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March 2019

A little paper big on community

FREE

Neighbors



No. 169 Serving the inhabitants and environment of northeastern Connecticut and beyond

Looking Up:

As Spring Returns

By Bob Grindle

There is a line in the old Robert Redford movie *Jeremiah Johnson*, when one of the central players—Bearclaw, I believe—in a conversation with Redford’s character reflects that “...March is a green and muddy month. Some people likes it, farmers mostly...” March has never been my favorite month, and in southern New England, like in the movie, Winter’s transition into Spring tends to be a fickle affair... some crocus, some snow, some mud, some daffodils, some warm breezes and rain and nearly empty woodsheds and yes, some mud. Coming and going to and from the house takes a bit longer with the everlasting putting on of jackets and gloves and boots or changing of muddy whatever. Ahhh, but March leads into April and then into May and then...”what is so rare as a day in June...”? I’m still not a big fan of March, but oh, the promise. So where do we want to focus, on the mud or on the promise?

That’s a rather gigantic question, and it applies to every nook and cranny of our lives here on Mother Earth, no matter what your cathedral or landscape or private “cubby” looks like. Do we want to focus on the mud or on the promise? Sometimes the choice is made for us: a hard day at work; a truly miserable bit of weather to be cleaned up after or shoveled out from under; an ailment to be dealt with; and the list could go on of those things that grab our attention and tend to weigh us down. Those hard or bad times pass, though, and there is the good day at work, or the Sun comes out after the bad weather, or perhaps the illness passes. I don’t want to trivialize how hard the going can get, but I honestly



believe that a positive outlook and perhaps a hand or two to hold make even the rough patches worth the effort. No matter how muddy the ground may get in March, though, the skies will offer a great chance to escape.

As the month begins, Venus occupies center stage in the early pre-dawn sky and the waning crescent Moon hangs near Saturn on the 1st day of March, and then near

Venus on the 2nd and 3rd. As the month wears on, the 16th early morn—the clocks will have changed and we’re back to dark mornings—will see the constellation Sagittarius between Saturn on the left and Jupiter on the right in the Southeastern sky. Spring arrives officially on the evening of March 20th and the Full Worm Moon hints at the return to more enjoyable evenings and the intoxicating aromas and colors of the coming season. A couple of nights later, on March 22nd, high in the Western sky, Aldebaran, the ominous red eye of Taurus, watches over the equally red Mars, slightly right and a bit lower in the sky. This orange-giant star is more than 40 times the size of our Sun and more than 400 times as bright, and despite being more than 65 light years distant is rather easy to spot in the sky, not only because of its color and brightness, but also because it’s very near to the much more familiar Orion, just slightly to the right, Southeast.

Saturn will have faded a bit in brightness by the end of the month, but will still be prominent in the morning South-Southeastern sky and will hang very near the again waning Moon on the 28th and 29th. Here’s hoping the greening of March outweighs the mud and the skies are clear enough to enjoy. As the days grow longer and the northern hemisphere comes slowly back to life, here’s to happy skywatching.

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



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Cover photo: Horsebarn Hill, Storrs, CT by Christine Acebo. See more of Christine’s work on page 8.

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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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Another Angela Teachable Moment

By Loretta Wrobel



Angela Davis, activist and scholar, was to receive from the Birmingham Civil Rights Institute the Fred L. Schuttlesworth Human Rights Award on February 16, 2019. In

January the Institute withdrew this award because of her support of the Boycott, Divestment and Sanctions Movement targeting the Israeli government and institutions. A major outcry ensued, causing the Institute to rescind their decision and again offer the award to Angela. She has yet to accept this award saying the decision is up to the community.

What followed was brilliant. Ms. Davis was invited to Birmingham by the Birmingham Center for Truth and Reconciliation on the same day she initially was to receive the award. This gathering of 3,000 people on February 16th gave this icon of civil rights activism a platform to discuss what had occurred. She also explained how the whole series of events pointed out the complexity of institutionalized racism and that these issues are international in scope.

Prior to this discussion many Jewish activists in Birmingham and throughout the Country held a National Solidarity Shabbat announcing, "Angela, you are welcome at this Shabbat." Four decades earlier when Angela Davis went underground, fleeing the FBI, posters appeared on homes everywhere declaring "Angela, sister, you are welcome in this house." The Shabbat by Jewish supporters was referring to that historical event when a multitude of supporters reached out in solidarity for this amazing warrior.

Ms. Davis, who has spent most of her seventy-five years teaching about the role of gender, race, and class in the oppression of peoples throughout the world, continued her work in the midst of this latest controversy. She asserted that she has always worked for justice, and her support of the Palestinian people has been ongoing. She views the Palestinian struggle as a role model for black people and all oppressed people, as the Palestinians have been fighting for freedom for decades. Right now the struggle for civil rights is worldwide and the Palestinians are an inspiration for us all.

I deeply appreciate this articulate woman, who carefully analyzes the tempo of our world. Davis clearly presents the interconnections we share with each other, not just with Alabama or Palestine, but everywhere on the planet. Angela cleverly withstood a traumatizing event and flipped it into a teachable experience witnessed by the entire world. I am impressed!

The lessons continued as she spoke to her Birmingham audience regarding the importance of listening to the young people. In her words, it is the youth who advocate for change and see the need for change. They stand on the shoulders of the elders and therefore can see further with more knowledge and strident passion. They know more because they have learned from the old veterans. She feels it is critical that we accept the leadership of the young people. I add it is necessary that the older generation encourage the leadership of our youth, in order for our society to evolve into a more just and inclusive planet.

Angela believes in the importance of community. She reinforces the truth that one person does not make a movement. It takes many individuals working tirelessly, often over several generations, before a change is actualized. Her mantra is the need for us as individuals to understand our interconnections with each other. And one group's success can influence other successes. She proudly extolled that she is only alive today because of the many thousands of people who organized and fought for justice for her and other persecuted people.

She strongly emphasized that institutionalized

racism must be addressed in not just America but throughout the world. She acknowledged how far the civil rights movement has progressed over the last several decades. She did not bad-mouth the Birmingham Civil Rights Institute. Instead, she praised their decades of work in enhancing the understanding of the negative effects of racism. She reiterated that being in support of the Palestinians is not being anti-Israel. The dichotomy that separates is the issue, not that one group is better than another or that one side is right and the other is wrong. Dialogue is the key to begin unraveling the hatred, negativity, and cruelty we create when we set up a hierarchy of classism, racism and misogyny. She walked her talk at the February event, as she was in dialogue speaking the hard truth.

For me the take-away is that you really can seize the moment if you step back and not immediately react with a punch. Angela refuses to be placed on a pedestal. She credits community with the power to create a more equal and compassionate world where all are treated fairly and respectfully. If we can dream it, we can move toward actualizing. All that is required is an enormous amount of patience and the acceptance that change takes time, effort and nurturance.



Angela Davis

If you are interested in viewing the full dialogue between Angela Davis and Inami Perry at the February 16th event organized by the Birmingham Committee for Truth and Reconciliation, please check out Democracy Now website for February 19, 2019.

Angela Davis ended this evening in her honor with these words, "It's very exciting to see all of the young women in Congress, women like Ilhan Omar, who are telling it like it is. And so, you know, let us use this moment to generate the strength and the enthusiasm and the vision to move forward, to move forward to a better future for Birmingham, for the country and for the entire world."

After listening to Angela Davis speak in the city of her birth, describing playing a dangerous childhood game of running up to a house of white people and ringing the doorbell, you easily see that this woman was a born activist. At that time Birmingham, as well as many other cities, was segregated, and she lived right on the line between the white and black neighborhoods. Ms. Davis was someone who questioned and tested institutional racism from her early years. And almost three-quarters of a century later, she is still fighting, with intellect, with grit, and with profound understanding.

What a gal!

Opinion

Schools Need to Change Fundraising

I think it's vital that our schoolchildren are being taught good nutrition in their classrooms and cafeterias. Hopefully they will use this knowledge to make good choices in their lives on a daily basis. Unfortunately, the emphasis on good nutrition goes out the window during fundraising time.

Two disgusting 'edible' creations have been sitting in our freezer for the last few months. We won't eat them. They arrived having been purchased through school fundraising efforts in Ashford and Mansfield. When our grandchildren bring full-color, glossy, beautifully photographed fundraising brochures it's almost a 'knee-jerk' reaction to order.

Upon arrival a reading of the list of ingredients on these pastry packages is downright scary! This is the best we can do? Or the most convenient?

Let's get back to the bake sale model. Community residents are capable of producing nutritional food items to sell at school or community events or at businesses such as Highland Park Market in Coventry. If those efforts don't produce the kind of \$\$\$'s reaped from the Kansas pastry mill sales how about just asking for a money donation? I'd be happy to write a check a couple times a year to help fund school needs not addressed in the budget. We must stop asking our children (and grandchildren) to be salespeople for products that shouldn't be produced in the first place. Those pastries in our freezer will be appropriately baked in a trash-to-energy plant.

Tom King, Ashford

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Photo at left was taken at the Coventry Winter Farmers Market held on Sundays at the high school. Doug Crane packages a bottle of his Dragons Blood Elixir hot sauce for a customer. The photo at right was taken at the '4th Annual Know Your Farmer Fair' held February 23rd in Willimantic. Hansen family members of Down to Earth CSA Farm in Stafford Springs at their table. Dennis Pierce photos.

From the Ground Up - Buying Local in Connecticut

Spring Recollections and the Poetry of Robert Frost

By C. Dennis Pierce



What is Spring to you? I have lived all over New England and have experienced many signs. I went to college in Maine on the shores of Lake Sebago. At the lake, spring was determined at the time what we called "ice out". During spring we would place bets on the date that the ice on the lake would sink to the bottom. It was a simple, exciting town wide affair. We definitely celebrated the welcoming of Spring after a long Maine winter.

Now, in my earlier years in New Hampshire, spring meant the ability to walk through the New Hampshire woods with muck boots. In those days they were tall, green boots that went up to the knee. Every kid had a pair and they brought us from our winter boots, that helped us walk though depths of snow, and then we transitioned into our muck boots for mud season. The other things that excited me about spring growing up was during my childhood was I spent a lot of time in two places, the woods and the local library. In those days there was no concern by your parents about your daily ramblings as long as you were home in time for dinner and then again when the street lights turned on. Live then was pretty nice and easy. During rainy days when I was not in the woods, I spent many hours in the local library. I have memories of my mother calling down to the library, checking with the librarian to see if I was nestled in the stacks so my mom, could alert me that she would be leaving home to go grocery shopping on a Friday afternoon. I was ten at the time, yup ...a little bit different then now.

Spring officially begins on Wednesday, March 20th. However, before that date the signs of spring are everywhere. Willimantic held its, "4th Annual Know Your Farmers Fair" this past Saturday, an event that is always well attended. Farmers who were there were offering shares in their CSA's (Community Supported Agriculture), and also providing general information on who is selling at local markets. Another location to purchase local is the Coventry Winters Market located at Coventry High School each Sunday. Their market is coming to a close on Sunday, March 17th .

A true sign of spring throughout New England is the lines of hoses that connect maple trees as the sap is drawn off to make maple syrup. Off Route 89 in Ashford you can see Rivers Edge Sugar House's sign alerting that they are "boiling" the sap for maple syrup. If you care to visit them you can find info on their website at <https://www.riversedgesugarhouse.com> You may also find local maple syrup at the Willimantic Coop and Mansfield Supply on Route 195.

Robert Frost, a true New England poet captured spring and sugaring time in his poem, "An Evening in the Sugar Orchard". As a naturalist and native of Vermont he embraced the seasons and the changes that we all experience.

An Evening in the Sugar Orchard

From where I lingered in a lull in march
outside the sugar-house one night for choice,
I called the fireman with a careful voice
And bade him leave the pan and stoke the arch:
'O fireman, give the fire another stoke,
And send more sparks up chimney with the smoke.'
I thought a few might tangle, as they did,
Among bare maple boughs, and in the rare
Hill atmosphere not cease to glow,
And so be added to the moon up there.
The moon, though slight, was moon enough to show
On every tree a bucket with a lid,
And on black ground a bear-skin rug of snow.
The sparks made no attempt to be the moon.
They were content to figure in the trees
As Leo, Orion, and the Pleiades.
And that was what the boughs were full of soon.

For this month's recipe I wanted to offer a great recipe featuring maple syrup. We always think of maple syrup as a topping for pancakes but not as an ingredient for baking. These are great for a dessert, gift to others or an item to bring to a pot luck.

Maple – Pecan Shortbread Cookies
Makes: About 2 dozen

Ingredients:
2 ¼ cups of all-purpose flour, plus more for work surface
½ cup of cake flour. If you do not have cake flour, which I will assume most people do not. Take 7 tablespoons of regular four and 1 tablespoon of corn starch and mix together.
½ teaspoon of salt
½ cup of pecan halves, finely chopped, plus 24 pecan halves whole for decorating
1 cup, (2 sticks of butter) softened at room temperature
¾ cup of granulated sugar
¼ cup of pure maple syrup. Grade B maple syrup preferred.
1 large egg yolk
¼ teaspoon of pure maple extract
1 large egg, lightly beaten
Brown sugar for sprinkling

Directions:
Sift flours in a bowl with salt and mix in chopped pecans. With an electric mixer or a stand mixer with a bowl and a paddle attachment, beat butter and granulated sugar until smooth and light, about one minute.
Add maple syrup, egg yolk and extract. Beat until well combined.
On a lower speed add flour mixture, beating until well combined. Dough should be smooth.
Take out of bowl, flatten in a disk and wrap in plastic wrap and refrigerate for 1 ½ hours or overnight.
Preheat oven to 350 degrees.
Line a baking pan with parchment or wax paper
On a floured surface, roll out dough until ¼ inch thick. Cut out rounds with a 2-inch cookie cutter or if you do not have one you can improvise by taking a small can and opening up both ends and use that to cut out rounds.
Place cookies 1 inch apart on the prepared baking sheet

Brush each cookie with beaten egg, add pecan on top of each cookie and sprinkle with brown sugar
Bake cookie, rotating sheet halfway through, until the edges turn golden, bake around 10 to 12 minutes
Transfer to a wire rack and cool.
Enjoy.

If you enjoy this column please take the opportunity to let me know. If you have a suggestion for a farm or a local grower or even a recipe that would feature an ingredient that can be obtained locally, that you would like featured in a future column drop me a line at Codfish53@yahoo.com. Peas be with you.

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High Notes, Big Plans: A Spring Reception

Wednesday March 20th, 6-8 p.m.

Hampton's Fletcher Memorial Library welcomes the new season with High Notes, Big Plans: a Spring Reception, featuring music, both sweet and savory refreshments, a mini back room book sale, and the kickoff for a capital campaign for an expanded event room.

Music will be provided by Bob Oxenhorn on guitar/bass, Ellen Iovino on guitar and vocals, and Hampton resident, Donna Tommelleo on percussion. The group plays a blend of jazz, folk, country, and R & B, a sweet accompaniment for an assortment of treats from Hampton's notable bakers.

The event will also provide a look at the library's plans to expand the present sun room into a usable and accessible event space on the ground floor. Currently, the library's many events are either held up a steep stair case or interfere with access to the fiction stacks on the first floor. "We feel this is essential to our continuing efforts to best serve our community," said library chair Anne Christie.

