlie Birthday Greetings, he would be delighted to receive them. Please mail to: Charlie Prewitt, 98 Mansfield Hollow Rd., Mansfield Center, 06250.



Young Mary Stewart Prewitt, raised in Afganistan next to brother David, with parents Charlie and Virginia. Contributed photo.



Correction: In this space in last month's issue of *Neighbors*, the caption for the photo (reprinted above) was incorrect. Charlie is in the back row, far right. Virginia is the second from the right in the front row, not left, as previously stated.

Children's Corner #5

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.

The Rabbi's Feathers

In old world cultures of Europe, Russia, Central Asia, and even in early US communities, and what we now call Eastern Europe, villages formed around similar beliefs. And so it was in this village: people followed and supported each other in being true to the teachings they understood of Judaism. Judaic scholarship and study of ethics have left the world considerably richer in understanding the nuances of duty, the gift of speech. Those great scholars were called the 'Rabbi', or Teacher. They were chosen to morally and spiritually guide the villagers due to their piousness, humility, and wisdom. This story took place in what is now Lithuania about a two centuries ago.

There was a man who had a difference of opinion with the village Rabbi when he was a young boy. He nursed the resentment, and as he aged, he spoke badly of the Rabbi to his friends, family, and even with casual acquaintances. At the very least, he would let a smirk drop on his face when the Rabbi's name was mentioned.

Years and then decades passed. When the days of his bodily strength had left him, his mind became less distracted from the external details of his life, and his attention began to turn within, where he faced his conscience. He started to feel twangs and pricks, which, upon reflection grew into tremendous remorse for all the little and big mean things he had said about the innocent Rabbi, who offered goodwill and friendship to everyone.

One day, his conscience goading him, he went to the Rabbi's house and remorsefully told him how he had been speaking about him behind his back for so many years, ardently promised to never do so again, and sought his forgiveness.

The Rabbi embraced him with sincere forgiveness. Tearfully, his heart now filled with love and his conscience with relief, the repentant man asked the Rabbi what he could do to atone for his mistakes.

The Rabbi looked at him compassionately and gave him a sharp knife and a large pillow filled with the softest of goose down feathers. He told him to go to the top of his barn, and slash open the pillow with a knife and shake the feathers into the wind.

The man did as he was told, shaking the pillow hard until it was empty. The feathers flew everywhere: some got caught in air currents and were carried up high and away into the sky. Mission accomplished, the man returned to the Rabbi---somewhat mystified, but glad that it was clear the Rabbi held no grief against him---and reported the deed as done.

The Rabbi then told him, "Now, my dear friend, please go and collect back *all* of the feathers."

The man looked at him with surprise and said piteously, "But that is impossible, my beloved Rabbi! I do not even know where and how they have all gone!"

The Rabbi looked at him gravely, and said seriously, "And so it is with your spicy words, my friend. Although you are sad about what you have done, the damage from your words is also not re-collectible. Your words have spread everywhere: we know not even how far, and what influence they have had, how they have influenced people's minds in small or big ways. This is something that cannot be undone, despite our repentance and forgiveness. All we can do from here is to carry on through what is left of our lives, and seek not to err again."

Submitted by P.K. Willey

Programs at the Connecticut Audubon Center in Pomfret

Grassland Bird Conservation Center
218 Day Road, Pomfret Center, CT 06259
(860)928-4948 www.ctaudubon.org/pomfret-home

Saw-whet Owl Banding
Saturday, November 3rd and Saturday, November 10th at 8 p.m.
This exciting program will be memorable. Bring your camera. (rescheduled if inclement weather)
Meet at the Center, 218 Day Rd in Pomfret. Please register early at 860-928-4948. Limit 20 people. Fee: \$15 CAS members; \$25 non-members.

House & Garden; Field & Farm – Art by Roxanne Steed
Opening reception: Sunday, Nov 4th from 2 – 4 p.m.
Exhibit daily through December at the Center, 218 Day Rd in Pomfret
Roxanne Steed is a painter, traveler, gardener, nature lover, coastal wanderer and someone who loves a good story. Experience one artist's not so



traditional view, in oils and watercolors, of how nature reinvigorates our souls. Free admission.

Wednesday Noon Walks
November 7th through 28th
Join Connecticut Audubon Society volunteers for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Meet at the Center, 218 Day Rd in Pomfret. Free to CAS members; \$3 non-members.

Citizen Science Wildlife Tracking & Monitoring Introductory Hike
Saturday, December 1st from 9 a.m. – 1 p.m.
Get a taste of the tracking experience while learning about our program. Meet at the Center, 218 Day Rd in Pomfret. Registration required. Contact Paula Coughlin, Program Coordinator at paula-coughlin@charter.net or 860-928-4948. Fee: \$25 members; \$35 non-members.

Annual Holiday Nature Store
Opening mid-November through Christmas holiday week.
The Center will be packed with a variety of gifts for all ages. We'll have bird feeders & houses, suet, gardening gifts, nature books, field guides, children's books & games, puzzles, freshly cut trees, decorations, evergreen swags, works by local artists, jewelry, and so much more. Stock changes daily. Go to ctaudubon.org/pomfret-home

Read the Neighbors paper on your desktop, laptop, tablet or smartphone. Go to neighborspaper.com for link to current and past editions. All in beautiful COLOR!

Holistic Care for Hypothyroidism

By Dr. Carissa Fioritto, ND,

The thyroid gland is a butterfly shaped gland in the front of the neck. While it is a relatively small gland, it plays a huge roll in our body's energy, growth, and temperature regulation. Your thyroid works 24 hours a day at keeping a tight control of hormones. It is easily disturbed and can become dysregulated. When it is, it normally results in hypothyroidism, or an underactive thyroid gland. As many as 1 in 3 people today have a thyroid issue.

Doctors typically look at the thyroid when patients come in complaining of a wide range of symptoms. Common symptoms include: fatigue, weight gain, hair loss, anxiety, palpitations, joint pain, menstrual irregularities, dry skin or hair, high cholesterol, or depression. However, not all doctors run all the blood work needed to assess the thyroid. Most doctors run a screening called thyroid stimulating hormone (TSH). If that comes back within range, no further work up is evaluated. However, it is only one piece of the thyroid picture.

TSH evaluates how well the pituitary gland in the brain is "talking" to the thyroid gland. It tells the thyroid to make thyroid hormone. From there, the thyroid can make tetraiodothyronine, or T4. T4 is converted in the peripheral tissues to triiodothyronine, or T3. T3 is the active form of thyroid hormone that acts on all the tissues in your body. Another marker for thyroid health is reverse T3. This is inactivated T3. If this number is too high, there is no active T3 to bind to receptors. This marker tends to go high when there is a lot of stress.

It is also important to evaluate if there are any antibodies present against the thyroid hormone. If there is, it means that the body is inappropriately attacking the thyroid gland resulting in one of two autoimmune conditions: Grave's or Hashimoto's disease. Grave's disease cause an overactive thyroid gland, or hyperthyroidism. On the other hand, Hashimoto's is a very common reason for hypothyroid symptoms, but it can present with hyperthyroid symptoms as well. Someone can have antibodies and have completely normal thyroid levels, called a euthyroid state. However, there is still destruction going on to the gland and needs to be addressed.

Nutrients for Thyroid Health

Many nutrients are needed to assist the body in making thyroid hormone and then converting it to the active form, T3. First and foremost, the thyroid needs iodine. The thyroid hormones T4 and T3 need 4 iodine and 3 iodine molecules respectively. While it is rare to have a severe deficiency in iodine today, many people are deficient in it. The soil has been depleted of iodine for many years. Before fortification of our food supply, specifically iodized salt, people were presenting with a goiter, or enlarged thyroid gland. The best sources of iodine are fish and seaweed. To maintain adequate levels, these food items should be consumed 2-3 times a week. Another important nutrient is selenium. Selenium is used to convert T4 to T3. It is also beneficial at reducing antibody levels in people with autoimmune thyroid conditions. 200 micrograms is the recommended dose. The best food source of selenium is brazil nuts. Daily intake of 2-3 brazil nuts can get you to the recommended dose. It is also found in high amounts in seafood.

Other important nutrients for the thyroid that are

commonly deficient are iron, B12, and zinc. These are all cofactors for creating thyroid hormone and converting it to its active form. Females are more prone to iron deficiency and to hypothyroidism. It is important to supplement if iron stores, called ferritin, are low. Iron gets depleted easily with menstrual cycles. B12 can get easily depleted due to malabsorption issues and also increased demand with stress. B12 is present in animal products so vegetarians and vegans are more at risk for deficiency. Zinc deficiency is also very common. The best food sources of zinc are meats and shellfish, specifically oysters. It is also found in a variety of legumes, nuts, and seeds as well.

Lifestyle Factors for Thyroid Health

There are things you can do daily to help maintain optimal thyroid function. First off, sleep is a necessity. Ideally sleep should be 8 hours and bedtime should be around 9 or 10 pm. The hours of sleep before 2am are the most restorative and regenerative to the body. This can be helpful especially if fatigue is the major complaint. Next, daily contrast showers can be helpful to increase blood flow to the thyroid. This consists of taking a normal shower but ending with a 30 second blast of cold water, especially on the front of the neck. This can be done locally with a warm washcloth for 3 minutes followed by a cold one for 30 seconds for three rounds.

Botanicals for Hypothyroid Symptoms

There are some herbs that are effective at reducing the symptoms of hypothyroid and help optimize thyroid function. First is ashwagandha. It is an adaptogenic herb, which means it helps the body adapt to stress. It helps stimulate thyroid production and lower cortisol, which is the stress hormone. Ashwagandha is great because it can be taken in the morning to help balance energy or be taken at night if you are feeling "wired but tired" and need sleep. Holy Basil is another great adaptogenic herb. It also can be beneficial for the metabolism. It should be taken in the morning or early afternoon to increase alertness and avoid an energy slump. Holy basil can be consumed as tulsi tea.

Additional Support for Hashimoto's

If hypothyroidism is caused by an autoimmune reaction, treatments will focus on thyroid health as well as calming down immune system. It has been shown that gluten can increase thyroid antibodies. Gluten is inherently inflammatory. The gluten molecule looks like the thyroid, so every time it is consumed the body will mount a response against gluten and thy thyroid. Going gluten free has been shown to be effective at decreasing antibody levels. Any autoimmune condition is inflammatory. Omega 3 fatty acids are anti inflammatory and reduce inflammation systemically. Lastly it is important to have adequate levels of Vitamin D. Vitamin D acts as a hormone in the body and can regulate the immune system. It is important that Vitamin D is tested for the proper dose and maintenance level.

Dr. Carissa Fioritto, ND, is a licensed Naturopathic Physician practicing at Collaborative Natural Health Partners, LLC. She is an in-network provider with most major health insurance providers and is accepting new patients. Please call 860-533-0179 to schedule an appointment.

November 11, Sunday

Hiking: Wetlands in Winter Hiking Mini-Series: Black Spruce Pond, 9:30a.m. - 11:30a.m. 2.5-mile hike. Meet at the kiosk on Eleventh Section Road, Hampton. 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 11/4).

