

April 2019

A little paper big on community

FREE

Neighbors



No. 170 Serving the inhabitants and environment of northeastern Connecticut and beyond



**Join us for Earth Day!!
Monday April 22nd, 2019
2:00pm to 6:00pm
Willimantic Food Co-op
91 Valley Street, Willimantic,
Kids Activities,
Music, and Info Booths!**

Bumps in the Night

By Bob Grindle

A couple of days ago, while a few of us who are involved with Parish Hill Middle-High School's Empty Bowl project were busy 'throwing,' bisque-firing, painting, dipping, glazing and generally making a mess of the local art studio, the subject of scary movies came up...and, of course, what is it that scares us? Not just movies! The talk drifted through books, dreams, historic events, current events, getting lost, the future, darkness and, I suppose, things that go bump in the night, each of us trying to touch on something that exposed someone else's threshold of fear.

We've likely all experienced fear, so each of us has some insight and something to say, but after finishing our work in the studio and cleaning up, I couldn't shake the feeling that somehow fear is more about the anticipation of something "bad" happening than the actual event. That's probably the driving force behind much of the hysteria that seems to accompany weather forecasts these days, to say nothing of the frequently heard concerns about the Earth being hit by a passing meteor or other cosmic traveler. Was Roosevelt right...there is nothing to fear, but fear itself. Is it all nothing more than our imagination being overwhelmed by our lack of understanding?

As a pre-teen I used to spend time looking up and wondering if any of the fanciful-- though visually quite

fearful-- tales of science fiction exploits would ever come to pass. Those exploits almost always involved the gallantry and adventure of Earthlings versus the human-like, or slightly human shaped, "others" who exhibited some terrible feature or trait or habit that played into our most deeply rooted fears. As a youngster, I loved—I mean I was really addicted to—the tingly, nerve-wrenching sense of dread that came with facing the unknown. Some of those old movies, especially the rather simple special effects that were used in making science fiction pieces, seem dated and embarrassingly obvious now. Gradually, as I graduated

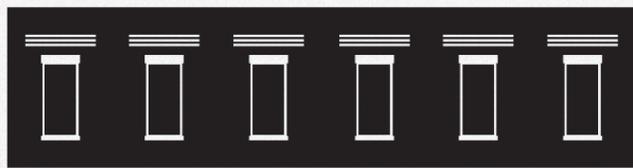
from science fiction to hard science, and from a kind of blank thrill in the face of the unknown to a focused desire to peel away the mystery, I came to understand that every creature on Earth is the result of a unique history. Every bit of life that we know on this Earth, from cell to primate, has traveled its own very singular path through oceans and air and forest rooftops and desert savannahs and swamps and mountain tops and arrived at its current evolved existence. Sitting alone looking up and out into the Cosmos, I feel confident that if there is life beyond our small rock in the Universe, it will not bear any resemblance to life here...neither mouse nor homo sapiens; nor virus or DNA.

April will be a rather quiet month, with Mars high in the Western night sky all month and Jupiter and Saturn playing hide and seek with the Moon in the pre-dawn South, South-western sky by Easter and through the end of the month. On April 5th, Aldebaran—the red eye of Taurus—and Mars will on a few degrees apart in the Western sky at about 9 pm and that group of stars to the right of Mars is the Pleiades (seven sisters), a star nursery that is the emblem for Subaru...

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

Major Meteor Showers in 2019					
Shower	Radiant and direction	Morning of maximum	Best hourly rate	Parent body	
Quadrantid	Draco (NE)	Jan. 4	60-100	2003 EH ₁	
Lyrid*	Lyra (E)	April 23	10-20	Thatcher (1861 I)	
Eta Aquariid	Aquarius (E)	May 6	20-60	1P/Halley	
Delta Aquariid	Aquarius (S)	July 29	20	96P/Machholz	
Perseid*	Perseus (NE)	Aug. 13	90	109P/Swift-Tuttle	
Orionid*	Orion (SE)	Oct. 22	10-20	1P/Halley	
Southern Taurid*	Taurus (S)	Nov. 5	10-20	2P/Encke	
Leonid*	Leo (E)	Nov. 18	10-20	55P/Tempel-Tuttle	
Geminid*	Gemini (S)	Dec. 14	100-120	3200 Phaethon	
Ursid	Ursa Minor (N)	Dec. 23	10	8P/Tuttle	

Courtesy of Sky and Telescope



THE PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

JAZZ SERIES
SARAH HANAHAN QUARTET
 Saturday, April 6th | 7:30pm

SPRING FIRST SUNDAY
 OPEN HOUSE
COMMUNITY EVENT
 Sunday Afternoon, April 7th | 1:30-5:00pm

APRIL 13, 2019
AN INTIMATE PERFORMANCE WITH TOM RUSH
 A BENEFIT CONCERT TO SUPPORT EC-CHAP
3:30PM & 7:30PM

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A NIGHT OF COMEDY!
 (BY TOLLAND COMMUNITY WOMEN)
MAX DOCELLI
 Thursday, April 25th | 7:00pm

ACOUSTIC ARTIST SERIES
 (INDIE / FOLK)
BELLE OF THE FALL
 Saturday, April 27th | 7:30pm

- UPCOMING SHOWS**
- 05/04: JUNE BISANTZ, "LOVE'S TANGO" CD RELEASE (JAZZ)
 - 05/18: AN EVENING OF MUSIC & INTIMATE CONVERSATION WITH BS&T FOUNDING MEMBER STEVE KATZ (ROCK)
 - 05/19: GRASS ROUTES, CD RELEASE (BLUEGRASS)

RECURRING MONTHLY EVENTS

"READINGS AT THE MILL WORKS"

Every 1st Tuesday!
 April 2nd | 6:30pm

"BLUEGRASS PROJECT"

Every 1st Wednesday!
 April 3rd | 7:00pm

"TALENT SHOWCASE"

Every 2nd Wednesday!
 April 10th | 7:00pm

"SOCIAL DANCE" w/KELLY MADENJIAN

Every 2nd Thursday!
 April 11th | 7:00pm

EC-CHAP FILM SERIES

"Cool Hand Luke"

(GP). 1967.
 Friday, April 26th | 7:30pm

"EC-CHAP INFORMATION EXCHANGE MEETING"

Tuesday, April 16th | 7:00pm

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

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Cover art: 'My Grandfather's Glove' - "Over 30 years ago my grandmother gave me my grandfather's baseball glove. I had it in the art studio many years before I decided to paint it. I added the ball and also added the signature of Babe Ruth."

Scott Rhoades, Mansfield.