Architectural drawings will be on display and volunteers will be available to answer questions. The library is also in the process of launching a capital campaign which includes a GoFundMe listing where online donations are accepted. Contributions will be most welcome. Fletcher Library is at 257 Main Street, Hampton. Info: 860 455 1086.

Neighbors
a little paper big on community

Storrs Center is dying— and LAZ Parking is killing it, store owners say



Storrs Center, Mansfield

Photo by Kimberly Nguyen

By Gabriella DeBenedictis

When Kim Cash first opened a second location of her clothing store in Storrs Center, she saw around 200 customers per day. Three years later, there are days when she has no more than 10.

Cash's store, Bliss, opened its Storrs location in December 2015. Cash had a following and a positive reputation from her first location in Willimantic, and business was great — until, she said, the street parking limits in Storrs Center were changed from two hours to 30 minutes.

According to Cash, LAZ Parking — which handles the parking in Storrs Center — started “ticketing like crazy.” Though there is a garage in Storrs Center where customers can park for free for two hours, Cash claimed that does not alleviate the problem.

“I cannot tell you how many times my customers try to park and they tell me there’s no spaces,” Cash said. “The elderly don’t want to go to the garage, so I’ve pretty much lost that demographic.”

Marc Alderucci, the owner of Storrs Center’s Grille 86, also said the center’s 30-minute parking limit and LAZ’s ticketing has caused his restaurant to lose business.

“There’s been a minimum of 50-60 people that have said, ‘I don’t go here to watch a game because I don’t feel like moving my car three times to watch one football game,’” Alderucci said. “And not everyone is comfortable with a garage, especially when you start talking about an older demographic.”

In the last few years, several businesses in Storrs Center have closed their doors. FroYo world and Sweet Emotions left in September 2017. Toasted and Tang Karaoke & BBQ also closed within the last year. Now, Gansett Wraps is up for sale, according to BizBuySell.com. Perhaps most notably, Amazon@Storrs shut its doors in January.

“That was the last straw, when Amazon bailed,” Cash said. “There’s a quote out there that says, ‘If Amazon can’t make it, then nobody can.’”

Cash and Alderucci blame those closures primarily on the ticketing, which Alderucci referred to as a “\$30 never-come-back pass.”

“(Customers are) not coming back,” Alderucci said. “They can go to Manchester, they can go towards the mall area, Willimantic, and park for free and not have these issues, so there’s no reason for them to come here.”

Steve Smith and Brian Jessurun, co-owners of Storrs Center’s Dog Lane Cafe, echoed Alderucci’s comments, saying many people have told them they would not return to Dog Lane because of the tickets they received while eating.

“A woman came in, she was telling me she came in from Manchester on a recommendation from a friend,” Smith said. “Everything was great. The service was great, the food was great, she loved the vibe of the place. She said, ‘we can’t wait to come back.’ She walks out to her car, and then five minutes later she comes back and

holds a piece of paper (up to) my face (and says), ‘We are never coming back.’”

Dog Lane has been open for over six years, Smith said, and their business did not start dropping until the street parking time limit changed two years ago.

“Our counts are off 8,000 customers from three years ago. It might be more than that, it might be 10,000 from our peak in 2015,” Smith said. “And that also coincides with when LAZ began assaulting cars with tickets.”

LAZ parking tickets in Storrs Center are normally \$30, according to a June 2018 LAZ financial report. From July 2017 to June 2018, the company made \$635,103.81 in Mansfield parking tickets, the report said. It showed \$331,642.39 in operating expenses, putting LAZ’s net income from July 2017 to June 2018 at \$303,461.42.

LAZ could not be reached for comment.

“These numbers are obscene,” Jessurun said. “As a business owner, let’s say we do a million dollars in sales, we’re lucky to get five cents at the end of the day on a dollar. They’re getting almost 50 cents per every dollar worth of revenue.”

Mansfield Mayor Paul Shapiro said he was aware of what he called the “overzealous enforcement” of parking time limits during off-hours and said he thought the town had resolved that issue.

“I understand that overzealous enforcement, particularly in the evenings, on weekends, on certain weekend days and certainly during the summer, is something that can be addressed,” Shapiro said. “I thought we had addressed that, because that is a bit of an old complaint. There is an ongoing dialogue with the partnership and LAZ as to how we can make parking less of an obstacle.”

Smith said this “enforcement when there is none needed” has hurt his business more than anything else.

“For example, Saturday morning in the summer, any time in the summer really, any time during spring break or winter break, that’s when our business depends on locals to come here and support us,” Smith said. “Without them, we don’t make it, nobody makes it. And yet, that’s when LAZ has chosen to enforce, foolishly, I believe, without regard for the businesses.”

Ultimately, Jessurun said, he’s unhappy that his business is hurting due to forces out of his control.

“There’s no place to park, the parking garage is full, you get a ticket, what’s the motivation?” Jessurun said. “You’ll go somewhere else, you have plenty of choices around here. You don’t have to come here. It’s frustrating when you do a great job, and everything seems like it’s going well, and then you get sabotaged by this.”

This article first appeared in UConn’s daily newspaper, The Daily Campus. Reprinted with permission. It has been edited. Gabriella DeBenedictis is a senior staff writer for The Daily Campus. She can be reached via email at gabriella.debenedictis@uconn.edu.

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Have Paddle, Will Travel

By David Corsini

Playing sports has been an important part of my life. My sporting life began in 1950 when Little League baseball began in my small town in Massachusetts. Our league had four teams, a diamond with an outfield fence, a press box up behind home plate with a PA system, and stands for spectators. Of course we had uniforms. My parents and sister attended most games, which were big community events. Game statistics, league standings and individual player batting averages appeared in the local paper. I was the shortstop of the traveling all-star team that played a team in Pawtucket, Rhode Island at night in a ball park with lights.

During this period, the Boston Braves sponsored a televised pregame show called the Knothole Gang. The format involved four Little League players playing catch with a Boston Braves player. I was selected to be one of the four from my town.

The major league ball player was to throw a ground ball to each of us. We were to field the ball and throw it back to the player. I had an older friend who advised me to throw the ball back as hard as I could. I fielded my grounder cleanly and fired it back. Luckily, my throw did not sail over the player's head and I was chosen as the winner of a bat, ball and the opportunity to come back next day to interview a major league player. As they say in baseball, I had a "good arm". But this was the long and short of my TV career.

There were league playoffs and my team, the Red Sox, won the league championship. At our banquet, members of my team each received a small trophy of a baseball player. I still have that trophy and, if I don't count the five gold medals I won during one of my Club Med visits, it is my only trophy.

In high school I was a starting player on the basketball and baseball teams. My parents, wisely in retrospect, did not let me play football. In college I played only inter-fraternity sports. My fraternity had a ping pong table and I began playing that game. The best player in my fraternity was Bobby Tow. At first, he beat me easily. But as time progressed, my skills developed to the point where I was beating him often. While I liked the competition of ping pong, I don't remember playing it in subsequent years.

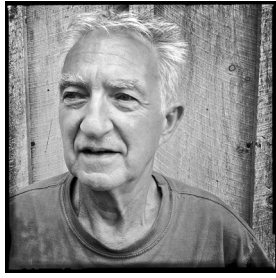
After college I spent four years in graduate school at the University of Minnesota, three years as a professor at the University of Georgia, and then came to the University of Connecticut in 1971. At these different places I would play sports. Some of the sports were regular but informal--like the Sunday afternoon tag football at the University of Georgia and weekly racquetball matches at UCONN. Other sports were more organized. I played on several softball teams and was involved with various tennis leagues.

While I enjoy most sports except golf, I prefer racquet sports. It is while playing sports like tennis and racquetball that my competitive juices flow. In fact, one of my nicknames acquired from one of my racquetball opponents is "killer." Some people tell me they are surprised by this nickname, as they see me as calm and quiet mannered. They just have not seen me with a racquet in my hand.

One of my tennis opponents even named a tennis shot after me. At one point I had a Wilson Profile tennis racquet with which I could hit a short lob so hard that it bounced off the rafters of the indoor tennis court. This shot came to be known as "The Corsini." So, watch out if I come near you with a racquet in hand.

When I was 67 years old, I began to have increasing back pain during and after playing tennis. I had an MRI and consulted with several specialists. The diagnosis was spinal stenosis and a deviated vertebra. Because surgery would be complicated, recovery long, and outcome uncertain, it was not recommended. In addition to the back pain, I had fallen backwards several times while chasing down a lob that was not so short. So, I had to give up playing tennis and I missed the competition.

Since that time I have managed my back pain with occasional epidural shots and swimming. Even though I



fantasize about playing racquetball and tennis, the only exercise I have been able to maintain on a regular basis is swimming. Except for getting my own lane, I am not competitive in the pool.

Then, in 2017 at age 77 I was on an Earthwatch Expedition in Costa Rica at a research center that had a ping pong table. It was New Year's Eve, we were having a small party and people began to play. Finally, I took on the winner of several matches and managed to "dispatch" him and then another. Playing did not seem to hurt my back and I enjoyed the competition. I thought I would like to add ping pong to my repertory and began to search for a table and an opponent.

It wasn't until more than a year later that some progress was made. By coincidence, in the spring of 2018, I was to visit the same research center in Costa Rica with the Tropical Biology class I had joined at Eastern Connecticut State University (ECSU). I brought along ping pong balls and asked if anyone in the class played ping pong. Nate spoke up in the affirmative. Unfortunately, we did not have free time when we visited the center and we could not play. But I remembered and this past fall I contacted Nate. It turned out he was a Resident Assistant in a dorm at ECSU that had a ping pong table. We made plans to play.

More or less at the same time, I joined the Mansfield Community Center (MCC) as a place to swim when my usual pool at ECSU was closed. I noticed that MCC also had a ping pong table and I asked my 16 year old grandson, Dylan, a junior at E.O. Smith, if he would like to play. He would, but we would have to wait until football season finished. He was the quarterback of the team and practice and games took up all of his spare time.

In late October I began to play weekly with Nate. We used cheap paddles that came in a kit. Nate told me he had a ping pong table at home where he played with his father. Since I had not played ping pong for a long time, I was concerned about how well I would compete against a young kid. It turned out that Nate and I were at a comparable skill level and we had good matches. We even incorporated a small trophy into our competition. The weekly winner of the competition got to keep the trophy between matches.

After we played a few times, I decided to see if I could find a higher quality paddle. You will probably not be surprised to learn that there are literally hundreds of paddles to choose from. At the Amazon site, the first paddle mentioned costs \$349.00. At least it comes with FREE shipping!

Although I am curious to experience what playing with this paddle would be like, I plan to wait. I ordered a paddle in the \$35 range and it came with a cover. Even if the paddle made no difference, I figured it might be a little intimidating to show up with a paddle that came in a zippered case. I am not sure if it was the paddle or the case, but I did seem to have more success with my new paddle. Then Nate got a new paddle for Christmas and the tables were turned.

Dylan and I have a weekly match on the ping pong table at MCC that is located in the teen center. In the early matches I used my \$35 paddle and Dylan used a cheap paddle. I was winning most of the time. Then I remembered that in college I liked to use a sandpaper paddle so I went on line and purchased one. I like playing with it and I let Dylan use my \$35 paddle. With that paddle Dylan began to beat me with some regularity. He is 6' 2" and has an amazing wingspan. If I hope to stay in the game with Dylan, I will have to increase my focus, develop new shots, or maybe spring for that \$349 paddle.

After Dylan and I play ping pong for about 45 minutes, the teen center becomes very noisy and confusing when many kids come for an after school program. When it becomes too difficult to focus on ping pong, Dylan often helps me with the installation of my assemblages around Willimantic. Dylan has a driver's permit so in the process of helping me, he also gets a chance to practice driving.

So, in addition to swimming on most days, I have two ping pong matches a week. I like the competition and the camaraderie that is involved. So far, my back is handling it well, but I am starting to feel that the young kids are pressing me pretty hard.



David with his 'Gold' medals at Club Med, 1985.
Photo by Delia Berlin.

Common Sense Car Care

By Rick Ostien

This month I'm going to go back to talking about hands on vehicle repairs. Anyone who owns a computer controlled vehicle will at some time experience a check engine light appearing lit on the dash. The check engine light can mean a number of things, but due to the complexity of today's cars diagnosis of the problem is not always simple.

The check engine light will come on when the vehicle's computer monitors a sensor out of range. The average vehicle has many functions that are controlled and monitored by the E.C.M. (Electronic Control Module or Computer). Most cars of today have more than one computer on board. The following are some examples of functions that are controlled by these computers; fuel, ignition, starting, emissions, braking, and climate or comfort control to name just a few. The E.C.M. monitors multiple sensors in the vehicle from each of the areas mentioned. The E.C.M. then makes the adjustments necessary to achieve maximum performance. This is done continuously every second that the vehicle is running.

The check engine light on the dash comes on when the E.C.M. reads a sensor out of voltage range or not working. The theory behind this is very simple. The technician would attach a diagnostic monitor to the E.C.M., scan for which area is malfunctioning and repair it. The theory is great, but simple, I think not. The E.C.M. has two kinds of codes. The hard code means that the function being monitored is not working. The intermittent code means just that, the function being monitored had some sort of problem but is working properly at this time. When a computer has a hard code the technician accesses the computer for those codes. The code or codes are written down. The computer is cleared of codes and the vehicle is then road tested. If the check engine light reappears and the same code is in the computer then it is confirmed that the vehicle has a hard computer code. The technician can then check to see which function is causing the problem and begin the process of repairing the vehicle.

The most difficult type of code to deal with is one that is intermittent. The technician will follow much of the same procedure as when there is a hard code. If the code does not reappear after road testing it is termed intermittent. The intermittent code is very common with today's vehicles. It can be very frustrating for the vehicle owner and for the repair facility as well. It is difficult for a technician to repair a vehicle that is demonstrating at that time that things are functioning properly. Often this will mean that the vehicle will need to be driven until the code reappears. Hopefully it will be as a hard code.

The problem of a plugged air or fuel filter, fouled spark plugs, and broken vacuum lines can all cause a computer to trigger a code. Please beware of parts stores that advertise that they will scan your computer. Many sensors are sold and installed that do not need replacing. The sad part of this is that you are out money you didn't have to spend and the problem with the car still exists.

Hopefully this article helps you to understand how sophisticated the cars of today are. The check engine light is a common problem and often can be frustrating. Until next month...Happy Motoring!

Rick Ostien is the owner of Franc Motors in Willington.

Our Community Calendar

Compiled By Dagmar Noll

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

March 1, Friday

Art: Salon at the Benton: a Critical Look at Portraiture, 5:00p.m. - 7:00p.m. Light hors d'oeuvres and lively conversation at the William Benton Museum of Art, 245 Glenbrook Rd, Storrs. Info: 860-486-4520 benton.uconn.edu

Healing: Gong Journeys: Into the Sacred Heart, 7:00p.m. - 8:30p.m. \$20-25. Sound journey into self-exploration and healing with singing bowls and gongs with Ed Cleveland. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Theater: Body Awareness, 7:30pm. \$12-19. A Fractured Theater production at Windham Theatre Guild, 779 Main St, Willimantic. Tickets: 860-423-2245 www.windhamtheaterglass.com

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

A Plumber in the Hand Is Worth Two in the Bush

By Delia Berlin



On a recent Sunday, my husband woke me up well before dawn with these words: "I'm sorry to have to tell you that we have a major problem. Our boiler is off and surrounded by a huge pool of water." It was 18 degrees outside and this was not welcome news, but unexpectedly, I was relieved. The reason was that by the time David finished uttering the word "sorry" my sleepy brain had already imagined that one of our two elderly pets was either dead or in agony. Fortunately, that wasn't the case – a broken boiler could be fixed or replaced.

