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~Sunday, February 17th~

Adam Ezra
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~ Sunday, March 31st ~

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~ Sunday, April 14th ~
The Johnson Girls
Seat Of Our Pants
4:00 pm ~ \$15



~ Sunday, April 28th ~
Rani Arbo & daisy mayhem
Sally Rogers & Claudia Schmidt
4:00 pm ~ \$25



~ Sunday, May 19th ~

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February 2019

A little paper big on community

FREE

Neighbors



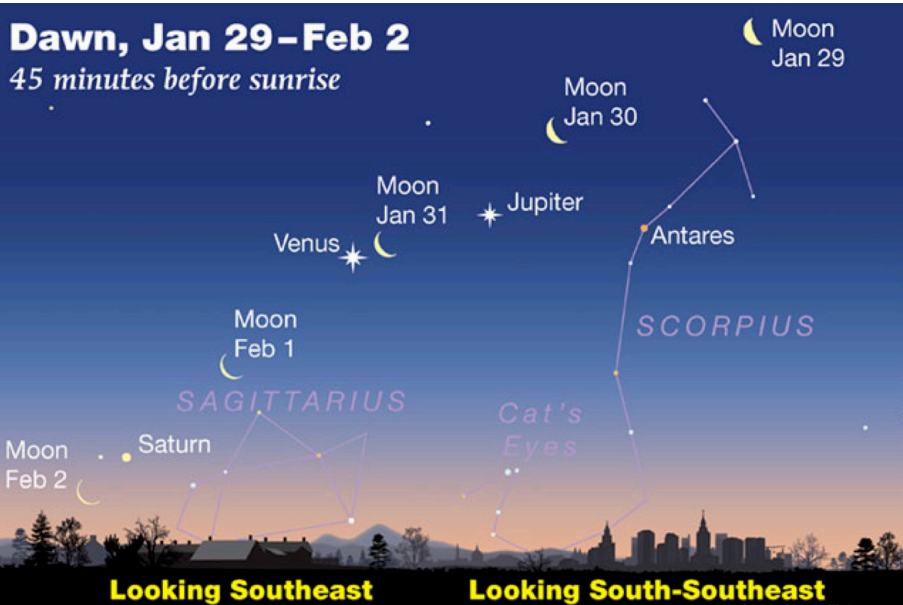
No. 168 Serving the inhabitants and environment of northeastern Connecticut and beyond

Things That Make Us Go “What Was That?”

By Bob Grindle

What startles us anymore? By that, I don’t mean what frightens us or sets off our panic button, but, rather, what tickles, or fires, or shocks, or just engages our imagination? In this age of being able to watch just about anything whenever we please; find the answer to any random question that sprouts in our path; play a video game where the most grievous actions score points without consequences; call up a video and watch people doing things that all of our senses tell us simply cannot be done...what’s a mother’s child to do? I’m not saying that any of these things are bad. To use a phrase that I really don’t care for and is waaaay over-used, “what is, is.” It’s not all bad...you can also listen to any piece of music that suits your mood of the moment or have a video chat with a loved one who is currently not near enough to hug.

What startles us anymore? One of the charms of growing older is to have lived the journey from pre-TV radio dramas and weekend movie serials—think the “Green Hornet” and “Zorro”—to Moon landings, Google maps and cat videos. Okay, there are downsides to growing older...and they are probably different for each of us...but there are also downsides to being young...like overreacting to almost everything and thinking the current moment is THE moment. During a recent interaction with someone a third my age I wanted to park them on a bicycle and go for a ride through some of the excitements of my life that preceded their essentially 21st century existence. How do you do that without being the “old” guy who thinks that his moment was THE moment...? Funny how the tables turn-on-a-dime



and we scratch our heads in amusement at the irony. Is there any connection between watching Cyd Charisse and Fred Astaire dancing in “The Band Wagon” in the late 50’s, and the latest “So You Think You Can Dance” episode? Is there any connection between the social chaos of the late 60’s, the darkness of politics and economics in 1980, and the current “so you think you can govern?” era?

What startles us anymore? Is there any value in being startled!!? I would miss it...the surprise at waking up and feeling as if the whole day was a package to be opened...an interesting person I’d never met, a piece of music to be heard or re-heard for the first time, a call from a friend—or more sobering, as we all grow older, a call that a friend or loved-one has died—or even the rather plebian flavors of a life simply being lived. When did it become necessary that every action completed something on a

“bucket list?” Criminy, how I hate that...twelve-year-olds don’t have bucket lists...they simply go about the business of being twelve...discovering things that live under rocks, following the fish hook of imagination that occasionally makes you go “hmmmm.”

I am startled when, in a rather fierce rain-wind storm, a tree falls with a fairly great amount of creaking-cracking-crashing sound effect—hopefully not toward the house—or when I read a piece in Neighbors about possibly rethinking the origins of Thanksgiving, or when, stepping out of the house, late on the night of the eclipse, I see the Earth ever so gradually blocking the light that falls on the moon. I have to admit that I like the sense of awe that comes from being caught slightly off-guard.

Venus continues as the dominant shine in the February pre-dawn sky. By the 9th of the month, Saturn (lower), Venus, and Jupiter (upper right) will be a fun look in the Southeast sky, and a week later on the 16th, Saturn will almost brush Venus—it’s always possible to tell Venus: she is always the brightest object! As a Sagittarian, I’m always pleased to see the Constellation that symbolizes wandering and searching for truth in a prominent position in the sky, and for all of February the horse-archer—actually, looks more like a teapot—hangs below or right next to Venus.

That bright red object next to the waxing Moon in the Southwest sky on the evening into night on February 10th is Mars, and Mars will be in the night sky for the entire month. So don’t be caught off-guard and by all means, even if you can’t name every star, constellation or shadow drifting across the panorama of your life, look up and invite your imagination to play on the fields of your life. Enjoy the coming season and don’t be startled at the sounds.

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

HISTORIC VENUE FOR PERFORMANCE & EVENTS

ACOUSTIC ARTIST SERIES
CHORAL CHAMBER ENSEMBLE
VOICES OF CONCINNITY
Saturday, February 2nd | 7:30pm

ACOUSTIC ARTIST SERIES
Rock / Blues
BOB MALONE
Saturday, February 9th | 7:30pm

ACOUSTIC ARTIST SERIES
Indie / Rock
PATTI ROTHBERG
Saturday, February 16th | 7:30pm

ACOUSTIC ARTIST SERIES
Bluegrass
GRASS ROUTES
Saturday, February 23rd | 7:30pm

- UPCOMING SHOWS**
- 03/02: **CARLA ULBRICH** (COMEDIC SINGER/SONGWRITER)
 - 03/09: **ERIC SOMMER** (BLUES)
 - 03/23: **GREG ABATE QUARTET** (Jazz)
 - 03/29: **AN EVENING WITH NOCOLE ZURAITIS** (Jazz)

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February 13th | 7:00pm
- “SOCIAL DANCE”** w/KELLY MADENJIAN
Every 2nd Thursday!
February 14th | 7:00pm
- EC-CHAP FILM SERIES**
“Some Like It Hot” (NR). 1959.
Friday, Feb 15th | 7:30pm
- “EC-CHAP INFORMATION EXCHANGE MEETING”**
Tuesday, Feb 12th | 7:00pm

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This is our time on earth.
What are we doing with it?

Cover photo: ‘Homeward’ by Christine Acebo. See more of Christine’s work on page 5.

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

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Empowerment Through Song



By Loretta Wrobel

Back in November I attended a choral music program entitled “Music Still Speaks” at Eastern Connecticut State University, which was impressive and poignant.

The show was entertaining, as the music pieces were carefully selected. Several choirs performed--Consonare Youth Choirs, Choir Matrix Women's Ensemble, Eastern Concert Chorale, and a dance ensemble performed an electrifying dance, much to everyone's delight and appreciation. All of the performers seemed to be proud of what they were doing and generated wonderful energy. It felt like a community event. The event felt to me like a graduation rather than a performance, for at the end, there were congratulations, laughter, pats on backs, and a strong thread of connection.

The positive vibes I experienced during this concert, coupled with the sense of connection I felt amongst the performers, made me curious enough to set up a time to chat with Sarah Kaufold. She is one of the conductors, and is the inspiration behind the Women's Chorus. Before the concert, friends had urged me to attend, saying the chorus was not like your ordinary chorus.

After sitting and listening to Sarah, who has a Masters in Choral Conducting, I accepted the truth that she is no ordinary conductor. Her goal is building community and connection through singing, and allowing each person to express their own unique voice. In a choir, members are generally expected to blend into one sound. Sarah has an alternate approach of not stripping away the color of an individual's voice. Her style is to match the different voices so that no one feels judged or that their voice is not good enough.

Sarah grew up in California and she and her husband moved to this area ten years ago. She had three young children at the time, and she felt isolated and alone. None of the local community choirs were accepting new singers especially women. Eventually she secured a job as church choir director and was able to find community through music. She set up a youth music ministry that was open to all, free, and provided kids with the opportunity to learn music.

Following the 2016 elections, Sarah was driven to become more involved. Not having expertise as a political person, her vision compelled her to start a women's choir to build community, support each other, and give women the opportunity to use their voices. She deeply believes that women can become confident and strong through vocal expression. In today's world it is imperative that women's voices and experiences be heard. Being mindful of the



reality of women's busy lives, she set up a flexible rehearsal schedule. A children's choir rehearsed concurrently so there would be fewer conflicts for women who wanted to participate. Rehearsals are relaxed and there is time for sharing and laughter, which deepens the connection to each other. Since practices for each performance are limited to eight weekly sessions, this makes for an easier time commitment. There are no auditions. There are extra rehearsals offered for those who have not had lots of music training or need extra time to work with their voices. Each woman is encouraged to sing with a free voice, while using healthy vocal technique. The chorus is open to all self-identified women, and the focus is celebrating your voice with other voices in community.

Ms. Kaufold's desire now is to work with music written by female composers. She admits that in the past she thought she needed male composers to validate the fledgling group. Her plan was to insert female composers into the program after the chorus was accepted. She now rejects that thinking and wants to promote not only female voices but female composers. I was impressed with her honesty in acknowledging her own prejudice, and working to free herself of any societal misogyny that is still prevalent in the music field.

Sarah has a fierce love of music and an equally burning desire to share that love with others. She firmly believes that teaching the basics of music gives individuals an opportunity to feel their individuality, and to have a sense of empowerment by being part of a choir. Being part of a group where each person is encouraged to use their true voice is empowering and affirming, especially for women. And luckily, we have the opportunity to hear this always-evolving women's choir on March 31st at St. Mary's Church.

Sarah loves collaborating with others and thinks inclusion. Her future goals may include a men's choir and more joint performances with other art groups in the area. She is interested in branching out, creating a nonprofit organization, and involving more than just the Mansfield area. Sarah is delighted to be offering a choir for women, and she is thrilled that so many of the members totally enjoy their experience and feel successful and accomplished after performing.

I so appreciate the wisdom of a person trained in the music field, who uses her music talents to inspire, teach, connect, and empower others. I love Ms. Kaufold's concept of creating community and support through singing together. Her idea of having fun with the goal of singing beautiful music to a receptive audience is brilliant.

Mark March 31, 2019 on your calendar. You will not be disappointed.

A Call to Artists

By Rebecca Zablocki

The Eastern Connecticut Center for History, Art & Performance otherwise known as EC-CHAP, has a mission to engage the senses, ignite the creative spirit and preserve local history. As you may infer from our name, the main aspects of our organization include history, art and performance. With a vision to become one of Southern New England's premiere cultural destinations, we have created spaces and experiences within our home-base, at the Mill Works facility that represent each part.

The Dye & Bleach House Community Gallery is a new effort that will occupy the common areas of the The Mill Works facility. It will be open to the public with a fixed schedule later



this winter. Artists that display within the space will have the opportunity to have art work on view in a historical building, among creatives and businesses of all types. With competitive galleries and artists everywhere, the art world can be overwhelming; but with the involvement of area artists and art enthusiasts, we would like to develop this space as a free gallery, available for the public to use and enjoy. We hope for the Dye & Bleach House Community Gallery to become a center for artists of all levels and ages in Eastern Connecticut and beyond, and we hope to create a place where everyone feels welcome to display or become a patron of the visual arts.

Our plan is to establish a regular weekly schedule of open hours for public viewing supported by the artists

that show their works. This collaborative approach will allow us to create a cost free “platform” for art presentation where local and regional artists may assist with installation design, display their works, and share in the supervision and monitoring of the gallery.

If you, or someone you know is an artist at any level or stage in their practice and would be interested in displaying work in our new community gallery, feel free to contact communitygallery@ec-chap.org or call (516)-567-5183

Rebecca Zablocki is the Assistant Director of the Gallery Store at the Worcester Center for Crafts; EC-CHAP “Artist In Residence”; and Director of the Dye & Bleach House Community Gallery. Contact: communitygallery@ec-chap.org.



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

Visual Arts



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Willimantic, Now and Then

For Culture and Work, Models Are Near at Hand

“When making an axe handle the pattern is not far off.”
– Gary Snyder, quoting Ezra Pound

By Mark Svetz

Wood is on my mind lately. Right now, as I sit in front of my computer, still shivering a bit from my foray into the sub-zero morning to haul some logs from the shed out back around to the front porch. It is comforting to hear the gentle clanking of the wood stove I just filled. But most of all, I am thinking about axe handles.

We have heated our house with wood for the last eight or 10 years, and we have been fortunate to buy seasoned wood, cut and split, for a good price. This year however, there was a misunderstanding and we had to worry about our wood supply as winter approached. By now, we have our wood and are set for the winter, but we were scrambling in the fall and early winter months. That was when I really started thinking about axe handles.

In fact, these circumstances – I might call it life imitating art – sent me searching for my old copy of *Axe Handles*, a book of poetry by Gary Snyder. In the title poem, Snyder explains to his son, as they split wood for the stove, what Ezra Pound meant when he wrote: “When making an axe handle the pattern is not far off.”

Last year a stand of three large trees fell in the small meadow behind our house. Several of our neighbors burn wood and we all agreed we would try to clean up the trees and harvest some good firewood while we were at it. A lot can happen between the intention to do something and actually getting the job done. This was true of me this past summer while I recovered from a back injury and thought about cleaning up that wood.

We’ve all heard of Mark Twain’s comment about the weather in New England: “Don’t like the weather? Wait a minute. It’ll change.” I think that “wait a minute” strategy works for more than the weather. For example, every time I think I need to buy something, I save money when I wait a minute and think about it. In many cases I have found inaction to be as likely to solve my problems as action. And inaction rarely has the consequences many of my own actions have had over the years.

In the case of our neighbor’s trees, Sarah and I were trying to come up with a plan when time passed and circumstances changed. Our friend Teace dropped by for a visit. He took a short walk behind the house and when he came back he asked if we would mind if he “came back with his saws and cut up some of that tree that fell behind your house.” Teace spent some time over a few days cutting wood. We ended up with a large pile of stove-length logs, most of which still had to be split in order to fit into the stove.

Sarah and I decided to try our hand splitting the logs. We had a couple mauls, an axe, a 12-pound hammer and two wedges, collected by my son Gregory when we first started to burn wood. Gregory had fun fashioning a new handle for the hammer from a hickory tree I had cut. I was impressed with Gregory’s work back then, and I cut another small hickory tree that he could make into a handle for one of the splitting mauls. Gregory, circumstances having changed again, never got around to making the second handle.