Ed. note: 'My Grandfather's Glove' won First Place at the Tolland County Art Association Juried Show, November 2018. To see more of Scott's work go to his website: Scotterhoadesart.com

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

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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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Loud Young Voices

By Loretta Wrobel



A few weeks ago, March 15th to be exact, a wave of young people participated in a school climate strike. These aware and committed individuals took climate challenges

seriously and stood up for what they believe. They demanded that we do something about our planet and make the necessary changes so that our world will still be around when they are old, and for their grandchildren.

Here are some of the statistics of this unbelievable movement. There were 123 countries that held climate strike activities and an estimated 1.4 million people participated in this global event. Actions took place in 2,233 cities across the globe.

How did this all begin? Last fall fifteen-year-old Greta Thurberg from Sweden protested outside of the Swedish Parliament. This solo protest served as the catalyst for thousands of sensitive and informed youth. They picked up the momentum and stood up for their future. The thrust of this strike was to get the attention of world leaders and policymakers, to do all they can to create a sustainable future. Our youth are demanding that we keep fossil fuels in the ground, phase out subsidies for dirty energy production, invest in renewables, and examine the economic systems that promote climate change.

I am so in awe of and excited by the thousands of young people who care about our planet and are smart enough to comprehend that if we don't carefully examine how we are trashing our planet, we will face a bleak future.

I started to consider what I was doing and what was on my mind as a teen in the 1950's. I know I was not worried about climate change. I was more focused on my immediate environment and my circle of friends. I can't imagine being as dedicated to working for change as this young woman in Sweden. And she did this on her own, jumping up to push her leaders, and saying boldly, "No one is too small to make a difference!"

I guess she made her point. Within a year she managed to awaken young people from around the globe, including India, Australia, the United Kingdom, and the US to join her. We live on a fragile planet with limited resources. We need to be mindful of its delicate balance, and work to become sustainable citizens. It is imperative to think

about how we use or misuse all the gifts we have been given-- clean water, clean air, and a rich diversity of plants and animals.

My heart is filled with gratitude and hope after reading of this special event involving so many of our young people. I hear criticism of our younger generation all the time. They are selfish, don't know how to relate, only want to be on their cells, and have no sense of what it takes to live in the world. Well, look at what happened on March 15th. The older generation does not understand and accept why the younger people behave and act the way they do. Socrates worried about what had become of the youth. Youth do grow and shift and change. In these times of heightened terror, horror and violence, we need these fresh, youthful truth tellers to remind us of the specialness of the world. They also are shouting to us to pay attention and be responsible for what we are doing and the long-term effects of our present mode of extracting and taking more than we need. Wake up and listen to our children and scientists. We know our climate is influenced by what we do or not do.

I am heartened because many school systems allowed pupils to participate in the climate strike. They were given the opportunity to raise awareness and engage in dialogue. Isn't that the purpose of education? Not everyone had to participate, but those that wanted to skip school and make our leaders aware of the importance of this issue were allowed to do so. This can only serve as a positive step.

It takes a radical act to make a major shift to live sustainably. I view those young folks as teachers, showing us the future needs to be considered. To continue to grab all we can without being conscious of the long-term consequences is not sustainable. And I see that responsible actions and maturity is not a function of age. It is based on how we understand our role as caretakers of the earth. I look to these young strikers, who know that just as the emperor has no clothes, we live on a unique beautiful planet that is screaming for us to pay attention.

Do we have the maturity to listen and hold our earth in tender loving hands, being grateful for how she nurtures us? How can each of us nurture our planet with respect and kindness, understanding the need for balance? Can we work together, listening to each other and learning how to live lightly on our precious planet? I thank Greta Thurberg for showing courage and determination, and for demonstrating how one fifteen-year-old can make a monumental difference.

WLT Wee Wanders Offer Close Up Opportunities with Nature!

Submitted by Marcy Dawley

What do skunk cabbage, salamanders, mountain laurel, fireflies, bats, stunning views, eagles and fresh air have in common? They are just some of them topics set for Wyndham Land Trust's Wee Wanders in 2019. They will be hosted on easy to access preserves, where one and all can easily wander. Walk leader and WLT volunteer Marcy Dawley encourages all ages and abilities to come out. "We can't wait to show you where we can walk together, then you can revisit these spots with your family and friends."

The Wyndham Land Trust has over 4000 acres preserved in 11 towns in northeastern CT. This has happened thanks to many donors, members and volunteers over 44 years. Getting out on the land is a great way to appreciate these efforts and results. Dawley encourages membership as she believes it is the best way to learn more and become engaged and active with the organization. "As a nature and fresh air lover, I am thrilled to be a member. For a mere \$25 a year, my membership makes me feel like a part of the greater good."

Here is a look at the upcoming Wee Wanders:

Skunk Cabbage Search, Sunday, April 7th, 1-2:30pm, Wright Preserve, Pomfret St., Pomfret Center

Salamander Search at the 3 B's, Sunday, May 19th, 1-2:30pm, Wrights Crossing Rd., Pomfret Center

Mountain Laurel & Views at Bull Hill Forest, Sunday, June 23rd, 1-2:30pm, Bull Hill Rd., Woodstock

Fireflies & Sunsets at Duck Marsh, Saturday, July 13th, 6:30-8pm, Holmes Rd., Pomfret Center

Bats & Twilight at Lyon Preserve, Saturday, August 3rd, 6:30-8pm, Wrights Crossing Rd., Pomfret Center

Tamler Trail Walk, Saturday, September 7th, 1-2:30pm, Quaddick Rd., Thompson

Fall Leaves at Rapoport/Spalding Preserve, Saturday, October 5th, 3-4:30pm, Calkins Rd., Woodstock



Aicher Hiker Views, Monday, November 11th, 9:30-11am, Harrisville Rd., Pomfret

Year End Zealandia Roseland Romp, Sunday, December 29th, 1-2:30pm, Roseland Park Rd., Woodstock

Snacks are always included! Dress appropriately for each walk, especially footwear.

For complete details, description, and directions to WLT's Wee Wanders, visit their facebook page and view the events. Their website, www.wyndhamlandtrust.org holds information on the organization, membership and all 4000+ acres.

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See current and past issues of Neighbors in beautiful **COLOR** via a link on our website: neighborspaper.com

Willimantic, Now and Then

Let's Talk – and Listen – Before Moving Forward!

By Mark Svetz



I have been thinking a lot about democracy in Willimantic. We are a divided community in many ways, perhaps following the crippling division in national politics. It seems everyone – elected officials, active citizens, town administrators – is blocking their ears until they think they have enough votes to get their dream passed. I am not sanguine about the prospects for democracy anywhere I look.

There has been a lot of heat generated lately about whether to demolish two buildings on Main Street. One side in this community argument seems to want to guarantee the developer makes enough money to encourage the development, while the other side seems concerned about the aesthetic experience of the people who come to Willimantic to shop.