We had just finished a week-long bathroom update on the previous day. We were happy with the results, but after a week of construction we were overwhelmed by the prospect of continuing work in our 1930 house, where one thing can easily lead to another. But while the bathroom had been an elective improvement, this was a mandatory fix. We could only look forward and resolve it.

The successful bathroom project had not been without its headaches. We had added this first-floor bathroom five years earlier, when we bought the house. At the time, we were rushing renovations because our former house appeared to have sold sooner than expected and the buyer was in a hurry to move in. Our new home had a breakfast nook adjacent to a pantry that was perfect for a tiny bathroom. So, we soundproofed its walls and installed a toilet, a pedestal sink and a utility corner shower over the existing wood floor. Everything fit to code and we would improve functionality at some point in the future.

When I heard from one of our favorite contractors that his workload was slowing down, I thought it was a good time for these improvements. We decided to replace the overhead pull-switch light with an exhaust fan light with a wall switch. We planned a tiled shower stall, a vanity, a larger medicine cabinet, and a water-proof floor. With so many components, disruption would be unavoidable with our small open-floor-plan house, but we knew that our contractor would be as neat as possible.

Construction started early on Monday. The first challenge was presented by our front door, which is also on schedule for future replacement. This door doesn't close well unless one locks it or slams it shut. Over the entire project we had a total of eight workers in different trades, and often up to three of them were working at once. Machine tools were set up outside and workers couldn't possibly use keys for their frequent ins-and-outs, so they had no choice but to slam the door. Nobody was too happy with this, including the workers and our pets, but we all had to adapt to the constant racket.

Things proceeded smoothly over the first few days until our contractor, after finishing tiling the shower walls, opened a box of bullnose tiles for the edges. The tiles were the wrong color. We made an anxious trip to the store to exchange them, but the right color was no longer available. Unable to find a good choice in that size, we decided on a wider border that matched the walls well. That was a good solution and once again we were on track.

On another day, as the floor was almost finished, one of the last few tiles was accidentally damaged. We discovered, in a panic, that we didn't have enough tiles. These tiles had been pre-ordered weeks before and were only sold in boxes for thirty-six square feet coverage. Since the bathroom surface was thirty square feet, I had ordered one box. Not only would we need to order another box for just one tile, but we could face a significant delay. Fortunately, an employee of our local design store went beyond the call to help. He contacted the floor manufacturer and managed to get them to ship a single tile overnight, which solved our problem for a very reasonable price.

These setbacks were spread over several days and delayed completion a little, but by Saturday afternoon everything was done, except for plumbing hook-ups. The plumber had several emergency calls that day and had to reschedule his visit for Sunday at 8 am. Our contractor raved about this plumber and his meticulous work, but also mentioned how busy he was and how hard it was to get him for a job. His limited early Sunday availability highlighted that point.

We knew that the plumbing work, mostly in the basement, would not be messy. So, on Saturday afternoon, after the workers left, we proceeded to clean the entire house from the debris and dust that construction usually creates, in spite of every precaution. We went to bed exhausted, completely unsuspecting that our boiler was already on its death bed.

Soon after we woke up to the realization that we had no-heat, we realized the full miracle of our bathroom renovation. Its final step was still pending for that very

morning. Our contractor's highly skilled plumber was already pre-scheduled, exactly when our boiler broke down. This was almost as good as winning the lottery! Like it or not, this great plumber would now fall into our sticky web.

I waited till after 6:30 to call the plumber and leave him a voice mail for a heads-up. As soon as he arrived, already forewarned, the shower re-connection was moved to the back burner. Soon, he diagnosed the problem with the boiler. A critical cast iron plate had fractured beyond repair and we would need a new boiler. To top it off, another gas boiler with a tankless coil water heater was not available, so we would also need a new hot water system. We decided on a gas water heater, which would operate independently of the boiler and run even during a power outage.

Our captive plumber was able to patch up the problem temporarily, to allow us to run the boiler for a quick shower or a heating cycle. We couldn't leave it unsupervised or running overnight. The water leak had been slowed down, but couldn't be completely stopped and it could suddenly worsen. But with intermittent steam heat, our two heat pumps and our gas fireplace, we would be comfortably warm.

A new boiler and water heater arrived on Monday afternoon and work started before dawn on Tuesday. By the end of a twelve-hour work day, we had temporary heat. And by Wednesday afternoon, we also had temporary hot water. By "temporary" I mean functional, but still in need of interruptions for permanent connections and peripheral features.

To our surprise, the heat pumps performed surprisingly well in very cold weather, maintaining the entire house at a reasonable temperature. So far, we had used them mainly for cooling during hot weather, or for brief heating in moderately cold conditions. But we had never tried them as a main heating source in winter and were pleased to find out they did the job.

Our plumber was very neat, organized and resourceful. His van was like a mobile workshop, full of tools and machines that allowed him to do very tough things by himself. I was impressed by how much work was involved, both physical and mental, and how good he was at taking measures, performing calculations and solving whatever problems he encountered. He worked very long hours and made many improvements to our plumbing in the process.

In the end, completion of all these projects took two full weeks, during which each and every day we had someone home very early and working hard. One of my main concerns during that time was to keep my pets calm. Strangers and loud noises always get them alarmed. They give me deer-in-the-headlights looks, pleading for either rescue or reassurance. Over the years, they have come to trust that whenever I say that everything is OK, it simply must be. At times, the noise and vibrations were so intense that I wasn't confident I could reassure them enough, but their faith in me seems to be boundless.

While we never look forward to the discomfort, anxiety and expense of domestic improvements and repairs, we feel very fortunate to have the resources to perform them. We know many qualified and trustworthy local workers in almost every trade. The understanding that our projects help support them, makes these domestic expenses much less painful. More than once, including on this particular occasion, they have literally saved us. We depend on their expertise and want to keep them in our community.

I never subscribed to the view that you shouldn't invest in your home any more than what you can get back when you sell it. Home is a place of peace and comfort, not an investment. One would never expect to "get back" vacation, entertainment or personal care expenses, which are indulgences of limited duration. Yet, one can enjoy a well-maintained home on a daily basis and support the health of a community in the process. Local trade workers have our backs and we are happy to contribute to their business. So, as a good glutton for punishment, I'm already making plans for replacing that noisy front door.

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The Old Poster in the Barn

By Christine Acebo

The old poster was hanging in a barn that was used mostly for storage at North Creek Farm in Phippsburg, Maine. I found the farm many years ago and, on my visits to Maine, often made time to stop for one of the delicious sandwiches they made in the little café and to roam the extensive gardens and greenhouses. One day I was poking around the old barn and noticed a poster hanging high above the barn door. I went closer to look at it and time suddenly slipped backwards. There was Lift Number 1 on Ajax mountain in Aspen, purportedly the longest ski lift in the world when it was built in 1946. When I was a kid I rode this chairlift many, many times. When I was a kid this chairlift frightened me with the heights it reached above the snow and trees. When I was that kid in the early 60s the side streets in Aspen were dirt (or snow or mud), there were no rich movie stars, glitz, or glamour, and the town still felt like an old mining town that happened to have a ski slope.

My father was an obsessed skier, in love with the Colorado mountains since his days in Camp Hale training with the 10th Mountain Division ski troops before WWII. He married my mother during the war then after he came home from Europe he convinced her to leave all of her family and friends in Boston to go with him to what still seemed the frontier of Colorado. Dad had first settled them in the very small town of Palmer Lake (population about 260 in 1947) near Colorado Springs and my father, with a C.P.A. after his name, took a job at the grand Broadmoor Hotel. In the winter of 1947 I was born and my first few months were spent in tiny rooms in a tiny town surrounded by Colorado winter cold and snow. Dad was miles away at work all day and my mother, though befriended by some wonderful people in the community, felt isolated and abandoned. As I remember being told, Dad didn't like working under a "boss" at the Broadmoor and they soon moved to Denver so he could set up his own private practice. He was self-employed the rest of his life which gave him the freedom to make time for tennis and skiing. My mother was, at last, in a city again and several years later, after searching through neighborhoods filled with brick houses and wooden ranches she found the house she wanted, a traditional Cape Cod style house, white with black roof shingles, bay windows downstairs and dormers on the second floor.

The Tenth Mountain Division had its beginnings in Colorado and lots of its veterans returned there after the war. Many of Dad's "army buddies" helped start the ski industry in Colorado and they were the adults I remember best from my childhood. His closest buddies were the ones from the east coast who, like him, had brought wives and started families half a country away from their original roots. They lived for the mountains and skiing. As you might expect, my brother and I were on skis from the git-go, first on the front lawn, then on a local golf course with smooth rounded contours, then at the smaller ski areas near Denver, then Aspen or the upstart Vail.

When we were in Aspen, Dad made sure we were in line for the "milk run" on Lift 1, so called because the first trip of the day was used to bring the day's supplies up the mountain to the lodges. It was often near or even below zero, barely after sunrise, and sometimes snowing. The single chairs on the lift had pieces of canvas that could be draped over lap and legs for some meager protection against the cold or wind or snow. When we reached the end of the lift, the canvas might be frozen stiff and I would wrestle out from under it. None of my toes or fingers would have any feeling. The worst part, though, was that this lift ended only part way up Ajax mountain; there was one more lift, a double chair, to the summit and the summit lodge. I think it took at least an hour to get all the way to the top. At the summit lodge we'd stop just long enough for Dad to get some coffee and for my brother and me to get some cocoa and stomp our feet back to life in their cold, heavy, leather ski boots. Dad was never cold and he had a hard time waiting for us to warm up while new powder beckoned. Markedly less eager, my brother and I would strap on our wide, long Head skis and follow him.

In those days there was nearly always untouched powder for the first runs in the morning and Dad was in his element. He was a beautiful and superbly competent skier; on deeply bent knees he schussed in deep powder down slopes so steep the snowballs simply dropped into the air behind him. My brother followed with a younger, newer version of that elegance. I crept down those steep slopes with a snowplow as wide as I could make it and ended up with lots of snow down my neck. I hated that powder and only began to be happier after lunch when the upper slopes had been tamed a bit by skiers who got up much later than



we did. Even better, if it happened to be late spring, we might be blessed with corn snow in the afternoon, lovely granulated stuff that gave traction and support and sang as we glided through the trees.

We stayed on the top part of the mountain all day, breaking for a long lunch of something hearty and delicious, sometimes sitting on the deck outside, burning our faces in the hot Colorado sun. Only at the end of the day did we ski all the way down the mountain. The trails plummeted for miles over difficult terrain and by the time I got to the bottom my legs were weak and trembling. The walk back to our little cabin was slow and the heavy skis never stayed nicely on my shoulder like Dad's did.

My favorite things about Aspen were getting mocha cakes from Delice's Bakery at the end of the day, browsing the few tiny shops in town, and sometimes skating on the town's ice rink, a frozen flooded field with a small hut where skates could be rented. In those days I could explore the entire town by foot in less than an hour. In the evening we'd go to dinner, sometimes with one or more of my father's friends. They'd talk of their old days over bratwurst at the Wienerstube or hot buttered rum at the Red Onion or once in a while, over a fancier dinner at the old Victorian Hotel Jerome. My brother and I would listen to their stories of Camp Hale, or the war, or of friends who had died in it. Those men didn't cry in front of us but their voices broke and they might as well have. I could feel their emotion but the facts of their war were, I admit, incomprehensible to me. Now, knowing a little more of what my father and his friends experienced, I am awed that they kept the trauma and ghosts at bay as well as they did.

The poster in the old barn brought all of that back in a flash. How strange to feel that child again. How vivid those memories were from so long ago. How rich I felt for having them. I walked back to the Farm's kitchen, claimed my sandwich and chips, and ate at the old table in the garden. I watched a little band of chickens poking around beneath the bushes. It was a warm summer day in New England and I could feel the sun hot on my face.

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

March 2, Saturday

Kids: Pokemon Club, 10:00a.m. Bring cards to swap and devices with Pokemon games to play with friends at Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763

Nature: Seasonal Transition, 10:00a.m. - 12:00p.m. Look at the bird migrations, leaf changes, and temperature changes. Ages 12+. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

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

Health & Wellness: Essential Oils for Health & Wellness, 12:30p.m. Free. Learn all about essential oils as tools for natural wellness. Essential oils 101. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Gardening: Vegetable Gardening with John Lorusso, 12:30p.m. - 2:30p.m. Hands-on knowledge of vegetable garden production and advice on planning this year's garden. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.

100 Years of Gratitude

By Doug Paul

Every Wednesday for the last 100 years, men and women of all ages have been telling of countless ways they have been benefited by their active faith in God as Love.

The Christian Science church in Willimantic, located at 870 Main Street, has had a continuous presence in the community since 1918. In addition to its Sunday morning worship services and Sunday School for youth up to the age of 20, it has held a mid-week testimonial meeting, where attendees have expressed gratitude for evidence in their lives of God's loving presence and power.

Often, the evidence they are grateful for is physical healing -- from colds and contagions to heart attacks and cancer, from hereditary conditions to accidents. Other types of healings include addictions, financial distress, relationships, employment, and character regeneration. Every healing involves an overcoming of fear through a realization of God's overwhelming love and care for His children, as our Father - Mother.

People unfamiliar with Christian Science often express surprise that spiritual healing exists in the midst of today's highly medicated society, and that reliable health care can be experienced outside of hospitals and doctors' offices. Some who share these healing experiences have practiced Christian Science healing their entire lives and have never found the need for traditional medicine. Others have found Christian Science at various stages of their lives and praise the advantages of the wholly spiritual approach to healing.

But above their gratitude for relief from suffering, everyone cherishes each experience as an awakening to man's inherent goodness as God's "image and likeness" as taught in the Bible. Christian Science is not a modern alternative to traditional medicine; it is not a cult, or a pseudo-mind science. It is a re-surfacing of Christian healing as practiced by Christ Jesus and his followers. It is deeply Bible-based, and study of the Bible plays a big role in the faith.

This little band of spiritual thinkers that meets weekly in Willimantic loves nothing more than to share their love and gratitude with visitors. Sunday services are at 10 am and Wednesday testimony meetings are at 4 pm. The Reading Room, with an abundance of informative and inspiring resources for perusal or purchase, is open from 1-4 pm from Tuesday - Friday. Periodically the Church invites a professional Christian Science healer to give a free talk, open to the public, about the practice of spiritual healing. The next talk in Willimantic will be held on Sunday, April 28 at 2:30 pm at the Windham Town Hall, 979 Main Street in Willimantic. The topic is: "Spiritual Christianity that restores health", the dependable healing power of Christ's Christianity.

The next time you wonder if God could bring healing to some aspect of your life, remember this group in Willimantic, and consider paying a visit and finding out for yourself how God's love can be a practical healing presence and power available to everyone.

Doug Paul lives in Canterbury and is a member of First Church of Christ, Scientist, Willimantic, CT.

Coventry Couple Publishes Children's Book

Submitted by Justin Trzaskos

Join whimsical creatures on their adventures through an enchanted woodland. *Tales from a Magical Forest* is a compilation of seven children's stories, fully illustrated in beautiful watercolor. Meet Dizzy the fairy pilot; Abner, the cooking raccoon; Molezart, the musical mole; and others as they learn the value of helping each other, the power of believing in themselves and the true meaning of friendship.