Now, Sarah and I start our adventure by cutting up a dead oak tree that had fallen recently. I’m not sure if this was for practice or for courage, but we began splitting the logs for the stove. I soon broke the handle on one of mauls. I remembered that dried hickory tree I had cut for Gregory and decided to try and make one. Using the models so near at hand, I spent a few days shaping one end of the handle to fit into the maul head. I made a wedge out of some pieces I had whittled off the handle. Soon I had an eight pound splitting maul with a new and very functional hickory handle. Whacking that first log and watching the two halves tumble to the ground was satisfying.



Miriam helps stack wood with her Mima and Nonno last summer, learning the “craft of her culture.”
Photo by Sarah Winter.

As I took up this work my son had started a few years before I was reminded further of Snyder’s poem. He continues to muse on the subject, recalling that his Buddhist teacher Shih-hsiang Chen had translated from the preface of a fourth century essay:

“In making the handle
Of an axe
By cutting wood with an axe
The model is indeed near at hand.”

Snyder really gets to the heart of it for me, when he continues:

“And I see: Pound was an axe,
Chen was an axe, I am an axe
And my son is a handle, soon
To be shaping again, model
And tool, craft of culture.
How we go on.”

This is, indeed, how we go on, isn’t it? Each of us by turns model and tool; we are each axe and handle at different times of our lives. This is how we learn to live, love and work in the particular style of our people. My father, acting as tool and model, showed my brother and me how to replace the handles we had broken on his tools. Gregory found his own models to replace broken handles years later, and I used his work as a model to help me repair the tools I need to split wood for our stove. This, I believe, the way we become the people we are; how we grow into our culture.

Our granddaughter Miriam has her own models to make the tools she will need in her life. At this point she gathers sticks for the fire, following the example of her “Mima” as they fill buckets with kindling. Miriam has helped carry wood in each of the three summers she has been alive, her share of

the work growing a little larger each year. Which is to say her understanding of the craft of her culture – in Snyder’s words – grows each year. She is learning from her models the ins and outs of her individual way of walking on this beautiful Earth. Her models start with her father and go all the way back to a fourth century teacher.

We must all study our models and learn to live in harmony with the Earth and our people. For the apt student, these models, like Gary Snyder’s axe handles, are never far from hand.

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

The Neighbors paper
Black and white
And read all over!

A Vietnam Veteran
Speaks for Peace

By Bill Potvin

This past Memorial Day I responded to a request by a fellow member of the Veterans for Peace to write an anti-war letter (below) to be left at the Vietnam War Memorial in Washington D.C. This was the third or fourth year that this was done, but it was my first participation. In 2018 there were over 60 letters left at The Wall (available to be read by any visitor) They have since been collected and archived. The message is essentially that we are mostly misled by traditional history texts, conventional teachings and corporate media. Young people are lead to believe that we Americans have always been heroes, standing for righteous good, freedom and democracy. That’s the script. As a Vietnam combat veteran, I have made the lifelong transition from a sense of duty to a thirst for the truth. My sense of duty is still strong, but it is now a wake-up call. I think that what I do now might be deemed “radical” but it is done because I think that we can do better when provided with the real truth...unfortunately, independent news is something that we have to dig for today. It’s worth the work!!! Peace in these troubled times.

Based on my conventional education (parochial school, public high school, and State University), I have always held a certain sense of duty to my country. I had friends that served in Vietnam during the mid ‘60s while I got deferments for being in college. The draft was still in place. When I graduated in June of 1969, I enlisted in Army OCS (officer candidate school) per my parents’ suggestion. We all felt that the U.S. was worth the sacrifice back then. The US had the greatest Constitution, an extensive middleclass and a successful progressive tax structure. We were also respected around the world for the support of human rights and a great accessible education system.

I flunked out of OCS and went to Nam as an E-1. When I arrived in Vietnam, I was at a low point of my life, but soon rebounded as I met welcoming enlisted men who seemed so much more human than the many officer candidates I’d encountered. I arrived “in country” in May of 1970, right at the time of the infamous Kent State Massacre.

I began my service as a jeep driver for a Company Commander of the 65th Engineer Battalion, 25th Infantry Division. Serving one tour of 11 months, I finished as a Spec. 5 Demolition Specialist, and saw combat on several occasions. I was given a Bronze Star. I never felt like we were the bad guys...even after I left Nam to do some time in the States.

Now I am a Veteran For Peace, having joined in the ‘90s after participating in ‘STONEWALK’, a tribute to civilians killed in wars. I have continued to learn more about our addiction to war. I still believe in National Defense—but not national offense, which is what we did in Nam and are doing today—pathologically. We preemptively attack, we occupy, and we make enemies incessantly. We lose many young soldiers as you can observe right here at the Wall (I knew at least 4 of them). We also kill and maim many, many innocent “enemies”... but their names are unrecorded. Our actions blatantly violate The Golden Rule (and the directives of all major religions).

I now see that I was positioned from early years to see ourselves as heroes, when, as war participants and aggressors, we are really pawns in a big money-making scheme. Look at all the names in front of you. They were fodder in an immoral, illegal military assault. The Vietnam War was a giant mistake. I feel very fortunate that I carry no personal “baggage”—no friends were blown away, I did not bust any baby’s heads, burn any hooches down, or rape any women. I sleep well and don’t have to self-medicate. If I did, I might be looked down upon as a “veteran bum” that could not get my stuff together!

Please don’t bask in the glory of this place, for there is very little of it here. These guys all lost their lives, but it was not for defending our country. They got used and paid the ultimate price.

It’s now known that we were lied to repeatedly during the Vietnam War, just like we are being lied to today. In our quest of empire, this will always be the case. Please repeat after me: “WAR IS A LIE” and read the book of the same name by David Swanson. All those names on the Wall are begging you for that.

Bill Potvin, Willimantic, CT



Olympic National Park, Washington State

On the Trail to Lake Irely

Article and photo by Christine Acebo

The trail to Lake Irely led through a rainforest of firs, spruce and hemlocks and beside bogs lit by the bright yellow flowers of skunk cabbage. It crossed streams over log bridges and tiptoed on steps of wood boards laid down in muddy areas. I saw only two other people all morning and few footprints in the soft ground. Later that evening some local people told me they were surprised the trail was passable that early in the year.

The Spring air was soft and mild and patches of dappled sunlight danced to the faintest breeze on the trunks of the mighty trees. Deep pink flowers decorated canes of salmonberry in every small clearing and hummingbirds twittered and whirled around the thickets. The air smelled green above the deep soft layer of needles beneath the spruces. Each time the path turned I entered a new territory announced by the aria of a winter wren (no mere song for him) or perhaps the hammering of a woodpecker. I could feel the eyes of those I could not see watching my passage through their realms.

The trail led to Lake Irely but it took me back to childhood. I balanced on rocks and logs in wet spots and remembered dark, pre-dawn mornings in Colorado when I walked behind my father and just in front of my brother, all of us in jeans and sneakers and straw cowboy hats, carrying fishing poles and lunch fixings. We skirted the edges of swamps but inevitably sank into cold, oozy water when a log dropped beneath our weight or a sneaker's sole skidded off a wet rock. We stumbled through thickets of thorny canes and tripped over roots and rocks. We'd started out cranky from missed sleep and by the time we reached the mountain streams and beaver dams that my father loved to fish we were soaked, chilled, scraped and drained. The sun would be up by then but would give no warmth until it rose above the forest trees a few hours later. We never got through those mornings without some misery. We never said we didn't want to go.

After the morning became the day and our wet jeans and shoes warmed up, my brother and I would recover and begin to explore the mysteries of the deep, clear pools behind the beaver dams. We might thread our hooks with worms and wait for the tug of the beautiful brook trout, salmon belly and glinty scales flashing fast at the end. We might catalog the wriggly critters in the water or try to find the entrance to the

chipmunk's den. We always made whistles from the young willow branches.

When we were hungry we might have sandwiches my mother had packed or kippered herring and boiled eggs, the fare my father said he used to bring when he skied Tuckerman's Ravine as a young man. We fed bits of bread to the "camp robbers" (Gray Jays) and settled in for a lazy afternoon. Dad would catch his limit, and as the sun dropped we'd pack up and leave the rest of the fish to hover undisturbed in the streams. The trip back was fast, in part a flight from the biting flies and mosquitoes that emerged with the midday heat, in part to be done with the dirt roads before dark. I'm pretty sure I usually fell asleep in the car on the long ride home.

My hike to Lake Irely had none of the discomforts of those childhood trips. I started out at a "civilized" hour and the day was already warm and pleasant. I moved at my own pace, slower now to protect fussy joints, and I stayed dry the whole time. I loitered to take pictures of the oozy swamps bordered by masses of sphagnum moss and lacy ferns. I smiled at the flash of little fish in pools. At the lake I listened to a symphony of bird and frog songs, nearly deafening after the relative quiet of the forest. Ducks tipped their tails in the air as they fed on water plants and I ate some almonds and raisins to keep them company. I had left the tin of kippers in the car. The memories were light and I carried them with me.

Christine lives in Ashford. To see more of her photos, go to:
www.flickr.com/photos/lightlypaintedpixels

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from January 2015 to
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From the Ground Up - Buying Local in Connecticut

Local Milk From the Stearns Family Farm

By C. Dennis Pierce

I like milk. In fact, it is my beverage of choice. I can honestly say I never bought into the benefits of skim milk or two percent milk. Just give me ice cold 100% whole milk. Sure, I strayed. For about a year I leapt into the raw milk craze but the expense was to much for me. So, like any locavore I moved back to my old standby, Mountain Dairy, whole milk.

Granted, this column is typically about gardens or grapes or local farmers, but this month I also want to showcase another local agricultural product specifically milk from Mountain Dairy. During this time when dairies are giving up and the land is being sold for housing development, we should be thankful that we have a local dairy in our “backyard”. Small dairies are falling to the wayside. That’s part of a trend that has seen the number of dairy farms in the U.S. which has dropped by half since 2000, from more than 83,000 to about 40,000, according to the U.S. Department of Agriculture. Yes, we should be thankful that we can support this local gem. Mountain Dairy started out in 1871 when Jared Stearns began selling milk to his neighbors. A generation later the Depression almost caused the potential demise of the farm but through hard work the family made the dairy a successful enterprise. As time passed the family purchased the equipment necessary to pasteurize, homogenize and bottle milk from their own cows. The cows are fed a balanced diet of feed, including corn silage and hay that they grow supplemented with a carefully measured amount of grain. Their animals are not pushed to produce unnatural amounts of milk, and as a result the milk they produce is higher in cream and protein.

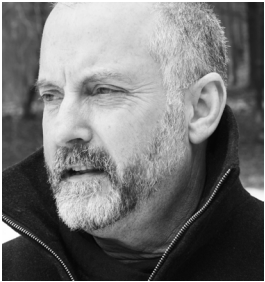
While researching the history of the farm I came across the following from Mountain Dairy’s web site: “Since 1871, the Stearns Family Farm has prioritized simple from-the-farm values for delivering high quality, great tasting milk your family can afford. And we still do, continuing our tradition of delivering Mountain Dairy milk with minimal handling and utmost care through a simple farm-to-bottle process that all takes place on our family farm in Storrs, CT. The Stearns Family oversees Mountain Dairy’s farming and bottling so you can have the confidence to know what goes into your milk every step of the way. We use timeless methods to maintain nutrients and great taste - starting with our own cows and a simple cold separated and steam pasteurized bottling process. Nothing fancy - no re-blending- never over-processed. Simply delicious milk. Just as it’s always been.”

One thing that Mountain Dairy is proud of is that they never use artificial growth hormones such as BGH and rBST. Recombinant bovine growth hormone (rBGH) is a synthetic (man-made) hormone that is marketed to dairy farmers to increase milk production in cows. It has been used in the United States since it was approved by the Food and Drug Administration (FDA) in 1993, but its use is not permitted in the European Union, Canada, and some other countries. Because Mountain Dairy does not use a growth hormone their cows are healthier and happier without them.

For this month’s recipe I wanted to share a long-lost product that you can make at home. Growing up, as I child, there always a jar of apple butter in the frig. I believe this great spread has fallen out of favor. Since last season’s apples are still available at the Willimantic Co-op and at the local Farmer’s Market you may try the following recipe and serve it instead of jam or jelly at breakfast or packed away in a lunch box.

Slow Cooker Apple Butter
Makes 3 quarts

- Ingredients:
- 5 to 6 pounds of apples (use Granny Smiths, Delicious and Winesaps, or a mixture of all)
 - 4 cups of sugar
 - ½ cup of water
 - 1 tsp of ground cloves
 - 1 tsp of cinnamon
 - 1 tsp of ground allspice
 - 1 cup of apple cider vinegar



- Directions:
- Wash apples and remove stems. No need to core or peel them
 - Add apples and ingredients to a slow cooker and cook with the lid off for six hours.
 - Run the mixture through a sieve, strainer or food mill. Squeeze out all of the liquids and compost or throw out the skins etc.
 - Take mixture and put it in a heavy pot and continue to cook until it thickens. Stir frequently.
 - Adjust spices or sugar
 - Sterilized jars and lids in boiling water, remove and cool
 - When the mixture is thick enough fill jars, leaving ½ inch headspace
 - Cap jars and place jars in boiling water for 10 minutes
 - Take out and cool.

There is a good video on line for canning (they are making strawberry jam but the canning process is the same) at https://www.youtube.com/watch?v=Os6225I_Lco



- Mountain Dairy also has some fun facts on their website Did you know?
- Cows drink a bathtub full of water a day.
 - Cows have almost a 360-degree panoramic vision.
 - A Holstein calf weights on average 80 lbs. at birth.
 - A cow gestation period is 9 months just like a human.
 - Cows can smell something up to six miles away.
 - There are 11 million cows in America today and will produce 57.5 billion quarts of milk.
 - An average cow weights 1,400 lbs.
 - The typical cow stands up and sits down 14 times a day.
 - A cow’s heart beats between 60 and 70 beats per minute.
 - Cow’s actually do not bite grass; they curl their tongue around it.

If you enjoy this column please take the opportunity to let me know. Have faith, as we mire through winter, Spring is only 8 weeks away. If you are yearning for Spring, plan on attending Mansfield’s Friends and Farmers Fun Night at the Mansfield Community Center on Friday, February 22nd. Come meet Mansfield area’s CSA (Community Supported Agriculture) farms and learn about how partnering with local produce providers in a share system can benefit tour family. Time is 5:30pm to 8:30pm more info is at www.tasteofmansfieldct.org

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.

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

The Neighbors paper
Locally Written
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Common Sense Car Care

By Rick Ostien

Last month’s article focused on the change of tires on a vehicle. This month we are going to concentrate on the electrical system in each car or light truck.

The battery is really the heart of the vehicle. The human body needs a beating heart to live. The car or light truck you drive needs a battery to run, or live. The 12 volt battery that runs a car or a light truck comes in different capacities and designs. The correct battery for a vehicle is very important. When a vehicle is being engineered by the manufacturer, amperage and voltage draw comes into play so the electrical system fits the vehicle’s needs. It just amazes me when I look at some of the vehicle designs of today’s cars and trucks. The electrical circuit as we have said has been designed for exact amp draw on the electrical system. When you add extra components to an electrical circuit you have to understand the increase in amp draw and its effect on the vehicles performance. I’ll give you an easy example. Suppose you want to install a trailer hitch on your car or light truck. Years ago you purchased a \$7.95 wiring harness. The proper wires were hard wired into the vehicles wiring harness and you were good to go. Today’s vehicle needs to have a harness designed for the application. The wiring harness comes with a module that has its own 12 volt power source. The module increases the amp draw to the trailer lights so the current lighting system is not overdrawn. This type of system heads off future problems. The use of multi-port outlets going into the vehicles accessory port will cause nothing but problems and should not be used. This is like the movie “Christmas Vacation” where all the Christmas lights are plugged into one outlet.