For the moment, I will set aside the merits of this questionable proposal to build hundreds of apartments on Main Street. Most of the people I talk to think this is not a good idea. Where are residents going to park? The town is planning to build a parking garage nearby, but I understand this is needed to satisfy existing parking needs, including space for the absurd number of vehicles owned by our police department. This is another reason to slow down and listen.

On the question of demolition, I am inclined to agree with the preservationists. I think we should try to save those buildings. Their historic value, however, is not the main issue for me. Rather it is my natural parsimony in complete agreement with my conservationist views. I judge my own actions by the impact they have on our resources. Why should I expect less from my leaders? It seems to me that if our divided communities can agree on one thing these days, it should be the need to protect our fragile environment.

I am disturbed that the environmental argument is mostly missing from the public debate. That is to say, no one seems to be talking about what is best for our grandchildren. I was taught – as I'd like to think most of us were – not to throw something away when it still has use. Our grandparents knew this. We are blinded, I think, by the profit-driven obsession with getting rid of the old and buying shiny new replacements.

The "Powers That Be," as my mother used to say, will work this out in their own fashion and to their own ends, but I would love to hear more conversation about all the costs involved in both options. I read recently that almost 60,000 cubic yards of refuse will be disposed of if these buildings are demolished. I don't know if that number is accurate, but I know it will be a big number. Then, we hope the buildings will be replaced with another very large amount of material, extracted from the Earth at great cost to our communities, our health, and to the Earth herself.

I think we need to talk about this.

Unfortunately, in the political life of our communities these days, there is little discussion. So often I see my neighbors pick a side, get the talking points and then throw them around like accusations. This is no way to run a democracy. Wouldn't it be nice if we could listen to each other, find the common points and figure out how to build on them. There might be a place where most of us are happy.

In the case of the buildings on Main Street, there might be such a place where many on both sides of the argument are happy. In the 90s, Sarah and I started several bike trips from Montreal, Quebec. We saw places in that city where the facade and other parts of the original buildings were saved, and a new building was added on behind it. Half a loaf is better than none. This might be true for both sides, but we have to talk about it.

The point is, if we are going to have a strong vibrant community, we have to start listening to each other. I have the impression that many of our "leaders" have been trying to put forward their particular fantasy, often

by keeping everything secret as long as possible and then put it to a vote. If they "lose," they do it again as often as necessary to wear us down. Once again, this is no way to run a democracy. If the community needs to talk, and the developers aren't interested in conversation, then maybe we should hold off on this rush to develop.

If ever there was a time when this community needs to talk, it is now. We have had some big, expensive and controversial issues recently. The high school renovations, the Senior/Community Center, the stage and accompanying fence have all divided this community recently. We have seen proposals pass with slim majorities that leave half of our community dissatisfied. The demolition of the Nathan Hale Building and the former Hooker Hotel needs to be talked about. The same is true of the proposal to build a huge building with hundreds of apartments on the parcel.



The Thomas Hooker Hotel (right) and the Nathan Hale (adjacent), at the corner of Main and Bank streets. Both buildings are likely to be demolished under one plan. Mark Svetz photo.

If these are good proposals and the developers are competent and honest, this opportunity will survive some discussion time. The public hearing on the demolition was disappointing to many who attended. Town officials really should think about a way to hear what their neighbors have to say. It seems essential to generate some discussion. We all know when somebody is in a big rush to get our money, we should pump our brakes.

Our grandchildren are depending on us to figure a way to rise above our differences and find a common ground. This nightmare of a global economy looks to me like it is breaking down. When life gets difficult, we are going to need our communities; they will be our lifeline when systems begin to fail.

Look across the street, down the road. Those are our neighbors. That's our world. How are we going to get along in it?

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

Broadway is Coming Again, and Soon, to Willimantic!

By Len Krimerman

Yes, in less than a month, Willimantic will host a Broadway show, actually more than one. It has been doing this, as my wife Marian and I found out 3 years ago, for over two decades.

But not by 'hosting' a cast and/or directors from the Big Apple stage itself, but through the efforts of ordinary local folks from Willimantic and its neighboring towns in eastern Connecticut.

I'm talking about the Windham Theater Guild Broadway Chorus! Here's a quote from their web site:

It's that time of the year when Windham Theatre Guild Broadway Chorus is gearing up for another terrific concert. This year they have chosen music from 4 outstanding

Broadway shows... Show Boat, Crazy For You, West Side Story and On Your Feet.

You can be a part of the great Broadway Chorus tradition at WTG. There are no try-outs to become a member of the chorus. All you need is the \$35 fee for the music (which you keep), the desire to have a great time singing, and be at least 15 years of age. Directors will be Larry Goodwin and Dan Pavone. Ken Clark will be the accompanist. Rehearsals are on Tuesdays starting on January 8th from 7:00 to 9:00 at the St. Joseph Church Hall. Performances will be on April 26 & 27 at the Burton Leavitt Theatre. Come and join the fun.

Why am I telling you this? Let me count the reasons...
- Marian and I have sung in choruses elsewhere, but have not found a more

friendly and welcoming one than WTGBC. Nor one as open to anyone with a passion for singing together with others. Solo opportunities are provided for all members, young or old, experienced or inexperienced.

-We have not one but two amazing Directors...and an equally amazing piano accompanist, as well.

-Singing with others, especially over a substantial number of weeks, is good for the heart and the mind.

-By the time you read this, tickets for our 2019 show will most likely have become scarce!

Hope you can make it!

P.S. Expect a message from me, in the December *Neighbors*, urging you to consider joining our 2020 Chorus, which will begin practicing next January.

Warm Cheers and keep singing, Len.

Common Sense Car Care

By Rick Ostien

This month we'll talk about labor costs to repair your car or truck.

The most common repairs on a vehicle have a suggested manufacturer labor rate for time. This is known as flat rate. This is fine as long as the car or truck is not too old and its components are not rusted or frozen. It is necessary to figure extra time on flat rate repairs if the vehicle condition is poor.

The labor rate can be different from one business to the next. The cost or overhead of the business affects the hourly rate. Some examples of overhead costs include electricity, phone, taxes, insurance, registration, EPA disposal, equipment, building, and inventory to name just a few. Basically, if the business pays out for it, it's overhead.

The areas where you live make a difference too. The hourly shop rate in this area varies from \$50 to \$100 per hour. In the Hartford area the hourly rate is much higher per hour.

The changing of oil, tires, tire rotation, balancing of tires, and wheel alignments are just a few examples of fixed price repairs. These costs again can vary from repair facility to repair facility.