Over the past five years watercolor artist and illustrator Irina Trzaskos and author Justin Trzaskos have been creating stories for children. Their first work, *The Fairy and the Frog* was published in 2014. It is a story of an unlikely friendship, bravery and self-discovery. *The Fairy and the Frog* inspired other titles such as *The Fairy and the Bird*, *A Fairy Christmas Eve* and *Welcome to Camp Summerberry*. For the first time, all seven stories will be available in one book. *Tales From a Magical Forest* will be available on Amazon.com. The worldwide release date is March 1, 2019. *Tales From a Magical Forest* children's books by Justin and Irina Trzaskos

If you would like more information about this topic, please call Justin Trzaskos at 860 377 1338, or email justin.trzaskos@gmail.com. Social Media: www.facebook.com/talesfromamagicalforest. Amazon: www.amazon.com/author/talesfromamagicalforest



Rethink Your Drive

By Elaina Hancock

It's cold out right now, and I'm still home sick, but I'm feeling restless.

I was actually looking forward to my bike commute in this morning's negative degree temps but I'm still not feeling great. Since I've rethought my commute and adopted one that aligns more with my values, I've been biking to work and I even enjoy my bike rides in the frigid temps. The only thing that is freezing these days is my bike chain (which sucks, but at least I can feel my feet that I need for catching myself if I need to bail!).

I still prefer the warmer months, plus it's not even February yet. I'm sure we're in for more cold days. Anyone who knows me know that I HATE the cold, I have poor circulation and winter is the worst.

I have found that with the right gear, you can bike in just about any condition. I've even gained enough endurance and confidence that I ride legally (basically in traffic, not on the sideWALKs).

A woman walking in front of me as I was waiting in a turn lane at a light commented, "You're brave!" I laughed and smiled, and felt pretty brave. Bar mitts, they fall under that category of "right stuff" I mentioned. Also, note the solid sheet of ice. I only had to stop because my chain fell off. Otherwise the ride was fine!

You see, I want to normalize bike riding in my area. A few years back, when my parents were living in Europe, it was so great to see so many people biking, especially in The Netherlands. It was eye-opening and sort of depressing, knowing that the American Automobile industry has been so efficient at squashing anything similar from happening stateside. Slowly but surely that is changing, apparently.

By and large, on this side of the pond, it seems people don't consider the bike to be a viable option for transport. Especially here in New England, where winding, hilly, narrow roads are ubiquitous and kinda scary to drive on particularly when pedestrians or cyclists are sharing them. Passing is often done blindly (and terrifyingly!).

These roads were made for horse and carriage, not the cars of today, especially the F350s, Honda Pilots, and Suburbans that pass me each morning on my ride to work. What if there were more bikes and less cars? These roads wouldn't be so scary then.

(Very) Occasionally I come across another bike commuter, and it's always exciting! I hope to encourage more people to hang up the car keys and pick up their bike helmets or lace up the walking shoes.

The town I live in basically exists for the university where I and many of the members of the community, work. In fact, Matt and I bought our house specifically so we'd be close enough to bike or walk to work. It is mind boggling how many of us drive to work, even though we may live a stone's throw away.

I realize this actually isn't an option for some, but hear me out. Also, the video "Why gas is really \$42 a gallon" on YouTube is pretty eye opening. It gets into the big picture about the costs of driving all over. Those of us who can need to rethink our drive. There are plenty who can.

An added slap to the face is that we have to pay for parking. As I mentioned, by design, I live close to work, so biking (which is uphill on the way in -- it's nice to get the hard part done first) door to door takes less time than driving, especially for the weekly campus exodus on Friday afternoon. And getting home takes less time than driving, which is pretty cool. Wasting time circling the parking lots for a space is a thing of the past.

Up until this year, I chose to drive (even though I could have ridden a bit). I had to ferry kids to and from daycare and it would have meant riding about 20 miles with at least one kid in tow for some of the miles and two for 10 miles). I would have been RIPPED.

Now both are in school full time so I'm free to ride!

On top of that, Matt also drove, because he had to wear fancier clothes to work (lame). Now he works down the street from where we used to live, but he can ride the bus, or ride to work one way and the bike the other, or carpool. What I'm trying to say is there are always options. The bottom line is we need to stop making excuses and drive LESS. Seriously people, we can't afford not to. If you



Out for a winter commute.

Photo by author.

can, RETHINK YOUR DRIVE.

I turned in my parking pass in October, a little reticent with my history of seeing colder weather as a bitter adversary, but bolstered by the fact that I didn't have two legs to stand on in terms of riding or not.

I'm not even looking at driving to work as an option any more. It's not an option. If I end up with an injury, like I did last year, I'll carpool or walk, but as long as I'm ambulatory I'm not driving within a 2 mile radius of my house.

If you take up the same challenge, you'll be surprised at a) How easy it is b) How NOT scary it is and c) How GOOD it makes you feel. We need to move more, biking, running, walking to get stuff done is an automatic way to work in a workout into your schedule. Win/win.

I actually wish my ride was a bit longer. The endorphin rush is a great way to start the day and the ride home is a fantastic way to flush the work day out of my system. Plus, even with a relatively short ride, my legs are surprisingly muscle-y. And did I mention I can handle the cold now?

If I haven't lost you yet and you're still reading this, watch "Why gas is really \$42 a gallon" on YouTube, read the recent IPCC report, close your eyes and think about your loved-ones or yourself in 12 years, because that's the time frame we've got. Then think about your excuses for driving all over the place. What does the 'you' in 12 years have to say to the 'you' now?

The 'me' 12 years from now would be punching the 'me' now in the face for all the waste I'm still generating (future me, it's a process, I'm trying to get better!).

Can you bundle trips to make fewer total trips? Can you carpool? Can you walk? Can you drive? Can you think of another option besides driving? Don't even get me started about those cars that pass me in the morning, the ones I call "reasonably sized vehicles" (insert sarcasm). Even electric cars aren't the answer if they are being charged with electricity generated from non-renewable sources. We need to consume less of everything.

We need to make non-car reliance the new norm. Find people to carpool with (preferably with the same taste in music as you), give riding or walking a try (seriously, you'll only get cold if you aren't moving), if you can, rethink the size of car you have (my 1999 Pontiac Sunfire was awesome in the Midwestern snow, you don't need a 4x4 for New England winters). Do something. If those of us who can do as much as we can, collectively we'll make a difference. It doesn't have to cost anything, in fact, these changes will save you cash (again, see the MMM video linked above!).

So consider the challenge on. What can you do to rethink the drive? What are you already doing to reduce your driving?

Some further reading in case 12 years isn't scary enough for you: Ocean warming is accelerating, mass extinction is happening, how about all the diseases caused or exacerbated by climate change?

Goodwin@ct.gov

Community Food: Storrs Farmers Market, 3:00p.m. - 5:00p.m. Buchanan Auditorium, Mansfield Public Library, 54 Warrenville Rd, Mansfield Center. Info: storrsfarmersmarket.org

Comedy: Carla Elbrich, Professional Smart Aleck, 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/
Theater: Body Awareness, 7:30pm. (See 3/1)

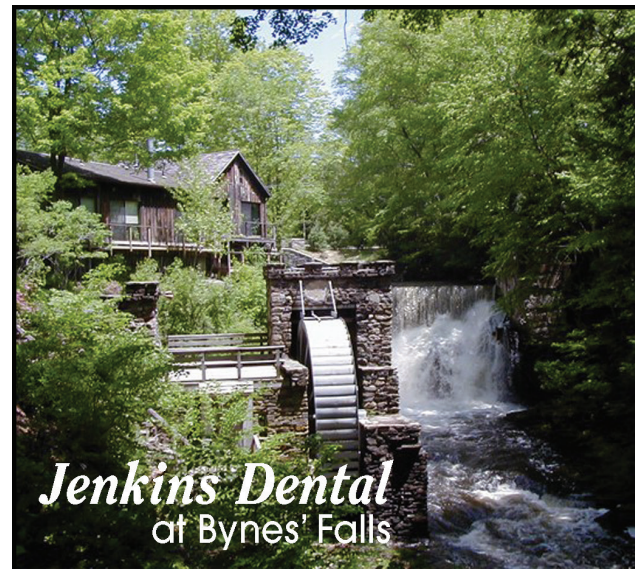
March 3, Sunday

Yoga & Meditation: Vinyasa Yoga and Mantra Meditation, 8:30a.m. - 10:00a.m. \$12. All levels. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. Local produce, meat, cheese, money, maple syrup, baked goods, and more. Info: www.coventrywinterfarmersmarket.com

Theater: Body Awareness, 2:00pm. (See 3/1)

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



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Driveways in Northeast Connecticut

By Angela Hawkins Fichter

If you live in Northeast CT, you are familiar with hilly driveways. When we lived in Scotland, CT, our home was near the center of town, which means we lived along side of Route 14 in a place where the highway was flat. Our driveway was flat too. We only needed all season tires to drive through snow that we hadn't plowed yet or to drive over snow in the driveway that had partially melted and then froze at night. We skittered over that ice to Route 14, because you don't need much traction at all to move a car over a flat surface.

Then we moved to Hampton, where almost all highways are hilly, and if a driveway is flat, it opens onto a hill. Sigh. The first winter here I tried to go grocery shopping on a day in which we had had no snow or freezing rain. But the driveway was shiny. I couldn't pull up the driveway. The next day it got warm enough to melt the glare ice, and I was really hungry. Friends in Hampton said, get snow tires or get a four wheel drive car. Instead I called my stepson in Vermont. He said snow tires and four wheel drive mean nothing on an icy hill. We, in mountainous Vermont, know that. Get studded tires. I did so and have had no problems driving over icy driveways or icy roads since then. But most local roads in Hampton and other northeast CT towns have no streetlights (Route 14 had one almost opposite our house in Scotland). When you haven't lived in a town for a million years yet, and you go to someone's home in town for dinner after it's dark, you might miss their driveway, especially if their home has a driveway and house and garage arrangement that is downhill and similar to their neighbor's house and garage and driveway layout. And there is no streetlight. The other night I wound up in front of my friend's neighbor's house. Guess what? Studded tires make mud out of wet lawn, and you have no traction in wet mud, even with studs. My friend's neighbor saved me by getting my car out of his lawn. All of this could have been avoided if we still used horses.

My husband was much older than me, and he was born and raised in rural, southwest Ohio. His next-door neighbors were his great aunt and uncle, Lizzie and Tom.

Although my husband's family had a car, Uncle

Tom and Aunt Lizzie refused to get one. Their answer when asked was, you don't have to tell a horse how to start, and you don't have to tell him how to stop. My great-grandfather was a Swedish immigrant, and he had a home business as a confectioner, making ice cream and candy (which my grandfather loved until his death, and I love, but I figure it's genetic). There was no electricity then, so no refrigeration yet. They used to cut ice from ponds and put the ice in an ice-house and cover it with sawdust. Therefore, when he made the ice cream, you had to eat it right away, because it wouldn't stay un-melted very long in an ice box. He had some cows, and he sold the extra milk and cream to local people in Babylon, Long Island, by horse and wagon. Then one customer family moved away, and the new people didn't want any milk or cream. The horse knew the delivery route by heart. When he tried to go to the home of the former customer, my great-grandfather and my grandfather tried to steer him away from that. But he was stronger than them, being a draft horse. They finally gave up and just went to the former customer's house, made some noise banging the tall milk cans, and the horse then went on to the next customer's house.

I tell you this because if I had a horse and wagon, I wouldn't have gotten stuck in the yard of my friend's neighbor. The horse doesn't have studs on his hooves, and he could have pulled my wagon out of that downhill yard. Also, horses are better than modern technology in other ways. Once a friend of mine went off horseback riding on trails in the woods miles away from her house and barn. She fell off and not only broke her leg, but hit her head and became unconscious. The horse went back to the barn all by itself, and when my friend's family saw it without a rider, they went out searching for my friend and upon finding her miles away on a trail, they called for EMT's and an ambulance. Well, today she could wear a medical alert necklace that works on GPS, and if you fall and the necklace hits ground, it alerts EMTs to the emergency and where your body will be found. If you take a long walk on a woody trail and forget to wear the necklace, you're doomed. But a horse will never forget where the barn is. So much for modern technology.



Catherine D'Agostino of Brooklyn (right) shared insights about getting involved in our communities during a Feb. 7 meeting of Quiet Corner Shouts! Shown (l-r) are Bruce Staehle of Killingly, Cris Cadiz of Pomfret, and D'Agostino. Carol Davidge photo.

Quiet Corner Shouts Urges Residents to Make a Difference

By Carol Davidge

Nowhere are there more opportunities to make a difference in the world around us than in northeastern Connecticut. In recent months, three protest rallies have been sponsored by Quiet Corner Shouts, a grassroots organization in northeastern Connecticut that encourages civic engagement. The most recent was on President's Day, February 18, when 15 hardy folks stood in the snow to demonstrate against President Trump's declaration of a national emergency. But civic engagement isn't just about protesting - Quiet Corner Shouts encourages citizens to participate in their towns, whatever their interests are or whatever time a person has to volunteer, become a candidate, or vote on election day.

During the February 7 QCS meeting, Catherine D'Agostino of Brooklyn listed, as an example, 40 different boards and commissions in the Town of Pomfret, from Agriculture to Inland Wetlands to Economic Planning & Development to the Boards of Education and Finance, with nine vacancies on the Conservation Commission. Each town in Connecticut has similar boards.

"People who are interested in helping their communities can attend some meetings of the commissions where they have interests, just to see what goes on," suggested D'Agostino.

In addition, elections in November will determine who will lead every town's government. If a person is considering running for office, people can get involved with their town's Republican or Democratic Town Committees or other organizations which choose candidates.

"There are dozens of political parties across the United States, including in Connecticut, but only six in Connecticut are currently eligible to put candidates on the ballot," said D'Agostino, meaning that a party or person who doesn't belong to one of those six parties would need to petition in accordance with the laws administered by the Secretary of the State to run as a candidate. (Currently the six ballot-eligible parties are Democratic, Green, Independent, Libertarian, Republican and Working Families parties.)

The next QCS meeting will focus on immigration and be on March 14 with a performance by Katie Hill about pre-famine immigration from Ireland. For information, go to facebook: QuietCornerShoutsInfo.

March 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
Yoga: All Levels Yoga with Beth, 6:00p.m. \$12. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

March 5, Tuesday

Veterans: Veterans' Coffee Hour, 8:30a.m. Free. Learn about veterans' benefits and how to access them. Windham Hospital, 112 Mansfield Ave, Windham. Info: 860-456-6785
Dance: Readings at The Mill Works, 6:00pm. Facilitated by poet Brian Sneed, featuring reader Daielle Pierati. "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/

Aromatherapy: Feeling Grounded? Essential Oil Aroma-Bar, 6:30p.m. - 7:30p.m. \$15-25. Explore aromatherapy oils made from roots. Mansfield Community Center, 10 South Eagleville Road, Storrs. Tickets: www.mansfieldct.gov

March 6, Wednesday

Photography: Show Opening: Landscapes & Wildlife of the Natural World, by Ruth Halbach. Top Shelf Gallery, Fletcher Memorial Library, 257 Main Street, Hampton. Info: 860-455-1086

Spring into The Dye & Bleach House Community Gallery

By Rebecca Zablocki

As a part of our vision to become one of Southern New England's premiere cultural destinations, here at EC-CHAP we have created the "Dye & Bleach House Community Gallery". This new effort will occupy the main corridors of The Mill Works and fill it with one of our strongest passions, ART! As this winter treks on, we have been able to use this season to prepare the space as well as build relationships with local artists.