November 12, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 11/5).
Film: "The Searchers", 7:00p.m. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

November 13, Tuesday

Arts: "EC-CHAP Information Exchange Meeting", 7:00p.m. Eastern CT Center for History,

Art, and Performance (EC-CHAP). Interactive exchange of ideas. Discuss EC-CHAP mission, membership, program / support opportunities, solicit feedback. Refreshments provided. The Packing House at The Mill Works, 156 River Road, Willington. Information: 518-791-9474. www.ec-chap.org

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

November 14, 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

Arts: "Talent Showcase" - Come share your talents! 7:00pm. 2nd Wednesday of the month. Free and open to all ages. The Packing House at The Mill Works, 156 River Road. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Call in advance to sign-up (recommended) or sign-in at the door (time permitting). 518-791-9474. www.thepackinghouse.us

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/7).

November 15, Tuesday

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

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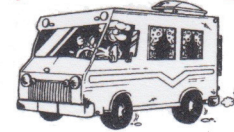
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Falling into November and the Holiday Season!

By EC-CHAP

Whew! October was quite a month with “All That Jazz”! We are very fortunate to have such outstanding jazz artists join us at The Packing House. We would like to extend a BIG thanks to performers Luke Hendon, June Bisantz, Sarah Hanahan, Jacqui Naylor, and the Tolland HS Jazz Band; EC-CHAP members and volunteers; and to all the guests who attended our programs. Without your combined support, we would not be able to continue to offer these high quality performances. Thank you!

We have some good news and bad news... Unfortunately, the bad news is that we have had to cancel two shows: the Greg Abate Quartet (jazz), originally scheduled for October 27th; and Carla Ulbrich (comedic singer/songwriter) scheduled to perform on November 3rd. The good news is that both shows have been rescheduled! Carla Ulbrich will be back on Saturday, March 2nd; and the Greg Abate Quartet will take the stage on Saturday, March 23rd. Save the dates!

We invite you to join us for our recurring monthly programs, including our “Talent Showcase”, November 14th (2nd Wednesday of the month); EC-CHAP Social Dance with Kelly Madenjian, this month November 15th (2nd Thursday of the month); and our monthly “Information Exchange Meetings” (check website for specific dates).

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

EC-CHAP JAZZ SERIES



“Bruno Raberg ~ Ear Dharma Trio”. Saturday, November 10th, 7:30pm.

This Boston-based trio is a collaborative effort exploring original compositions, jazz classics and collective improvisations. They move freely between the organized and composed to the unknown and in the moment. The three musicians have worked together over a long time period and evident in their seamless musical conversations is the unique, intimate and creative musical relationship they have developed. Tickets \$20.00 Advance / \$25.00 Door.

EC-CHAP ACOUSTIC ARTIST SERIES



“Ramblin’ Dan Stevens”. Saturday, November 17th, 7:30pm.

Dan Stevens performs a mix of traditional finger

style blues, Americana and originals and has entertained audiences throughout the United States, Germany, UK, Canada and US Virgin Islands. His unique style of “bottleneck” slide playing includes use of a homemade, three stringed “Cigar Box Guitar” and one stringed “Diddly Bow”, both primitive blues instruments.

A finalist in the International Blues Challenge on Beale St. in Memphis TN and protégé of the legendary folk and blues icon Dave Van Ronk, Dan has been lauded as a raconteur and for the authenticity of his approach. Dave’s career has recently been highlighted by the release of the Coen Brothers movie, “Inside Llewyn Davis”, set in the Greenwich Village scene in the sixties. Also, Dan plays regularly in the New York City Subway System in locations such as Times Square and Grand Central Terminal. Tickets \$15.00 Advance / \$20.00 Door.

EC-CHAP SPECIAL PROGRAMS

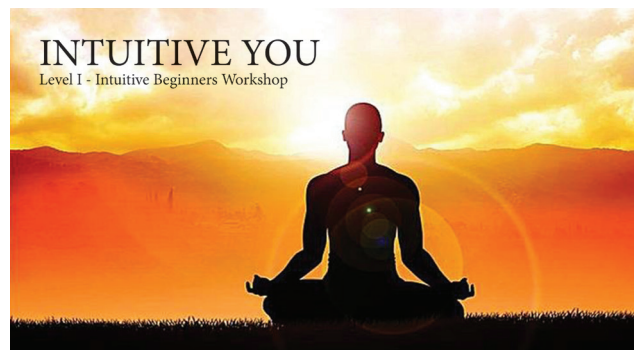
“An Evening with Spiritual Medium Maura Geist”. Friday, November 30th, 7:30pm.

Back by popular demand, Maura continues to provide healing and inspiration to others. She will discuss when and how this unique ability began, what a Medium is and her understanding of the Afterlife. She will also give an overview of how a reading is done, methods used in the process and what she will need from the audience. Maura will then make connections for the audience members and bring loving and healing messages from loved ones that have crossed over.



Based on experience and general audience attendance, approximately ten readings are typically able to be completed during an evening session. There will be a brief intermission ending with a Q & A.

A complimentary copy of Maura’s new book, “God, the Soul and the Afterlife Through the Eyes of a Medium” will be available at the door for the first twenty (20) attendees. Life is a beautiful thing, it is our journey of learning, but it is even more interesting through the Eyes of a Medium. This is my journey and all the things I have learned about God, our Souls, and the Afterlife. - Maura Geist. Tickets \$20.00 Advance / \$25.00 Door.



“Intuitive You” ~ Workshop. Saturday, December 1st, 10:00am–12:00pm.

We are all born with Intuition and we may not always know how to use it. In this workshop Maura Geist, Certified Psychic Medium will teach you how to develop, control, and deepen your intuition and apply it to your day to day life. Maura will explain the intricacies of the Souls function and through exercises you will gain peace, awareness and understanding as you get to know the Intuitive You.

Join Maura for this two-hour workshop and begin your Saturday with a heightened awareness and new understandings. Workshop fee: \$10.00 at the door.

EC-CHAP FILM SERIES

“To Kill A Mockingbird”. 1962. (NR). Sunday Afternoon, November 18th, 3:00pm

To Kill a Mockingbird (1962), is an American drama film directed by Robert Mulligan. The screenplay

by Horton Foote is based on Harper Lee’s 1960 Pulitzer Prize-winning novel of the same name. The film stars Gregory Peck and Mary Badham. To Kill a Mockingbird marked the film debuts of Robert Duvall, William Windom, and Alice Ghostley.

“Atticus Finch, a lawyer in the Depression-era South, defends a black man against an undeserved rape charge, and his children against prejudice.” (IMDb)

This classic film won three Academy Awards including: Best Actor in a Leading Role (Gregory Peck); Best Writing, Screenplay Based on Material from Another Medium (Horton Foote); and Best Art Direction-Set Decoration, Black-and-White (Alexander Golitzen, Henry Bumstead, and Oliver Emert). The film was nominated for a total of eight Oscars. Suggested donation \$5.00.

A PREVIEW OF SEASONAL OFFERINGS...

EC-CHAP has prepared a nice blend of seasonal offerings for the December. Join us for a mix of folk, indie, bluegrass, and classical to celebrate the winter solstice and holidays. We will feature new and returning artists including: Belle of the Fall, Eclectica, Seat of our Pants, a variety of E.O. Smith choirs and instrumental ensembles, and a CD release event with Kat Kennedy.

The season would not be complete without our traditional film showing of “It’s A Wonderful Life”! Visit: thepackinghouse.us/upcoming for dates and times.



Tickets, Reservations, CANCELLATIONS, and Contact

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

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

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

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

Hampton’s Top Shelf Gallery

Submitted by Janice Trecker

“Reflections”, the November- December Show at Fletcher Memorial Library’s Top Shelf Gallery, features work by area painter Robert Oxenhorn. His work encompasses both realistic area landscapes and exuberant abstracts in both oils and acrylics. The show opens Nov 7 with an artist’s reception from 4:30-6 p.m.. Oxenhorn will paint a demonstration landscape in oils at 5 p.m..

A graduate of the Hartford Arts School, Oxenhorn earned early recognition in both regional and national competitive exhibitions. In 1966, after service in the US Army, he did graphic design and illustration for numerous companies including The Hartford Insurance Group, The Aetna Insurance Company, American Optical Corporation, Spalding Sports International, Holyoke Water Power Company, and Northeast Utilities.

Starting in 2001, Robert took a hiatus from commercial art and entered his paintings in Connecticut shows. Since then, he has had work displayed at The Mystic Museum of Art, The Wadsworth Atheneum, Lyme Art Association, Slater Museum, and The Hygienic Art Gallery. His artworks are held by numerous collectors and corporations.

Fletcher Memorial Library is at 257 Main St, Hampton. Information: 860-455-1086.

Common Sense Car Care

By Rick Ostien

The weather is getting colder so it's that time again to get ready for the W word. There are a few things that we should do to prepare for winter driving and the harshness of the elements.

One of the first things that should be done is often one of the least thought of and that's a survival kit for your car. A well equipped kit should include the following items: a snow shovel, a bag of kitty litter, a blanket, a flashlight and extra batteries, flares, a cell phone (be sure to have a car charger), a well equipped first aid kit and mittens or gloves. I personally like mittens better as the hands tend to stay warmer in them. Drivers with a long commute may want to include a few nutritious snacks with a shelf life too. There are other items that can be carried but these items are really the essentials. The idea is to keep warm and as comfortable as you can just in case you become stranded. Freezing is not very pleasant so the idea is to be proactive and prepare in advance.

Another way you can prepare is to have the antifreeze in your cooling system checked. This actually should be done year round. The PH level of your coolant plays a large role in the deterioration of your engine parts. A good example of this was a Ford Taurus that came into our shop with an overheating problem. On examination, the coolant was rusty brown with a lot of sludge build up. The coolant thermostat was checked and replaced. The radiator flow was also checked. (This is the amount or volume of water passing through your radiator at a given time.) The radiator flow was checked again and was OK. The vehicle was then road tested. The engine temperature was lower but it still was not right. The technician then checked the water pump flow and found that it was not adequate. He removed the water pump and found that the impellent had rotted away. The water pump was replaced and a recheck found the coolant temperature to be normal. This is a good example of why your coolant should be checked for a high PH level once a year.

Your electrical system works harder in cold and hot weather and is another thing that should be checked in preparation for winter. Your battery should be checked for its cold cranking reserve and your alternator checked for its maximum output. Today's computerized vehicles depend on these two components to function properly. When they don't work properly the computer systems in your car don't function properly and systems begin to shut down.

The tires you ride on are another item that should be checked before bad weather hits. Tires need to be checked for wear and they need to be inflated properly. Some tires are made for performance driving. You should be sure that your tires are at least mud/snow rated. This is easy to check and can be found by looking for the stamping of M+S on the sidewall of the tire.

Some people are lucky enough to have a garage and can keep the vehicle out of the elements and old man winter's harshness. For those of you who are not lucky enough to have a garage, there are still some precautions and preparations that you can take. They are:

1. Spray silicone around your door rubbers. This helps to keep the doors from freezing.
2. Make sure your windshield wipers are clear of snow and not frozen to you windshield.
3. Always warm up your vehicle before driving. This gives the mechanical parts and fluids a chance to warm up. It also gives your windshield a chance to defrost so you aren't looking out of two small holes with little or no visibility.
4. Put a can of dry gas in your fuel tank every third fill-up. This will help to stop fuel line freeze up due to condensation.

The last thing that we'll discuss is what you as a driver can do. There are several things you can do to make winter driving easier to cope with.