Diagnostic fees have played a large part in repair bills. This is one of the most difficult areas in the repair business to price out. The average problem of today demands some kind of diagnostic equipment or inspection to find the problem. These problems often take a great deal of time to track down and diagnose properly. The bottom line is that if time is spent on a vehicle the customer has to be billed. The customer buying diagnostic time by the hour is becoming more of a common practice by a lot of repair facilities. One of the most common vehicle problems is when the good 'ole check engine light in your instrument cluster comes on. More and more vehicle owners try to make their own diagnostic and repair on their vehicles. The introduction of Google and some parts stores offering to check your check engine light may cost you more in the end.

The ability of the technician performing the repairs has an effect on the hourly rate also. These technicians are certified by either a new car manufacturer or by some recognized source such as ASE, Automotive Service Excellence. These certifications have to be updated over time to make sure the technician stays current on vehicle repairs. The more qualified a technician is the higher the wage paid to this individual. This means that wages become part of the labor rate a facility charges.

The cost of living has risen greatly over the years and so has business overhead. The sad thing is that many businesses have been forced to close their doors because of this. Remember that local small businesses pay taxes which help to support town schools and recreational activities.

The next time you need a service that a local business provides, give them a chance. You are helping to support your community through your patronage. The last thing I will leave you with is that the area has had two business changes. A good business friend has retired after many years in the auto repair business. I wish Dick good luck in the future. Also, a great independent parts store has closed. I send best wishes to Lou in his new adventure.

Until next month...Happy Motoring.

Rick Ostien is the owner of Franc Motors in Willington.

Financial literacy is financial freedom

By James Zahansky, AWMA®

Each month, we have discussed financial planning topics integral to any well-developed plan. So far, we have discussed the importance of beginning with the end in mind, tax considerations for your financial plan, and unique challenges women may face when saving. Throughout April, as a part of Financial Literacy Month, we want to talk about the basic principles you should understand in order to attain financial freedom and be able to achieve your "Live Well" financial goals in your life.



Earn

The earn principle is about more than the amount you are paid through work. This principle is about knowing the fine print and details about your paycheck, including deductions and withholdings. In order to make the most of what you earn, it helps to understand your pay and benefits.

Without earning, you will not be able to save, allocate, and budget your money. If you can find other ways to increase your income like starting a business or owning properties, then you may be able to achieve your goals earlier than you anticipated.

Look over your paycheck and learn about the details of it, including any deductions. Review the taxes that are withheld, including Social Security and Medicare taxes. You should also take advantage of any workplace benefits if you are not doing so already.

Save and Invest

Saving is imperative to understand. People who make a habit of saving regularly, even saving small amounts, are well on their way to achieve their goals. It's important to open a bank account or credit union account so it will be simple and easy for you to save regularly. You should also have an emergency fund to plan for life events and to be ready for unplanned or emergency needs.

Create a habit of saving, you can set up automatic deposits from your paychecks so you don't have to think about it. Out of sight, out of mind and you'll be more likely to not use it. Track the progress of your savings to the goals you set for yourself and monitor them each month. Another key to saving is to save early, big life events like retirement and children's education should be planned for well in advance to take advantage of the time value of money.

Protect

The protect principle means taking precautions about your financial situation. It stresses the importance of accumulating savings in case of an emergency, and buying insurance and being vigilant about identity theft.

It is important that you keep all your records in order and in a secure location. Be aware of your credit record and credit score. Watch out for suspicious emails like phishing scams or other frauds that could compromise your information.

A great way for keeping personal money records will include copies of important documents like your will, property ownership documents, information about savings and insurance, and other document. It should include overview of what happens to property after a major life event occurs. As for protecting yourself against, scams usually if it "sounds too good to be true," it is.

Spend

The fundamental concept of spending is to make a budget or a plan for using your money wisely. While you save for goals, it is also important to have a balance so you can enjoy things in the present. This is where budgeting comes in, It's helpful to set short and long-term financial goals and manage your money to meet them so you can "Live Well" now and in the future.

A good way to take control of your spending is to set the maximum amounts you plan to spend each week or each month. Once you've set the maximum, stick with your plan. It's helpful to track your spending over a few weeks or months to get a handle on how you are using your dollars and cents. Look into using on-line systems or phone apps for keeping track of your spending – you will be amazed at what you'll learn about your habits! Mint is one great budgeting app that is synchronized to your bank account so it can automatically track your spending and allows you to set budget amounts by category.

Borrow

Sometimes it's necessary to borrow for major purchases like education, a car, a house, or other major purchases. Your ability to get a loan generally depends on your credit history, and that depends largely on your track record at repaying what you've borrowed in the past and paying your bills on time. So, be careful to keep your credit history strong. Track your borrowing habits, and pay all your bills on time. You can check your credit score every four months from each of the major providers, a feature that is also included in the Mint budgeting app.

Live Well

Financial literacy is more than just being aware and understanding these principles about earning, saving, investing, protecting, spending, and borrowing. The key is to understand how it fits within your financial needs and goals. Knowing where everything fits you can create a plan that uses these principles to achieve your financial life goals. For example, earlier we discussed saving for major life events like retirement early in life. This is aligned to our January theme of thinking with the end in mind and allowing more time to save and build interest on your savings for each of your goals.

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Putting Seeds Into Soil

By C. Dennis Pierce



“In like a lion, out like a lamb”, has always seemed a straightforward enough proverb. When March starts, it is still winter, and by the end of the month spring has begun. But what the heck happened this past Saturday when you found yourself waking up to four inches of snow only to find it had disappeared by the end of the weekend? Yes, there is something to say about the Mark Twain quote, “If you don’t like the weather in New England now, just wait a few minutes.” True, in the Quiet Corner of Connecticut the weather hasn’t quite reached the lamb stage by now, it’s more like a surly cat, maybe, or one of those flocks of honking geese that grace the skies over Mansfield Hollow.

Spring creeps up on us in weeks of anticipation. Gardeners are pursing seed catalogues, gracing the aisles of Home Depot and Tractor Supply. They have the itch to start digging but have to be satisfied with starting seed inside. The following are some tips for those that always purchase their starter plants from a local nursery or the EO Smith Future Farmers Plant Sale and want to try planting from seed. (1) Don’t ignore what is written on the seed packet. Some seeds are not made to be able to grow indoors while others need that extra benefit from growing indoors. (2) Look to see when planting what the depth of the planting should be. Planting too deep may lead to a low germination rate. Larger seeds such as beans and peas need to be pre-soaked before sowing. This softens the external hard seed coating. (3) Don’t forget to label your plants. This may sound simple but if you are planting in trays you can very well get confused when the tiny seedlings start popping their heads out of the soil. (4) If you are purchasing your potting soil from the store add water to it before using it. Most soil is dry and it needs moisture and some time to absorb the added water. And don’t forget to use good soil. (5) An acceptable soil-based mix can be made by using one-part potting soil, one-part peat moss and one-part perlite or coarse builders’ sand. Don’t use fine beach sand or play sand. Initially water with a sprayer and not a watering can. The seedlings are fragile and over pouring can be the demise of a tiny plant. And lastly, (6) make sure there is a lot of light. Lights should be kept about 2 to 3 inches from your seedlings and raised gradually as the seedling begins to grow.