The alternator supports the needs of the electrical system. All alternators have a maximum amp output. Today’s vehicles use around 100 amps plus or minus. If you have a weak battery in your vehicle the alternator has to work harder to keep the weak battery charged so it can fulfill the needs of all the electrical components. This sometimes damages the alternator. Some repair facilities offer free battery checks. The battery check is usually offered when you have the oil changed. You do change your oil, don’t you?

The electrical system problems that a repair facility encounters today are just the beginning. As the addition of safety and comfort systems increases so will the expense of maintaining and repairing.

I received a letter this month from an old business friend of the family. I deeply appreciate the time you took to write. I want to assure you that your values and old school business ways are still at work in today’s business world. We have 70 years this year of servicing the motor-ing public to prove that.

Rick Ostien is the owner of Franc Motors in Willington.

Know Your Farmer Fair

Buy Local, Regularly

Submitted by Libby Tarleton

The Windham Community Food Network (WCFN) is hosting their 4th Annual Know Your Farmer Fair at the Windham Town Hall Auditorium on Saturday, February 23rd, 2019 from 10 am to 1 pm. Now in its third season, this event creates an opportunity for the community to meet local farmers from across Eastern CT and look ahead to the upcoming growing season. Residents can ask about local Community Supported Agriculture Programs (CSA), farm stands and pick-your-own opportunities.

Chefs and merchants can meet farmers and make contacts for sourcing products for the 2019 growing season. It is a unique event, building relationships and trust by opening a dialogue between those who grow and raise the food here in CT and those who eat.

Additionally, there will be food and farm products available for purchase, a seed swap table, several hands-on demonstrations on topics such as Seed Saving, Mushroom Growing, Bee Keeping and Fermentation and a “Know Your Farmer” raffle.

This event is free and open to the public.

The Know Your Farmer Fair is a project of the Windham Community Food Network. WCFN is a collaboration of merchants, farmers, organizations, and community members looking to meet local nutritional needs with local resources.

Windham Town Hall Auditorium is located at 979 Main Street, Willimantic CT. For more details about this event, see www.facebook.com/ctknowyourfarmerfair or visit our website at www.windhamfood.org/farmerfair.

When Hippies Get Old

By Delia Berlin

I will turn 65 this year and my husband, David, is almost 15 years older than me. By any definition, both of us are now “senior citizens” and so, I’ve been reflecting about the implications of such a status. Like many old people, we are lucky to feel much younger than we really are. Aging can take many paths and usually, as long as good health lasts, it is of little relevance for most aspects of life.

While aging has some common, timeless elements for all of us, each generation and each individual will bring their own set of experiences into the process. As cultures blend and evolve, so will the needs of the aged and the tools at their disposal. The good news is that we live in an era of exponential knowledge growth. Medical knowledge, in particular, used to double every 50 years in 1950. By 2020 (yes, next year!) it is expected to double every 73 days (yes, days!). The bad news is that it will take a lot of work to put this knowledge to good use.

This new knowledge is resulting in solutions for many of the problems created by the aging process. But some of these solutions involve adaptive technologies that also require some technical skill from the user. These days, it doesn’t take long to fall behind in these skills, particularly after retirement. Almost any work environment provides opportunities for continuous technical learning, as well as support staff to help us stay current. Once we leave that environment, it’s hard to replace that ongoing updating, which today, with so much technology at our disposal, is more necessary than ever.

Take for example, hearing aids. There has been such a revolution in audiology that my husband’s newest hearing aids can even translate. He can control languages and other settings through an app in his iPhone, which can live-stream phone calls wirelessly to his ears. And while this sounds absolutely wonderful, it’s also worrisome, because it requires the use of other skills that often also decline with age, as hearing worsens.

My mother-in-law comes to mind to illustrate this point. In her final decade, she was totally dependent on hearing aids to communicate. But with severe arthritis in her hands and advanced macular degeneration, she could no longer change their batteries, maintain them, or even place them properly inside her ears. Apparently, designers of hearing aids know very little about the people who wear them and their challenges.

Another problem my mother-in-law encountered was the rapid evolution of phone technology. While she only used a landline and never had a cellphone, there were changes in digital technology that affected her ease of use. Voice mail was different from an answering machine. Call waiting and call forwarding were daunting. We never could properly explain to her that we had been on another call when she called us, but not away, even though she had received no answer, instead of a busy signal. We tried to program her frequently used numbers for fast dialing, but she never got used to it. When she got too slow to get up to answer, she managed the transition to a cordless phone that she kept nearby, but she usually forgot to turn it off, making it impossible for us call her.

When my mother-in-law’s hands were no longer able to dial fast enough for a call to proceed, her frequent complaint was about a lady who kept telling her that she couldn’t complete the call as dialed and she needed to hang up and dial again. She couldn’t find any logic in those instructions and she really hated that lady. The only solution she could see to get rid of her was to purchase a new phone. During her last few years, David must have bought her a minimum of ten phones. Many had improved features, like large numbers, enhanced volume or lit displays, but much to my mother-in-law’s chagrin, we were never able to get rid of the pesky lady.

TV remotes presented similar challenges. While these devices may seem super simple to the technologically savvy, to be fair, a regular remote control contains approximately 60 buttons placed in close proximity. Several of them are multifunction and respond differently to single, double or triple hits. It’s not hard to understand how diminished dexterity and strength from arthritis or poor eyesight can make them challenging. There were times when my husband succeeded in simplifying his mother’s remote by taping cardboard covers over certain areas to prevent accidental hits. These home-grown solutions usually gave us a few days of respite between malfunctions, but they weren’t ideal.

We also have other old relatives who gave up driving when their car died, not for loss of driving ability, but for fear of having to manage a new car’s controls. In a



few years, cars changed enough to make many older people very anxious about re-learning operations with enough confidence to perform under pressure on the road.

And of course, all of us must deal with software updates. Whether it’s our phones, tablets, smart TVs or computers, an update may mean that we have to figure out a new interface, a new look, a new way to do what we had already figured out how to do. We have friends who neglect downloading critical updates for fear of becoming lost in the “new improved” screen.

It seems that for technological advances to be helpful to the elderly, better intergenerational communication is essential. I see two opportunities here. First, developers of these technologies must use more seniors to design and evaluate their products. If we expect new technologies to be good for seniors, seniors must have more say about their needs and idiosyncrasies. Second, we could use a generational reset in services, to better serve an aging generation that grew up with technology.

Perhaps senior centers could fill some of the gap in technical actualization and support created by retirement. Personally, we don’t have much experience with senior centers. Once, David got help there to complete his mother’s income tax forms. Another time, he took a short safe driving class that resulted in a small insurance discount. Recently, he picked up a flyer to find out more about the range of programs offered.

In addition to fitness classes, low-cost meals and trips, the flyer listed many social activities. While I hear nothing but good things about these programs and I’m not suggesting any changes, as baby boomers age, the range may have to expand. Because, in fact, everything in the flyer seemed to be just for “old” people. (Did I mention that it was a senior center flyer?)

Once again, I was reminded of my mother-in-law. Even when she was in her hundreds, she refused to get involved with many venues because everyone there was too old. Am I similarly affected? I don’t think so, in the sense that I accept I’m old. But regardless of age, you don’t wake up one day and suddenly become a person who plays Bingo. There is cultural or generational gap there and we may need a full reset to serve us, former hippies, as we age. Frankly, there were activities in the flyer that held appeal, like dancing. But that happened at 10:30 in the morning, a time when we are usually very busy and not yet ready to think about any leisure. There were also tempting daily meals, but the menus involved meat-based, comfort-foods that we normally pass up in favor of lighter fare, for environmental and health reasons. There were some nostalgia-inspired trips, but nostalgia requires a connection to earlier experiences. These trips were, perhaps, reminiscent of my mother’s experiences, but definitely not mine. And there was plenty of Bingo. But how old will I have to be to play Bingo? Well, if you really must know, I will be dead before I ever play Bingo.

So, as a new year is still young, I wish for renewed insights into the complexities of our aging difficulties, particularly for the young techies in Silicon Valley who are designing adaptive technologies. I also hope for more technical training and support opportunities to address the challenges of these technologies. And please, let it be soon, because changing tiny batteries with bad eyesight and shaky hands ranks very close to Bingo.

And now, for full disclosure: I have already mentioned that my husband’s hearing aids can translate, but I haven’t yet said how well. That could be the subject of another story – and a very funny one, indeed.

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First in a series: ‘Where Our Garbage Goes’

Mansfield Gets Ready to Ban Plastic Bags As It Goes Green

By Corey Sipe

Those doing their shopping and dining in Mansfield might see a big change later this year as the town strives to become more environmentally friendly. The expected implementation of a “Bring Your Own Bag” ordinance would prohibit many single-use plastic bags from checkouts at the town’s department, grocery, hardware, and convenience stores along with its restaurants and pharmacies. Produce, nuts, candy, meat, bakery, flower, newspaper, and laundromat bags would be exempt along with garbage, pet waste, and yard waste bags.

At press time, a public hearing on the ordinance was scheduled at 7:05 p.m. on Jan. 28. The ordinance is listed on the agenda for council members to discuss and possibly act on later in the evening during the town council meeting. “Council rules say we may not vote until our next meeting. We occasionally waive those rules by a vote, but I don’t expect us to do so in this case,” wrote Mansfield Town Councilor Ben Shaiken in a recent e-mail to the *Neighbors* paper. “I expect we will vote on Feb. 11,” he wrote, referring to town council’s next regularly scheduled meeting at 7 p.m. Council meetings are held in the council chambers of the Audrey P. Beck Municipal Building, also known as Mansfield Town Hall. According to www.mansfieldct.gov, those meetings are broadcast live at https://townhallstreams.com/towns/mansfield_ct and available for on-demand viewing for up to 12 months.

If the council approves the ordinance, there would be a six-month transition period before it goes into effect. “This will give businesses time to use down their supply of bags and for chain stores to shift their inventory from one store to another,” Virginia Walton, Mansfield’s recycling coordinator, said. The ordinance would make Mansfield the first town in Eastern Connecticut to prohibit most single-use checkout plastic bags. “After two and a half years of work, residents in town really want the town to move in that direction,” she said. Businesses violating the ordinance would be given an opportunity to comply and then would receive a written warning before a \$90 fine per day is assessed. Walton said that the ordinance was the result of the hard work of the town’s solid waste advisory committee. It has held several educational presentations to other town commissions and to the public to solicit feedback and answer questions. She said that there was “overwhelming acceptance of the idea” among the town’s more than 90 businesses when members of the committee visited them. For more information, visit www.mansfieldct.gov/reusable-bags.

Why Ban the Bag? How Will It Be Replaced?

Walton said that along with reducing the amount of thin film plastic litter, the ordinance aims to raise awareness of how consumerism is affecting the environment. Plastic bags are “a non-renewable resource and too much of it ends up in waterways. Animals are dying because they mistake it for food,” she said. According to the town’s solid waste advisory committee, it’s estimated that 8.6 million plastic bags are used in Mansfield per year. This is, on average, almost one plastic bag per person per day based on the town’s 2010 census population of 26,543. “Our focus is not to move from plastic to paper but to use the six months to focus on reusable bags,” Walton said.

However, she credited G.M. Thompson and Sons Store, Mansfield Supply, Wing Stop, and many of Mansfield’s package stores who only use paper bags since those do not pose a threat to waterways like plastic bags do.

According to the solid waste advisory committee, the average supermarket pays around \$1,000 weekly for plastic bags which cost between 2 and 5 cents each. They believe businesses will benefit from the ban as they will purchase fewer bags. Businesses will also gain revenue from reusable bag sales and for advertising on those bags. She said the town has been giving out complimentary reusable bags at various functions in Downtown Storrs like Celebrate Mansfield. They continue to be available for free to residents at the Mansfield Senior and Wellness Center. Big Y Supermarkets, which has a store in Mansfield, has already committed to having all stores eliminate single-use plastic bags by next year. Recently, at its Mansfield location, collapsible shopping boxes, insulated reusable shopping bags, and laminated reusable shopping bags were available for purchase. A message on the reusable bag states, “Together we’re saving our planet, one bag at a time. Reduce our carbon footprint, eliminate plastic and paper bags.” Fabric reusable bags can be cleaned by throwing them in the washer and air drying them. Plastic

reusable bags can be wiped down with hot soapy water.

It is recommended that folks designate separate bags for meats, seafood, produce, other perishable food items, canned goods, and cleaning supplies. Those looking to properly dispose of their plastic bags can take them to Big Y and Price Chopper Supermarket so they can be reprocessed into composite lumber or small pellets.

Momentum to Ban Plastic Bags Builds Elsewhere

As Mansfield prepares to eliminate plastic bags at store checkouts, the University of Connecticut did so Jan. 21 at its dining services retail and Grab & Go locations. While UConn is in Mansfield, it is not subject to town ordinances. UConn’s efforts were thanks to the dining services department and the Zero Waste Campaign of the UConn PIRG, Public Interest Research Group, a student-run advocacy group on campus.

According to an article on the UConn Today website, Dennis Pierce, executive director for UConn Dining Services, said “Our goal is to change the culture on campus and have students think of what they can use as an alternative for plastic bags.” 100 percent recyclable and reusable paper bags will be sold at the university for



Virginia Walton poses with one of the reusable bags that the town has given out as it prepares to implement new ordinance that would prohibit plastic bags at store checkouts. Corey Sipe photo.

10 cents each. Reusable pocket-size shopping bags will be sold at the Union Central Exchange in the Student Union. The dining services department used 385,000 plastic bags in its retail and Grab & Go operations during the 2017-18 fiscal year.

Additionally, Windham and other surrounding communities are watching Mansfield and are considering having similar ordinances, Walton said. BJ’s Wholesale Club, Aldi, and Price Rite Supermarkets, which all have stores in Windham, do not use plastic bags at their checkouts.

As for momentum at the state level, six proposed bills have been submitted to the Connecticut General Assembly’s Environment Committee. House Bill 5245 would prohibit plastic bags, straws, stirrers, polystyrene packaging, and products containing microplastics as well as helium balloons from being released into the atmosphere. House Bill 5019 would levy a 5-cent tax on anyone using single-use plastic and paper bags to encourage use of reusable bags. Money from the tax would be used for environmental programs. House Bills 5398, 6002, and 6011 as well as Senate Bills 227 and 236 would simply prohibit plastic bags.

At press time, the Environment Committee has not yet scheduled public hearings for any of those bills. A statewide ban proposal comes after plastic bag ordinances were passed in Westport, Stamford, Greenwich, and Norwalk. The Sierra Club reports that 90 communities in Massachusetts have passed plastic bag prohibitions. According to BagLaws.com, 10 Rhode Island towns prohibit plastic bags.

Other Programs

In her 28th year as Mansfield’s Recycling Coordinator, Walton said that the job has changed over time. When she was first hired, she inspected trash and recycling items that residents put curbside. Now she said, “I do much less enforcement and a lot more education.” Walton has given several presentations to residents about sustainability. “It’s a lovely town to work for and the best part of my job are the residents. I really appreciate the people who serve on the solid waste advisory committee as volunteers,” she said.