1. Be sure you give yourself plenty of distance between you and the vehicle in front of you.
2. If you have to talk on a cell phone or text, please pull over to the side of the road. Two hands on the steering wheel is a must when the weather is bad.
3. Pay attention to road conditions. If the pavement looks wet but you see no spray from the tires of the vehicle in front of you, there is a good chance that the highway is freezing.
4. Drive defensively and stay alert. It only takes a second for things to change.

I hope this article can help to make your winter driving experience a bit more pleasant. Keep safe and be alert and of course happy motoring. Rick

Rick Ostien is the owner of Franc Motors in Willington.

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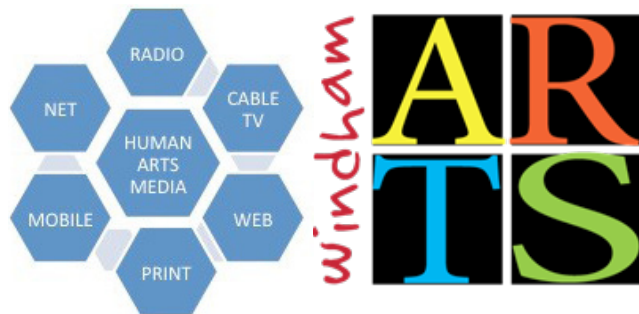
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**Share Curiosity.
 Read Together.**

Community Media and Regional Arts



By John Murphy

Neighbors and Windham Arts has expanded their arts community outreach and service—and there is wonderful news to share for anyone who creates art or artisan food or who enjoys the arts in our region!

As this issue goes to press I am waiting to hear about a decision to give birth to a new arts emporium and gallery at the East Brook Mall in Mansfield. The mall is planning changes for the future and we hope to include a regional arts presence in their development effort.

The current plan is to combine the Grand Opening of this new art space with the 5th Annual Seasonal Crafts Fair at East Brook Mall on Saturday November 3, 2018 from 10 am to 5 pm. Are you an artist or food artisan who is ready to move beyond local/town-based sales? See below for details and take a look!

EAST BROOK MALL PROJECT UPDATE NEW ARTS EMPORIUM AND GALLERY

NOVEMBER 3 PLANNED OPENING COMBINED WITH 5TH ANNUAL SEASONAL CRAFTS FAIR SATURDAY NOVEMBER 3 FROM 10 AM TO 5 PM AT EAST BROOK MALL

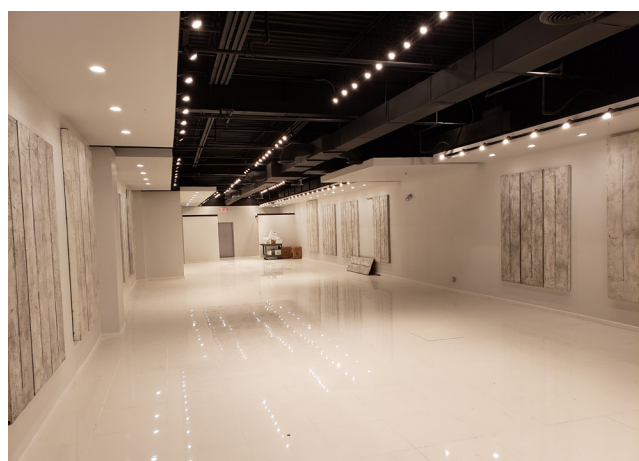
Windham Arts, Northeast CT's designated Regional Service Organization, in partnership with Questers' Way and the East Brook Mall, are planning to open its new Art Emporium and Gallery in November. The East Brook Mall and Questers' Way have generously agreed to provide space and resources so that Windham Arts is able to offer local artists and food artisans the opportunity to showcase and sell handcrafted items.

Your participation and support of this effort will co-create a wonderful addition to the East Brook Mall during the holiday season. This is a new and unique opportunity—but this is an experiment with the local arts economy and it will only happen if enough people participate to make it viable and sustainable. This is a non-profit effort and our operating costs will be minimal, which is why the fees are so low for retail space in a mall location.

The goal is for this to serve artists and food artisans beyond the local Windham area and be a genuine regional sales outlet for artists across the Windham Arts 36-town service area in Eastern Connecticut. Since we were notified of this opportunity we have had only three weeks to put all the pieces together! It is a small miracle that we have come this far so quickly. Our email newsletters and email blasts have reached out to individuals and groups in every way possible. Please let your friends who are artists know about this, thanks.

Information and applications for vendors and food providers for both the one-day fair and monthly Emporium space rental are posted on the Windham Arts website www.windhamarts.org. Sign up is fast and easy—it would be great to host a wide variety of art forms and styles.

NEW GALLERY SPACE!



[The gallery can feature school art displays, shows by arts groups, book signings, and arts events.]

ART AND FOOD EMPORIUM SPACE



[Very artist and food artisan-friendly pricing for a shared 5300 square foot arts community space.]

If you are a local artist or food artisan and would like to be a vendor in the Emporium the cost to participate is \$75 per month with a 15% commission on all sales. Space is limited so please register now at WindhamArts.org where you will find additional information and participation rules. You should contact our Gallery Director at gallery@windhamarts.org or yours truly by email.

A great opportunity lies before us—to give our local arts economy a home for three months (November-January) as an experiment, but this will happen only if people respond. Our startup goal is 22 spaces (approximately 10 X 10) in the Emporium for art and food.

If cost is a challenge, then individuals can merge their items into one rental space and split the fee. Arts groups can share the cost with members to keep costs low. I want to sincerely thank the artists, arts groups and food artisans that have accepted our invitation. Your early response is very encouraging—but we need more people to express interest for us to move forward and make this project viable and sustainable.

A real long-term goal is to make this effort successful and sustainable for the long-term beyond the test period, so it can operate year-round. What a great thing that would be!



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. Don't be shy—the studio door is wide open!

To all our contributors- Thank You!

Without your submissions of writing, poetry, artwork and photographs, this little paper would not exist. T. King, Publisher



Make Music Winter is a free, outdoor music-making celebration featuring participatory parades representing a variety of cultures and genres. All parades take place on December 21st, the winter solstice and longest night of the year. Professionals, amateurs and the curious are all welcomed and encouraged to share their love of music.

Windham Arts is participating this year and I would love to hear from anyone who would like to make some musical joyous noise anywhere in our region as our beautiful big blue ball tilts on its axis.

Remember the Summer solstice this year? Did you participate in Make Music Windham at any of the locations?

What a hoot! This international music-in-the-streets festival on the Summer Solstice started in Paris over 35 years ago and now it is global. Connecticut participated for the first-time last year, including Windham Arts.

More information on this will be in the December *Neighbors*. For now, if you are interested in joining in the fun just contact me and we can make some plans and include them in the next issue.

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.

Thanks for reading and my best Thanksgiving wishes to everyone! As crazy as things are today, and indeed they are, we need to remember the good people and good things in our lives that we can give thanks for...one of mine is our wonderful community and the readers of *Neighbors*.

John Murphy
Executive Director
Windham Arts
john@windhamarts.org
860-377-7166



Troop 21 Scoutmaster Peter Lombardo, a registered nurse, showed his Scouts how to carry a patient in an improvised stretcher when the Putnam Boy Scout troop attended the 2018 Nipmuck District Fall Wilderness Survival Camporee, held at J. N. Webster Scout Reservation in Ashford. To join or to volunteer to help Troop 21, please call (860) 963-0171 and leave a message. Photo by John D. Ryan

How to survive in the woods

Scouts Learn Outdoor Skills at Camporee

By John D. Ryan

“Don’t get yourself into a survival situation, if you can avoid it.”

That’s the first thing that members of Putnam’s Boy Scout Troop 21 were taught during the recent 2018 Nipmuck District Fall Wilderness Survival Camporee, held over the weekend of October 5 through 7 at the June Norcross Webster Scout Reservation in Ashford. The gathering of Scouts from throughout northeastern Connecticut was designed to teach outdoor survival skills, such as using a map and compass, starting fires without using matches, building a survival shelter, wilderness first aid, finding wild, edible plants and sending emergency distress signals.

“Scouting events like this teach practical skills that build self-reliance and self-confidence,” said Troop 21 Scoutmaster Peter Lombardo. “We also followed the standard Scouting practice of having our Scouts work together to learn the skills being taught, as well as setting up their tents together and each taking turns cooking for the troop. If a young man can work with and cook for a group of people out in the woods, then they’ll be far more capable and self-confident when they get home.”

Boy Scout Troop 21 has been chartered to, and meeting at, St. Mary Church of the Visitation on Providence Street since its founding in 1995. Although Troop 21 is chartered by St. Mary’s, Scouts do not have to be Catholic or be members of the church. “We’re open to any boy 11 to 17,” Lombardo said. “Also, boys with special needs are welcome and Troop 21 does not turn away any boy for financial reasons.”

The camporee is just part of Troop 21’s year-round, active monthly schedule of activities. After a week at Camp Mattatuck in Plymouth, Conn., in July, the Scouts hiked the Air Line Trail in August, visiting the marker where Connecticut, Massachusetts and Rhode Island come together. That was followed by pitching their tents and helping out St. Mary’s annual “Circle of Fun” weekend fund-raising carnival in September.

Now that the fall camporee is over, Troop 21 is preparing for next month’s wilderness camping trip, another hike, a Providence Bruins game, a winter camping trip, a food drive for local needy people, a weekend at an archery range, and finishing the troop’s annual program next June with its annual fishing trip.

Troop 21’s Scoutmaster noted that a Boy Scout troop’s operations are run by the boys, with the adults guiding and teaching them as needed, overseeing transportation and making sure everyone is healthy and safe.

“Our Scouts made up this year’s schedule and are responsible for planning and carrying out what they’ll be doing,” Lombardo said. “They decide what they want to do; they raise their own money to do it. Scouting builds responsibility and character that way. We’re very proud of our guys.”

For information about joining or volunteering to help Troop 21, call Scoutmaster Lombardo at (860) 963-0171 and leave a message or send an email to troop21putnam@gmail.com.

Kids: Thanksgiving Craft, 6:00p.m. Ages 6+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

Painting: Paint Night at Spiral Art Studio, 6:00p.m. - 9:00p.m. \$30-\$35. Benefit for the Mill Museum. Register: 860-456-2178. www.millmuseum.org

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

November 17, Saturday Nature: Predator Series: Grey and Red Fox, 10:00a.m. - 11:30a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Skill Share: Spinning Bee, 10:00a.m. - 1:00p.m. Bring your spinning wheel or other fiber project and a lunch, and spin with friends. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Kids: Crafts, 11:00a.m.-12:30p.m. (See 11/3). **Live Music:** June Bisantz, 7:00p.m. \$10. Studio 88, 90 South Park Street, Willimantic. Info: junebisantz.com

Live Music: Ramblin’ Dan Stevens, 7:00p.m. \$15-20, “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/

November 18, Sunday Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. Local produce, meat, cheese, honey, maple syrup, baked goods, and more. Info: www.coventrywinterfarmersmarket.com **Film:** “To Kill a Mockingbird” (NR), doors 3:00p.m. Suggested donation \$5.00. Snacks and soft drinks available. “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. www.thepackinghouse.us

Live Music: Atwater-Donnelly and High Blumenfeld & the Faithful Sky, 4:00p.m. \$20. Bread Box Folk Theater, St. Paul’s, 220 Valley



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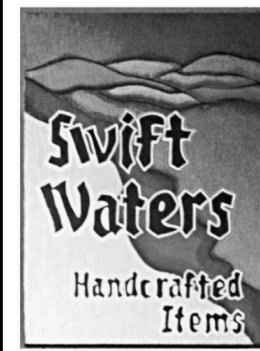


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Broaden your mind while you narrow your waistline

A Walk in the Woulds

By Mark Mathew Braunstein
www.MarkBraunstein.Org

You may be reading this while seated in your favorite armchair. Or perhaps while reclining in bed until reading yourself to sleep. Or perhaps while perched on a porcelain throne. Or perhaps while standing in a café or at a checkout counter while waiting in line. Or perhaps even while walking, spellbound by your cellphone. But, if reading this, you surely are not running.