Buying local is a commitment. If you have not joined a CSA (Community Supported Agriculture), prefer to purchase produce at your local farmers market or grow your own produce you can expect the following as the season develops in our local area.

Connecticut on average has approximately 135 days between the last and first frost. The Storrs area last frost should be around May 14th this year.

Lifelong health and well-being are the benefits of buying local. Regional, seasonal sustainable food is the mantra of a locavore. This leads you to create healthy, nutritious, wholesome and flavorful food from the best ingredients possible. With the rate of obesity increasing and the spiraling rates of Type 2 diabetes, public health officials have been increasingly concerned and have devoted more resources to find ways to combat this trend. Consuming local produce can solve these issues while supporting the local farming community.

Local chicken can be purchased all year round. If you do not have access to local chicken you can use a commercial chicken but please read the labeling. A wonderful peppery flavor comes from the use of arugula in the following recipe:

Chicken Stuffed with Arugula

Ingredients:

- 1 roasting chicken, wash thoroughly and then pat dry with a paper towel.
- 5 tablespoons of unsalted butter, softened.
- 3 shallots, minced
- 2 bunches of arugula, rinsed, dried, stems removed
- 3 ounces of cream cheese, softened
- 1 egg
- ½ cup shredded (or chopped up) swiss cheese
- Salt and freshly ground black pepper to taste
- 1 tablespoon of olive oil
- 1 teaspoon of dried thyme

Directions:

- Preheat oven to 450 degrees.
- Starting at the neck cavity of the chicken, use your fingers to separate the skin from the breast and leg meat. Be careful not to break the skin.
- Melt 1 to 2 tablespoons of butter in a saucepan on a low heat and sauté the shallots, about 10 minutes.
- Chop the arugula coarsely and add it to the pan. Cook until wilted. Cool completely.
- Process the remaining butter and cream cheese in a food processor with a steel blade until smooth. Add the cooled arugula mixture and process until combined.
- Add the egg, swiss cheese and salt and pepper to taste. Process until combined.
- Spoon the arugula mixture evenly between the skin and flesh of the chicken, pushing the mixture into the corners and pockets.
- Tie the legs together with string
- Rub the chicken with olive oil and sprinkle generously with salt, pepper and thyme.

Place chicken in a roasting pan and roast for 15 minutes. Reduce heat to 350 degrees and continue to roast, occasionally basting with pan juices. Cook until when the thigh is pierced with a skewer the juices run clear. If you have a thermometer the internal temperature of the thickest part should be 165 degrees. Take chicken out of oven and let it rest for five to ten minutes then serve. 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.

Opinion

On Downtown Willimantic

Residents of Windham are just becoming aware that there is a large development proposed for the center of the historic downtown district.

We all agree that we want development downtown. A community conversation is needed when a large-scale proposal is made, however, so that there is agreement on what our community needs and what it should look like. This would take several open meetings, run by a neutral facilitator and involving speakers.

About 8 years ago, a group of non-profits, led by the Access Agency, proposed that Windham embark on a “Heart and Soul” exploration of what our community needs through the Orton Foundation. It didn’t pass the Town Council, unfortunately. But it is still a great model of what we should be following to collaborate on this proposed development. We need to speak to our whole community. For example, council member Reyes has stated that she doesn’t care about keeping old buildings, but she does want affordable housing. I agree with ½ of that, but no one is hearing her, either. So there is room for supporting each other, and together creating a downtown vision for the future.

Windham residents and allies are currently engaged in a branding exercise. Key to future development is building on our strengths. Some of those are definitely our locally owned businesses, which grow because of the affordable rents on Main Street. Our affordable housing, whether it’s in a Victorian in the hill or a ranch on a quiet street in Windham has attracted many professionals to Windham. Our ambiance attracts graduate and other students: we are funky, and that is part of the fun of living here. As Mark Svetz pointed out in a recent *Neighbors* article, we are creative problem-solvers: our community invented WAIM, the Boom Box Parade, the Covenant Soup Kitchen, 3rd Thursdays, Little League, Whitewater Park, Garden Club, etc. We volunteer and support each other. That is a treasure that most towns do not share. Windham is a very special place.

Other sources of support, inspiration, and information are Smart Growth America and the Project for Public Spaces. For years, people have asked—should historic downtown Main St be one-way? How can we make this street pedestrian and bicycle friendly? As we consider \$80 mil in new housing (how many units is that?), we need to look at our infrastructure and traffic and parking patterns. Let’s make this work!

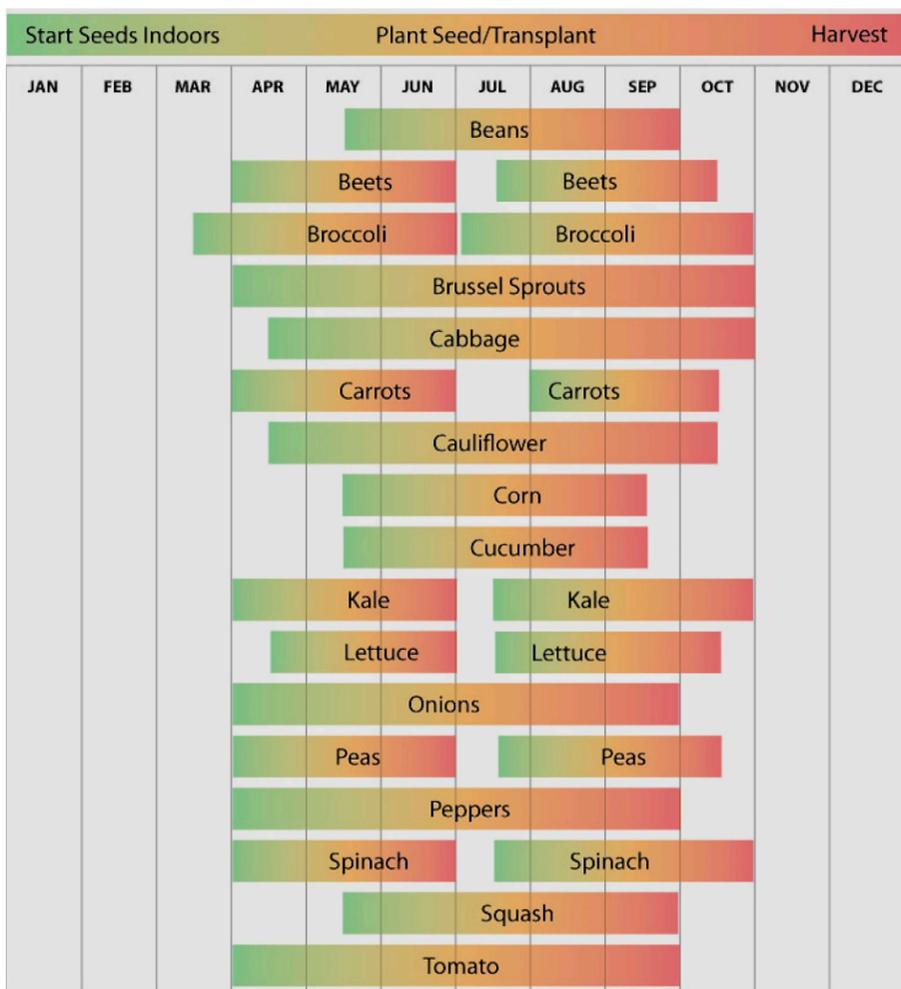
Windham, like most towns, has not adopted any Green Building zoning regulations. Should we mandate grey water recovery? Solar panels? R30 insulation in walls? What is least expensive for the developer is not always in the best interest of our residents, current and future.