The committee has worked on a variety of programs such as the repair café, the Food Too Good to Waste Residential Challenge, and the pay-as-you-go

weekly trash service. The repair café is a free event where community members can get their toys, small electrical appliances, clothing, computers, dull knives, wooden products and more fixed by volunteers. They can also get do-it-yourself advice. This is to prevent those items from being brought to the landfill. The repair café will be open April 13 and July 13, 10 a.m. to 2 p.m. in the Arnold Auditorium at the First United Congregational Church in Willimantic. For more information go to www.facebook.com/repaircafe.willimantic.

The Food Too Good to Waste Residential Challenge allows people to learn smart shopping, preparation, and storage practices including tips in maximizing the use of leftovers which could save them as much as \$130 every month. More information is available at www.mansfieldct.gov/food-too-good-to-waste.

As for trash service, Walton said that Mansfield residents can sign up for a “service level based on a variable size,” which include 20, 35, and 64-gallon trash can service. It comes with a complimentary 64-gallon recycling can. Both trash and recycling services are provided by Willimantic Waste Paper Co., which serves residents throughout Windham, Tolland, New London, and Hartford Counties. She said while the average household in Mansfield has the 35-gallon trash can service, the 20-gallon trash can service is ideal for elderly individuals and couples.

- Curbside recycling includes:
- “clean paper” like newspapers, junk mail, and office paper, cardboard boxes and paperboard
 - all aluminum, tin, steel and bi-metal cans
 - glass food and beverage bottles and jars
 - all types of plastic containers except Styrofoam containers, milk cartons, juice cartons, and drink boxes

Mansfield residents can also bring their trash to the Mansfield Transfer Station and are charged on a per-bag basis. The station is located at 221 Warrenville Road. It is open Tuesdays and Saturdays, 8:30 a.m. to 4 p.m. and Thursdays, 12 p.m. to 4 p.m. They can be reached at 860-429-7189.

- The Mansfield Transfer Station provides recycling for:
- cans, glass, plastics, paper, paperboard, cardboard, fluorescent bulbs, rechargeable batteries, electronics, ballasts, paint, scrap metal, automotive fluids, oil filters, mattresses and box springs, styrofoam peanuts

Those with questions regarding recycling in Mansfield can contact Walton at 860-429-3333. She added that she thankful for volunteers on the sustainability commission and climate action task force. “All of them dedicate time to various projects and I respect that,” Walton said. Those on the climate action task force evaluated the Mansfield Tomorrow Plan and reported to town council what they feel the town should focus on. The Mansfield Tomorrow Plan is the town’s long-range plan for conservation and development. The plan advocates economic opportunities that support local businesses and sustainability like the Storrs Farmers Market. The winter market is open to the community twice a month from December to April, 3 p.m. to 5 p.m., in the Buchanan Auditorium at Mansfield Public Library. Remaining winter market dates for 2019 are Feb. 2 and 16, Mar. 2 and 16, and April 6 and 20. Mansfield has weekly farmers markets on Saturdays from May to November, 3 p.m. to 6 p.m., outside Mansfield Town Hall. Visit www.storrsfarmersmarket.org for more information.

Walton said there are several upcoming sustainability workshops open to the public. An organic lawns workshop, led by Rick Brosseau, of Milrick Lawn Service in Coventry, will be held April 20, 10 a.m. to 11:30 a.m., at council chambers. An invasive plant identification workshop, led by Charlotte Pyle from the Connecticut Invasive Plant Working Group, will be held April 27, 9:30 a.m. to 11:30 a.m., at the Eagleville Preserve. A rain garden workshop, led by Judy Rondeau, Assistant Director from the Eastern Connecticut Conservation District, will be held May 18, 9 a.m. to 12 p.m., with the location to be determined. A backyard composting workshop, led by Walton, will be held May 4, 10 a.m. to 11 a.m., at council chambers. For more information about these workshops call 860-429-3015. While the town has 90 participants who volunteer in the adapt-a-road program picking up roadside litter, Walton said “if every property owner cleared up his stretch of roadside property, our town would be a lot cleaner.” To volunteer in the adapt-a-road program, visit www.mansfieldct.gov/content/1914/3973/40158/40226/40228/.



Among the 40 ralliers in Pomfret were (l-r) Sally Rogers and Tima Smith of Pomfret, a woman to be named later, Laura Moorehead of Putnam, Valentine Iamartino of Thompson, First Selectman Maureen Nicholson of Pomfret, and Susan Mundy of Tolland. Carol Davidge photo.

Pomfret Rally in Support of Women

By Carol Davidge

They waved, they sang, they rang bells, and they observed one minute of silence at 1pm in Pomfret on January 19. Forty people - men, women, girls and one puppy - came to the Quiet Corner Shouts! rally in support of the nationwide Women's Marches. At 1pm, QCS Co-Founder Cris Cadiz called for one minute of silence in support of the 1@1 Minute for Women's Equality. (At one o'clock U.S. Eastern Standard Time, people around the world stopped for 60 seconds to acknowledge the importance of women's lives, struggles and contributions.) Following that minute, the Pomfret crowd rang bells. Then they spread out along Routes 169 and 44 opposite the Vanilla Bean Cafe and waved to cars that passed by. Ralliers came from Thompson, Putnam, Vernon, Tolland, Woodstock, Eastford and other towns in northeastern Connecticut. Drivers in pickup trucks, small sedans and vans honked and waved as they passed the busy corner. At 2pm, folksinger Sally

Rogers led the crowd in "This Little Light of Mine," and the crowd headed home. "This is my third's Women's March," said Cadiz. "We started this group, Quiet Corner Shouts!, after the first march when I traveled to Washington D.C. Today, we are still here, protesting! I'm proud of all the people who came out in Pomfret to voice their ongoing concerns about the current administration and the trauma it is inflicting on our nation in so many ways. We will not be quiet until our concerns abate. And we want our neighbors to take an active role in helping make our world a better place for everyone. Maybe next year, we won't have to march anymore!" she exclaimed. Quiet Corner Shouts! is a grass-roots organization providing opportunities for individuals to engage in their local communities and unify efforts for social causes through civic engagement. The group's next meeting will be February 7 at 5:30pm at the Vanilla Bean Cafe. For information, go to facebook Quiet Corner Shouts Info.

Raising Historical Awareness: Making Connections

By Joan Taraskiewicz

I have been pondering the role of our Gardiner Hall Jr History Museum at The Mill Works, and I have come to realize that, just as no man is an island, no historical site is an entity unto itself. EC-CHAP's mission is: to engage the senses, ignite the creative spirit, and preserve local history.

When Gardiner Hall Jr Company was first established, the Civil War was just about to break out. We tend not to think about the North's role in slavery, but the increasing demand for cotton for the thread and fabric mills in the north created an increasing need for slaves in the south. The war interrupted this flow of cotton and impacted production of thread in our region. Some mills in New England that had been well established before the conflict began were able to squirrel away extra cotton to help them through this rough time. But, I don't know how many in our part of Connecticut were actually able to do so. (more research!). The Gardiner Hall Jr Company was shut down for a short while because of the supply problem and during this time Gardiner Hall Jr worked at Willimantic Linen Company, polishing skills that he would later use in his own factory. Luckily, he was able to return after a short while to his dream and establish his mill on the site where EC-CHAP now calls home.

As we take local events and look at them through the lens of regional or national events, they take on new meaning. At first glance, the



brief shut-down of the Hall Company during the Civil War may not seem like a significant act, but considering the difficulty in securing raw materials at the time, it seems incredible that this thread mill even survived the challenge at all.

In an effort to raise awareness and understanding of local history and the preservation of historical assets, we feel a need to expand our view outside the tenure of the Gardiner Hall Jr Company (1860 to 1954). This period is but a portion of the total history of this town. Willington was settled much earlier than this and has continued to grow and change since the Hall Company closed. We cannot really put this time period into context without considering what happened before and afterwards.

I have more questions than answers about our local history. But, I realize that Willington's stories could have counterparts in other towns in our region. Did all of them have the growth pangs and pleasures that we experienced here? How did the history of other towns impact the history of our own town? I think that the answers are too complex for one person to elicit by him/herself. Willington's history has certainly been influenced by events outside our region. We believe we should celebrate our local history by looking beyond our town borders.

As a part of addressing this

broader historical view, EC-CHAP intends to engage in dialog with local, regional and statewide Historical Societies and organizations to facilitate opportunities for conversation, collaboration, and programming. There appear to be pockets of rich history just waiting for connections to be made. As your regional cultural organization, we hope to play a small part in bringing together the many folks who can share knowledge, common interests, and help to connect the historical "dots" that will yield better understandings.

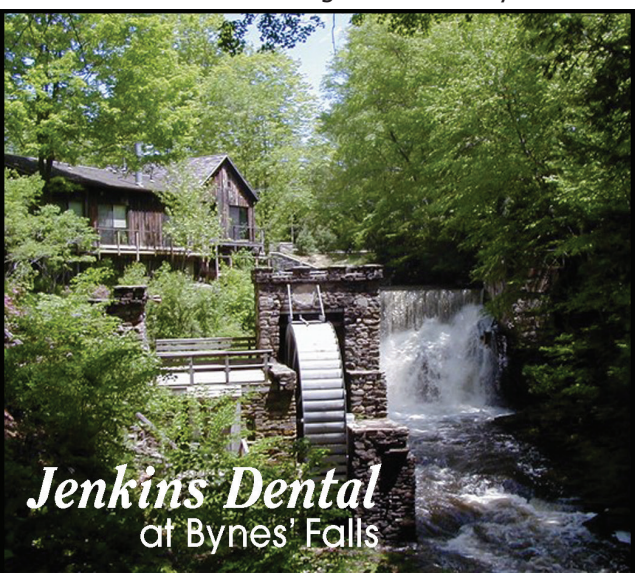
Stay tuned...

Joan Taraskiewicz, is a retired educator, EC-CHAP Member, and Curator of the Gardiner Hall Jr History Museum. You may contact Joan at: curator@gardinerhalljrmuseum.org or 860-429-4669.



To all our contributors-

Thank You!
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T. King, Publisher



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Be Horrified Globally, Be Heartfelt Locally: Unpacking White Innocence Through Local Initiatives

“[T]he thing that most white people imagine they can salvage from the storm of life is really, in sum their innocence... I am afraid that most of the white people I have ever known impressed me as being in the grip of a weird nostalgia, dreaming of a vanished state of security and order against which dream, unfailingly and unconsciously, they tested and very often lost their lives...”
James Baldwin, Nobody Knows My Name

By Phoebe C. Godfrey

In thinking about the recent government shut down that has been brought about by President Trump’s manic commitment to his politically strategic wall, I am reminded of how perspicacious James Baldwin’s analyses of whiteness were and still are. As I observe Trump and his followers who continue to incite and further unveil our country’s deeply embedded racism, sexism, bigotry, authoritarianism and duplicity, what most disturbs me is exactly what Baldwin identifies—a deluded sense of their own “innocence” and “their weird nostalgia, dreaming of a vanished state of security”, if only those _____ [fill in the blank] people would be removed from their imagined ‘paradise’ / ‘manifest destiny’. For example, even with the additional video footage that helped add context to the highly publicized intercultural confrontation in front of the Lincoln Memorial between the young white man Nick Sandman and the Native American elder Nathan Phillips, this incident perfectly embodies Baldwin’s insights. The failure of Nick to move or to offer deference to the older man, as well as his next day claim on CNN to “...not have hateful feelings in [his] heart”, even as he sported a MAGA hat, all reinforce this claim to white innocence, both on the individual and collective levels. Of course, we will never know what Nick’s true intentions were but what is more important than him as an individual are the socio-historical symbolisms deeply embedded in this highly radicalized ‘stand-off’, of which he and many other whites seem totally oblivious. As Nicky Bell is quoted saying in the Washington Post, “It was just so in line with the history of colonization and appropriation... This youth felt he had the right to be in that space, to be taking up this man’s space, to be in the space of this song and this honor” (https://www.washingtonpost.com/history/2019/01/23/face-off-between-catholic-school-teens-native-american-elder-is-reminder-years-conflict/?noredirect=on&utm_term=.9152492d886e).

If you are white, as I am, it is essential that we look into our own identities / culture and see how this insidious tendency to claim ‘space’ all while also claiming ‘innocence’ in the face of so much inequality and oppression plays out. This is the case even if we claim to have liberal or even radical politics. In fact, often claims to innocence in the face of racism, as well as sexism, religious



James Baldwin

bigotry and other forms of oppression are ironically most expressed by those who have built their identities on ‘being different’ from the status quo, as in being progressive. As I like to say to my students, if you are white then you have been most infected with our socially transmitted disease of racism and as with all the other creators of inequality and best way to address them is by making them conscious and taking responsibility both personally and socially. In sort, we must do the opposite of claiming innocence. It is then that we can begin to wake up to the reality of our nation’s history and its current trajectory in order to help create authentically meaningful alliances with the shadow parts of ourselves, as well as those others we have not only purposely shut out of our “state of security”, but upon whose lives this tenuous security has been forged.

For me, part of moving away from claims to my own innocence towards taking responsibility, has been my ten-year involvement with what has become known as CLiCK, the non-profit commercially licensed co-operative kitchen. From the beginning, I have tried to put addressing issues of inequality at the center of CLiCK’s mission and practice and over the years we have had successes that are the result of this focus. In an area such as Willimantic, where the poverty rate is more than double that of Connecticut as a whole, CLiCK offers entrepreneurs a low-overhead, low-risk foothold into the notoriously difficult food industry with access to a subsidized shared kitchen facility in an incubator setting. Small businesses do not need to supply the capital investments necessary to build and operate a commercially licensed kitchen facility. In a shared incubator, small businesses can find their feet and grow in our local economy, building a stronger, more resilient Willimantic. In fact, many of our small food businesses are key vendors at many of our local farmer’s markets and even at the Willimantic Food Co-op.

So if you, like me, find yourself feeling horrified about what is going on globally in terms of the rise in racism, sexism, bigotry, authoritarianism and duplicity and you want to do something

heartfelt locally, CLiCK (as well as many other local non-profits who are doing great work) is always looking for motivated individuals to volunteer, to possibly join our Board, take one of our classes or to incubate their own business. This year we have exciting new plans to incubate a ‘job-training catering business’ that we hope will be able to supply interested local businesses and individuals with locally sourced, freshly made, healthy foods. We have also received funds from the CT Department of Agriculture to help train local farmers on new food safety laws. Additionally, we have recently launched a new beautiful web site, which will keep you informed on how to get involved, how to join and let you know what else we are up to. It’s a New Year but our problems as a nation / world are old and insidious and its time for more of us who are privileged to take responsibility and do better so we may not ‘lose our lives’ but rather ethically enrich them, while also economically enriching the lives of others upon whose oppressions we have individually and collectively benefited.

readings, drawings, symbols and lyrics into physical art. Spiritualist Church, 268 High Street, Willimantic. Info: firstspiritualistchurch.org
Hiking: Long-Distance Guided Hike, 11:00a.m. - 1:00p.m. 5-6-mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Community Food: Plunge for Hunger to Benefit the Covenant Soup Kitchen, 1:00p.m. Sponsor forms available at www.covenantsoupkitchen.org. Join the plunge at Phillip Lauter Park, 625 Jackson Street, Willimantic.
Community Food: Storrs Farmers Market, 3:00p.m. - 5:00p.m. Buchanan Auditorium, Mansfield Public Library, 54 Warrenville Rd, Mansfield Center. Info: storrsfarmersmarket.org
Live Music: Voices of Concinnity – Chamber Ensemble, 7:00p.m. \$15-

Slobbered

By David Corsini

Wednesday was trash pick-up day
I was out early to add items to the recycle bin
I glanced down the road to see advancing
A high school student and
A woman walking a dog
The dog saw me and perked up
The yellow lab pulled the woman toward me
I had been wrong
The dog was walking the woman
I braced myself
The dog pranced on its front feet but did not jump up
Then reached its head toward me with insistence
I gave the dog a good rubbing on his head
I was rewarded with a licking
The woman looked at me and smiled
We did not speak

She and the dog were then on
their way
The student passed and we exchanged “hello”
So before breakfast I had been
Slobbered by a dog
Smiled on by a woman and
Greeted by a student
Recycling has many joys

2019

By Kevin Pratt Jr.