Walk, Don't Run

While sitting gets you nowhere, walking can get you nearly everywhere. The very word *walk* lends positive meanings to most words that we pin to it. When proud, we walk tall. When happy, we are walking on air. When empathetic, we walk in someone else's shoes. When sincere, we walk our talk. When we make new friends, we walk into their lives. When we are learned, we are walking encyclopedias. In baseball, when we walk we make it to first base. It may be unsettling to walk a fine line, unnerving to be a walking target, and unlucky to be among the walking wounded, but all who survive at least are still walking.

Unlike walking, phrases coupled with the word *run* more often run the risk of negativity. To walk away from something shows strength or courage. But to run away from it admits to cowardice or defeat. When threatened, you run for your life. Run out of money, and you will run up debts. Run out of steam, and your project will have run its course. When running late, drivers run red lights. When negligent, they run their cars into the ground. When running on empty, motorists run out of gas. Unanchored boats run aground. Supplies run low when sources run dry. When you feel run-down, you may run a temperature, develop a running nose, or have the runs. Some bureaucrats give you the runaround. Some speakers run off at the mouth. And, worst of all, some writers scrawl run-on sentences or rambling paragraphs that seem to run on and on and on.

So among our lexicon of idioms, running gets painted with a dark tint, while walking mostly shines in a bright light. Yet, similes and metaphors aside and except for the addition of the cardiovascular workout provided by running, the two modes of bipedal locomotion differ only in speed and agility. Whether we lazily stroll a mile, or powerwalk it, or jog it, we still have covered the same ground. Walking is just a slow and steady mode of running. In regards to exercise, the bottom line is the finish line, not the stopwatch.

Most old folks tend to slow down and, as their longevity clocks run down, some folks' aging is more evident than others'. Our technological lifestyle hastens this aging by having reduced our need to move our butts. In our nation of car cripples, the longest expanse that some people ever walk is the parking lot. Walking has become a voluntary act. In our machine age, walking has even become an act of defiance.

A Step In The Right Direction

Office workers sit on their rumps for more than half of their waking hours. After just half an hour of sitting, metabolism throughout the body slows to a crawl. Within two hours, blood flow slackens in the lower legs. Called edema, lymphatic fluids gather there, too. Repeated daily, a long litany of illnesses develop, too ominous to list here and too daunting for your doctor to diagnose in a single physical exam, ironically conducted while you are sitting. The perils of prolonged sitting have been equated with that of overeating, chain smoking, and binge drinking. The health risks of the office chair and the armchair have recently garnered so much news media attention that you probably already know this from all the reading you've been doing while sitting on your buns.

Unlike sitting, walking offers many health benefits and, unless sleepwalking or walking in a war zone, no health risks. Those health benefits have long been well documented. Walking on a daily basis at a moderate pace for merely half an hour nonstop can boost your energy and stimulate your metabolism and circulation for the next half

of your day, and can lower your blood pressure and reduce the risk of diabetes and osteoporosis for the rest of your life. Regularly going for a walk even guards against stress and depression. Just thinking about *not* walking should be enough to make anyone feel depressed.

Sit happens. After walking, health happens. While walking, something else happens, something quite magical, called thinking. Running on a city street demands vigilance for vehicles, and running anywhere requires attention to maintaining poise and solid footing. But walking on a sidewalk or a footpath is less of a balancing act. You can walk almost with your eyes closed. So rather than to tend to agility of body, the walker can develop agility of mind. While runners feel the bliss of a runner's high same as dancers do a dancer's frenzy, those are sensations, not thoughts.

We are not *Homo erectus*, upright humans. We are *Homo sapiens*, thinking humans. Recent studies put walking on solid footing for inspiring thinking, especially



Walkers entering the woods of Mamacoke Island, part of the Connecticut College Arboretum.
Photograph by the author.

creative thinking. Even walking on a treadmill while staring at a blank wall has been proven to enhance thinking. It has been said in jest that the brain is a gland that secretes thoughts. If so, walking stimulates more secretion than does any other form of physical exercise. Quite possibly, the slower the gait, the deeper the thought. By letting your feet wander, your mind, too, can wander. And wonder.

Does a Bear Sit in the Woods?

Distinct from taking short walks to break up prolonged sitting, after a long walk you well deserve taking a break by taking a seat. The good news is that even after walking, the creative boost from walking is a gift that keeps on giving. If that long walk is pursued amid nature, then all the better if that long break is taken in nature, too. Sitting in nature offers glimpses of serenity, but not necessarily flashes of insight. Walking in the woods followed by sitting in the woods merges creativity with serenity.

Here in Northeastern Connecticut, trees are our megaflores and forests their homes. By extinguishing forest fires, by damming and taming rivers to prevent flooding, and by trapping beavers who would flood valleys, we have suppressed the natural cycle of woodland reverting to meadows. Further, by draining wetlands and by abandoning farmlands, we add to the tally still more woodland. Thus, despite our urban and suburban sprawl, we in Connecticut still enjoy an ample spread of forests with their several layers of habitats ranging from treetops, down to branches and limbs, down to brush and understory, and downward to rootlets and rhizomes. Trees in a forest have been proven to communicate with each other through their rootlets and by the fungi growing on and among their rootlets. Their network of interconnection is called the Wood Wide Web.

By sitting long enough on a log or a stump, we might attempt to hack into it. And not with an ax. Successful or not, simply trying to tune in offers some rewards. In a forest, we are guests in a world ruled by the trees. Most trees far outlive us, and take as long to die as we humans take to live. To a botanist, every tree tells its own story. To a tree hugger, it holds its own wisdom. To learn all that we may hope from trees, we need not tap into them as when harvesting maple sap. We need not even hug them. We need only sit or walk among them.

A Walk in the Woulds

When we walk in the woods, we still drag along all the petty concerns of our personal lives and of our human world. All our Woulds and Shoulds and Coulds. Worker bees buzz inside our heads, pestering us that there's places to go, people to meet, things to do, money to make, empires to build. So many Shoulds reeling in our minds like tires spinning in snow! And yet, I'm frittering away my time by taking a walk in the woods? Actually, there's no better place I'd prefer to be.

While my home is two miles from an organic farm stand and five miles from a natural foods co-op, my most prized of all plant-based worlds is the mile-deep woodland that abuts my backyard. Not wilderness, but nature nonetheless. A trail from my backyard explores a land trust of forest that lines a hillside whose incline is steep and rocky. In addition to my lifelong walk upon my life's path, I walk that trail almost daily. I have hiked to the tops of several of the White Mountains, trekked across the deserts of Death Valley, and backpacked the Grand Canyon from rim to river to rim. But my fondest memory is of my walk just yesterday on my backyard backwoods trail. As reward for reaching the end of my trail, a relocated stump awaits me. I sit on that stump like a bump on a log. In quiet contemplation, my long spells while seated never seem long enough. Some call that prayer or meditation or seated yoga or zazen. I call it sitting.

At the End of My Trail

The trail's end is beyond the range of the groans of my human neighbors' lawnmowers and snow blowers and, except when sometimes downwind, beyond the motorized pulse of the interstate. There, I can delude myself into believing that I am far from civilization. I sit there among the flutelike songs of wood thrush, the drumbeats of woodpeckers, the clucking of crows, the shrills of overhead hawks,

the chorus of tree frogs, and the inescapable summertime buzz of mosquitoes. Sometimes, even when winter denudes most trees of their leaves, the forest whispers no sounds at all. Sometimes, just silence, live silence. So quiet, I can almost hear myself think.

Experienced birders know that the way to the view the most birds is not to chase after them but to just sit still. With less aesthetic aims, hunters in tree stands do the same when on the lookout for deer. Sitting still in daylight, waiting only for my thoughts to crystallize, I have spied coyote, bobcats, and owls, all creatures of the night. Add to my watch list pileated woodpeckers, a signature species of deep forests. As yet, no sightings of bears or mountain lions. Family and friends beseech me to pack my cellphone when I hike my trail. Are they nuts? More likely they are merely civilized humans who fail to realize that, by pocketing civilization on my woodland walks, I would defeat my purpose in being there. They fear that if I were injured and unable to summon help, I might die down there. I can think of no more serene place to die. Better there than while rotting in a hospital room. Better even than while writing at my desk.

I often am tempted to lay down my pen or to set aside my keyboard and instead to heed the beckoning call of the trail. Surely whatever thoughts that occur to me while walking in the woods will hold more truths than any idea I might conjure while seated at my desk. So excuse me. I now must punctuate this sentence with a period. Because nature calls.

Mark Mathew Braunstein is the author of four books, including Microgreen Garden and Sprout Garden, and a contributor to many periodicals, including nine times in the past year to Neighbors, and of two other articles about walking published in Healing Our World and in Backpacker magazines. A paraplegic since 1990 from a diving accident, Mark tramps around the woods on crutches.

A shorter version of this article appears in the current Fall 2018 issue of Spirit of Change www.SpiritOfChange.org/Fall-2018/A-Walk-In-The-Woulds

Day-glo and Napalm: UConn from 1967 to 1971

By George Jacobi

A small innocuous on-campus house is surrounded by angry UConn students, its front porch protected by armed, helmeted State Police and University Security Officers. The Riot Act has already been read to the 100 or so protesters, whose shoulders are hunched in Navy peacoats against a bitter north wind. It's the Tuesday before Thanksgiving, 1968. Some of those students spent the previous night with faces lit only by black lights, psychedelic music swirling around them. Smoke from illegal hash pipes drifted out dorm windows. A relaxed but resolute fellowship, they temporarily dwelt in an imaginary world.

Today, back in the daylight, they want UConn to divest itself from the military industrial complex, to stop recruiting for Olin Matheson, manufacturer of missiles for the Vietnam War. In fact, they insist. They chant, they yell, they watch as the most committed among them climb onto the porch to put their bodies in the way of the war machine. This world is far from imaginary. Clubs swing, rocks fly, heads are bloodied. Twenty-one are arrested.

Within two years, the Student Union Mall will be filled with 4000 UConn students – now the entire college is on strike. What is it with these young people? For many, trust in the establishment, from government to church to the University, has completely evaporated. Something is badly broken. How have these middle-class kids, in just a year or two, come to a point of complete resistance to America herself?

The Archives and Special Collections at the Dodd Center will celebrate the 50th Anniversary of the dramatic student unrest period with an Exhibition running from August 5 to October 25, 2019. As part of the display, we are requesting one-page essays from students and faculty present in those years, from all points of view, explaining their convictions then and now. Our focus will include creative and cultural as well as political elements. Letters will be displayed next to photographs from that time in which the author is seen (if possible and acceptable to him or her) in hopes to give current students a look at an era in which UConn people helped move the needle of human rights and world affairs. We want thoughtful, sincere participants, and will do our best to include all.