This article from the NY Times on Qualified Opportunity Zones helps one to understand that there are many, many developers who are currently assembling funding for projects across the country. Mansfield is currently looking at their Opportunity Zone to figure out first what THEY want, then to look for a compatible developer. That’s what Windham should be doing. Instead of hearing, “we have to do whatever this developer and wants,” we should seek a compatible Impact Investor. From the article: “The goal for impact investors in opportunity funds is to steer money to small businesses and other development that communities actually need, and not just to finance things that provide wealthy investors with the highest returns.”

Finally, a lot of people are stating that Windham needs the tax revenue from development. We desperately need revenue, no argument there. But does housing provide tax support, or cost a town? The Last Green Valley hosted a series of speakers about 10 years ago, who argued that housing actually increases taxes more than it pays. Why? People need services: Police, Fire, Schools. People are expensive. Retail is more of a break-even, and industry pays more in taxes than it costs in services. So, Windham really needs to emphasize industry (and jobs) rather than housing as a revenue source. Our Opportunity Zone covers properties from Bridge Street to the highway in North Windham, so we should be seeking more than housing development.

This is a wonderful chance for Willimantic to re-grow what we lost during the 1970’s “redevelopment” phase, where we lost 75% of our downtown. I agree, this is the chance of a lifetime. We want to attract a developer who is compatible with us, however. I fear that we stopped with the first suitor because we underestimate how very attractive Willimantic is! Windham needs thoughtful planning and an open discussion on all of these topics.

Jean de Smet, Willimantic



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The Case of the Case-Making Moths

By Delia Berlin

It started insidiously, in the middle of last winter. Their sightings were so subtle, sporadic and fleeting that we were not sure if they had really happened. But eventually we realized that yes, indeed, briefly, we had seen a tiny moth flying around in the sunroom. Soon, we also noticed that these sightings seemed to be a nightly occurrence. They happened always during the evening, while we were in that room before bedtime, reading or watching the news.



Before this incident, my experience with moths had been limited and generally positive. I enjoyed a few memorable sightings of the gorgeous Luna, Cecropia and Prometheus moths. Occasionally, someone in our family found a large cocoon and we cared for it until a showy moth emerged. Amazingly, we discovered that if the subject was a female, we could place it on a tree trunk and watch until a male found it, sometimes barely minutes later.

During each summer, I usually enjoy seeing diurnal hummingbird moths hovering around our garden flowers, searching for nectar with their long proboscis. While most moth species are specialized eaters, not in every species do the adult moths eat. Some adults even lack stomachs, existing solely for mating and reproduction, which must be accomplished in their very short time before death. These species do all of their eating during their larval stage, which can be many times longer than their time as flying moths.

Not all my moth experiences were so pleasant. Some years ago, in Windham Center, we had an invasion of pantry moths. Almost every box of dry goods in our pantry had been attacked. We had to discard a lot of grains and place others in covered jars. We then bought pantry moth traps. These traps are not toxic. They consist of open boxes of sticky cardboard, coated with species-specific sex pheromones. This is the same scent emitted by females to attract mates. Adult pantry moths are short-lived, but their eggs and larva can perpetrate an infestation. Neutralizing their reproduction by luring males to traps eliminates the problem. We feel uneasy about harming any animal, including insects. But we are not running for sainthood any time soon and when the household is threatened, we bend the rules.

Until last winter, I had not experienced any problems with "clothes moths" and had always heard that, as long as clothing is stored cleanly, moths would never present a problem. This, I found out, was incorrect. It turns out that cloth does not have to be dirty or even stored for a moth to eat it. Our tiny larval moths were consuming our oriental rugs in plain sight. But I can't overemphasize how elusive they were. We were always checking with each other: "Was that a moth or a mosquito? Where did it go? Turn on more lights and try to find it..." It was like a Columbo movie: we knew who had committed the crime, but we still had to catch the culprit.

But we knew that if there were moths in our house in winter, their young had to be somewhere and eating something. We searched high and low, until eventually I found a few small clusters of sediment under some rugs. These coin-sized areas were lightly sprinkled with something like dark sand. I imagined that if the moths were so tiny, their caterpillars had to be still smaller and those fine grains could be their droppings. I was right. Small bare spots in the rugs near these clusters confirmed it.

I have a weakness for hand-woven rugs and over the years I have collected quite a few. Some I bought in carpet stores, others at flea markets, and a few I have inherited. The latter are the ones that I cherish the most, but I love all of them and I want to protect them from potential damage.

Increasingly worried about the fate of my rugs, I intensified scrutiny. Finally, I located and identified the offenders. They were case-making clothes moths or *Tinea pellionella*. These tiny moths lay microscopic eggs on carpets. Once an egg hatches, the nearly invisible larva starts eating fibers and also using them to weave a protective case around their fragile bodies. Fully grown, a larva in its case is no bigger than a grain of basmati rice. To further complicate detection, the cases resemble the lines of a carpet's warp and weft, the structure through which the fibers of a rug are woven. And because the case is made of those very fibers, the camouflage is nearly perfect.

But, once I knew what I was looking for, I could use the little sand piles as a telltale sign to find some of the culprits and carefully remove them. It wasn't easy. This process required searching the underside of each carpet, wiping and vacuuming any suspect debris. This routine had to be repeated regularly and frequently, since microscopic eggs and larvae could easily be left behind. Moving



furniture to access any covered carpet portions was a must, since these moths love dark and undisturbed areas.