We are currently in the process of updating the space with fresh paint and installation of our new Walker Display System. We can officially say that the space will be ready this March and our first display of art will be in full swing by the time we have our next open house event, "First Sunday at The Mill Works" on April 7th from 2:00pm to 5:00pm. We are looking forward to welcoming you in as we spring into this new project!

As the Community Gallery grows, we hope to also grow our list of contacts and create a schedule for future exhibits. The Community Gallery model will function with a regular weekly schedule of open hours, manned by displaying artists

and volunteers. 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.

We hope that this space will help to bring awareness to the talent within our community - but we also hope it inspires others to be creative.

Our first exhibit will host a mixture of media from a handful of local artists including sculptures made from found metal objects as well as some more traditional landscape and contemporary images. As people en-



gage the space to meet artists in their working studios, visit the Gardiner Hall Jr. History Museum, or attend a Special Pages Brazilian Jiu Jitsu class, they will naturally experience a variety of community art offerings within the space. This mixed-media exhibit may be an introduction to new media and it may even be some viewers first experience with art!

Feel free to join us in the



new Dye & Bleach House Community Gallery this spring! Stay tuned for our hours, or plan to visit during First Sunday at the Mill Works on April 7th! 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 and don't forget to check us out and follow along with us on Instagram (@ec_chap_inc) & Facebook (Eastern Connecticut Center for History, Art, and Performance). EC-CHAP is located at The Mill Works, 156 River Road, Willington, CT 06279.

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.



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

Aging Boomers Aren't Financially Prepared for Widowhood

By James Zahansky, AWMA®



In financial planning, women face a unique set of challenges that require a strategic approach to managing their assets so they can achieve their goals. This March, in recognition of Women's History Month, we'll be exploring these unique challenges and strategies to overcome them. Also, be sure to tune-in to our podcast and radio show "You & Your Money" and follow us on social media where we'll be recognizing the smart and talented women of the Weiss, Hale & Zahansky Strategic Wealth Advisors team.

This month, we'll be discussing the aging of America. This is something we may be aware of, but what we are much less tuned into is the widowing of America, which has financial repercussions.

As people are living longer, there's a startling lack of discussion and preparation among couples, even retired couples, about what will happen to the other when one of them dies. A new study conducted by Age Wave, consisting of more than 3,300 respondents, "Widowhood and Money: Resiliency, Responsibility, and Empowerment" reveals some important information to help you Plan Well, Invest Well, and Live Well.

Three-quarters of the married couples surveyed say they would not be financially prepared for retirement if their spouse passed away. In addition, the majority of widows and widowers say they didn't have a financial plan in place for what would happen if they became widowed.

As one woman said in the focus groups, "It's not something either of us want to think about, so we don't."

The research shows that the majority of widows and widowers (64%) who had not done any planning were burdened by worries about supporting themselves financially while dealing with their immense grief.

Our study shows that problem is particularly pronounced among women. According to the U.S. Census Bureau, there are 20 million widowed individuals in America today, most (78%) of whom are women.

Despite the fact that more women are taking control of their finances, many of today's widows aren't experienced in making independent financial decisions prior to becoming widowed, our survey found. Widows say one of the biggest challenges they face is making financial decisions on their own, often for the first time ever or the first time in many years. A mere 14% say they were making financial decisions alone before their spouse died.

But this survey also found that there is light at the end of the dark tunnel. Over time, most widows and widowers (77%) say they discover an inner courage and resiliency they never knew they had. They are forced to jump into complex financial matters from the start of their journey and adjust to making their own financial decisions. In fact, most widows and widowers (72%) say they now consider themselves more financially savvy than other people their age.

Plan Well

No couple wants to talk about the day one of them departs and leaves the widowed with all of the memories

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. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

Kids: Building with Keva Planks, 4:00p.m. Ages 4+. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763

Live Music: 81 South (Bluegrass), 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/

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

March 7, Thursday

Live Music: It's Straight Up Jazz at the Stomping Ground, 5:30p.m. The Stomping Ground, 132 Main St, Putnam

Skill Share: Knitting for Adult Beginners, 6:00p.m. - 8:00p.m. Learn basic knitting skills. Needles and yarn provided. Mansfield Public Library, 54 Warrenville Road, Mansfield Center. Info: mansfieldpubliclibraryct.org

Live Music: UCONN Symphony Orchestra: Unanswered Questions, 8:00p.m. - 9:30p.m. \$10. Von Der Mehden Recital Hall, 875 Coventry Rd, Storrs.

left behind to remember alone. It can be a difficult situation to talk about, but unfortunately, it is more often the case of when, not if it happens. It can only make hard times worse if you aren't prepared for it. As previously stated, women make up 78% of the widowed individuals in America.

Therefore, planning for widowhood is a more unique issue to women that couples should discuss when talking about their futures. Women, especially today, are taking higher roles in society than ever before. Look at congress, there are a record number of women which is just one example of how capable and powerful women are. Women should never be in the shadow of the men around them, they are independent and planning for financial independence is a critical consideration when planning for the future.

The Women at Weiss, Hale & Zahansky

Widowhood may not be something easy to talk about, but the important thing is being prepared for the unexpected and being able to fulfill your goals. Throughout this month we will continue discussing financial planning topics for women and how the amazing women in our office are exemplary figures this month that we are so proud of.

In alignment with Women's History Month, Weiss Hale & Zahansky Strategic Wealth Advisors would like to recognize and share the women who work in our organization to deliver the best experience for you.

Heather O'Rourke, has been with Weiss Hale & Zahansky since it was founded. Heather was lead operations for a long time and is now in the financial planning role. She works with each of the advisors to develop cohesive and integrated financial plans for our clients.

Leisl L. Cording CFP is the Vice President of the firm. Leisl joined the firm at the end of January to lead financial planning for our clients. She comes from a background of a wealth management advisor in the banking industry. Her skills will elevate the experience of our Plan Well phase of the process.

Rebecca Lewis also joined the team at the end of January as the client services associate. She brings a smile to the face of our clients who walk through the door to help them with any need they may have. You will most often hear her voice if you call the office and she will help you get wherever you need to go.

Kelly Graves joined the operations team in October of 2018, supporting Shandy Chen and bringing an invaluable skill of client service. She worked as a paralegal for more than 17 years

To learn more about the Women at Weiss, Hale & Zahansky and how their role in the team can help you achieve your financial goals, visit www.whzwealth.com/learn-about-us or listen to our upcoming radio show which will also be distributed via podcast.

Presented by Principal Managing Partner James Zahansky, AWMA®, researched through Copyright 2019 Dow Jones & Company, Inc. Securities and advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. 697 Pomfret Street, Pomfret Center, CT 06259, 860.928.2341. www.whzwealth.com

March 8, Friday

Nature: The Secret Life of Beavers, 6:00p.m. - 8:00p.m. \$10. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

Live Music: Cruz Machine, 8:00p.m. - 11:00p.m. Andover Pizza & Bar, 144 Route 6, Andover

Comedy: Capiche?, 9:00p.m. - 10:30p.m. Comedy Night at Corleone's, hosted by Kirsten Logan, Comedic Lady. Corleone's, 103 Union Street, Willimantic

March 9, Saturday

Community Food: Community Breakfast, 8:00a.m. - 11:00a.m. \$9-10. All-you-can-eat breakfast buffet at the Columbia Congregational Church Parish Hall, Route 87, Columbia. Info: 860-228-9306

Kids: Crafts, 11:00a.m. - 12:30p.m. (See 3/2)

History: Soccer exhibition, 1:00p.m. - 4:00p.m. Featuring the first professional soccer team in CT, the Connecticut Wildcats, which started in Willimantic. Jillson House Museum, 627 Main Street, Willimantic.

Live Music: Eric Sommer "Roots Americana" (Blues/Americana), 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/

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Historical Awareness: Preserving Our Past, Present, and Future

By EC-CHAP



Did you know that there are over 200 organizations identified as “Historical Societies” registered with the Connecticut Secretary of the State’s Office? And did you know that of these, there are over 10 Historical Organizations serving the entire state of Connecticut? And did you further know, that there are over 25 local Historical Societies situated within a 25 mile radius of EC-CHAP in Willington, Connecticut? (Source: <https://portal.ct.gov/SOTS/Registrar-Manual/SectionX/Historical-Societies>)

Local Historical Societies, Museums, Universities, and Historians provide a rich knowledge of area history – possessing important writings, oral histories, original photographs, artifacts, research, and other resources that describe the evolution of the area they serve. This collection of unique assets and knowledge assists in answering critical questions, and provides a roadmap of sorts to help explain the challenges, hardship, innovation, rewards, and growth that leads to who and what we are today.

Imagine if these organizations and individuals are able to come together to share this knowledge in coordinated public forums. If each organization is given a platform to communicate and describe the historical significance of their piece of the world, what new knowledge and connections could be made? We believe a shared model of collaboration and equity that promotes discourse and engages collective knowledge will result in a heightened awareness and importance of history, and the need to continue to preserve the valuable resources that tell our story.

As a part of addressing this broader historical view, EC-CHAP intends to begin dialog with local, region-

al and statewide historical organizations and individuals 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.

The Eastern Connecticut Center for History, Art, and Performance (EC-CHAP) has been very fortunate to be one of twelve recipients of the 2019 “Good To Great” grant administered by the Connecticut DECD, State Office of Historic Preservation. We plan to discuss how this grant

has allowed us to develop a facility preservation and adaptive reuse plan at our Spring “First Sunday at The Mill Works” scheduled for Sunday, April 7th.

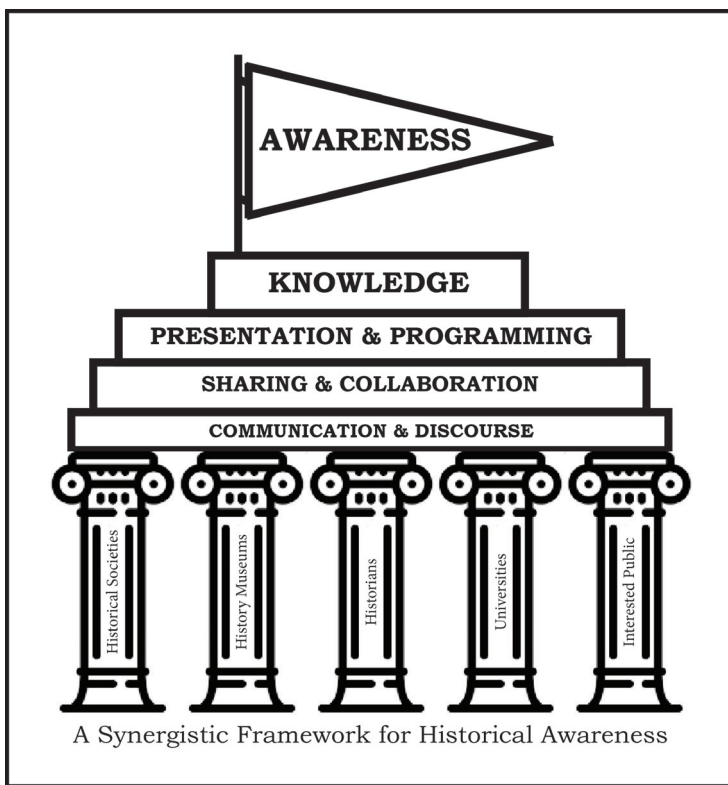
In addition to announcing this preservation effort, we are scheduling a breakout session on April 7th to introduce a proposed framework to engage regional historical organizations and interested individuals in conversation and collaboration. EC-CHAP believes in synergistic mathematics where $1+1=3$ (where the whole is greater than the sum of its parts).

If you are interested in exploring a proposed model for collaboration,

and helping to be a part of this synergistic effort to raise historical awareness and preserve the past, please join us on April 7th at The Mill Works, 156 River Road, Willington, CT from 2:00pm to 5:00pm.

For additional information, please contact: EC-CHAP at info@ec-chap.org, or call 518-791-9474.

Remember... “The future is just history waiting to happen” - EC-CHAP



A Sense of Place

Wormwood Hill on a Fine Spring Day

By Donna Dufresne

My first encounter with Wormwood Hill was on a brilliant spring day in 1981. I immediately fell in love with the rolling green hills of that rocky farm which was laced with stone walls. The barn listed a little too heavily toward the road and the hay spilled out like water through the cracks of a tired old river dam. It all looked as though it would topple over in a breath.

Without a camera, I carried home images that flashed back to my own childhood -the crowing of roosters, the soft put-put-put of a Farm-all Tractor, and the bellowing of those beautiful lined-back cows dotting the field.

I was visiting Claude McDaniels to buy some eggs. Claude was an old farmer who lived up the road from me. He was a neighborhood novelty who attracted poets, artists and remnant hippies who would follow him from house to barn while he recounted a yearned for past. Claude’s booming voice with his Yankee vernacular, reminded me of Fred D. Whittier, who owned the small market farm that I grew up on in Massachusetts.

Upon our first meeting I was instantly transported to Grange suppers, and the peculiar smell of kerosene and wood stoves, and those long-voweled, long joweled and apron-clad women of my childhood who so proudly knew how to bake a pie just right, and who kept the world “just-so”.

To me, Wormwood Hill was a wormhole into my own past - that rural childhood caked with dust-between-the-toes from cow paths and tractor lanes, and places rich in local history, name, and place. I recognized Mr. Claude McDaniels immediately as a keeper of place. Like the old folk of my childhood, he had recorded every detail of the neighborhood past and present, and he could recall the memories of those who came before him. The ones who came from other places that have long forgotten names. I took it upon myself to tap that mind-spring and draw water from the deep well that binds us to the land and the places on this earth that shape who we are.

Claude McDaniels had lived on Wormwood Hill in Storrs, Connecticut most of his life. He was born on a farm about three miles away on Upton Road, in Ashford, and his father bought the present farm on Wormwood Hill in 1915 when Claude was five years old.

A famed icon in his rural neighborhood, Claude was known for his long memory and local history. He was certainly a throwback from the past. In his later years, he still farmed his land with the help of some younger cousins, raising the same strain of lined-back cattle that were introduced to the region a hundred years ago. Chickens and scrawny tuxedo cats would collect toll on the road, defying cars that refused to slow down in the dip. Claude relied upon that dip so he could make a mental note of the color, make and owner of each vehicle that passed by.

The most remarkable thing about Claude was his memory and his attention to detail. He carried the torch of stories from his own family that went back as far as two hundred years or more. A natural raconteur, he told tales as fresh as the day they were passed on to him by his parents and grandparents, with a perspicacity for detail right down to the weather and what was eaten for supper that day.

His stories shed light on a rural New England culture that has slipped away. As a budding historian, I sipped on the manna of Claude’s stories, absorbing local folk-lore and historical details that helped me to understand my own people and find my own sense of place in this world.