When a new year begins we expect change. We sometimes have a positive outlook that things might be different. We are going into the New Year being excited about the possibilities of things working out our way. This concept has eluded me for years and I don’t understand why. I always try to be positive about everything but I always seem to get obstacles in my way all the time. Even with the obstacles I still try to stay positive, even though people don’t think I am. I know it doesn’t always show on my face, but I try to stay upbeat as possible as best I can.

With the new year upon us I always want something good to happen, but I feel as though I’m already chasing my tail. I actually thought I was making some headway as far as a relationship is concerned during the last six weeks of 2018. It turns out I don’t think that was the case. I think she was just being nice without telling me her true intentions which were she wanted to go 1st to 4th gear almost immediately. I told her things had to move a little bit slower. She needed time to get to know me and understand who I am and what it involves being with a disabled individual. She was talking to me every day for six weeks straight, then all of a sudden it just stopped and I don’t know why. I was never rude or crude in any way. I was always very encouraging with anything that she ever had to say. I will say she is very beautiful, there’s no question about that. Was she forthcoming and honest with me? I don’t know. I enjoyed the conversations. I looked forward to the conversations because as it stands right now my life is not very interesting. I only work one day a week and the rest of the time I’m going stir crazy. The reason I didn’t write an article for this paper last month was because I was busy having conversations with this young woman on a daily basis. I say young woman because she is 15 years younger than me and she is absolutely beautiful. Was I hoping to build off of the conversations? Absolutely. I really want something to work out for me instead of being alone all the time. I want something else to focus on. I wanted to build towards something unique and interesting for sure. Will this young lady ever talk to me again? I don’t know. Wherever she is, whatever she is doing, I wish her well. I wish her all the happiness in the world. I just want something for me in 2019. Being a bachelor is no fun. I want something to look forward to and have fun as much as I can.

So reader, just keep in mind for every New Year an opportunity comes along with it. Try to take advantage of that opportunity and don’t be scared to try new things or experience new things. We only live on this planet one time, so take full advantage of it. May you all have a great 2019.

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T. King, Publisher

Our Community Calendar

Compiled By Dagmar Noll

Ed. note:The calendar begins here and winds it way through the paper.

February 1, Friday

Skill Share: Hypertufa Succulent Class Part 1: Creating the Hypertufa, 6:00p.m. - 8:00p.m. \$50. One of two sessions. The Flower Pot, 9 Dog Lane, Storrs. Register: 860-429-2299

Astronomy: Come Walk Among the Stars, 7:00p.m. - 9:00p.m. Ralph Yulo teaches about winter constellations. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

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

February 2, Saturday

Kids: Magic Show, 11:00a.m. - 12:00p.m. Free. Willimantic Public Library, 905 Main Street, Willimantic. Info: 860-465-3079 www.willimanticlibrary.org

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

Art: Spirit Art Class, 11:00a.m. - 1:00p.m. \$10. Channel paintings,

5 Ways to Minimize Taxes in a Portfolio

By James Zahansky, AWMA®,



If you are thinking about tax season already, you are not the only one. Tax efficiency is a part of any investment strategy and it is important to consider how it will fit into your entire financial picture. Our unique and strategic process considers your specific circumstances and builds a plan to help you achieve your financial goals with the end in mind: “Living Well.”

Whether you have thought about it yet or not, follow along for the month of February to hear tax tips to help you Plan Well. Invest Well. Live Well.™ Converting to a Roth, harvesting losses and bunching donations can minimize taxes.

For most investors, the importance of having a tax-efficient portfolio only becomes apparent when Uncle Sam presents them with a steep bill, something many taxpayers may be discovering now after the gains in last year’s torrid stock market. But that’s a bit like bolting the barn door after the horses have escaped. Instead, investors should consider tax efficiency every time they invest by holding that asset in the most appropriate savings vehicle.

Even then, a tax-efficient strategy may require periodic tweaks and changes, because tax laws evolve over time. In fact, tax-efficient portfolios require a forward-looking mindset, with investors having to think ahead, sometimes many years ahead, to lay the groundwork for preserving future wealth.

Maximize tax-advantaged savings.

If reducing your current tax liability is high on your to-do list, the first place to start is to maximize savings into employer-sponsored plans like 401(k)s and 403(b)s if those are available, says Paul Gaudio, senior vice president at Bryn Mawr Trust’s Wealth Specialty Office in Princeton, New Jersey. Contribution limits for 2018 are \$18,500, with the catch-up contribution for people over 50 an additional \$5,500, he says. “By all means, max those out,” he says.

Traditional individual retirement accounts also allow investors to shelter \$5,500 a year from taxable income, and 2017 contributions can be made until April 17, making this one step you can take now to cut your tax bill. Taxes are due on 401(k), 403(b) and IRA money when it’s withdrawn during retirement.

Consider a Roth IRA conversion.

This move saves investors taxes in the future versus now. Investors can convert savings from a tax-deferred vehicle like a traditional IRA to a Roth IRA and enjoy tax-free withdrawals in retirement, says Michael Windle, financial advisor at C. Curtis Financial Group in Plymouth, Michigan. Even investors whose income levels are too high to invest directly into a Roth can benefit from a conversion.

Under the new tax code, Roth conversions are permanent and can’t be undone the way they could in the past. Still, Windle says Roth conversions remain a good option for people who think their income tax bracket will be the same or higher in retirement. To convert traditional IRA savings into a Roth, investors must pay the income tax on the funds moving into the Roth with non-retirement savings; otherwise, using IRA money to pay the tax bill triggers a 10 percent penalty for people younger than 59½, he says.

Consider a conversion when the traditional IRA has lost money because of stock market swings – that helps reduce the tax burden while converting, and when the market rebounds, those new earnings will now count as tax-free withdrawals in retirement, he says. Also, when converting to a Roth, check the ceiling on your tax bracket so that you don’t accidentally get pushed into a higher tax bracket, he says.

If converting the entire account will push you into a higher tax bracket, or you can’t afford to pay the income tax on the full amount with outside funds, do a partial conversion.

Harvest your losses.

No one likes to lose money, but those losses can offset taxes on gains from other investments. Tax-loss harvesting requires selling a money-losing investment to reduce capital gains elsewhere. Investors can use losses to reduce up to \$3,000 of ordinary income per year. Use market swings to take advantage of this strategy while remaining invested, says Ivan Hernandez co-founder of Omnia

Family Wealth in Aventura, Florida.

“You haven’t gotten out of the market, but you’ve locked in a loss and you are still completely participating in whatever may happen in the market,” Hernandez says. “It may go down more; it will return up. But that loss is like this little gem that you can use to offset a future gain to reposition the portfolio.”

Place assets in a tax-appropriate account.

The type of account where the assets are held is just as important from a tax perspective as what you hold. When constructing a diversified portfolio, give some thought to whether an asset belongs in a taxable brokerage account or in a tax-deferred account. Hernandez calls asset location the “low-hanging fruit” when investors are trying to optimize their tax efficiency.

Put stocks you plan to hold for more than a year, mutual funds with a low turnover rate and municipal bonds in taxable accounts, says Tammy Surratt, president of Legacy Family Office in Estero, Florida.

Use tax-deferred accounts for short-term holdings, like stocks you may not hold for a year that otherwise would be taxed as short-term capital gains, which have a higher rate. Income-producing investments like real estate investment trusts also belong in a tax-deferred account, she says. If REITs are held in a taxable account, the cash flow they generate will be taxed as income.

Plan Well

In order for you to be able to maximize your investment profits, it will take a lot of careful planning based on your needs, goals, and overall circumstances so you may achieve your “Live Well” hopes and dreams. Visit www.whzwealth.com/resources to view an exclusive checklist on choosing an accountant.

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Neither Weiss, Hale & Zahansky Strategic Wealth Advisors nor Commonwealth provide tax or legal advice. Please consult a tax or legal professional for advice regarding your specific situation.

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/

February 3, Sunday
Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. Local produce, meat, cheese, money, mapy syrup, baked goods, and more. Info: www.coventrywinterfarmersmarket.com
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

February 4, Monday
Kids: Toddler Time Play Group, 10:30a.m. Stories, songs and activities at the Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

February 6, Wednesday
Skill Share: Forest Owners & Gypsy Moths: Dealing with Infestations and Mortality, 7:00p.m. - 9:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
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
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
Live Music: BluesGrass, 6:30p.m. \$10, “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/

February 8, Friday
History: Opening of Sidonia’s Threads: From Holocaust to High Fashion, 10:00a.m. - 4:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Puppetry: Symposium, 1:30p.m. - 5:45p.m. Keynote Address by Paulette Richards; Mistral Performance and the

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Know Who You Really Are — Working Through Fear

By Grace Preli

Many months ago, a date asked me if I was afraid of anything. I took a second to pause and think about it but then answered quite adamantly: no way! He asked me again: not even snakes? Or deep water? Or spiders? Nope, nope and nope! I’m not afraid of anything!

Ha! Later that night driving home I thought about our conversation. While I don’t particularly love snakes, I didn’t think it would really bother me if I was in a pit of them... and deep water? Well, I like to swim and I like swimming at night, but maybe if I were out in the middle of the lake and my mind started turning over all those old camp horror stories, well maybe then I might be afraid... A small part of my self awareness piped up and said, well what about those other things, like the fear of being rejected, anxiety about being sick, or nervousness about losing a friend or someone I love? Am I actually afraid?

In the months since I first voiced the question to myself quite a few bubbles of awareness have come up to the surface to be looked at and worked with. Actually, scratch that, the truth is, the green grassy knoll that is my most inner world has proved itself to be a mighty volcano. Flaming truths and burning illusions are now strewn about. The grass is on fire, the animals have taken cover and each day the landscape chars and changes. My inner world no longer seems peaceful and green but that’s okay, because deep down, it never was.

It’s amazing what we discover about ourselves, our lives and the way we work and live when we shine the light of self awareness upon the darkest, cobweb-iest corners of our inner lives. I looked a little deeper and discovered: I am afraid, very afraid.

Our comfort zone might be the beautiful, sun dappled glade in the middle of the countryside. If we stay there near the stream with plenty of berries to eat and a good fire, we might not necessarily feel like venturing out into the surrounding wood. We could stay there in the clearing forever and that’s just fine, but in doing so we must realize that we have no real idea of what is out there, beyond. We can’t know what lies outside our own little circle of safety and solitude. So to that end, are we living? Are we experiencing all we can? No! We have to get to know all parts of our world. I’m not saying we have to go turn over all the rocks to look in the mud underneath, or go too long without the warmth of a fire and the comfort of our favorite willow tree... but when we do come upon something during our walks through our own inner forest, say, a deep dark river to cross or a seemingly creepy cave, I think we owe it to ourselves to look around and see what’s there.

Why should we step out of our comfort zone? Why should we put in the effort and make the trek to get to know the truth of who we are? If we don’t explore ourselves, we can never tap into the full breadth of our own individual human experience. If we don’t go deep within ourselves to uncover our truths, then we can’t grow our own understanding of who we are. We hide so much; even those of us (me!) who think they are open and honest with themselves, even those of us who don’t think we hide stuff, do. How can you see what you can’t see? How can you know what you don’t know? Until you see it, until you uncover it, until that self awareness points it out, until you find that beautiful tree in that part of the forest, you don’t know that it, any of it, is there.

We build ourselves and our lives on so many illusions and untruths that we often don’t even recognize them as illusions or mistruths. We perpetuate so much bullshit in our lives that we genuinely believe to be true. We tell ourselves so many stories. Why? A lot of it has to do with self protection. A lot of our illusions and stories we tell ourselves are a defense mechanism. Maybe we developed these habits, maybe the story line began when we were children. Much of our adult behavior can be traced back to our childhood experiences, our joys and our traumas we experienced when we were young. We might perpetuate these self lies knowingly or unknowingly. We can not see until we can see, but sometimes we see and we pretend that we cannot. Change can be excruciating if we don’t want to change. It’s like Platos’ allegory of the cave; once you see the light of day, fire light pales. Once you see what lies beyond the cave, you cannot easily go back. How much of our energy, how much time in our lives is spent resisting the change that is necessary? How much of our vitality is wasted on denying both the light and the dark of our lives? How does our denial manifests itself as ‘problems’ in our external lives: in our jobs, our relationships, our health?



As I have focused my attention on looking through the stories and mis-truths I have told myself for many years, I have discovered that I am actually anxious, nervous or afraid of quite a few things. Wow! In many ways too, I have realized that while I might not specifically have a certain fear of something, I live in such a way that indicates that fear is driving my life or decisions. If I am living in fear of something, no matter how seemingly small or inconsequential what does that mean for my life? It means that I am living small!

When we are afraid it keeps us small, it keeps us from truly spreading our wings and getting to know all that we are. It keeps us from trying new things, it keeps us from expanding our life experiences, it keeps us from growing and changing. Being afraid also adds an extra layer of anxiety to our day or our decisions. If we are afraid of doing something this fear and anxiety might build to such a level that it prevents us from doing what we need to or want to do. It makes it harder to step out of our comfort zone or begin to do something that is different or new. I don’t think any of us need extra anxiety in our lives. We burden ourselves in unnecessary ways if we fear change, if we are nervous about growth or hesitant about personal expansion.

We need to be open to discovering what our fears are. We need to be open to seeing beyond the cheerful inner garden to the darkness that lies within. We need to have patience with ourselves and gentleness and kindness for our timeline and our process. We cannot see until we can see! These things take time. Uncovering our innermost feelings and fears is a life long process, some of these things, some of our habits or beliefs are buried quite deep. We might not initially see the boundaries of our comfort zone, we might not initially see through the rosy picture we’ve painted for ourselves and this is okay! With intention, with willingness, with openness to the truth of who we are, we can begin to shift through these things.

When beginning to step out of the comfort zone, it helps to remain present. By not being present we base our imagined future off of the decisions we’ve made in the past. This is another story we tell ourselves. The present moment is what we have. It is here where we have the choice to make decisions from a place of fear or a feeling of peace and security. In each present moment we have the choice to perpetuate our fears and feelings of the past, or move forward into the light of truth. We have the choice to repeat our stories and mis-truths to ourselves or we can look beyond our illusions to what IS. We have the choice to stay stuck or to let go of what no longer serves in favor of trying something new.

Another thing that I remind myself is that the energy of nervousness, anxiety and excitement is very similar. Are you feeling anxious of something: a hot date, a speech, a big decision? Is it possible that what you are feeling is actually excitement and if not, can you shift your feeling of nervousness and anxiety to that of excited openness to the situation?