Given our preference to be kind to all animals, I did toy with outlandish no-kill solutions, but to no avail. Bringing in toads or lizards to catch them was farfetched and would present new problems. Training moths to eat dust bunnies or a least-favorite rug instead of my most prized pieces was clearly beyond my teaching abilities. Collecting the cased caterpillars to mail them to 1600 Pennsylvania Avenue could get me in trouble... I was out of ideas.

Surprisingly, one of the real remedies I found on the internet was almost as crazy as my playful plots. It turns out that one can order a small army of parasitic wasps to hunt these caterpillars, lay their eggs in them and consume them. Apparently, these wasps are small and non-stinging. Supposedly, they miraculously leave the house once they run out of caterpillars. But somehow, I didn't feel any more comfortable with this solution than with my own confabulations.

Pesticides and harsh chemicals were also out of the question. We avoid them for our own health, but also for the sake of our parrots. Birds have very sensitive respiratory systems and are more susceptible than mammals to air pollution. Moth balls are also to be avoided, since they are volatile and carcinogenic. All these exclusions left us with only two options: scented cedar oil and clothes moth traps. We loaded up on both. But unfortunately, the moths thought the cedar oil was carpet seasoning and, after several weeks, not one out of seven traps of two different brands had caught any moths.

It is nothing short of amazing to see how a species that coexisted with humans for centuries has evolved to complete their life cycle in the open while avoiding detection. But of course, this makes perfect sense, since their very survival is fully dependent, quite literally, on flying under the radar.

From my research, I found out that the most common clothes moth is the "webbing clothes moth" or *Tinea bisselliella*. This species does not weave individual cases, but lays eggs in a protective web, similar to miniature tent caterpillars. Apparently, the moth traps are scented to deal with this species, so it's not surprising that they didn't work at all for our moths. Naturally, males would only be attracted to pheromones from their own species. Museums regularly use these traps to detect early signs of potential infestations.

After all this research, the labor-intensive search-and-destroy technique appeared to be our best option. Lifting the edges of every rug regularly, inspecting the underside and vacuuming with upholstery attachments removes all but the smallest critters. As long as the process is repeated before these develop into adults, the population can only diminish until it's finally gone.

During this investigation I was fascinated to find out that there are about 160,000 species of moths worldwide, an unimaginable number. Many are distributed throughout very large parts of the world, while others have a very small range. Their food sources are quite varied, as are their life cycles, life spans and habits. They are placed near the bottom of the food chain and feed many reptiles, amphibians and birds, as well as spiders and other insects. They are also good pollinators and some have exclusive relationships with particular plants. Many species of orchids are pollinated solely by a corresponding species of moth. These are called "moth orchids" for this very reason.

Famously, Darwin even predicted the existence of a new species of moth based on the morphology of a particular orchid flower. He correctly assumed that, given the shape of that flower, a pollinator with an extraordinarily long "tongue" had to exist for it to be pollinated. Such moth's existence was eventually confirmed many decades after Darwin's death. Once low-light high-definition video recording became available, it was possible to document it.

Have we eliminated our moth problem? I can cautiously say, apparently so. But I can't let my guard down yet. Once in a while, I still find something that looks like a few grains of sand under the edge of a carpet, but we have not seen adults for many months. Prudently, we will wait many more before declaring *Tinea pellionella* extinct at the Alvin Maxwell house of Prospect Hill.

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Birding in Texas

By David Corsini



Recently, when rummaging through my extremely disorganized files, I came across a report I had made on a birding trip to Texas in April of 2000. The note accompanying the report indicated that I had written it for a seven-year-old son of a friend. I remember neither writing the piece, nor who the friend or son was. But I enjoyed reading about birds I had seen and encounters with people that I had mostly forgotten.

For people interested in observing birds, there are an infinite number of places to explore with an associated “best time to visit” time frame. One of those places is the Texas coast in April during spring migration. In the 1990’s and early 2000’s I made five trips to Houston, Texas to both search for birds and to visit a graduate school friend who lived there. I wish I was preparing to go this April but, as I get older, I am less confident in traveling alone and my graduate school friend has died.

For one trip I got up at 5:00 AM to catch a plane to Washington and then to Houston. I arrived into Houston alert enough to drive a rented car the 40 miles to Galveston for a little birding. I wasn’t expected at my friend’s house in Houston until 5:30 and I knew a spot on East Beach in Galveston where the birding had been good in the past. I wasn’t disappointed.

There were hundreds of birds flying round, hunting for food, and resting on the mud flats. Many species I do not often see in New England were there in good numbers. This is one of the best spots for observing different types of terns. Terns are graceful birds more streamlined than gulls. Terns generally have a forked tail and often hover while hunting for fish.

At this spot I saw eight species of terns: Royal, Caspian, Least, Common, Sandwich, Foster’s, Gull-billed, and Black. Some of these species I have seen in New England, but never in such numbers and variety in one place. The two terns new to me were the Black Tern and the Gull-billed Tern. I particularly like two large terns—the Royal and Caspian Terns. Royal Terns have large yellow bills and have a scruffy bunch of feathers on their head which make them look like they are having a bad hair day. The Caspian Terns have a well-coiffured black cap and bright red beaks.

I was happy to also see Black Skimmers which are a relative of terns and gulls. These birds are distinctive in that they have large black and red bills with the bottom part of the bill much, much longer than the top. When you first see this bird through binoculars, the bird looks so peculiar that you think that there must be some mistake. But of course there isn’t. Skimmers catch fish by flying along dragging the bottom part of their beak in the water. When the beak hits a fish that is swimming along the surface of the water, the beak snaps shut and the fish is caught.

When skimmers rest, they often are in small groups. However, sometimes skimmers lie down on the mud with their whole body stretched out. The first time I saw a skimmer doing that, I thought it was dead. But when I saw that it was alive, I thought: boy, skimmers really know how to relax. I don’t know why they do it and I don’t remember seeing other birds that stretch out so completely, except of course, for birds that really are dead.

In the late afternoon I returned to Houston to have dinner with my friend and his wife. Our families had spent time together since graduate school and we had multiple memories and updates to explore. The next morning I left at 5:00 AM. As I was leaving, I heard the call of a Chuck-Will’s Widow, an insect-eating, and night-flying bird



Black skimmers.

Contributed photo.

similar to a Whip-poor-will. Then I was off to Galveston to take the ferry to Bolivar Peninsula and more birding adventures.

From the ferry I watched birds such as laughing gulls, brown pelicans and cormorants. Brown pelicans often fly in groups of 5 to 9 and they look to me like a squadron of fighter planes. I love to watch them fold their wings and dive completely under the water to catch fish.