March 10, Sunday
Yoga & Meditation: Vinyasa Yoga and Mantra Meditation, 8:30a.m. - 10:00a.m. (See 3/3)

Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. (See 3/3)

Community Food: Maple Sugar House Tour, 1:00p.m. - 3:00p.m. Tour the sugar house at Bright Acres Farm, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

History: Soccer exhibition, 1:00p.m. - 4:00p.m. (See 3/9)
Live Music: James Montgomery w/George McCann & Jake Kulak Trio, 4:00p.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 3/3)

March 11, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 3/4)

Yoga: All Levels Yoga with Beth, 6:00p.m. (See 3/4)

Film: “1971: Before Watergate, WikiLeaks and Edward Snowden, there was Media, Pennsylvania”, 7:00p.m. Free. Second Monday Film Series. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

Fletcher Memorial Library News

Submitted by Deb Andstrom, Librarian

Top Shelf Gallery
March & April

March & April’s Top Shelf Gallery will feature nature photos of Hampton resident, Ruth Halbach.

Dr. Seuss’s Birthday Party featuring The Cat in the Hat!!
Saturday, March 2nd from 10:00 – 11:00 a.m.

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.

FML Book Discussion Group
Wednesday, March 6th @ 6:30 p.m.

We will be discussing the play, The Importance of Being Earnest by Oscar Wilde. New members are always welcome!

Write Your Life Memoir Workshop
Thursdays, March 7, 14, & 21 at 9:15 a.m.

The last three classes of a six week memoir writing program will be led by Stephen Curtis at the Fletcher Memorial Library on Thursdays,

March 7, 14, & 21 at 9:30 a.m. The program is free. Any questions, call the library at 860-455-1086.

St. Patrick’s Day Craft & Story
Saturday, March 17th, 9-3

Come to the library on Saturday, March 16th from 9-3 to hear a story, and create a craft. Refreshments will be served. Open to all ages.

High Notes, Big Plans: A Spring Reception
Wednesday, March 20th, 6-8 p.m.

Please join us for our spring reception on Wednesday evening, March 20th from 6-8 p.m. The festivities will include a blend of folk, jazz and country music by Robert Oxenhorn, Ellen Iovano, and Donna Tommelleo, a mini book sale, and sweet and savory refreshments from Hampton’s bakers. We will also be sharing our plans for our new downstairs event room. All are welcome!

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.

Fletcher Memorial Library- Hours:
Wed 12-8, Thurs & Fri 9-12, Sat. 9-3
P.O. Box 6
257 Main Street
Hampton, CT 06247
860-455-1086
fletchermemoriallibrary@gmail.com

Acupuncture for Depression

By Nicole T. Smith, L.Ac.

Beyond a case of the blues, depression is a condition that can leave a person in a chronic state of sadness and hopelessness, affecting all aspects of their life. According to the World Health Organization, depression is the world's leading cause of disability.

Some of the signs of depression include:

- Anxiety, restlessness, sleep disturbance
- Anger, irritability
- Loss of interest in activities
- Thoughts stuck on things in the past or things that have gone wrong
- Aches, pains, fatigue
- Difficulty concentrating or making decisions
- Appetite and weight changes

Prescription medication is a common route of treatment, namely, a class of drugs called SSRIs, which stands for selective serotonin reuptake inhibitors. Serotonin is a type of neurotransmitter that has an important role in mood regulation. The problem with medications is that they have side effects that are often the same as

the symptoms the patient is getting help for, such as weight gain, fatigue, and insomnia.

Acupuncture is a treatment that can help with depression without these side effects. In fact, acupuncture can not only treat the depression, but the list of symptoms that accompanies it.

One study noted: "All studies measuring neurochemical responses to acupuncture provided evidence for the biological effects of acupuncture... these results suggest that acupuncture can correct reversible malfunctions of the body by direct activation of brain pathways and thus contribute to the biochemical balance in the central nervous system by regulating neurotransmitters that control health and disease." (Evid Based Complement Alternat Med. 2008 Sep; 5(3): 257-266.)

Other things that can help: exercise, confiding in close friends and family, finding ways to help others, eating a healthy diet free of processed foods, listening to uplifting music, or connecting with nature.

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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Soccer Exhibit

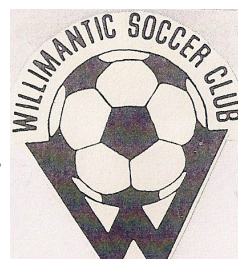
First Pro Soccer Team in Connecticut

Jillson House Museum

627 Main Street, Willimantic

March 9, 10, 16, 17 from 1pm-4pm

For more information about the Wildcats see the back page of this Neighbors edition.



AMATEURE TEAM
1969, 1970, 1971



SEMI - PRO TEAM
1972



PRO-TEAM
1973, 1974

Programs at the Connecticut Audubon Society in Pomfret

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

Concert featuring "TAKE NOTE!"
Sunday, March 3 at 3 p.m. at the Center.
Take Note! is a wonderful and dedicated group of about 20 singers. In their free time, they perform a cappella concerts. This benefit concert will support the Center at Pomfret Education Endowment Fund. FREE

Woodcock Watches
Thursday, March 7, 5:30 p.m.
Thursday, March 14, 6:30 p.m.
Saturday, March 16, 6:30 p.m.
Thursday, March 21, 6:45 p.m.
Thursday, March 28, 6:45 p.m.



A sure harbinger of spring, this fascinating little bird puts on a riveting mating display at dusk. Meet at the Center. Fee: \$5 CAS members; \$10 non-members.

Nature Photography Contest
Opening Reception & Exhibit at the Center.
Sunday, March 10, 2 - 4 p.m.
Contest entry forms & info at ctaudubon.org/pomfret-home.

Eagles In Connecticut
Sunday, March 17, 2 - 4 p.m.
Brian Hess, a wildlife biologist from the CT DEEP, will give a presentation on eagles at the Center. Horizon Wings

will also be bringing a Bald eagle and a Golden eagle along with a couple of other feathered friends for everyone to meet. \$10 suggested donation to benefit Horizon Wings and the care of these beautiful birds!

Film offered in partnership with the Town of Pomfret Green Team:
Monday, March 18, 6:30 pm (Snow date: Tuesday, March 19) at the Center.
NO IMPACT MAN (2009) - This film documents author Colin Beavan's year of living a zero-impact life. No electricity, no gas-powered transportation, no shipped food, and no public waste disposal. Can a well-intentioned environmentalist save the planet? Group discussion afterwards. Free to the public.

MASTER NATURALIST VOLUNTEER TRAINING PROGRAM
Tuesdays, March 26 thru May 28, 8 a.m. - Noon
Have you always wanted to learn more about the natural sciences? Want to volunteer at the Center at Pomfret? This may be the training program for you. Registration limited. See ctaudubon.org/pomfret-home for info and an application.

Bears in Connecticut
Sunday, March 31, 2 - 4 p.m. at the Center, 218 Day Rd in Pomfret.
Come listen to retired DEEP Wildlife Div. Chief Dale May as he shares his knowledge of bear behavior and habitat. Fee: Free to CAS members; \$5 non-members.

Citizen Science Volunteer Monitoring Program
Wildlife Tracking and Monitoring
Training / Monitoring Hikes from 9 a.m. - 3 p.m.
Saturday, March 2, in Woodstock
Saturday, March 9, in Bethany
Saturday, March 23, in Canterbury
Search for track and sign of large mammals such as fisher, river otter, black bear, and bobcat. Become a trained volunteer. Registration is required, call 860-928-4948 or send an email to paulacoughlin@charter.net. Training fee per hike: \$50 CAS members; \$60 non-members.

Wednesday Noon Walks
March 6 thru 27
Join Connecticut Audubon Society volunteers for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Meet at the Center. Free to CAS members; \$3 non-members.

Thursday Morning Tracking Walks
March 7 thru 28, 8:30 a.m.
Stretch your legs and look for signs of wildlife with Fran Baranski, tracker and nature photographer. Bring your camera. Meet at the Center. Free to CAS members; \$5 non-members.

Early Morning Bird Walks
Tuesdays, March 19 thru May 28, 8 a.m.
With Andy as your guide, seek out a variety of bird species. Wear drab colored clothing and bring binoculars or spotting scope. Meet at the Center. Fee: Free to CAS members; \$5 non-members.

Programs at TRAIL WOOD
93 Kenyon Road, Hampton, CT 06247
860-928-4948 ctaudubon.org/trail-wood-home

Trail Wood Non-Fiction Book Club
Sunday, March 24, from 2 - 4 p.m.
This Book Club combines lively book discussions and leisurely walks on the trails. March book: The Evolution of Beauty by Richard O. Prum. Meet at Trail Wood, 93 Kenyon Rd in Hampton. Free to CAS members; \$5 non-members.

Trail Wood Artists In-Residence Exhibit and Panel Discussion
Thursday, March 28, 5:30 p.m.
Event to be held at Yale University's Kroon Hall. Free to the public. ctaudubon.org/trail-wood-home for more.

March 12, Tuesday

Politics: Community Conversation with Senator Osten & Representative Orange, 6:00p.m. Share your concerns, suggestions, and questions about state issues. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763
Wellness: Embracing the Journey of Autism, 6:30p.m. Sharing and support for caregivers of someone with autism. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763
Live Music: Quiet Corner Fiddlers, 7:00p.m. Grill 37, Pomfret Center. Info: qcf.webs.com
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

March 13, Wednesday

Arts: "Talent Showcase" - Come share your talents! 7:00pm. 2nd Wednesday of the month - Free and open to all ages. The Packing House at The Mill Works, 156 River Road. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Call in advance to sign-up (recommended) or sign-in at the door (time permitting). 518-791-9474. www.thepackinghouse.us
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/6)

March 14, Thursday

Hiking: Women in Nature, 4:00p.m. - 5:30p.m. Free. Easy to moderate hike for folks who identify as women. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov
Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Live Music: Tom O'Carroll, Irish Music, 6:30p.m. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763
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

March 15, Friday

Live Music: Dinosaurs After Dark, 6:30p.m. - 9:30p.m. No cover, cash bar, dinner, dancing at the Windham Club, 184 Club Road, North Windham.
Film: "It Happened One Night", 7:00p.m. \$5. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/upcoming

March 16, Saturday

Running: Goodwin's 30K Trail Run Training Run, 8:00a.m. - 10:30a.m. & 10:00a.m. - 11:30a.m. 8am training run is a 9.3-mile run at a 16-18 minute pace. 10am run is of the 10K course. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov
Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Kids: Magic: The Gathering Games, 10:00a.m. Ages 10+. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763
Kids: Crafts, 11:00a.m. - 12:30p.m. (See 3/2)
Community Food: Storrs Farmers Market,

3:00p.m. - 5:00p.m. (See 3/2)

Live Music: Peter Lehndorff in Concert, 6:30p.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/

March 17, Sunday

Yoga & Meditation: Vinyasa Yoga and Mantra Meditation, 8:30a.m. - 10:00a.m. (See 3/3)
Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. (See 3/3)
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 3/3)

March 18, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 3/4)
Yoga: All Levels Yoga with Beth, 6:00p.m. (See 3/4)

March 19, Tuesday

Games: Board Game Night, 6:00p.m. Teens & adults welcome. Mansfield Public Library Express, 23 Royce Circle, Storrs. Info: mansfieldpubliclibraryct.org
Nature: Predator Series: Black Bears, 6:30-8:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

March 20, 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
Hike: Spring Equinox Full Moon Night Hike & Campfire, 6:00p.m. - 8:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov
Skill Share: Djembe Drumming Lessons,

7:00p.m. - 9:00p.m. (See 3/6)

March 21, Thursday

Hiking: Senior Walk, 1:00p.m. - 3:00p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov
Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Skill Share: Drop-In Knitting Group, 2:00p.m. Work on projects with other knitters. Mansfield Public Library, 54 Warrenton Road, Mansfield Center. Info: mansfieldpubliclibraryct.org
Kids: Enchanted Realm Door, 6:00p.m. Make a gnome or fairy door for inside or outside. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

March 22, Friday

Community Food: Spaghetti Dinner and Auction, 5:00p.m. - 7:00p.m. \$5-7. Benefit for the 6th grade class trip to Nature's Classroom in Becket, MA. Hampton Elementary School, 380 Main Street, Hampton. Info: 860-455-9409 cmilton@hamptonschool.org
Wellness: Sound Healing, 6:30p.m. - 8:00p.m. The Family Center for Natural Wellness, 174 Providence Street, Putnam.

March 23, Saturday

Clean-Up: Ashford Trash Pick Up Weekend. Info: Pamm80barnow@gmail.com or Loretta.birdeye123@charter.net
Art: Equinox & the Arts XXIV Opens, 9:00a.m. Celebrate the arrival of spring with a showcase by local artists that will be on display through 4/11. Jonathan Trumbull Library, 580 Exeter Road, Lebanon. Info: 860-642-7763
Skill Share: Butterfly Farming, 10:00a.m. - 12:00p.m. Workshop toteach people to protect black swallowtail caterpillars from catbirds and turn your backyard into a butterfly farm. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton.

NEC Health and Nutrition Opens in Ashford

Submitted by Misty Doering, APRN

As a specialty neurology APRN in a large healthcare corporation I found it harder and harder to spend the time to really listen and know the patients beyond just a symptom. So Integrated Neurology of Connecticut was created. It is a private neurology and headache care practice in which we can bring the kind of old fashioned care that our grandparents used to talk about with their providers. The relationship with the patients really matters. Patients know that they will get the time that they need and can be really heard. One thing that was heard is the need for patients to have more control over their own symptoms and bodies. They really want the knowledge, tools and support to know that they have the power to combat chronic conditions, pain, fatigue, depression, poor sleep, memory problems and the many symptoms that they are dealing with. Hence, NEC Health and Nutrition was created.

NEC Health and Nutrition is a partner to Integrated Neurology of Connecticut. NEC Health and Nutrition will empower patients through education and support to take control of their bodies and symptoms. People wish for more control over their bodies and how they feel. They respond really well to education on how to take care of themselves. Patients need coaching on lifestyle and behavior modification. They want this from someone that they can trust. They want to KNOW that their efforts are going to give long term results from evidence based principles and techniques that have been proven over and over again in peer reviewed research.

We have a nationally registered and state licensed dietitian who also works closely with the medical provider. Anyone can be referred for a personalized, medical nutrition prescription regarding a health concern. She can help people take control of chronic conditions such as diabetes, hypertension, renal disease, cardiovascular disease, stroke risk prevention, high cholesterol, IBS, Crohn's disease, peptic ulcer disease, and GERD. Also, inflammatory diseases such as rheumatoid arthritis, multiple sclerosis, psoriatic arthritis, brain fog, eczema and more. She also works closely with our medical provider to implement the medical weight loss program. The program will start with personalized goal setting and weight loss and then with a very important maintenance.

The medical weight loss program is unlike any other. It offers unparalleled coaching and support. It is

completely individualized to each person's needs at a given time. This means, peoples needs change all of the time. We do not just have one rigid plan made at the first visit and then you are stuck. We adapt to your changing needs. The menus provided are meant to meet the patient's goals but also adaptable to also meet a family's needs. It is important to make sure that patients and other members of a household are not trying to eat exclusive meals. Meal planning has to meet the needs of the household for the patient to have the support of the household.

Dietitians are highly qualified medical clinicians. Dietitians may be bachelors or masters prepared with course work in microbiology, statistics, economics, physiology, sociology, food service management, chemistry and then will have 12- 18 months of supervised experience in a CADE (Commission on Accreditation for Dietetics) Practice, they then will have to pass the CDR (Commission on Dietetics Registration) test.