It’s okay to be nervous. It’s okay to be anxious. It’s okay to even be afraid. What is most important is that despite the fear or nervousness, we choose to step forward to explore ourselves and our world. Despite the anxiety we might have about trying something new or discovering who we are it is important that we try anyway. You miss 100% of the shots you don’t take. You miss out on knowing who you REALLY are when you don’t do the work of digging through the stories or under the rocks, when you don’t explore the cave or the illusions you perpetuate. Give yourself the gift of knowing who you are. Give yourself the gift that is YOU!

“Every thought we think is creating our future. The point of power is always in the present moment. We are each responsible for all of our experiences.” —Louise Hay (A good book suggestion for working through anxiety, fear and their manifestations in life is her book: *You Can Heal Your Life*.)

Read issues of Neighbors
from January 2015
to present in COLOR
on our website:
neighborspaper.com
You will also find
advertising and
circulation information.

News from UConn’s Benton Museum

Submitted by Maripaz Shaw

DIY Valentine Cards

There is nothing like a homemade, heart-felt Valentine card. Join us in the lobby of the William Benton Museum of Art from Tuesday Jan. 29- Feb. 14 to make your own Valentine cards. We are providing the card, markers, stamps, and glue. You only need to bring your creativity! Cards are \$2.00 each or 2/\$3.00. You can pick up your blank card at the front desk, next to The Beanery in the William Benton Museum of Art. Meditation in the Galleries Monday, February 4, 2019 4:00pm – 5:00pm

Join Rebecca Acabchuk, who will lead Healing Meditation in the museum gallery.

My passion is to teach people mind-body techniques that empower them to improve their lives, creating healthy habits through mindful living. Rebecca L. Acabchuk, Ph.D is a Health Psychology, Adjunct professor at UConn, Psychology Department, she also is a Mindfulness and Meditation in Science and in Practice – Adjunct professor at Connecticut College, Neuroscience Program. In addition, she has been a yoga and guided meditation instructor for the last 14 years. This event is in collaboration with UConn’s Counseling and Mental Health Services. Note this is a limited space event. No walk in’s. Sign up HERE: https://docs.google.com/forms/d/e/1FAIpQLSdI6DB5BAUz_B0DZgJ1ubDF7aso8G3q5NssS-Dz9NLHWf-eisg/viewform?vc=0&c=0&w=1 If you require an accommodation to participate in this event, please leave a message at 860-486-4520 by January 28, 2019.

Portraying Gender, Portraying Race

Wednesday, February 6, 2019
4:30pm – 6:30pm (4:30 – 5:00 Coffee Reception; 5:00 - Talk starts)
Alexis Boylan, guest curator of “The Business of Bodies: Ellen Emmet Rand (1875-1941)” discusses the ways in which Rand’s work broke barriers while still conforming to social norms. How does gender and race play a part in artists of Rand’s time? Alexis L. Boylan is Associate Director of the Humanities Institute, and has a joint appointment with Art and Art History and the Africana Studies Institute at the University of Connecticut. She is the author of *Ashcan Art, Whiteness, and the Unspectacular Man* (Bloomsbury Academic, 2017) and editor of *Thomas Kinkade, The Artist in the Mall* (Duke University Press, 2011). Boylan has articles published in *American Art*, *Journal of Curatorial Studies*, *MELUS*, *Rethinking Marxism*, *Prospects*, and *Woman’s Art Journal* as well as contributing essays to numerous museum exhibition catalogues. She is currently working on a book about Ellen Emmet Rand that will be out soon. If you require an accommodation to participate in this event, please leave a message at 860-486-4520 by January 28, 2019.

First Thursdays at the Benton

Thursday, February 7, 2019
4:30pm – 8:00pm
New this year! After hours at the Benton. We will be open until 8pm on the 1st Thursday of every month during the semesters. The Benton Museum open house in partnership with The Beanery. The Beanery will be open with specialty coffee drinks available and “Open Mike” from 4:30 to 8pm. Call ahead to sign up. At the Benton: Hands on activities, scavenger hunts, giveaways, photo booth, drop-in tours, live music. Fun for everyone. If you require an accommodation to participate in this event, please leave a message at 860-486-4520 by January 28, 2019. THE WILLIAM BENTON MUSEUM OF ART University of Connecticut School of Fine Arts 245 Glenbrook Road, Storrs, CT www.benton.uconn.edu Like us at: www.facebook.com/benton.museum

the Neighbors paper
a little paper big on community

Acupuncture for High Blood Pressure

By Nicole T. Smith, L.Ac

According to a report referenced by the CDC in 2016, 1 in 3 American adults have high blood pressure. This is an astounding number! Many are often put on medication to address the problem. But is this really the best solution?

There are several things that you can do immediately to help lower blood pressure. Most of these you have heard of, such as: lose weight if needed, and maintain a healthy weight, be physically active, stop smoking, effectively manage stress, and eat a healthy diet, one full of plant-based foods, such as vegetables, fruits, nuts, seeds, and whole, organic grains. Animal-based products should be limited, and processed foods avoided.

A lesser-known treatment for high blood pressure is acupuncture.

A study at the Gazi University Medical Facility, Turkey concluded that acupuncture facilitates a significant reduction in blood pressure, stating that "acupuncture should be in the hypertension treatment guidelines and widely used for blood pressure regulation." (Acupunct Electrother Res. 2013;38(1-2):1-15.)

High blood pressure poses significant risks to the body, such as increased chance of stroke, dementia, kidney failure, eye blood vessel damage, and even sleep apnea.

Combining nutrition, weight loss, and acupuncture can give the most lasting results at lowering and maintaining blood pressure. Sometimes enacting positive adjustments can be a challenge. Working with a holistic professional can make the process of changing habits much easier and long-lasting.

If you are on medication and still have high blood pressure, or wish to lower your blood pressure naturally and be free of medication, you might want to give consideration to what acupuncture can offer.

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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A Night in Winter

Angela Hawkins Fichter

Snow whispers in the cold night,
Its frozen breath whitening trees,
Its icy hush stilling birds.

Flakes dance as they murmur,
Spinning, floating, falling,
Drifting into stone walls,
Chalking lines on granite,
Dusting grass and twigs,
Rejoicing in lightness,
A celebration in silence.

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HISTORIC VENUE FOR PERFORMANCE & EVENTS

February Performances & Upcoming Special Events!

By EC-CHAP

We’re EXCITED about the outstanding talent taking The Packing House stage in February and upcoming months!

If you’ve never visited, please consider warming up with us this month with our exclusive “BYOB&F”™ model (Bring Your Own Beverage and Food) in an intimate cabaret style historic setting. We offer student, senior, and member discounts; and suggest you and your friends pick-up our new “Frequent Flyer Program” card for free admissions to future performances.

You can also join us for our recurring monthly events including our collaborative “Bluegrass Project” with the Podunk Music Festival (1st Wednesday); “Talent Showcase” (2nd Wednesday); “Social Dance with Kelly Madenjian” (2nd Thursday); Monthly EC-CHAP Information Exchange Meeting; and EC-CHAP’s new literature of-fering, “Readings at The Mill Works” with Brian Sneedeen (1st Tuesday) beginning March 5th.

Read on to see what’s coming up, and we always encourage you to please visit our website for updates and additions: www.thepackinghouse.us/upcoming!

Peace,
EC-CHAP Board

EC-CHAP ACOUSTIC ARTIST SERIES

“Voices of Concinnity: Has Love No Voice?” (Classical). Saturday, February 2nd, 7:30pm.



EC-CHAP is pleased to collaborate with the newly formed vocal chamber ensemble, Voices of Concinnity. This presentation of the classical work, “Has Love No Voice?” represents the ensembles debut performance at The Packing House.

Come indulge in the music where passion and heartache unabashedly reside, created solely by the collec-tion of voices. Their sound described as being “like silky smooth butter in musical form” by a recent audience mem-ber. Voices of Concinnity will explore through this program “whether love, like music, can transcend time, the written page, and even the actual physical production of sound.”

All proceeds from this collaborative project will go to support Consonare Choral Community and EC-CHAP. Tickets \$15.00 Advance (online) / \$20.00 Door.

SPECIAL EVENT: “An Evening with Singer/Song-writer and Keyboard Artist Bob Malone” (Rock/Blues/Jazz). Saturday, February 9th, 7:30pm

BOB MALONE has toured the world as a solo artist for two decades and has played keyboards with rock legend John Fogarty since 2011. Classically trained, with a degree in jazz and a lifetime playing rock & roll clubs, theatres, and arenas, Bob’s sound is a one-of-a-kind hybrid of rock, blues, and New Orleans R&B, delivered with high-energy piano virtuosity and a voice all his own.

As a solo artist, Bob plays around 100 shows a year in the US, UK, Europe and Australia - including sets at Glastonbury Music Festival (UK), Colne Blues Festival (UK), Long Beach Bayou Fest (US), Falcon Ridge Folk Fest (US), Blue Mountains Music Fest (AU), and Narooma Blues Fest (AU). He has been featured twice at WWOZ



Piano Night in New Orleans, and has opened for Boz Scaggs, Subdudes, The Neville Brothers, Rev. Al Green, BoDeans, Dr. John, Marcia Ball and many others. As a member of John Fogarty’s band, he has played with Bruce Springsteen, Bob Seger, Jackson Browne, Jimmy Buffett, and Alan Toussaint.

Bob’s music is heard regularly on Dr. Phil, En-tertainment Tonight and The Rachel Ray Show, and he has appeared on The Late Show With David Letterman and The View with John Fogarty. We’re thrilled to have Bob re-turn to The Packing House! Doors 7:00pm / Show 7:30pm. Tickets \$20.00 Advance (online) / \$25.00 Door.

“Patti Rothberg in Concert” (Indie / Rock). Saturday, February 16th, 7:30pm.

PATTI ROTHBERG returns to The Packing House (Rescheduled from January 19th)!

Hear this talented singer / songwriter extend her range from soft ballads on the keys to rocking the house on the guitar with her original works. Patti’s recording career goes back to 1996, with her debut on EMI Records, “Between the 1 and the 9”, which refers to the time she spent performing in New York City’s 14th Street subway station. The title track relates some of her experiences, when EMI executive discovered Patti performing there.

Seemingly overnight, Patti Rothberg achieved the kind of worldwide success one could only dream of. Criti-cally acclaimed, “Between the 1 and the 9” was an instant hit, and remains a timeless classic. The success of her debut album had Patti touring quite non-stop from 1996 through 1997, and into 1998. She toured the USA supporting the Wallflowers, Chris Isaak, Midnight Oil, and Garbage, and she toured Europe supporting the Black Crowes. Patti and her band performed on Late Night with David Letterman, The Tonight Show with Jay Leno, and she appeared on the Oprah Winfrey Show. Tickets \$15.00 Advance (online) / \$20.00 Door.

“A Bluegrass Journey with Grass Routes”. Saturday, February 23rd, 7:30pm.



GRASS ROUTES is a Connecticut five-piece bluegrass band. It is a well established group that has been delighting audiences for many years with a repertoire rang-ing from traditional bluegrass standards to folk and original and contemporary songs all performed in their own unique bluegrass style.

Skillful instrumental work and strong vocals give Grass Routes their own characteristic sound. Showcasing especially tight harmonies, vocals include duets to four part harmonies. What makes Grass Routes unique is that each member sings lead. With five lead vocalists, Grass Routes presents a different style and material with each vocal ar-rangement. Tickets \$15.00 Advance (online) / \$20.00 Door.

EC-CHAP FILM SERIES

“Some Like It Hot”. 1959. (NR). Friday, February 15th, 7:30pm

Some Like It Hot is a 1959 American black and white romantic comedy film set in 1929, directed and produced by Billy Wilder, starring Marilyn Monroe, Tony Curtis, and Jack Lemmon. The film is about two musicians who dress in drag in order to escape from mafia gangsters whom they witnessed commit a crime inspired by the Saint Valentine’s Day Massacre.

“Wilder’s 1959 comedy is one of the enduring treasures of the movies, a film of inspiration and metic-ulous craft, a movie that’s about nothing but sex and yet pretends it’s about crime and greed.” – Roger Ebert

This film was voted as the top comedy film by the American Film Institute and was voted the best comedy of all time in a poll of 253 film critics from 52 countries conducted by the BBC in 2017. Join us for this classic comedy! Suggested donation \$5.00.

UPCOMING SPECIAL EVENTS

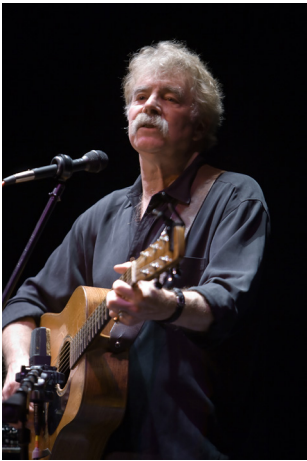
An Evening with NICOLE ZURAITIS, Friday, March 29th, 7:30pm.

This New York based Grammy® Nominated vocalist, pianist, and composer will offer a unique solo performance. Since her debut performance at The Packing House last season, Nicole and her husband Dan Pugach were dually nominated in the arrangement category in the 61st annual Grammy® Awards for their version of Dolly Parton’s “Jolene”. This is a show not to miss!



An Intimate Performance with TOM RUSH, Saturday, April 13th.

Tom will provide two performances, 3:30pm and 7:30pm, as an Annual Benefit Concert to support the Eastern Connecticut Center for His-tory, Art, and Performance. Tom will be joined by singer / songwriter and multi-instru-mentalists, MATT NAKOA. Local Contemporary Ameri-cana band, HORIZON BLUE, will provide a prelude opening for Tom and Matt on this very special weekend. Come and experience musical legend Tom Rush, and support your regional cultural center!



An Evening of Music and Intimate Conversation with STEVE KATZ, Saturday, May 18th, 7:30pm.

Join us for an informal session with Steve Katz, original guitar-ist and found-ing member of Blood, Sweat, and Tears as he shares his music, stories, and answers to questions. In addition to his professional musical career, Steve is a photographer and author, recently completing his memoir, “Blood, Sweat, and My Rock ‘n Roll Years: Is Steve Katz a Rock Star?”



continued on next page

Stafford Library Celebrates Take Your Child to the Library Day on Feb. 2nd

Stafford Library will host a variety of free activities for all ages beginning with:

- 10:30-Renee Coro will lead a musical interactive Story Time
- 1:00-Lego Club-We provide the building blocks, you bring your imagination! All Ages Welcome
- 1:00-North Central District Health Dept., Stafford Head Start, Stafford Family Resource Center, Stafford Venture Crew, and the Stafford Garden Club will be on hand with information and or presentations.
- 3:00-Horizon Wings a Raptor Rehabilitation and Education Center will give a live raptor (owl) show for all ages.

For more information call the library at 860-684-2852 or visit stafford-library.org



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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. Senior, student, and member discounts available.

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).

Quiet Corner Fiddlers



Join us for QCF playing out dates:

Dog Lane Cafe, Storrs
February 12th, 7pm

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

Hampton CT to the Rescue!

By Roger Burten

OK. Here’s the familiar picture. It’s the usual Winter: freezing outside and not much exciting to do that’s New and Fun and Free for kids and for adults. HAMPTON, CT. TO THE RESCUE! Shake off those winter doldrums with these exciting and free events: Puppetry, Storytelling, Lively Music, Ice Skating, refreshments and a spectacular Frozen Bonfire!

The First Annual Hampton Winter-Fest will be held February 6 to February 10 and is sponsored by the Hampton Recreation Department. The Kickoff event on Wednesday, February 6th will be a lecture/demonstration for adults and older children at Fletcher Memorial Library (www.fletchermemoriallibrary.org), 257 Main St.