Please respond to:

George Jacobi, Guest Curator

gjfishn@sbcglobal.net

Graham Stinnett

Archivist, Human Rights & Alternative Press Collections

Archives & Special Collections, UConn Library

graham.stinnett@uconn.edu

An essay could be

- 1- Who you were, your position if any, and your actions at the time
- 2- Why - how you felt then about the war, civil rights, the unrest and arrests, the dope, the hair, whatever.
- 3- How you feel now: Has your stance changed? Has it solidified? Why and How. Personal stories, events, changes, make better reading than general rehashing of history. Try to keep it to one page to fit right as part of the display and be fair. Some people might be embarrassed by then (or now!) but we want them anyway; you need not be identified.
- 4- Ignore all this and be creative!

Were you there, too? The 50th Anniversary of



"The Garden", a student-produced music festival at Mirror Lake. "University of Connecticut Photograph Collection, Archives & Special Collections, UConn Library."

1969 is more than an appropriate time for this exhibit; it's also the last significant anniversary when many participants in this bit of history will be alive. Most of the counter-cultural political drama at UConn took place between 1968 and 1970 – '69 is a fitting centerpiece. Despite continued racial and anti-war protests, such communal events as the Woodstock Music Festival made 1969 almost feel to me like a short respite between the more violent bookends of the other two years. What did YOU think?

That short period encapsulated what we refer to as "The Sixties". Though the Vietnam War, the Civil Rights Movement, and the rest of the political and social trends began much earlier, this is when they erupted into flames on college campuses, and UConn was no exception. As students then, we had a first-hand look at the battle line – and many of us were on it. Despite the fact that it now seems an illusion, the counter-culture ethos provoked positive change. Human psychology stretches across a continuum from 'me first' to 'all together now'. I see the late sixties as a brief interlude when the forces of fellowship fought back and succeeded (in some respects) against the usual power dynamic of individual greed.

And here we are now. The Earth is facing an unknown, unimaginable future despite our best efforts. The bill is truly due. My friends had a moment on the stage, and left behind an increase in social awareness, one that spawned the Women's movement, Gay movement, Ecology movement, Yoga and Meditation, Back-to-the-Earth, Organic Gardening and Health Food, Earth Day and the Clean Water and Clean Air Acts. One that vastly improved Civil Rights, led to Handicap Access Rights, respect for the Disabled, and even Animal Rights. One that created the beginnings of our open, integrated multi-cultural and more genuine society, and as a side benefit, increased variety and choice in the world in ways that didn't exist before. Worth both a hard look – and a celebration.

Street, Willimantic. Tickets: 860-429-4220 www.breadboxfolk.org
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
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 11/4).

November 19, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 11/5).

November 21, Wednesday
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/7).

November 23, Friday
Artisans: Artisan's Holiday Market, 10:00a.m. - 3:00p.m. Old Town

Hall, 11 Common Road, Willington.
Festival: 2018 Parade of Lights, 5:45p.m. Tree lighting, parade, and meeting Santa after at Windham Town Hall. Parade Starts at Jillson Square, Willimantic.

November 24, Saturday
Kids: Crafts, 11:00a.m.-12:30p.m. (See 11/3).
Artisans: Artisan's Holiday Market, 10:00a.m. - 3:00p.m. (See 11/23)

November 25, Sunday
iking: Wetlands in Winter Hiking Mini-Series: Brown Hill Marsh, 9:30a.m. - 11:30a.m. 2.5-mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

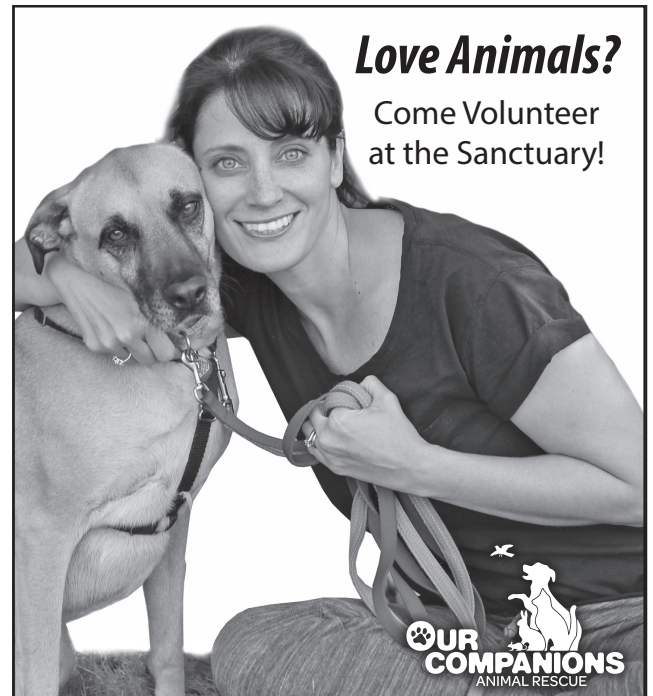
Artisans: Artisan's Holiday Market, 10:00a.m. - 3:00p.m. (See 11/23)
Meditation: Willimantic

Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 11/4).

November 26, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 11/5).

November 27, Tuesday
Kids: CD Wall Art, 6:30p.m. Ages 10+. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org
Live Music: Downtown Boys with Algiers & the Shrinners, 7:00p.m. - 10:00p.m. Free. Willimantic Records, 75 Bridge Street at River Plaza, Willimantic. Info: 860-450-7000 www.willimanticrecords.com

November 28, Wednesday
Crafts: Wreath-Making Workshop, 6:30p.m. - 8:30p.m. \$25. Benefit for a holiday toy drive. Windham Center Fire Department, 18



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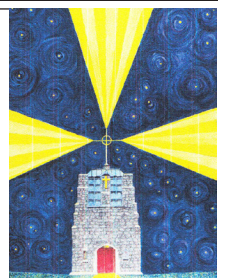
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9:30am - Celebration of Holy Eucharist

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

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

Fri: Spiritual Growth Group @ 1pm

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

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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

Would You Like to Be a Songwriter?

By Myrna Riquier

Webster defines a songwriter as “a person who composes the words or music for songs in a pop idiom.” That may not sound exciting to you but to a songwriter it is often a life-long dream.

It is possible to make a living as a songwriter and it can be a very nice occupation too. It's the kind of work where you don't ever get your hands dirty, you can make your own hours, you can take time off without ever asking permission, you don't need to keep your shoes on and you can even drink a beer while you're at it. Doesn't that sound like a good kind of job to have?

A hit songwriter can make around \$90,000 on the sale of one song when it sells a million copies. Quite a few of the top pop artists are selling their albums at the rate of 10, 20 or even 30 million copies. You can easily see how a good songwriter can do quite well. And remember, you can have a beer while you write your next big hit.

Even though that scenario is possible, let's take a look at what might be more probable, especially for you, if you're just getting started as a songwriter.

Unfortunately, most songwriters, yes most of them, make nothing at all. Not even beer money. Relatively speaking, there are very few writers providing the songs that you hear on the radio daily or the music used in a play or in an opera, in a nightclub or on a jukebox, etc. There are vast amounts of writers in our world, but only a handful are ever heard from. A songwriter may write many good songs throughout his or her lifetime, even wonderful songs, but if no one ever records them, the income from that work will be zero. Songwriting is a profession where you can work steadily and diligently from one year to the next and realize absolutely no return on investment.

It takes both luck and knowing the right people to get a cut. A “cut” means an artist is going to add your song to their next recording project. If that happened, you'd be very lucky indeed. Let's take a look at what the lucky ones are being paid.

Let's say you're the songwriter and you've just got yourself a cut on a new album being released by a prominent national artist. Let's say that artist is Carrie Underwood. If she sells 500,000 copies, your pay for that one song you wrote will be 9.1 cents per sale or about \$45,500. If Carrie sells a million, and she will, then your pay becomes \$90,000. And if she sells 25 million, like she often does, then your pay for that one song is a whopping \$2,275,000. Now your new job looks pretty darn good, doesn't it.

More realistically, because you're still a “nobody” in the songwriting industry, it's very likely Carrie will not be wanting to put your song on her album, regardless that your mom said it's the best song she's ever heard. So there goes your chance to earn a couple million dollars. But all's not lost, for you might be able to get a cut on a CD by a lesser known artist, perhaps someone local or regional. Reality indicates that such a situation would be far more feasible than a collaboration with Miss Underwood. Reality also indicates, however, that a local artist will likely sell less than 1,000 copies of their album. If your song is on there, good for you, but now your pay for that same song is going to be closer to \$90.

Experts say it takes an average of seven years working at the craft of songwriting to get a cut, if indeed you ever do get one. If you should get a cut, you will need to become a member of a PRO (Performing Rights Organization) such as BMI, ASCAP. Your PRO will see to it that you get your writer's royalties.

You'll recall I mentioned that your writer's royalty would be 9.1 cents per copy sold. Well, here's something else you'll need to know. The writer, that's you, must share that 9.1 cents 50/50 with the publisher, causing your \$90 royalty to shrink to \$45. You'll likely agree that's not even grocery money. But if you do get a cut, regardless of how far down the food chain the artist may be, it can certainly help your writing career because it's something you can point to when trying to persuade a more notable artist to take your next song.

Sometimes, two or more writers will collaborate on a song with the philosophy that two minds are better than one. If you used a co-writer on your successful song, that co-writer will share equally in royalties, your \$45 check is now \$22.50. Are you thinking that's hardly beer money?

Here's another example. The song “Colder Weath-



er,” written by Zac Brown went to Number 1 on the Billboard charts. He had three co-writers, but they were paid better than you because their song sold 2,057,000 copies.

A startling statistic in the songwriting business is that 99% of all album releases sell less than 1,000 copies. Therefore, the music we hear coming over the radio on a daily basis represents a minuscule number of the albums actually recorded each year. Most end up in someone's basement. I have a few there, myself.

Even though your songwriting business will likely have no cash coming in, you definitely will have some cash going out. Indeed, before your big hit can be “pitched” to a publisher or to an artist, there's more work to be done. You've written the lyrics and hopefully you've written a melody too. Now you need to make a work copy.

The “work copy” is a recording, done on any piece of equipment at your disposal. Even your cell phone. This rudimentary recording serves two purposes. It provides a way for you to listen to your song over and over to see where any changes will be needed. Indeed, some improvement will be needed. It is called the rewrite. A good song may need several rewrites to become acceptable.

Once you're happy with the song, then the work copy is sent off to a “demo” service company and there your work copy provides a way for the musicians at that company to hear what you want your song to sound like. The “demo” will be your finished product.

What does all this cost? The cost will vary depending on who you get to make your work copy and your demo copy. You might be able to get the work copy made up without cost if you can sing, at least somewhat, and can strum a guitar too. If not, maybe you have a friend who can do that for you. If you can't record the work copy, yourself, you may or may not need to pay someone else to do that part for you.

The “demo” copy is different from the work copy. It is a polished example of your song. Demo companies are staffed with highly skilled musicians who specialize in making up demo copies for songwriters. Their demos are air-ready quality.

The demo company will definitely need to be paid and the fee will depend on the type of music and how elaborate you want your demo to be. You will be in charge of how much work goes into your demo. Cost can run from a few hundred dollars to well over a thousand per song, depending on your genre and your demands.

You should make work copies of all your songs, so you can remember the melodies you have written. But, if you are a prolific writer, you will need to scrutinize which of those songs deserve to be demoed. The continual and mounting cost of having demos made is a serious matter. It is, however, how you will build your musical portfolio, something a writer must have.