Patients coming to see NEC Health and Nutrition's very highly qualified dietitians will be getting the advantage of a very highly qualified professional that also believes in our very personal approach to patient care. We believe in highly skilled care delivered in simple steps that are easily incorporated into your current lifestyle. Our dietitian will meet the person where they are and with simple steps help to move them forward towards their goals. That could be to achieve greater health and energy or radical weight loss. She can safely and realistically help you to achieve it. She will also help you to maintain those successes.

We are thrilled to bring this new healthcare service to Ashford and the surrounding communities. We are very thankful for the huge welcome that we have received. As residents of Ashford ourselves, we know that it is a relief to have healthcare services offered locally. Like all healthcare services, we rely on word of mouth referrals to be able to continue to provide these services. We would be grateful if our community would spread the word about NEC Health and Nutrition to friends, family and through "Liking us" on FaceBook, visiting our web page at www.My-HealthyDiet.com, etc. We can offer nutritional support and counseling onsite and via telephone, email, and video-calls if needed. A sincere 'Thank You' from Misty Doering, APRN, and the staff of NEC Health and Nutrition.



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EC-CHAP

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

Performing Arts



THE PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

March Performances & Upcoming Special Events!

By EC-CHAP

Time seems to be traveling at the speed of great music, dance, and film. So much to say... We've presented March highlights and encourage you to please visit our website for additional details, soundbites, videos, and additions: www.thepackinghouse.us/upcoming!

Peace,
EC-CHAP Board

EC-CHAP ACOUSTIC ARTIST SERIES

"Carla Ulbrich: "Professional Smart Aleck"
(Comedic Singer / Songwriter). Saturday, March 2nd,
7:30pm.

CARLA ULBRICH is a comical singer-songwriter from Clemson, South Carolina, currently living in New Jersey (in the lovely town of Exit 10). She has a love of the absurdities of ordinary life, a somewhat twisted viewpoint, and a way with words. Her songs address topics such as weddings, Waffle House, Klingletons, and how rich she would be if she had the copyright on the 'F' Word. She cites her biggest musical influences as Sesame Street, camp songs, and cat food commercials.

Frequently heard on Dr. Demento, Pandora and SiriusXM's Laugh USA Channel, Carla has played all over the US: The Kerrville, Florida, and Falcon Ridge Festivals, Avalon Nude Folk Festival, Club Med, Eddie's Attic, Bluebird Café, MENSA, NY Funny Songs Festival. Most impressively, she has opened for Twiggy the Water Skiing Squirrel and was an extra in the movie "Sharknado 2." "Totally Average Woman" is Carla's 6th CD. Tickets \$15.00 Advance (online) / \$20.00 Door.



"Eric Sommer: Roots Americana" (Blues / Americana).
Saturday, March 9th, 7:30pm.



Singer/songwriter ERIC SOMMER returns to The Packing House. An unbelievable intersection of improbable influences and experiences channeled into an amazingly diverse catalog and a résumé that reads more like a musical adventure novel than a series of career bullet points.

Sommer emerged from the Boston music scene in the '80s with a vengeance, a Folk guitarist with a percussive, open-tuning style adapted from the likes of David Bromberg, Steve Howe, Townes Van Zandt and Brit Folk legend Davy Graham. But Boston was also a hotbed of New Wave, Power Pop and Punk at that point, and Sommer absorbed those influences as well, creating a Byrdian jangle sound that earned him opening slots for national touring acts and regular bookings at the renowned Paradise Theatre.

Whether in band or one-man form (which nakedly showcases his amazing acoustic Blues guitar styling), Sommer is a living history of contemporary music and a musical force of nature. Tickets \$15.00 Advance (online) / \$20.00 Door.

"Peter Lehndorff in Concert" (Folk / Humor). Saturday,
March 16th, 7:30pm.



PETER LEHNDORFF writes folk and jazz songs about everyday life. Some are humorous. Some are serious. They are observations about the things that happen to him and the stuff he sees.

After an early folk career and a release on Signature Sounds Recordings, Peter stopped performing. He was his late wife Kathy's full-time caregiver as she battled Huntington's Disease, the genetic brain disease that took the life of Woody Guthrie. He continued writing and recording songs. Over the last two years, Peter has resumed performing and recording. Peter has shared the stage with Martin Sexton, Robert Earl Keen, Arlo Guthrie, Dar Williams and the late Bill Morrissey. More recently he opened for Tom Paxton. Recent recordings feature old friends like Tracy Grammer and Jim Henry.

He has participated in EC-CHAP's monthly "Talent Showcase", and has performed at our Seasonal "First Sunday at The Mill Works" series. It was a challenge whether to place Peter in our Acoustic Artist or Comedy Series... We think we made the right decision. Tickets \$15.00 Advance (online) / \$20.00 Door.

EC-CHAP JAZZ SERIES

"Greg Abate Quartet". Saturday, March 23rd, 7:30pm.

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

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

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

Greg will be joined at The Packing House by Matt deChamplain on piano, Lou Bocciarelli on bass, and Ben Bilello on drums. Tickets \$20.00 Advance / \$25.00 Door.

SPECIAL EVENT: "An Evening with Grammy Nominee Nicole Zuraitis". Friday, March 29th, 7:30pm

Grammy Nominated Vocalist, Pianist, Composer and Arranger Nicole Zuraitis returns to The Packing House, and brings her powerhouse all women quartet March 29th during Women's History Month.

"Nicole Zuraitis' show titled 'Generations of Her' celebrates female songwriters of the last century. Nicole delivers a gorgeous interpretation of song—her voice is spectacular, and her piano chops sublime. Her choices and arrangements blew me away"—Broadway World

Grammy-nominated jazz singer, songwriter and pianist Nicole Zuraitis blends her powerful stage presence, clever composition and unparalleled vocals in a package that has thrilled audiences across Manhattan and the world. Her new project, Generations of Her: Women Songwriters and Lyricists of the last 100 years has sold out both the Birdland Theater and the Cell Theater in New York within months of its conception. Featuring music written by women starting in 1924 until the present day, this show is full of surprises, stories, unknown facts, and classic gems. From Carole King to Sade, Nina Simone to Dolly Parton, "Generations of Her" is a sure crowd favorite!

The "Generations of Her" quartet is Nicole Zuraitis on voice and piano, Lebanese / Canadian drummer Sanah Kadoura, Israeli bassist Inbar Paz and Texas born saxophonist Jordan Pettay. Tickets \$20.00 Advance (online) / \$25.00 Door.

EC-CHAP FILM SERIES

"It Happened One Night". 1934. (NR). Friday, March 15th, 7:30pm

"It Happened One Night" (1934) was directed and co-produced by Frank Capra, in collaboration with Harry Cohn, and stars Clark Gable, Claudette Colbert, and Walter Connolly. The film is about a spoiled runaway socialite (Claudette Colbert) and a roguish man-of-the-people reporter (Clark Gable) who is determined to get the scoop on her scandalous disappearance.

Considered to be "one of the greatest romantic comedies in film history, and a film that has endured in popularity... one of the pioneering 'screwball' romantic comedies of its time, setting the pattern for many years afterwards along with another contemporary film, The Thin Man (1934)." — Filmsite

This is the first film to win all five major Academy Awards : Best Picture, Best Director, Best Actor, Best Actress, and Best Adapted Screenplay (subsequent films include One Flew Over the Cuckoo's Nest and The Silence of the Lambs).

UPCOMING SPECIAL EVENTS

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 History, Art, and Performance.



Tom will be joined by singer / songwriter and multi-instrumentalist, MATT NAKOA (photo below).



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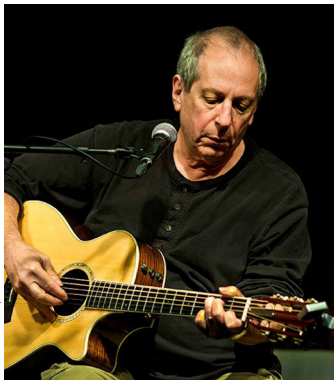
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Local Contemporary Americana band, HORIZON BLUE, (above) will provide a prelude opening for Tom and Matt on this very special weekend. Come and experience musical legend Tom Rush, and support your regional cultural center!

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 guitarist and founding 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?".



EC-CHAP Monthly Programs

March 5th - 6:00pm (1st Tuesday)

**"Readings at The Mill Works"
A Literary Series Facilitated by Brian Sneed**

Complimentary to the "Talent Showcase", presenting a Featured Reader, and offering a platform for authors, poets, spoken word artists, and writers of all ages to share their original work. Featured Readers for March: DANIELLE PIERATTI and BRIAN SNEEDEN. 6:00-6:30pm - Sign In / 6:30-8:30pm Readings. Admission - Free.

March 6th - 7:00pm (1st Wednesday)

**"Readings at The Mill Works"
A Literary Series Facilitated by Brian Sneed**

Complimentary to the "Talent Showcase", presenting a Featured Reader, and offering a platform for authors, poets, spoken word artists, and writers of all ages to share their original work. Featured Readers for March: DANIELLE PIERATTI and BRIAN SNEEDEN. 6:00-6:30pm - Sign In / 6:30-8:30pm Readings. Admission - Free.

March 13th - 7:00pm (2nd Wednesday)

**"Talent Showcase"
Talent Sharing Talent**

Acoustic musicians, film makers, poets, comedians, jugglers, puppeteers, and creative artists of all ages are invited to perform at The Packing House. Showcase your work in an intimate historic setting before a live audience. Test ideas and concepts and solicit feedback. Doors: 6:30pm / Performance: 7:00pm. Admission - Free.

March 14th - 7:00pm (2nd Thursday)

"Social Dance with Kelly Madenjian"

Enjoy a lovely evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson. Have you ever wanted to learn Cha Cha, Swing, Waltz or Fox Trot? Learn the basics or practice some new moves, or lend your skills to expand our dance community. All levels welcome. Partner not required. Doors: 6:30pm / Dance: 7:00pm. Admission - \$10.00 at the door.

March 12th - 7:00pm (Check Website for Monthly Date)

"Information Exchange Meeting"

Monthly "Information Exchange Meetings" to review our mission, discuss membership benefits, and review programming opportunities and support. We seek your feedback with respect to how we can best meet your interests and needs as a cultural organization. These meetings are free to attend.

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).



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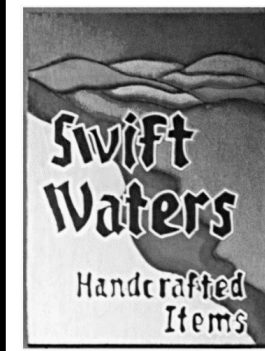


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Meet local artists, farmers, carpenters, auto mechanics, and many other local business people. Talk to representatives from local non-profit groups. Food to be provided by award-winning Country Butcher of Tolland. Plenty of free parking! Other activities still being scheduled at press time. See this space next month for updated schedule.

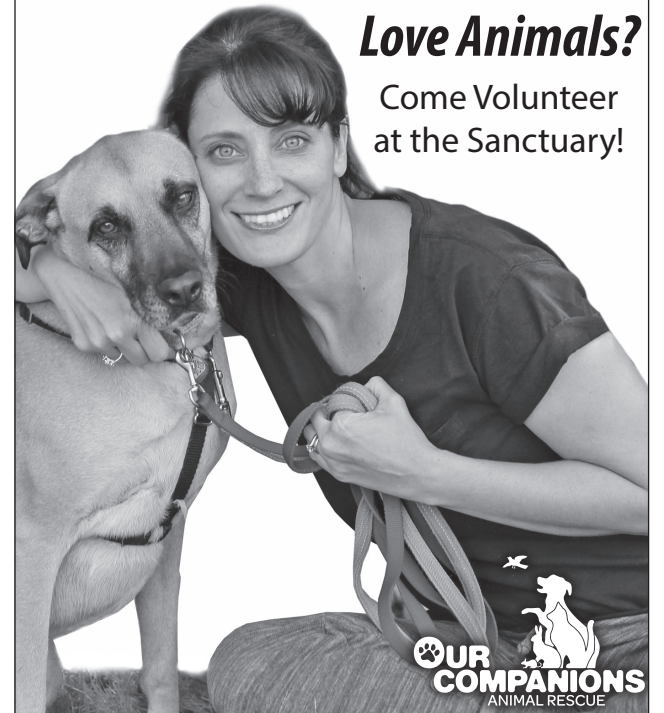


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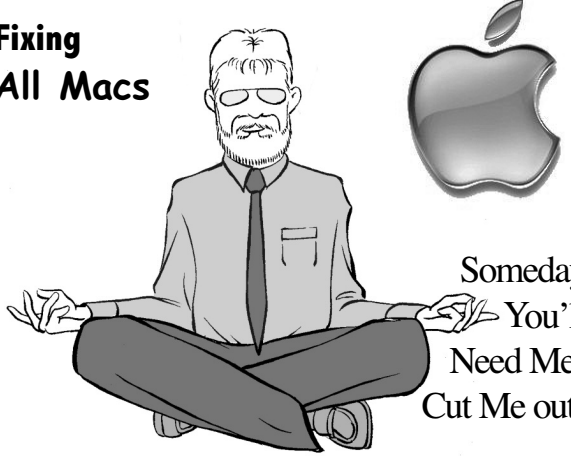


Each week, dozens of volunteers from all over Connecticut assist us in providing care to the deserving animals at our Sanctuary in Ashford. We hope you will consider getting involved as a Sanctuary volunteer.

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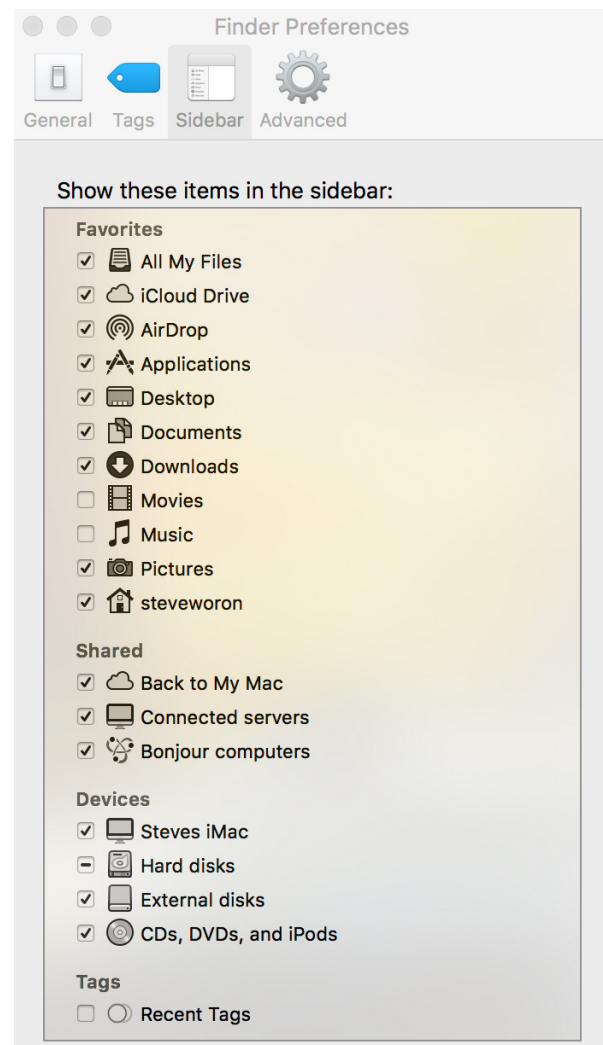
All your Apple Macintosh Mac, iMac and iPhone Questions

Overlooked Stuff Part 1



Cluttered Side Bar? Or something missing there.