It starts at 6:30 p.m. and is called Puppets and Masks in Ritual and Ceremony: Examples from around the World. This presentation for adults and older children will be given by Derron Wood, Artistic Director of the Flock Theatre in New London, CT., and will feature masks and different types of exotic puppets from across the globe! Wood’s Flock Theatre productions are renowned for their use of puppetry and masks. Audience members will have a unique chance to manipulate several of the puppets. For more info on this event call: 860 455-1086.

The second event of the Hampton Winter-Fest will be on Saturday, February 9th at 4:00 p.m. at the Hampton Community Center, 168 Main St. It’s called Puppet Slam! - a puppetry revue from soup to nuts, masterminded by the Flock Theatre, featuring professional puppeteers, along with performances by Hampton Elementary and Parish Hill Middle-High students. All ages welcome!

Then, for more family fun, on Sunday, February 10th at 2:30 P.M., the U.S. Coast Guard Dixieland Jazz Band will perform at the Hampton Community Center. The six-member ensemble has performed across the United States and internationally, belting out hot licks of jazz, blues, and “ragtime” with a classic New Orleans flavor since 1970. Get ready for some serious toe-tapping!

Following the jazz band at 4:00 p.m., there will be ice skating on a portable rink (weather permitting). Get your skates polished and ready! As cavorting puppets circulate, hot apple cider and treats will keep you warm for the fest finale of a spectacular Frozen Bonfire. What’s that, you ask? Come find out!

All are welcome. All events are FREE! Any schedule changes due to weather will be posted on the Hampton town website: www.hamptonct.org.

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‘Baby It’s Cold Outside’ When It Comes to Hot Topics

By Donna Dufresne

A few weeks ago, I was thrown into a tizzy of outrage when I learned that several radio stations were taking the old song, Baby It’s Cold Outside off the holiday playlist. My first thought was, who are “they” to decide what music we listen to, what books we read, or what side of the political fence we sit upon? It turned out that “they” were members from the “Me Too” movement who put pressure on radio stations to pull the song. I felt betrayed by my own liberal inclinations.

First of all, people are taking the song totally out of its historical context. The song is a playful reality check that men and women have always gotten their signals crossed. The movies we watched in the fifties and sixties were riddled with flirtatious, light-hearted sparring between men and women, peppered with some pretty wonderful, if not corny music. Although naïve and misguided, I don’t think the social construct of the time was promoting rape or sexual harassment, as I’ve heard some complain. That post-war generation was riddled with a paradigm shift as women realized (after fulfilling men’s jobs during the war) that they liked working outside the home. Power shifted in the seismic manner of plate tectonics. But something bubbled to the surface. The songs, movies, the art of the time, expressed the confusion between men and women as roles and expectations changed, leading us toward the cultural revolution of the 60’s. But as with all historical references, context is everything. Sometimes you just have to shut off your own filter, harness your presumptions and get your mind out of the gutter. And it wouldn’t hurt to lighten up a little.

When I listen to a song like Baby It’s Cold Outside, I recognize the humor and satire behind the curtain. We humans can’t help ourselves. We are constantly trying to work out our place in the world in the midst of continuously changing social codes. It’s part of the job of being human. Art, in all its genres, is a treasure trove for social historians because it gives us a glimpse of the social structure and nuances of the time. Again, the key word is context. Here is where I put a plug in for teaching history and social studies in elementary school. It is the foundation of critical thinking. Unfortunately, public schools have been so preoccupied with data points, we have cultivated generations of ignorance when it comes to historical knowledge

and analysis. Ignorance breeds a sinister narcissism. Just look at the President, for God sakes.

I know this might be news to some, but the art that makes us uncomfortable was generated to make us think. The intent of artists is to create. We filter, we channel, we observe, we put work out into the world so that others might see what’s going on through a different lens. Books, movies, plays, ballet, modern dance, novels, and discussions about hot topics were not created to trigger your trauma. Sometimes art makes us laugh, sometimes it makes us cry, sometimes it ignites the anger of revolution. So be it. Once we start censoring everything that makes us uncomfortable, we’ve already gone to hell in a hand-basket anyway.

I worry about artists, including myself, who thrive on inspiration, channel ideas and search for truth through their creativity. The creative mind treads lightly upon this earth, dancing above the fray while we observe, reflect and recreate what’s going on so that others might be able to see it more clearly. But almost daily, we read about some comic whose career has gone down the tubes because something they said was offensive to someone. What next? Ban the Tango? And, for cripes sakes, don’t go burning Mark Twain’s Huckleberry Finn without diving into the context of his genius for throwing racism back in the faces of the Antebellum Southerners and inspiring Northerners to reconsider their own racism (just saying).

We live in a fragile age, cracking eggshells instead of jokes, burdened by the unreasonable worry about political correctness. We could all become our best selves if we let art do its job, which is to help us step away from ourselves. Instead, we are obsessed with our own bubble and can’t seem to get our heads out of our navels (so-to-speak). I guess you can’t take the “me” out of “Me Too”, after all. Although I totally agree with its intentions to hold men accountable for their actions, and allow victims to be heard, aren’t we all becoming a bit – well – over-pious? It is, after all, just a song.

As in Margaret Atwood’s Handmaid’s Tale, an over-reactive and stringent moral code becomes a mechanism for outlawing individual rights. We are hurtling toward a dangerous intersection in democracy. Social media and tribalism have dumbed us down to the extent that we no longer question the erosion of the first amendment currently under siege by a corrupt polity. The free press

is accused of being fake news when they print the truth; reporters are imprisoned and murdered around the world; comics are banned and threatened for pointing out the obvious; museums post disclaimers next to the paintings of famous artists because of their sexual indiscretions. Once we start labeling, over-explaining and censoring, we are furthering the decline of intelligence. We are well on our way to becoming the bones upon which a dystopian society will sup. Soon, the hyenas will come and mop up what’s left. They’ve already infiltrated the Whitehouse, cultivating what they want us to think and believe through pseudo media such as Fox. Talk about the Fox in the henhouse! While we are all squawking about an old song on the radio and the latest inane distraction, a reality show host is orchestrating our social and political demise.

Just remember, as we teeter on the edge of totalitarianism, that the true enemy of democracy is the censorship of art, literature, and a free press. If you want to control the masses, you take away their history, their language, religious freedom and suppress the freedom of expression (while perpetuating a State religion, I might add). As we become less tolerant of art, opinion and each other, we distract ourselves with bickering over small stuff. Meanwhile, an intolerable beast has begun to unravel the American Dream and everything we stand for (or thought we did). Where is the voice of outrage when it comes to the rhetoric of hate and racism which has prevailed since 2016? Where do we draw the line when it comes to the anti-Semitism and the neo-Nazis unleashed by Trump’s rhetoric? We make much ado about nothing, while something sinister has slithered through the door.

But back to banning songs, Picasso, edgy theater and comedy: if we who are artistically inclined have to worry about who might be offended by our words, our music, interpretive dance or poetry, art will be snuffed out like a candle. Whether we like it or not, or agree with it, or feel “offended” by it, art sheds a light on who we are, not as individuals, but as a people. We should all think twice before jumping on the censorship bandwagon and snuffing out the enlightenment art, in its many forms, provides. As the Washington Post says in its motto: “Democracy dies in darkness”.

News From Hampton’s Fletcher Memorial Library

Top Shelf Gallery: January 2 – March 30
Visions and Scapes, Top Shelf Gallery’s featured art for January & February, will include recent drawings, screen prints, and acrylic paintings by Steve Schumacher.

Take Your Child to the Library Day
Saturday, February 2nd, 9:00 a.m. – 3:00 p.m.

Check out your local library!
Fletcher Memorial Library invites the community to visit our beautiful library. A love of reading and books starts with pictures, stories & rhymes, which even the youngest child will enjoy, and Take Your Child to the Library Day is a great excuse to drop by. We’ll have stories, a craft, and refreshments throughout the day.

Kick Off Hampton’s Winter Fest with Puppets & Masks in Ritual & Ceremony. Wednesday, February 6th @ 6:30 p.m.
Come to a hands-on presentation, “Puppets and Masks for Ritual and Ceremony across the World.” Derron Wood, Artistic Director of Flock Theatre, New London will bring examples of masks and puppets for attendees to examine and play with. Refreshments will be served. The event is appropriate for adults and older children.

FML Book Discussion Group
Wednesday, February 13th @ 6:30 p.m.
We will be discussing Americana by Hampton Sides. New members are always welcome!

Write Your Life Memoir Workshop
Thursday, February 14th, at 9:15 a.m.
Starting Thursday, February 14th, at 9:15 a.m., Stephen Curtis will lead a memoir writing class at the Fletcher Memo-

rial Library. The weekly one hour program runs for six weeks, and is free. Registration is encouraged, but not required.

Valentine’s Day Card Making
Saturday, February 9th, 9:00 a.m. – 3:00 p.m. Come to the library to make a Valentine’s Day card. We’re open from 9-3. All ages are welcome!

Save the Date
Dr. Seuss’s Birthday Party featuring The Cat in the Hat! Saturday, March 2nd, 10–11am
Dr. Seuss stories, a craft, birthday cupcakes, and a visit from The Cat in the Hat in person. He will be available for pictures, and an autograph.

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.

History of African American Puppet; Miss Lily’s Living Objects Tour; Puppetry and Community. UCONN’s Ballard Institute and Museum of Puppetry, 1 Royce Circle, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu
Puppetry: Throwing Voice: African American Ventriloquism, 8:00p.m. - 9:30p.m. \$8-12. Performances by Megan Piphus, David Liebe Hart, and Nate Puppets. Ages 13+. Doris & Simon Konover Auditorium, UCONN, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu

February 9, Saturday
Community Food: The Willimantic Food Co-op Birthday Party, 8:00a.m. - 8:00p.m. Music, free samples, door prizes, and 39 cakes. Everyone is invited. 91 Valley St, Willimantic. Info: 860-456-3611 www.willimanticfood.coop
Puppetry: Symposium, 9:00a.m. - 6:30p.m. Afro-Diasporic Storytelling and Culture; The Means of Production (film and discussion); Representations and Appropriations of Blackness; Black: Body: Gesture: From Puppetry to Performance & Design. UCONN’s Ballard Institute and Museum of Puppetry, 1 Royce Circle, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu
History: Walk in Willimantic featuring Main Street History & Architecture, 10:00a.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Nature: Ice & Snow, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov
Kids: Crafts, 11:00a.m.-12:30p.m. (See 2/2)
Games: Chocolate, Checkers & Chess, 12:00p.m. - 3:00p.m. Join the tournament and eat chocolate. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Cross Country Skiing: Explore trails on skis, 1:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter

Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov
Kids: Make a Checker Board, 2:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Puppetry: Harlem River Dance, 4:00p.m. - 5:00p.m. \$6-12. Marionette performance for family audiences celebrating the history and diversity of the world’s most famous black community. Von der Mehden Recital Hall, UCONN, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu
Live Music: An Evening with Bob Malone, 7:00p.m. \$20-25, “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/
Puppetry: Double Selves: African American Puppets and Puppeteers, 8:30p.m. - 10:00p.m. \$8-12. Several performances at Von der Mehden Recital Hall, UCONN, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu

February 10, Sunday
Puppetry: Gospel Puppetry, 9:30a.m. - 10:30a.m. \$6-12. The Agape Love Train and The Greatest Love Story Ever Told. Von der Mehden Recital Hall, UCONN, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu
Puppetry: Symposium, 11:00a.m. - 12:30p.m. Next Steps. UCONN’s Ballard Institute and Museum of Puppetry, 1 Royce Circle, Storrs. Tickets: bimp.ticketleap.com. Info: 860-486-8580 bimp.uconn.edu
Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. (See 2/3)
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 2/3)

February 11, Monday
Kids: Toddler Time Play Group, 10:30a.m. (See 2/4)



In photo at left: Barry Jessurun of the Vanilla Bean Cafe in Pomfret and Lucy Nalpathanchil of Connecticut Public Radio’s “Where We Live” hosted a “Coffee Break” to meet residents of eastern Connecticut. In photo at right: Dozens of residents met with Lucy including (l-r) Tina LaBrash from Putnam and Monica McKenna from Thompson (both from the Quiet Corner Shouts group), and Jock McClellan (center) of Indivisible NECT.



Connecticut Public Radio Comes to Northeastern CT

By Carol Davidge

On January 22, the Connecticut Public Radio’s “Where We Live” host Lucy Nalpathanchil came to the Vanilla Bean Cafe in Pomfret for a “Coffee Break” to learn about northeastern Connecticut. Dozens of people met Lucy and her staff during the two hour visit, among them Pomfret’s First Selectman Maureen Nicholson.

“There’s a great conversation to be had with folks in rural Connecticut. Having Lucy Nalpathanchil and Connecticut Public Radio in Pomfret is an indication that we make important to contributions to our state. We are known as the “Quiet Corner” because our roads are less crowded than other parts of the state. But visitors and locals alike enjoy unique shops and attractions, wonderful people, great natural resources, high technology manufacturing, and scenic farms. We are a very dynamic community and I think folks are beginning to realize the benefits and beauty of a rural lifestyle Connecticut,” said Nicholson.

“The Vanilla Bean is a good neighbor in Pomfret. It is an iconic destination serving more than 100,000 visitors a year so it was a great choice for folks to drop in for coffee and meet Lucy and her staff from Hartford,” she added.

Among the others who engaged Nalpathanchil were Tina LaBrash of Putnam and Monica McKenna of Thompson, came as members of Quiet Corner Shouts, a

group that encourages civic participation. “We told Lucy how the organization began after the first Women’s March in Washington in 2017 and has grown and been actively supporting social causes ever since,” said McKenna. Jock McClellan of Woodstock, the leader of Indivisible NECT, came to express concerns about climate change.

According to Nalpathanchil, the visit to Pomfret was the first stop by “Where We Live” to meet people around Connecticut. Its next Coffee Break will be on February 26 at the Washington Street Coffee House in New London. “Where We Live” is a talk show where people can call (860) 275-7266 on Monday, Tuesday, Thursday or Friday at 9am and 7pm to discuss matters of importance to them. To learn more, visit: <http://www.wnpr.org/programs/where-we-live>.

Nalpathanchil was greeted by Barry Jessurun, owner of the Vanilla Bean and partner in the Green Valley Hospitality group which also operates Dog Lane Cafe in Storrs, Fenton River Grill in Mansfield, and 85Main in Putnam. “The Bean” started in 1989 and, like all GVH restaurants, it specializes in locally sourced, hand-made food. It was also where CocaCola made its national launch of Vanilla Coke in 2002. During the radio visit, “The Bean” provided free coffee and snacks.

Film: “Obit. Life on Deadline”, 7:00p.m. Free. Second Monday Film Series. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

February 12, 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

February 13, Wednesday

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 - Last session of the season – Back in September. Free and open to all ages. The Packing House at The Mill Works, 156 River Road. Snacks and soft drinks available. “BYOB&F”TM (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 2/6)

February 14, Thursday

Dance: EC-CHAP Social Dance Series with Kelly Madenjian (Ballroom, Swing, Latin). 6:30pm. 2nd Thursday of the month. \$10.00 at the door. Kelly Madenjian’s evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson followed by a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. The Packing House at The Mill Works, 156 River Road, Willington. www.thepackinghouse.us

February 15, Friday

Poetry: arts Fiesta: Celebrating Mary Oliver & You, 6:00p.m. Bring a Mary Oliver poem, or your own. Music welcome. Friends Meeting House, 57 Hunting Lodge Road, Storrs.