Sometimes you can interest a local band in making a demo for you, especially if they like your song and perhaps want to use it in their concerts. As a songwriter you'll want to cultivate relationships with local bands and musicians, for they can be very helpful to a songwriter who has limited resources and even less money.

At some point, you'll have a demo of your song in hand ready to be pitched. “Pitching” is the discipline of getting your song into the hands of an artist, either directly or through their publisher. It is quite a chore, requiring a bunch of knowledge, skill, humility and a vast amount of recordkeeping. I will not try to address the art of song plugging here. If anyone wants to learn how to pitch their songs and the rules related to that task, you may contact this writer and I'll be happy to tell you what I can. I'll point out some good references too.

As you probably have gathered, money can represent a tangible downside of songwriting. Another perplexing aspect, this one more intangible, is that the songwriter rarely gets the recognition they've earned. If you should write a terrific song and if it is recorded and taken to the top of the charts by a national artist, let's again say the artist is Carrie Underwood, that song then becomes known, in the eyes of her fans and the music industry too, as Carrie's song, not your song. You, the awesome writer, will just fade to background. You'll be famous, but mostly in your own eyes. That's just the way it is in the music industry. The good news is, if that does happen, you won't care so much for you'll be a professional songwriter and perhaps a millionaire.

Even though success is elusive, songwriters keep right on writing. Regardless that their chosen career comes wrapped in disappointment, disillusionment and even poverty, they proceed to write each new song with the fond hope that success is just around the corner. How could one not admire that level of perseverance.

Another aspect, also a downside, is that numerous national performing artists are now writing their own

songs. This affects two aspects of the songwriting business. It reduces the opportunities available for a non-performing writer to get a good song cut. And secondly, its negative affect on song quality is serious because artists are writing songs that are mediocre because the artist is a performer not a songwriter. The artist does not take the many classes in songwriting that a bona-fide songwriter continually takes. While they have not learned how to properly construct a good song, they still prefer to use their lack-luster material on their albums because it provides them with an additional revenue stream. The result is that music quality has suffered. If you have wondered why music sounded better years ago, this is surely a contributing factor.

I hasten to not lump all artist-writers in that same context because certainly there are numerous examples of excellent performing writers. Consider in country music Vince Gill, Garth Brooks, Alan Jackson; all phenomenal writers.

On the upside, there is a lot of comradery among songwriters who all seem to know each other and hang out at the same places. Anywhere there is an audience to hear their songs, you'll find them there; such as songwriter nights, open mics, writers-in-the-round, song circles, etc. They like to enter songwriting contests too and many writers have awards on the walls of their home studios. Also useful is that every state has its own songwriting membership organization. Networking is an important activity for the songwriter.

A wise man once said that songwriting is a crap shoot. You probably now agree. But if you are still interested in becoming a songwriter, you should go for it.

An opportunity for songwriters that has recently become available locally is a TV show being produced at the Charter community access TV Studios in North Windham. It is a series designed to give songwriters an opportunity to have their songs heard on TV. Set in talk-show style, you can hear an interview between the host, Jim Sharpley, and a different guest songwriter each episode. They'll talk about numerous topics like copyrights, licensing, co-writing, etc., and the guest will perform some self-penned tunes for you. Filming began in April and airing is planned for this fall.

If you'd like to see the show when it airs, the Chronicle publishes the CTV192 schedule on Saturdays. Look for *Songwriter Showcase*. You can also go to the station's web site at CTV192.com where you'll find a listing of their programming.

Myrna Riquier of Chaplin is a songwriter and musician. A steadfast proponent of songwriters as well as live music, she is currently producing Songwriter Showcase, a community access production at the Charter Studios in North Windham. Reach her at Natchaug Music Publishing 860-455-9400 or natchaugmusic@gmail.com.

Hampton's Fletcher Memorial Library November Events

Submitted by Deborah M. Andstrom, Librarian

Our Top Shelf Gallery Art Opening will be on Wednesday, November 7th, 4:30-6 p.m. featuring paintings by Robert Oxenhorn. At 5 p.m. Mr. Oxenhorn will do an oil painting of a landscape. Light refreshments will be served.

FML Book Discussion Group
Wednesday, November 7th at 6:30 p.m.
We will be discussing *The Underground Railroad* by Colson Whitehead. We always welcome new members!

Story Time, Song & Play
Every Friday Morning 10-11 a.m.

Story Time, Song & Play for children (ages 0-5) and their caregivers. This is an interactive program using a variety of musical instruments, rhymes, songs, finger plays, puppets, as well as a story or two. Our goal is to encourage a lifelong love of reading and learning.

Knitting Group
Every Wednesday 12- 3 p.m.

The Knitting Group meets every Wednesday from 12-3. Drop in and have a cup of tea/coffee and work on a needlework project, or just come in to socialize. All are welcome!

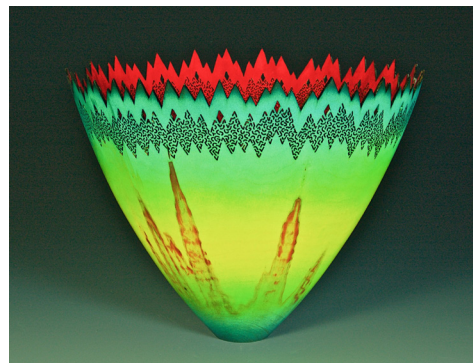
Drop-In Adult Coloring
Experience the stress-reducing and meditative benefits of coloring. Unwind with creative coloring at the library. Coloring sheets and pencils will be provided, but feel free to bring your own. Free drop-in program. For more information, please call the library at 860-455-1086.

Artists' Open Studios of Northeastern Connecticut Celebrating 30 Years of Sharing Art

Submitted by Suzy Staubach

Chat with a woodworker about his materials. Watch a weaver at her loom. Visit a fine art studio and choose a painting to hang in your living room. The Thirtieth Annual Artists' Open Studios of Northeastern Connecticut will be held Friday, Saturday and Sunday November 23, 24 & 25 and Saturday and Sunday, December 1 and 2, from 10 am to 5 pm each day. The self-guided art adventure features seventy-one highly accomplished artists, many with national or international reputations. Artists invite you to view their work, learn about their processes, hear about what inspires them and, if you like, shop. The tour includes eight group shows and thirty-three individual studios.

Participating artists create in many realms including fine art, pottery, oils, watercolors, acrylics, woodcarving, furniture, sculpture, weaving, quilt-making, jewelry, fiber art, drawings, photography, glass-works, metal works, pyrography and mixed



Pierced Wood Bowl by Michelle Allison

media. Pieces range from the practical to the whimsical, from small to monumental.

Studios and group shows are located in picturesque 18th and 19th century houses, charming outbuildings, historic town halls, along rural roads, and in the



'And Baby Makes Three' lino cut by Maggie Kendis

heart of the small mill towns Eastern Connecticut is known for. Printed tour guides with maps are available at many area businesses and online at aosct.org.

AOS is an opportunity to spend time visiting with artists who live and work in the beautiful Quiet Corner of Connecticut. The free art tour is open to all. Spend a day or spend a few days on the Tour. Area eateries, inns and B&B's offer pleasant and convenient food and accommodations.

For a map and complete listing of artists visit <http://www.aosct.org>.

Contact: suzy@willowtreepottery.us
860-287-8056

<http://www.aosct.org>

Facebook: <https://www.facebook.com/aosct.org/>

Let's Keep Our Neighbors Warm

WAIM Challenges Greater Windham: Help Neighbors Struggling to Afford Heat and Utilities

Submitted by Paula Zakrzewski Shepard

On Sunday, November 18, Windham Area Interfaith Ministry (WAIM) will hold their annual Walk for Warmth to raise money for the organization's 2018 Energy Assistance Program. WAIM is actively seeking people from greater Windham and throughout Connecticut to support this cause. The non-profit's Energy Assistance Program has served as a safety net for low-income working families in the greater Windham area for the last 26 years, helping keep utilities on in cold weather.

According to a May 18, 2018 article published in USA Today, Willimantic is the poorest town in Connecticut. <https://www.usatoday.com/story/money/economy/2018/05/08/which-town-your-state-poorest-list-financial-hardship/581103002/>

For 538,529 people in Connecticut, one unexpected bill can mean the difference between having a warm living space with electricity and choosing between basic needs like utilities, heat, food, housing, childcare or healthcare.

In the town of Windham alone, some 13,800 residents qualify as ALICE -- asset-limited, income-constrained, employed -- with an annual income somewhere between \$11,880 and \$24,672.

The percentage of adults from 18 to 24 years old living in poverty is double in Windham than in Connecticut.

To meet the ever-increasing needs of residents in financial crisis, the Walk for Warmth is seeking to expand the number of supporters who walk its short, 2-mile route through Willimantic to raise a goal of \$40,000 this year. WAIM is inviting individuals, faith-based organizations, schools, colleges, civic/social groups and clubs to step up by stepping out this year. Participants will meet at St. Joseph's Church on Jackson Street in Willimantic between 1:00 and 2:15 p.m. on November 18, registering for \$25 per walker and delivering any additional pledges that friends, family members, co-workers and neighbors have generously contributed toward the cause. An optional interfaith service precedes the walk at 1:30pm, with the walk beginning at about 2:15pm.

"The Walk for Warmth is so important for so many people in this community," explains Victoria Nimirowski, director of WAIM. "With the national economy improving, many people forget that our state is still in financial crisis. Programs that help under-resourced individuals and families have been cut, while living expenses are still going up. The employment market offers limited job security, no benefits, and unreliable wages. All this makes WAIM's energy assistance program even more critical. We are able to respond immediately to the personal financial crises that are crippling so many area families."

Since 2007, WAIM has distributed \$799,645 in energy assistance to 7,154 people from 2,766 local families. Last year, proceeds from the event helped 351 people from 142 families to access heat, hot water or electricity.

The Connecting Component Of Communal Singing

By Sarah Kaufold

When I observe my children engaging separately on individual electronic devices, I find the seed of worry begin to sprout inside, the concern over their future social self. I usually have to explain to them the numerous reasons as to why we limit their exposure to electronics and alternatively promote social engagement with friends, to only be met with the compelling argument from the teenager that he is playing said video games virtually with his friends. I can only assert my argument to a certain point because of my own involvement in the use of social media. Nevertheless, I feel an important component in these "social" interactions is missing... physical human connection.

I have been a choral director for many years, but I began this choral journey as a lonely college freshman who decided to join the choir on a whim -- a choice that changed my life forever. The very essence of singing as a choir is intriguing, welcoming, inclusive, and satisfying. In choir, each voice has a gift to contribute to the whole, where everyone learns to synchronize their breaths and work together through compromise to create a sound landscape with no other instruments needed but our voice. An incredible feeling happens when our voice sounds in harmony with others, as if we were meant to experience these physical properties of sound with numerous tones reverberating in our head. It is no surprise that researchers are beginning to observe the positive health benefits of singing together, even one study suggesting that the heart rate of singers within a choir synchronizes when singing. And I have not even started to expound on the basic social benefits of choral singing yet.

With the guidance and help of some amazing singers, I have been working to create a choral community in Mansfield to serve our town and surrounding areas called Consonare Choral Community. "Consonare" is a Latin word meaning "to sound together" and our mission is to cultivate consonance and build community through choral music in Connecticut. As part of this new organization, we have been working to sponsor three choral ensemble opportunities so that engaging in choral music, and its rewarding social and health benefits, could be available to all.