I've worked on some clients' Macs which have nothing or very little in the sidebar and I know if the items were there it would save them a lot of time. So lets look at that overlooked feature:



Launch Finder (Start the Mac)

Click on the Finder Menu and then select Preferences

Click the 'Sidebar' icon located in the top row

Under 'Show these items in the Sidebar' check the items you wish to have shown in the Sidebar.

Note that as you're selecting or deselecting items, the Sidebar will automatically show or hide the items you have configured in Preferences. Now this sidebar will appear in every window you open giving instant access to these popular folders.

Do you have a folder or file you access frequently and want to add it to the side bar? Although Apple probably meant for it to be primarily used for folders, it actually works on a variety of different file types. Here's how; If you want to add it to the Finder Sidebar, press Command+T and Mac OS X will add it to the Finder Sidebar.

Want to add it to the Dock instead (the big long color bar of icons usually on the bottom of the screen?)

If you want to add a folder (or file) to your Finder Dock simply select it and press Shift+Command+T and Mac OS X will add it to the Dock.

Another Overlooked Application on the Mac



Launchpad doesn't get much love from Mac power users (there are plenty of other efficient ways to launch Mac apps) and Apple really hasn't touched the feature in years. But it's a feature I use regularly on my Mac — after making a few adjustments.

I'll get this out of the way first as it's superficial and not functional: I really like the icon for Launchpad, a rocket silhouette over a gray circle. The original icon in the age of realism was a metal disk with nearly the same rocket carved into it. I'm a space nerd and the clever 'Launchpad' name for an app launcher is something I appreciate.

Launchpad's icon also has a purpose — and not just opening the app launcher. If you download a new app or an app update from the Mac App Store, you can see the download and installation's progress in an indicator bar that automatically appears below the Launchpad icon. If you mouse over the Launchpad icon with your cursor, you can even see the installation state and the file size of the download.

Mac App Store

Uninstalling apps has always been weird on the Mac, especially for Windows switchers familiar with removing programs with the Control Panel.

By default, the way to uninstall apps on the Mac is to drag the app's icon from the Applications folder in Finder to the Trash on the Dock, then empty the trash. Other apps include dedicated uninstallers that do a more thorough job of removing messy installations. As a Windows convert, I find comfort in the third-party utility AppCleaner (Free) for removing software.

If you're trying to remove an app that was downloaded from the Mac App Store, however, you can do this easily in Launchpad with a simple keyboard shortcut.

Simply hold the option key down, then all your apps will jiggle like on iOS and Mac App Store apps will have an X over the top left corner. Click the X to prompt Launchpad to show you the uninstaller dialog box, and confirm to remove the app.

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

Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

History: Mill of the Month: Exhibit of the Franklin Expedition, 11:00a.m. Mystic Seaport, 75 Greenmanville Ave, Mystic. Sponsored by the Mill Museum. Info: 860-456-2178 www.millmuseum.org

Kids: Crafts, 11:00a.m. - 12:30p.m. (See 3/2)

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

Film: "Brother Outsider: The Life of Bayard Rustin", 2:00p.m. Free. Followed by discussion. Storrs Friends Meeting, 57 Hunting Lodge Rd, North Eagleville Rd, Storrs. Live Music: Greg Abate Quartet (Jazz), 7:00p.m. \$20-25, "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

March 24, Sunday

Clean-Up: Ashford Trash Pick Up Weekend. (See 3/23)

Yoga & Meditation: Vinyasa Yoga and Mantra Meditation, 8:30a.m. - 10:00a.m. (See 3/3)

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 3/3)

March 25, Monday

Kids: Toddler Time Play Group, 10:30a.m. (See 3/4)

Yoga: All Levels Yoga with Beth, 6:00p.m. (See 3/4)

March 26, Tuesday

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

March 27, Wednesday

Kids: Build & Destroy, 6:00p.m. - 7:30p.m. Free. Ages 7+ build a structure with KEVA planks and use littleBits to destroy it. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

Skill Share: Djembe Drumming Lessons, 7:00p.m. -

9:00p.m. (See 3/6)

March 29, Friday

Live Music: An Evening with Grammy Nominated Artist, Nicole Zuraitis (Jass), 7:00p.m. \$20-25, "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

March 30, Saturday

Kids: GO FLY A KITE!, 10:00a.m. Award for longest flying and most original kite. Repair available. Hubbard Preserve, Chaplin.

Kids: Family Woods Walk, 10:00a.m. - 11:00a.m. A slow ramble through Goodwin's trails. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

Kids: Crafts, 11:00a.m. - 12:30p.m. (See 3/2)

Kids: Go Home Tiny Monster, 11:00a.m. & 2:00p.m. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp@uconn.edu

Weiss, Hale & Zahansky Strategic Wealth Advisors Team Grows to Help Support Clients' Goals



Submitted by Diego Briones

The Weiss, Hale & Zahansky Strategic Wealth Advisors team recently welcomed two new members to their team, Kelly Graves and Beckie Lewis. Kelly (pictured left), from Woodstock, joins Weiss, Hale & Zahansky after 17 years as a paralegal, bringing a broad knowledge base in matters such as bankruptcy law and litigation in the U.S. Bankruptcy Court, civil litigation in the U.S. District Court, U.S. District Court of Appeals, and the Massachusetts State Courts, as well as insurance defense and loan modifications. She is a graduate of Becker College where she studied business administration. Kelly will be working in the firm's Client Operations & Service department, helping to ensure timely and dedicated service on new accounts, transactions, and investment portfolio account management.

Beckie (pictured right), from Pomfret, comes to the firm with more than 20 years of experience in client support, including positions with American Airlines, American Express Travel, and Electric Boat. She also



holds a B.S. from the University of Massachusetts. As the Administration & Client Services Associate, Beckie will be managing daily office operations, working to ensure every client's experience is at the highest level.

On these recent additions to the team, Principal & Managing Partner, Jim Zahansky, noted, "We are delighted to bring two very talented and committed individuals to our team to support our unique and strategic Plan Well, Invest Well, Live Well™ process. We know our clients will benefit from these additions as they work to help better support our clients' strategic financial goals." Laurence Hale, Principal & Managing Partner, added, "Kelly and Beckie are truly aligned with our core values of competence, trust, transparency, and accountability. Their hiring is a commitment to our promise to deliver an exceptional wealth management experience, and we're looking forward to having them grow and develop with us for the benefit of our client experience."

Singing: Pete Seeger Tribute Singalong, 7:30p.m. Woodstock First Congregational Church, 543 Route 169, Woodstock.

March 31, Sunday
Yoga & Meditation: Vinyasa Yoga and Mantra Meditation, 8:30a.m. - 10:00a.m. (See 3/3)

Live Music: Mark & Beverly Davis w/ The Providence Mandolin Orchestra, 4:00p.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 3/3)

Where to find the Neighbors paper

Ashford
Ashford Spirit Shoppe
Wooden Spoon Restaurant
Terry's Transmissions
Ashford Post Office
Babcock Library
Hope & Wellness

Bolton
Bolton Post Office
Subway-Bolton Notch

Chaplin
Chaplin Post Office
Pine Acres Restaurant

Columbia
Saxon Library
Columbia Post Office

Coventry
Highland Park Market
Meadowbrook Spirits
Coventry Laundromat
Subway
Booth and Dimock Library
Song-A-Day Music

Eastford
Eastford Post Office
Coriander

Hampton
Hampton Post Office
Hampton Library

Lebanon
Lebanon Post Office

Mansfield/Storrs
Holiday Spirits
Bagel Zone
D & D Auto Repair
Storrs Post Office
Mansfield Senior Center
All Subway shops
Starbucks
People's Bank
Storrs Comm. Laundry
UConn Bookstore-Storrs Ctr.
Chang's Garden Rest.
Liberty Bank
Spring Hill Cafe
Nature's Health Store

Mansfield Center
Mansfield Library
East Brook Mall
Lawrence Real Estate
Mansfield OB/GYN

Mansfield Depot
Thompson's Store
Tri-County Greenhouse

North Windham
Bagel One
Subway
No. Windham P.O.

Pomfret
Vanilla Bean Restaurant
Pomfret Post Office
Baker's Dozen
Weiss, Hale & Zahansky

Putnam
Antiques Marketplace
Putnam Library
Subway
Putnam Post Office

Scotland
Scotland Library
Scotland Post Office

South Windham
Bob's Windham IGA
Landon Tire
So. Windham Post Office

Stafford
Stafford Coffee Company
Stafford Library
Subway
Stafford Post Office
Stafford Cidery
Hangs Asian Bistro

Tolland
Birch Mountain Pottery
Subway
Tolland Library
Tolland Post Office

Willington
Willington Pizza I & II
Willington Post Office
Willington Library
Key Bank
The Packing House
Franc Motors

Windham/Willimantic
Willimantic Food Co-op
Clothespin Laundromat
Schiller's
Willimantic Pharmacy
Main Street Cafe
Design Center East
That Breakfast Place
All Subways
Super Washing Well
Willimantic Public Library
Windham Senior Center
Elm Package Store
Not Only Juice
Windham Eye Group
Willimantic Records
Grounded Coffee Shop
CAD Marshall Framing
Eastern Eye Care

Windham Center
Windham Post Office



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TAPES, CDS, BOOKS
&
MUSICAL INSTRUMENTS
WE ALSO BUY
USED VINYL RECORDS

Visit us at our new River Plaza location:
75 Bridge Street, Willimantic

Weds. thru Fri. 12pm-7pm;
Sat. 11am-6pm; Sun. 12pm-5pm
Closed Monday and Tuesday
860-450-7000

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

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Natural Light and Fine Art Photography

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To all our contributors- Thank You!

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

T. King, Publisher

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

THE WOMAN BEHIND THIS SUCCESS WAS Lebanon Teacher JUDITH JAHODA INGRAM

1973 CONNECTICUT WILDCATS PROFESSIONAL SOCCER



THE FIRST MAJOR LEAGUE PRO - SOCCER TEAM IN THE STATE



First row (l-r): PLAYER-HEAD COACH Rene Koremans, Tony Giarratana, Julian Bevans, Tony DiCicco, Mickey Cohen, Ron McEachen, Bruce DeTora, Benny Brewster; Second row (l-r): TRAINER Gary Lussier, Pete Chartschlaa, Charlie McCully, Jon Scheffner, Phil Dulanto, Roger Hamilton, Scotty Smyth, Mickey Fitzgerald, Ed Zimmitti, PRESIDENT AND GENERAL MANAGER Paul Ingram.

"the best professional soccer team in America" - Clay Berling

In 1973 CLAY BERLING, the founder and Publisher of SOCCER AMERICA, the largest soccer publication in the USA, wrote in a letter to Wildcat's owner and manager Paul Ingram, that the Connecticut Wildcats was "the best professional soccer team in America." Between 1973 and 1974 Berling went on to publish more articles in Soccer America about the Wildcats than any other domestic or foreign team.

Although the Wildcats had 3 players playing on the USA National team and the Wildcats captain was also the USA National team captain, what Mr. Berling found most noteworthy about the wildcats was that it was a team made up entirely of American citizens (80% born in the USA). This was an unheard of occurrence at a time when some other Pro teams had as few as 10% of their players having Americans citizenship.

A copy of Berling's letter, along with press releases, players interviews, and significant memorabilia accompany a rich historical account of the Connecticut Wildcats in Ingram's soon to be published book. The book follows the Wildcats from formation to generating record-breaking attendance at Hartford's Dillon Stadium, to the final dissolution of the American Soccer League and the tremendous influence the former Connecticut Wildcats players have had in helping form US Soccer as we know it today.

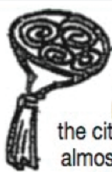


JUDITH JAHODA INGRAM

The Connecticut Wildcats had top quality people on their staff like Richard Roberts from Storrs the teams great public relation director, and Robert Gardiner from Mansfield the teams business manager, Rene Koremans the best young upcoming coach from the Netherlands. But Judith Ingram wife of Paul for 50 years was with no question the key to the success of the first Pro-Soccer team in Connecticut. Judy's enthusiasm, very hard work, great people relation skills, and high level support to all departments of the Pro-Soccer team has been priceless.

As a woman she did not get the honor she deserved.

Non of the successes of the Wildcats, Tony DiCicco, players and coaches would have been materialized if not for this remarkable woman Judy.



Soccer

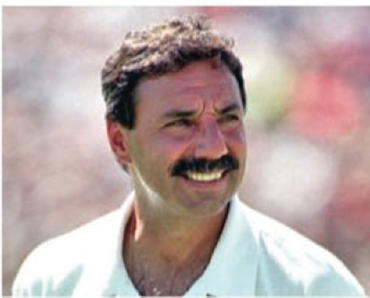
A bouquet to the Connecticut Wildcats, whose acceptance in the American Soccer league and proposed move from Willimantic to Hartford will put the city back into major league sports for the first time in almost a century:

The Wildcats, accepted this month

INGRAM: "THE KEY FOR MAKING A GOOD TEAM IS PICKING GOOD PEOPLE"

INGRAM'S FORMER PLAYERS BECAME HEAD COACHES FOR:

THE USA NATIONAL TEAM, THE USA OLYMPIC TEAM, THE USA U-20 NATIONAL TEAM, UNIVERSITY OF VERMONT, E.C.S.U., CONNECTICUT COLLEGE, BABSON COLLEGE, MIDDLEBURY COLLEGE SKIMORE COLLEGE, N.Y., BOSTON COLLEGE



Tony DiCicco many believe Tony to be the best coach in the US of all sports as he won the GOLD Medal in the OLYMPICS as well as the Gold in the WORLD CUP

Former U.S. Women's National Team head coach Tony DiCicco is one of the most recognizable names in women's soccer. DiCicco guided the USA to the 1996 Olympic Gold Medal and the historic 1999 World Cup championship, while accumulating a record of 103-8-8 - making him the all-time wins leader in U.S. National Team Soccer history.

For six years DiCicco was the head coach to the U.S. Women's National Team His 1999 Women's World Cup squad changed the face of women's athletics forever, winning the championship over China in front of the largest crowd in women's sports history (90, 185 at the Rose Bowl in Pasadena on July 10, 1999) and a worldwide television audience.

CHANGING THE FACE OF WOMEN'S ATHLETICS FOREVER

ONE CALL STARTED THAT CHANGE

In 1972 from the Wildcats office on 45 High Street Willimantic* a phone call was made by UCONN soccer All-American Paul Ingram to SPRINGFIELD COLLEGE soccer All-American Tony DiCicco a teacher in Bellow Falls Vermont High School.

This call changed Tony's and many other lives.

Paul has known Tony for many years, and always admired his potential, and asked Tony to play for the Connecticut Wildcats.

Tony signed his FIRST EVER-PROFESSIONAL SOCCER CONTRACT with Paul.

Paul's expectations for Tony have been very high, but Paul underestimated how high. No coach in the world has ever won the Olympic Gold Medal and the Gold in the World Cup.

*Soon the office moved from Willimantic to the new Constitution Plaza building in Hartford.

Hartford Times Page 1

City Back in Big Leagues As Soccer Franchise OK

By PETE ZANARDI, Times Sports Writer

Hartford will become a major league sports city for the first time since 1876 next summer and the sport will be soccer.

The Connecticut Wildcats will represent the city in the American Soccer League, the oldest of two profession soccer circuits now operating in this country.



1968

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



Today