Film: “Some Like It Hot”, 7:00p.m.. \$5. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$12.00 online / \$15.00 door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. See website



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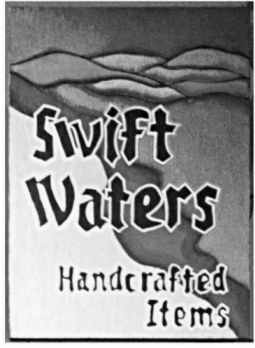


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Memoir Workshop

with Stephen Curtis

Write Your Life

Starting Thursday, February 14th, at 9:15 a.m., Stephen Curtis will lead a memoir writing class at the Fletcher Memorial Library. The weekly one hour program runs for six weeks and is free.

Stephen Curtis has been teaching at Eastern Connecticut State University in the Department of Communication for the past 21 years. A graduate of Eastern, Curtis has taught classes ranging from public speaking to mass media history as well as media writing and research.

In the library’s memoir writing class, Curtis hopes to help students to hone their writing skills and develop the literary tools to document their experiences and preserve their family heritage for future generations.

The program offers an opportunity for those wishing to record their life experiences for their children or grandchildren, as well as for those looking to improve their writing for either personal or professional reasons.

Fletcher Memorial Library is at 257 Main Street, Hampton. Info: 860-455-1086.

Dispatches from the Last Civilian Rescue Ship in the Mediterranean Sea

By Brendan Woodhouse

From Dagmar Noll: The Willimantic community stepped up to support our street medic friends Roger Benham and Heather Shephard as they traveled to Lesbos, Greece in February, 2016 to provide first aid to refugees from the Middle East and North Africa landing near daily in fragile boats that ferried them across the Mediterranean Sea. Since this mission to Lesbos, humanitarian rescue in the Mediterranean Sea has been criminalized; commercial vessels headed to Europe will no longer respond to the distress calls of refugee boats and the civilian rescue fleet has been grounded. The sea is a graveyard. There is one ship left from the civilian rescue fleet--the Sea-Watch 3--and my friend, Brendan Woodhouse, is on it. Brendan intended to write a piece for Neighbors paper updating us on the refugee rescue situation in the Mediterranean, but a rescue of 47 migrants is taking priority. I excerpt below from Brendan's public dispatches, with his permission, this recent rescue.

Sunday, January 20, 6:41am: Really proud to have played my part in this rescue of 47 people who have fled from Libya. Already, I've heard stories of torture, ransom demands, extortion, slavery and incredible levels of abuse. Some of the people told me that they've been in Libyan prisons for 4 years, where they've been used as slaves. Their scars can be seen on their skin, and in conversation, it is evident that their scars run much deeper.

The rescue was as smooth as could be, which is great. I'm privileged to be able to help them. Let's open our hearts to them, and open the ports!

Sunday, January 20, 9:44pm: We are currently on our way to a simply incredible case that is beyond disgusting. The deliberate and conscious criminalization of humanitarian rescue ships in the Central Mediterranean Sea has already led to the removal of pretty much all of the charity rescue ships. Right now, we're the only ones there! But we're miles and miles from this distress call. We're going anyway.

We've received a call from Alarmphone that around 100 people who have been at sea for two days already in rapidly deteriorating conditions. There are already deeply concerning reports of unconscious children, but none of this is verified really.

We've been on our way for a while now, but we're still about 10 hours away. God knows what we're going to find when we get there. I hope that another ship responds and gets there in time. Other than that, it's us. The only rescue vessel allowed to sail.

Two nights ago, we responded to something similar. To a report of a sinking boat. We did not get there in time. We only found floating debris, and two life rafts that had been dropped by a helicopter who rescued three people. It has since been reported that 117 people drowned that night. We did not find them.

Monday, January 21, 3:12: Last night we went as fast as we could to the boat in distress. A cargo ship got there first and then took the people back to Libya. We await news of what happened. Probably, the so-called Libyan Coast Guard will say that they coordinated rescue operations and rescued some people. They'll not mention anything about the deaths. So we won't question them. But the truth is, that they were uncontactable. That the Italians coordinated the rescue. And that it's not really a rescue per se, as the people have been returned to whatever it is that they are running from.

There are very real reasons that people go to Libya, and the nature of the situation there eats them up. Several people on our ship have been auctioned off as slaves. Lots have been tortured whilst a video call is made to their families to extort money. Mothers and fathers have sold their houses to pay for the release of their sons. That is why we should never take the people back!

Despite these stories though, as our ship requests a safe port in Europe, the people on our ship are fantastic. We are trying to build a community of love on our ship. And everybody mucks in. The guy with the worst scars I've ever seen smiles and says that he is safe now, finally, after years of imprisonment, torture and abuse. He sits and washes the dishes each time we eat.

We play music together. We do fitness classes. We play cards. We talk. We pray. We sing. We have language lessons. We talk of Europe and of Africa. One Love abounds on this ship, and I am utterly privileged to be on it.

Tuesday, January 22, 10:25pm: Still waiting for a port of safety for our 47 guests onboard the Sea-Watch 3. They really are a lovely bunch of guys. The community spirit



which they have is something beautiful and I love being with them. The dangers that they have faced are incredible. They have been beaten, abused and tortured in the most despicable of ways.

Europe seems afraid of these gentle souls for reasons that I cannot grasp. I showed them some GoPro footage of their rescue today, and had to show it over and over again. They told me how afraid they were that we were the so-called Libyan Coast Guard as we bounced through the waves on the RHIB towards them. Once they heard us speak and saw my white face, they said that they knew that they were safe. They celebrated, and cried tears of relief, joy and exhaustion. The emotions are still so raw.

I've spent hours talking to them about their experiences, and I'm staggered by their humanity, by their struggle. But despite everything that they have faced, they breathe empathy with one another. They are kind and gentle to each other. They are supportive of us as a crew and feel a sense of mutual responsibility for all of us on the ship. I am awestruck by their resolve.

They've spoken of their dreams. Each one wants to work. None have spoken of Europe helping them, but of how they want to build a new life. They live in true hope. But I'm terrified for them, although I don't show it at all. For I know that once they have landed on European soil, their struggle will continue. A new chapter to their suffering will begin. With mistrust and hostility about them. For I have seen how people struggle to cope with the hostility in places like Paris, where they are forced to the streets, in the snow and the cold. May we offer them a warm heart when we can.

One boy has been telling me for days that he's 15 years old. I looked at him, sure that he was younger. His friend told me that he is making out that he is older than he really is because he does not want to face this life as a teenager. He's tiny, and really quite adorable. He's going to own up about his real age soon. He's 12 or 13. I asked him what he's doing on the ship, and where he wants to go. In a second he replied "Marseilles". I asked why. "That's where my father lives" he said. This young boy is crossing the deadliest border on the planet to meet his dad. And he's doing it alone!

Wednesday, January 23, 10:50pm: Today, I made a football out of rags and tape, and we played on the rear deck. There's a young boy from Sudan, 17 years old, who scored the greatest goal possible to score on a ship, in a stormy sea, with no shoes and blankets in the way.

Earlier, we'd played three pin bowling with three water bottles and the ball I'd made. This morning I did some exercises to keep spirits up. Loads of people joined in. I think that I enjoyed it the most though! I've just finished playing cards. The vibe is magical, all things considered.

The guys have asked about how long it's going to take. I have no answers for that, other than to say that we have to be patient. It may take many days, but we will wait! I explained that we can't just sail the ship in and let them out. That we have to wait for permission. And we will wait

whilst the politicians bicker like children, but eventually they will let us in.

But this really makes me think why? I mean, think how easy it is for you to go just anywhere in the world. Why is that? You can go to any country in Africa and if you wanted to work, you would be able to. I keep asking why?

My friend Doro and I have been talking a lot. I said that I'm ashamed that the doors to Europe are closed to people like him. People who have suffered. People whose lives are at risk. He said "Don't blame them. Some people, they only see skin."

Doro is incredibly intelligent. He speaks seven languages, but it's not just that. He is wise. I mean really wise. I gravitate to him constantly. He explained the situation in Libya vividly. He wants the world to know what is happening and what they did to him. My gentle friend, who is wise, kind, and courageous has experienced what nobody should. The others call him Mo, which in Sarahoule, means 'helper'. He inspires me in every conversation. I wish I could take him to England, but, you see, some people, they only see skin!

From Dagmar Noll: As of publication, the Sea-Watch 3 is still awaiting permission to land in Europe. For more dispatches from the decks of the rescue ship, find Brendan Woodhouse on Facebook, username brendan.woodhouse.18 and donate to the last civilian rescue vessel at <https://sea-watch.org/en/donate/>.



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for details. www.thepackinghouse.us/upcoming

February 16, Saturday

Nature: Winter Birds, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov
Kids: Three Little Pigs Puppet Show, 11:00a.m. & 2:00p.m. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp@uconn.edu bimp.uconn.edu
Photography: Nature Macro Photography, 2:00p.m. - 4:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov
Community Food: Storrs Farmers Market, 3:00p.m. - 5:00p.m. (See 2/2)
Live Music: Patti Rothberg in Concert, 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/
Meditation: Sound Healing Meditaton Concert, 7:30p.m. \$25. Spiritualist Church, 268 High Street, Willimantic. Info: firstspiritualistchurch.org

February 17, Sunday

Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. (See 2/3)
Kids: Animal Track & Sign, 1:00p.m. - 3:00p.m. Ages 3+.
Hiking: Snowshoe Hike, 10:00a.m. - 12:00p.m. Limited snowshoes provided; bring your own if possible. If no snow, walk without snowshoes. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov
Live Music: Adam Ezra, 2:00p.m. \$20. Bread Box Folk Theater, St. Paul's, 220 Valley Street, Willimantic. Tickets: 860-429-4220 www.breadboxfolk.org
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 2/3)

February 18, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 2/4)
Skill Share: President's Day "Party with the Presidents" in the evening at Willibrew on Main Street. Bev York will speak about presidential libations. Dinner on your own and donations to the Mill Museum. Reservations: 860-423-6777.

February 19, Tuesday

Kids: Pirate Day at the Library, all day. Free. Ages 7+ have pirate fun with books and arts and crafts. Special 3pm craft project. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org
Hiking: Full Moon Night Hike, 6:00p.m. - 8:00p.m. Followed by a campfire! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

February 20, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 2/6)

February 21, Thursday

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: Slime Time Returns!, 6:00p.m. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

February 22, Friday

Community Food: Know Your Farmer Fair, 10:00a.m. - 1:00p.m. Free. Meet local farmers and learn about CSA. Seed swap, hands-on bee-keeping, muchroom growing, seed saving and fermentation demonstrations. Windham Town Hall, 979 Main St, Willimantic. Farmer's market. Info: www.windhamfood.org/farmerfair

February 23, Saturday

Skill Share: Spinning Bee at the Mill Museum, 10:00a.m. - 1:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Nature: Predator Series, 11:00a.m. - 1:00p.m \$5-10. Meet real predator birds! Register: 860-455-9534 DEEP.Goodwin@ct.gov
Kids: Crafts, 11:00a.m.-12:30p.m. (See 2/2)
History: Mill of the Month: South Windhs Mill Village, 12:00. Meet in front of the Guilford Smith Library. Sponsored by the Mill Museum. Info: 860-456-2178 www.millmuseum.org
Hiking: Snowshoe Hike, 2:00p.m. - 3:30p.m. Limited snowshoes provided; bring your own if possible. If no snow, walk without snowshoes. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov
Live Music: Grass Routes in Concert, 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/

February 24, Sunday

Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. (See 2/3)
Film: Marshall, 2:00p.m. Free. Followed by a discussion. Sponsored by the Windham-Willimantic NAACP at Temple Bnai Israel, 383 Jackson Street, Willimantic.
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 2/3)

February 25, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 2/4)

February 26, Tuesday

Kids: Salt Art Night, 6:30p.m. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

February 27, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 2/6)

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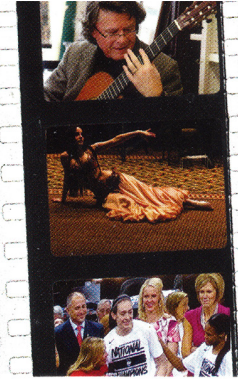
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Please consider contributing to Neighbors-
Write an article about a person you admire
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ant. Take a photo of a friend, loved one or
pet. Write a poem or a piece of flash fiction.
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Saint Paul's
Episcopal Church



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

Weekly Happenings -
Sun: 8:15am – Worship & Bible Service
9:30am – Celebration of Holy Eucharist
Fri: Street Yoga in St. Paul's Community Room 9:30am
Fri: Bible Study in the Soup Kitchen 10:45am
Fri: Spiritual Growth Group @ 1pm
Every 2nd & 4th Sunday – Community Breakfast
served following 9:30 service
All are welcome. Come worship the Lord with us!
Listen to Rev. Sheldon's pre-recorded Sunday service on
WILI-AM 1400 @ 9:05 Sunday morning. Also on WILI
website. Soon to be on church's website and FB page.
860-423-8455 www.stpaulswillimantic.org

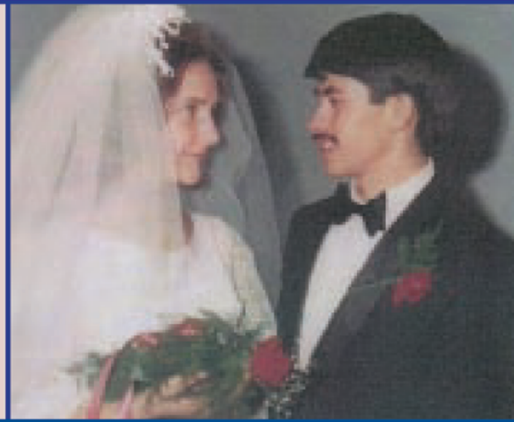
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Columbia Saxon Library Columbia Post Office	Mansfield Depot Thompson's Store Tri-County Greenhouse
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51 YEARS MARRIED ON JANUARY 27, 2019

LEBANON TEACHER, MRS. JUDY INGRAM-JAHODA AND FAMILY



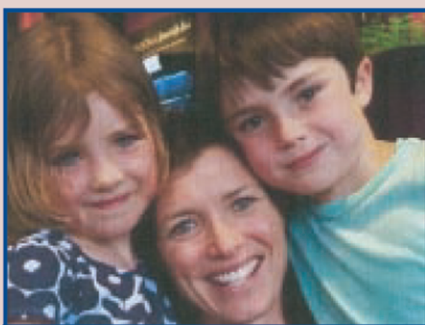
JUDY & PAUL'S WEDDING IN THE **LEBANON** CONGREGATIONAL CHURCH JANUARY 27, 1968



JUDY 1969 & PAUL 1967 GRADUATION FROM **UCONN** WITH BOTH PARENTS IN PICTURE



OUR OLDEST SON, **PAULUS**,
WITH HIS FAMILY AND HILLERY



OUR MIDDLE SON, **PETER** AND HIS FAMILY

DURING 2018

JUDY AND PAUL ARE BLESSED WITH A 5TH GRANDCHILD
AS HANS OUR YOUNGEST CHILD HAD A SON NAME:
COBA JAMES INGRAM



I look at my wife Judy as the
pillar to everything that's
happened in my life
I can never thank her enough.