In order to engage the general public in the sublime beauty of choral singing, Consonare Choral Community sponsors a professional vocal chamber ensemble, called Voices of Concinnity, comprised of twelve singers devoted to exploring how voices knit together to create a pleasing sound. One goal of Voices of Concinnity is to offer performances that highlight the art of singing together that is affordable for the people to experience live. Our two community ensembles work together in

Nimirowski shared a story of a family recently helped by WAIM's Energy Assistance Program: "Maria C. is a hard working mother of three young children. She does her best to stretch her dollars as far as she can to take care of her family. Earlier this year, she was laid off from her job around the same time she received a shut-off notice from the electric company. The utility required her bill of \$326 to be paid in full to keep her electricity on. If she did not pay the bill on time, she faced an additional \$50 fee to reconnect power. In this case, WAIM was able to pay the electric bill, avoiding shut-off and the additional fee. Fortunately, work at the factory picked up, and Maria is once again employed and covering the family's expenses. This is a typical example of how our program helps."

tandem in order to offer a unique choral opportunity for women and children. Our community women's choir, called Choir Matrix, is open to all self-identified women, regardless of singing ability. Choir Matrix, in its inaugural season, is organized so that new members can grow as a choral singer through additional vocal resources and extra music instruction. Our Consonare Youth Choirs were created to engage the youngest singers in our communities in the benefits of choral singing, with an inter-generational component. Our Consonare Youth Chorus (for ages 6-11) rehearses in at the same location and time as our women's ensemble, Choir Matrix, to allow women who are caretakers an opportunity to join choir as their child also engages in singing. We also have a choir for our more advanced youth singers, ages 10-14, called Consonare Youth Scholars. Each youth choir is giving the opportunity to collaborate with our women's choir in song.

Our first concert for this inaugural season for Choir Matrix Women's Ensemble and our Consonare Youth Choirs is Sunday, November 4 at 2:30pm at the Concert Hall at Eastern Connecticut University. We have the unique opportunity to be hosted by the Eastern Concert Chorale, as well as collaborate with another local community organization, Thread City Classical Dance. This performance, "Music Still Speaks", will feature songs with empowering as well as compelling texts, expressing how we can use our "voice" through the arts.

Voices of Concinnity will be presenting a program this fall and winter called "Has love no voice?" where we will explore "whether love, like music, can transcend time, the written page, and even the actual physical properties of sound." This program will feature choral compositions from across the centuries that, through the vocal color they evoke, can stir our emotions and remind us the expansive power of experiencing love.

Performance dates are as follows:

Saturday, November 17 at 7:00pm at St. Mary's Church in Willimantic
Sunday, February 3 at 5:00pm at The Benton Museum in Storrs
Saturday, February 9 at 7:00pm at Old St. Andrews Church in Bloomfield

Consonare Choral Community is currently involved in the process to become a non-profit organization; thus, our concerts are offered free of charge; however, donations would be greatly appreciated to help us further our mission. If you would like to join one of our community choirs, we offer scholarships for those with financial constraints so that all can participate. More information can be accessed on our website at consonare-sing.org or via email at consonare.sing@gmail.com.

Individuals and organizations interested in participating in the Walk for Warmth should contact Evelyn Solla at WAIM, 860-456-7270 ext. 12. People unable to walk can visit www.waimct.org to donate online. For more information, visit www.waimct.org or follow the event on Facebook @ WAIMwalk or @WAIMonFB, and on Twitter @WAIMwalk.

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On Gratitude and Giving Thanks

By Grace Preli



“Perfection is a state in which things are the way they are and are not the way they are not. As you can see, this universe is perfect. Don’t lie about it.” — Werner Erhard If God Had Meant Man to Fly, He Would Have Given Him Wings

What are you grateful for? What are you thankful for? What in your life is cause for joyful celebration? When you lay in bed at night or wake up first thing in the morning are there things that you have deep gratitude for, that you say thank you to?

For me, giving thanks isn’t something that only happens during the holiday season, it’s something that is a daily practice. Being thankful, even for things I might perceive as being bad, helps me refocus my attention and helps me take stock of my life. Maybe I learned a tough lesson or had a challenging day, am I still thankful for the experiences? Maybe I’m feeling terrible and rundown, depleted and depressed... can I still feel gratitude for my life?

I’ve been reflecting on gratitude lately for a few different reasons. The first, there are experiences in my life right now that are tough and in order to not get lost in them I’ve had to step up and shift my perspective. In some moments it’s tough and I have to really take stock of and search for what I’m grateful for. Some days gratitude doesn’t come as easily, when I’m feeling overwhelmed or shitty but I have found that taking a minute to ground myself in the energy of gratefulness helps me move through. How am I thankful for this experience? What is it showing me? I’m not trying to reduce the shitty-ness of the situation. I’m not trying to minimize it or not feel it, sometimes things really suck, but what within this crappy situation can I be thankful for? Can I be thankful for the whole damn thing? And I’ve found that I can be. I’ve found that there is huge power and big energy in being able to say, wow, this sucks AND I’m thankful for this experience and what it is showing or teaching me. Does this mean I want to have this experience again? Does it mean I don’t want to take steps towards greater balance? Absolutely not. But by feeling (not thinking— actually, really feeling) gratitude, I’m able to feel the bigger picture, the wholeness, the completeness, of the situation.

When the going gets tough, when it feels like there’s not a lot to be grateful for, this is when it’s important to double down. What can you be grateful for? What, even if it might feel small or insignificant is cause for celebration?

This leads me to the second point of reflection: abstinence. If you’ve ever abstained from sugar for a few weeks you realize how sweet fruit is, if you haven’t had a good night of sleep in a while, waking up well rested feels like bliss. Recently for my philosophy class I had to blindfold myself for the afternoon and go about my life. Not having my sight and truly experiencing the lack of vision for the first time in my life showed me that I have much to be thankful for in my life as a sighted person. I sat in the barn with my cats, completely blind and reflected on all of the things in my life that would be affected if I were blind, if I weren’t going to take the blindfold off in a few hours. It was an emotional reflection and an experience that showed me where my thanks can go deeper. When we don’t have something and we then get it back or if we experience the opposite of something it can show us how we might want to deepen our practice of gratitude. Sometimes it takes a big thing, a shock or a sudden change to show you what is meaningful in your life and what you have that you are thankful for. Maybe it takes starving to be thankful for food, maybe it takes working on a hot summer day to be appreciative of water. It might take a serious illness to remind you of the preciousness of good health or it might take not having a cell phone while you’re broken down on the highway to remind you how thankful we could be for our technology and channels of communication. Opposites can teach us a lot; lack shows us what we have, darkness shows us the brightness of light, sickness reminds us of the importance of health.

In the coming weeks I’ll have to do another project for philosophy class where I will give up for 100 hours at least one form of technology as described by Marshall McLuhan as “any extension of the human body.” This may be shoes (which extend the feet) or clothing (which extends the human body and it’s capacity for temperature tolerance) or it might be refrigeration or electricity, my car, my phone, the internet, or any of my devices. I might give up talking (an extension of my thoughts) or writing (an extension of ideas). Anything that extends the reach of our mind and body beyond it’s natural limits is considered a technology.

I already know that abstaining from any of these things even for just 100 hours will encourage me to give thanks and feel gratitude for what I have in my life. The true depth of these feelings will only, I imagine, come up during and after the completion of this project.

While this will certainly be a helpful experience it doesn’t take a big project or dramatic event to show us where we can be more thankful in our lives. When you’re hungry and you take a bite of food do you feel gratitude? When you are cold and you can put on a sweater do you give thanks? When you arrive at your place of work safe and whole do you say thank you? There are so many opportunities within our day where we can be more aware of what we have and for the richness of our experiences. It’s the little, often unseen, often not thought about things that are places to strengthen our practice of giving thanks. Really let yourself feel it. Really let yourself go deep into the feelings of gratitude. What are the little, specific things that make a difference in your day? Each day as I leave my house I say “thank you, I love you” to my room, to my house, to my belongings. I give thanks to my car when I get to my destination. I say thank you to the food that I eat when I’m hungry and give gratitude to the clean water I drink when I come home from school thirsty.

We don’t have to spend our whole day walking around saying “thank you, thank you” to every single thing we see, but it might be a poignant meditation to do just that for a few minutes each day. Maybe take a minute or two a few times a day to give thanks and feel, really feel, gratitude for everything you see or experience. Don’t pick and choose but notice what comes into your mind, or what you see in your field of vision and give thanks for all of it. Don’t attach anything to it, just find it within yourself to feel gratitude.

There are many ways in which we might be called to feel more gratitude and to give more thanks for the things and experiences in our lives. Maybe something moving and dramatic has happened, maybe you have within your life a really clear example of opposites, or of abstinence which is showing you how to go deeper with your gratitude. Or maybe there isn’t a specific event or circumstance but rather it’s the simple, small things that you can look around at and be grateful for. Whatever it is, I hope you can find gratitude for the things in your lives. I wish you all joy and gentleness and a very wonderful and peaceful month of thanks giving.

Ed. note: Writer mini ‘Autobio.’: Grace Preli is a creative and spunky 23 year old. She is, among other things, a painter, a writer, a creator and a healer. She is inspired daily by people and their individual and collective journeys. For her, each day is a chance to grow, change, love, respect and create with herself and our world, a beautiful, kind and gentle place.

Windham Road, Windham.
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/7).

November 30, Friday
Crafts: Museum Craft Show Opening for Two Weekends of Artists at the Mill Museum. Windham Textile & History Museum, 411 Main Street, Willimantic.

Prognostication: An Evening with Spiritual Medium Maura Geist, 7:00p.m. \$10-25, “BYOB&F”TM (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

Neighbors
a
little
paper
big
on
community.

Tony Manning

By Kevin Pratt Jr.

By the time you guys read this article it will have been almost a month since a classmate of mine passed away. I write this article in memory of him just to give you a little bit of insight and how I knew him. If my memory serves me right Tony did not arrive at my high school until late 1991 or 1992. I can’t remember which year. When I first met Tony I didn’t really think too much of him. I just thought it was a typical metal head that kept to himself. He really did not say too much in the beginning. I think because he was afraid of me.

Tony was very quiet to my knowledge, but I soon found out that he had made friends with a lot of people that I did not even know he talked to. You made numerous friends in a short period of time. A lot of my classmates would be devastated when he was not allowed to go on the class trip because he didn’t have enough credits. I guess it was a stupid rule the powers that be at the high school had at that particular time. Throughout our senior year I knew he had been talking to a lot of juniors and underclassmen. I don’t know if he just did not feel a part of our class or maybe too many personalities, which was probably the case. Tony had been nice and very friendly to fellow classmates. As I recall he really kept himself a lot and only hung out with people with common interests such as listening to heavy metal or playing heavy metal. From what I learned throughout my time knowing Tony, he loved playing drums. I heard through the grapevine that he was very good.

Tony passed away early on a Monday morning at the age of 44. He leaves behind a beautiful daughter I never got the opportunity to meet or know. He always spoke very highly of her. And I know for fact he loved her very much. I ran into Tony a few months back coming back from the nursing home. We struck up a conversation. I only wish during that conversation I could’ve helped him more with what he was asking for. Tony was a good man, a great father, and an awesome friend to everyone that knew him. You will be greatly missed my friend and I promise you that if I can help your daughter in any way I certainly will do so. May you rest in peace my friend and play that heavy metal music up in heaven loud and proud for God as we all know heavy-metal lives forever especially to those who play it. Until we meet, again rest in peace.

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At The Museum...

By Joan Taraskiewicz

This has been a good month at the Gardiner Hall Jr. Museum. First Sunday at The Mill Works on Oct. 7 was a success; we had several visitors and children were able to make "John Martin Spool Animals". This is a vintage activity that started with Coats and Clark's adding the pattern for the animals in every package of bias tape. The front and the back of the animal are cut out and then glued onto the ends of a spool. The animals stand up on their own and children used them for imaginary zoos and farms. Gardiner Hall Jr Mill also made bias tape and the wooden spools that were used for the thread were actually made here in the wood shop.

The Walking Tour of South Willington focused on the Hall's role in creating this village. Tyler Hall shared with us reams of information concerning his family and its influence on the South Willington area. I have walked this area several times in the past, but Tyler made it really come alive. We were also able to visit the Clara Hall Memorial Church, which is incredibly beautiful. It reminds me of the chapels and cathedrals we saw in Europe last fall... I hope that we can persuade Tyler to offer this again later in the fall or next spring.

Exhibit renovation is moving right along. We are in the process of adding activities for youngsters (of all ages). Gardiner Hall Jr Mill was powered by a waterwheel. Water was collected in Lake Beauty (Now Hall's Pond) and was released down a chute that directed the water over a water wheel. This type of wheel, by the way, is called an overshoot water wheel.



I do not know the name of the child who made the water wheel model we have displayed. If you know, please pass that name on to me. I would like to be able to credit him/her appropriately. I have added a water pump so that the model is working and I have added a display about water wheels in general.

If we were to choose a symbol of New England that would represent this part of the country best, the water wheel would be a strong contender. Water wheels took advantage of fast-moving streams racing down the mountains and into the narrow valleys here. Every town in New England had several mills and Willington was no exception. Hike through the woods in this area and you are bound to come across streams with the foundation of an old mill along it. The swift streams and Yankee ingenuity gave New England a distinct advantage over the South when it came to early economic development.

Among the first mills in all towns were the grist mills which ground corn and wheat into flour. Water wheels also powered sawmills where boards could be cut more efficiently than using the older pit saws. Later the thread and textile mills were able to use these streams to run the 'new' technology needed. Today a new type of water wheel, the generator, is used to produce electricity. Hydropower is an important energy source in some areas. Come visit our new exhibit to learn more about water power and its advantages. Hope to see you here soon!



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

History

An Artist's Perspective

By Paul Eric Johnson

It's November, the leaves are mostly down, soon the election will pass and the red white and blue lawn signs will disappear. Newer signs will follow, frequently sporting green and red, but also familiar here, the striking contrast of purple and yellow. These are for the annual Artists' Open Studios of Northeastern Connecticut tour (aosct.org). As a participating artist too, I must say it helps to define this region. Our work can be isolating, maybe good for focus, but the tour provides a well organized opportunity to meet people, share our spaces and talk about the work we do.

Their 30th anniversary also marks AOSCT as a pioneer. With increasingly frequent notices in my email inbox, Artscope news round ups, or the ads published in Arts New England, it's apparent that the idea has become a lot more popular. There may be more artists, certainly there's a lot of good work around, but obvious too is the difficult economics for smaller galleries. They're closing. These alternatives – artists in particular studio buildings, like Brickbottom Open Studios near Boston, or within a designated urban arts district, like SoNo Arts Fest in Norwalk, are numerous now throughout New England. However as an inveterate byroad traveller I must admit the appeal of an uncrowded drive is more the magnet. Starting at the shore in New London and passing through town here, Route 32 is one of our undiscovered thoroughfares, not even a highway, it continues north through mill towns near the border into highlands where the flooding of Quab-



bin Reservoir has helped maintain a rural character. Fourteen local artists recently held their Backroads Studio Tour. More borderlands in the Monadnock region and 32 eventually reaches Keene, NH. In its 27th year, the Keene Art Walk was held for a week in June. And not to miss, tucked up further in the hills off the numbered roads is Harrisville. When I first discovered it years ago, I honestly thought I'd passed through a time warp. A few brick and granite mills, small white church, and stately Federal style homes surround the mill pond. While I was photographing I saw no one and only a few cars passed on the main road. Busier now I'm sure, Harrisville's first Spring Art Pop Up was held in May.



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

Visual Arts

Traditionally, AOSCT holds their open studios on those two busy weekends that follow Thanksgiving. About half the artists have organized themselves into various group shows which may be convenient for those seeking gifts. But whenever, for me the event is largely about outreach, last year as close as within eyeshot of my front porch to a couple relocating from the Texas Gulf Coast. In fact, as he admitted they were killing time waiting for the their home closing. It's a good time too, with other artists from around town just stopping by to socialize and enjoy my wife's Irish soda bread. The jam's local.

Paul Eric Johnson, a photographer and printmaker, has participated in the AOSCT tour for four years. He is a Guild member of the Silvermine Arts Center in New Canaan, an elected member of the CT Academy of Fine Arts, also an artist/performer and board member of EC-CHAP. Contact: visualarts@ec-chap.org

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Your First Car

By Angela Hawkins Fichter

Everyone has memories of their youth, but some are just more distinct than others. We all remember our first dog, but we especially remember our first car with all its pluses and minuses, our good times and bad times in the car. My brother taught me to drive. He was a big reader of Consumer Reports, and based on their research he told me to buy a used Dodge Dart or Plymouth Valiant from a Chrysler dealership, not a used car lot, because the dealership would know how to fix the car up like new. So once I graduated from college and needed a car I went to a dealership and looked over their cars. I chose a white Dodge Dart that was two years old. The previous owner had been drafted into the Vietnam War. Nothing was said to me about the car other than it was V-8, was two years old, and was in good condition. Once I agreed to buy the car, the salesman snatched my wallet and wrote his name on the inside of the open wallet. He said his signature was a souvenir of my first car purchase. I thought he was defacing my wallet, but said nothing about it to him, and I still remember his name, because I used the wallet for years.

I took the car to the local service station near where I lived after I had put 2500 miles on the car since my purchase. I got a call from Mike Kelley, the service station owner, saying that my truck was ready and to come pick it up. So I took a bus to the station, paid the bill, and asked Mike why he called my car a truck. Because it is, he said. I protested, saying it's a Dodge Dart. Yeah, he said, but it has a double carburetor, double points, and double plugs, plus it's a V-8, not just a V-6. What does that mean, I asked. It's very powerful, he answered, very speedy. Is that why passing cars on the superhighway is so easy, I asked. He nodded and said yes.

Well, I had noticed that passing a car or truck on Route 95 took very little time, but I just thought all cars must be like that. After all, I had no experience in passing other cars, and just figured that barely touching the accelerator to pass another car was normal. Of course, I never abused the speed in that car. Just thought it was normal to be able to whip past a slow poke. Once I had to

drive my husband somewhere because his car was getting fixed. We lived in Providence then. We were driving down Hope St., which is on the east side of Providence. It's a nice big street that goes all the way from the cove to Pawtucket. It acts like the main street of that hill in Providence. Anyway the guy ahead of us was really poking. Naturally, the speed limit was 25 miles per hour, and since it was a city street, there was a solid double yellow line between me and opposing traffic. Don't know why that guy was going about 5 miles per hour, but I passed him in about 2 seconds, bringing the car back down to 25 miles per hour in no time. My husband was clutching the car seat with both hands. That was before bucket seats so I don't know how he did that. He said, in a shocked voice, don't ever do that again on a city street. And I never did, while my husband was in the car.

Our son James' first car was our oldest car. He got his license at age 16. Two months later he had an accident. He was driving on a back road in Hampton (thank goodness not a main city street) and reached over to change the station on the radio (this was before the electronics of today). When he reached for the dashboard radio dial he drove across what would have been opposing traffic, but there was none at the time, thank goodness, and veered directly into the woods. We got a call from him to our home. Boy does fear strike your heart when your teenage son says "mom" in a quavering voice. I asked if he was all right. Yes, I'm fine, but the car isn't, he said in a scared voice. Well, you are okay, so that's what matters, I replied, and we drove right over. We lived in Scotland then, so it didn't take long. We called Perry Motors for a tow. When Russell Perry came with the tow truck, he heard how the accident happened and burst right out laughing. "Let me tell you about my first accident," he said. "Like James, I was driving to school. This was when the car seats went all the way across the car, no bucket seats, so my schoolbooks were on the seat beside me. They suddenly fell on the car floor, and I reached over to pick them off the floor while I was still driving. I went into the ditch, and my father had to come and get me out of the ditch."

Soon thereafter I read an article written by a psychologist who said that car accidents caused by

teenagers are because the teenage brain is not finished growing and is not sophisticated enough to handle the depth perception and speed analysis needed to drive safely.

When we got home, my husband and I had a discussion about the proper punishment for James' carelessly getting into a car accident. I wanted to suspend our son's driving for 6 months. My husband didn't want to suspend it at all. We settled on suspending it for 3 months. I soon figured out why my husband didn't want any suspension. That was because he had to drive James to Pomfret School, if James didn't.

James wanted the car all fixed up. He was embarrassed to drive it to school all dented and banged up. We bought a new side mirror, but the fenders and front bumper stayed dented. One day James drove in from school and announced to us that something happy had happened to him with his banged up car. Oh, oh, we thought, but we smilingly asked what. He said, "When I come to a four way stop, I obey the driving law about waiting in turn for people to start up again from the stop sign. But now with my banged up car, they all wait for me, no matter who has the right of way, and sign me with their hands to drive first." We burst out laughing, but we quickly told him not to play chicken with stopped cars by trying to go first rather than giving others their right of way. So he will have his own precious memories of his first car.

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Acupuncture and the Immune System

By Nicole T. Smith, L.Ac.

As the colder weather sets in, along comes the season of colds and flu. Many turn to shots and over-the-counter medicines, but is this really the best choice? Are you harming your body's own defense: the immune system?

The immune system is designed to protect against infection and illness, and when working properly, prevents us from getting sick. However, without realizing it, many weaken their immune system daily, by eating a poor diet, using anti-bacterial soaps and gels, and through excessive use of medicines, just to name a few.

The best defense is a good offense, as they say, and it is just as true with the body's health. It is always better to treat preventatively than to wait for sickness to hit us.

Acupuncture has been shown to speed up healing abilities, regulating immune function so that it works optimally. Thus, it can be effective to both prevent and treat colds and flu, but also asthma, allergies, sinus issues, joint pain, and circulation. Tingling or numbness in the hands or feet,

fatigue that doesn't seem to go away, and trouble handling stress can all be signs of immune system trouble.

"More and more research has revealed that acupuncture can regulate immunity, for example, to enhance anti-cancer and anti-stress immune function and exert anti-inflammation effects." (Evid Based Complement Alternat Med. 2015; 2015: 260620)

Acupuncture is also effective when the immune system goes awry and begins attacking itself, in autoimmune diseases such as lupus, rheumatoid arthritis, MS, and certain thyroid conditions. It does this by decreasing chronic, systemic inflammation, reducing autoantibodies, increasing healthy gut bacteria, and regulating hormones.

So, give your immune system a helping hand this winter with acupuncture!

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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