When I got off the ferry, the sun was not yet up but it was quite bright. As I started on my way, I spotted a crow sized bird with a large head flying with slow deep strokes over a field. I was so excited I nearly drove into a ditch as I stopped to look at the bird through my binoculars. It was a barn owl.

When you see an owl in flight, what impresses you immediately is the size of the head. The barn owl has a beautiful heart shaped face. It was flying gracefully over the field, twisting and turning as it hunted for mice. Several times I saw it dive feet first into the grass, but I didn’t see whether or not it caught anything. This was a great way to start a day of birding.

I was headed to the town of High Island that is a famous birding spot during April and May. As the name implies, it is a high point of land- 38 feet above sea level. During spring migration when birds fly over the water from Central and South America, the first land many of them find is around the town of High Island. There are several wooded sanctuaries particularly noted for warblers, vireos, and thrushes. Birders always hope that their visit will occur after a storm or passing cold front when hundreds or thousands of exhausted birds can be seen resting and refueling. I have never been present during one of these big “fall outs” but it is a spot where I have seen many species including special birds such as Swainson’s Warbler, Kentucky Warbler, and Painted Bunting.

There was a junk store in High Island that I liked to visit. The proprietor was a character who loved to play tricks on customers. One year he had set up a milk crate, with a light and a towel over it. It looked like there was something inside the crate that was being kept warm—like sometimes baby chickens are kept warm under a light. The sign said: “Warning: Baby Rattlers”. I went over and looked inside and, sure enough, there were “rattlers”--- six baby rattles!

One year he had a 14-inch skull from an alligator for sale. The alligator had been legally hunted and the skull came with a paper saying that someone with a permit to hunt alligators had caught it. I bought the skull and have doctored it up a bit and it is now one piece in my surrealistic art collection.

A spot not to be missed at High Island is the Smith Oaks Rookery. A trail with observation platforms overlooks a small island on which many types of herons and egrets nest. April and May are peak nesting times and the rookery is bustling with activity. Nesting birds include: Egrets- Snowy, Cattle and Great; Herons-Little Blue, Tricolored, and Black-Crowned Night; White Ibis and Roseate Spoonbills. While these birds do not have what would be considered songs, the rookery is very noisy with grunts, honks, oinks and gargling sounds.

The reason that the island is such a popular nesting spot is that it offers protection from nest predators like rats, raccoons and coyotes. It is not only the water that keeps predators at bay, but also the fact that the water around the island is patrolled by alligators.

On my way back to the ferry, I stopped at a bird sanctuary adjacent to a beach where previously I had observed some interesting shore birds. I was the only person at the sanctuary and I started to walk with my telescope towards a group of birds in the distance. I noticed that another car had arrived.

When I stopped to set up my telescope, the man who had driven up was right behind me. As we were the only ones on the beach, we started to talk. He was a doctor who worked in Boston not far from where I lived. We chatted about birding in Texas and I asked him if there was a particular bird he was looking for on this beach. He said he was looking for a Wilson’s Plover.

From a previous visit I knew where this plover hung out and, in fact, I had seen one earlier. I was able to turn and say: “See that bird over there; I think you will find that to be a Wilson’s Plover.” He was impressed and shared with me a spot where he had earlier seen two special sparrows: Seaside Sparrow and Short-tailed sparrow. After my stay at the beach, I went and found the sparrows he had reported. Part of birding is sharing information.

So, on this particular 2 ½- day birding adventure in Texas, I had seen 140 species and was happy with that. On every birding trip there are memorable experiences. On this trip my special moments were observing the hunting barn owl, seeing so many species of terns in one place, and watching the chaos in the heron rookery. While it is fun to travel and experience new birds, observing birds in my home environment is always entertaining and often surprising. Just yesterday, a flock of 20+ Cedar Waxwings came to feed on the red berries of a Viburnum bush that is only ten feet from our kitchen window. It was great to see up close the black mask and crest, yellow tip of the tail, and red spot on the wing from which they get their name. It is spring. Happy birding!

Fletcher Memorial Library News

Submitted by Deborah M. Andstrom

April Events

Top Shelf Gallery

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

FML Book Discussion Group

Wednesday, April 3rd 6:30 p.m.

We will be discussing Bellevue by David Oshinsky. New members are always welcome!

Easter Egg Hunt & A Visit With The Easter Bunny

Saturday, April 20th 10–11 a.m.

Come to the library on Saturday, April 20th from 10-11 a.m. for a story, an Easter Egg Hunt (inside, and outside, weather permitting), and a snack. Get your photo taken with the Easter Bunny! All ages 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.

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New Life for Brooklyn's 'Ice Box'

Submitted by Jennifer Nemeth

The Ice Box first opened at 17 South Main Street, Brooklyn, Connecticut, in 1978 when Elaine and Ronald Ventura renovated a former gas station and started their family business. Over the years The Ice Box turned into a local institution. On any hot summer night you would find cars parked up and down South Main Street with people eating on the beds of their trucks, hanging out on the picnic tables and on the grass under the glow of the Ice Box cone sign.

When I turned sixteen I knew I had to work at The Ice Box. As any other former Ice Box employee can attest, and there are a lot of us, I had the summer of my life while working there. During that summer I told anyone who would listen that one day I would own The Ice Box. Twenty years later I was able to turn my dream into reality.

Over that time I would have two careers, get married, have two beautiful sons and make our home here in Brooklyn. Through all these life-altering, wonderful events I continued to feel like my life was still missing something. I was missing The Ice Box. When the property was listed for sale I knew I had to act. After two long years of back and forth, my husband Matt and I worked together with the Venturas to transition ownership of the business.

The most important part for us is cultivating our own company culture that our family can be proud of while continuing to honor the traditions of the original Ice Box and acknowledging its contributions to the community. Part of our business plan included taking the many steps required to become a certified B-Corp. B-Corps are companies with a strong social missions to make an impact in their local and global community, think Toms and Patagonia. Some steps we are already taking towards this goal include business transparency, local community outreach, and environmental responsibility.



Customers really seem to appreciate that aspect of our model.

We use local, fresh dairy mix for all of the hard ice creams we make as well as the soft serve. Our whipped cream, cookies and waffle cones are all made fresh, right here in the store. By making our hard ice cream in small batches, you can guarantee that it is fresh and without any added ingredients like preservatives.

Because we are running a small-scale craft ice cream production we don't have the ability to offer as many flavors as we might like at any one time. However, we work around that by 'rotating' new flavors each week. How does this work? Well, we have twelve flavors that we serve every day. At the beginning of each week we announce our special scoop flavors on our social media platforms. Special flavors we have already offered range from Peanut Butter Cup, and Peppermint Stick to Maple Bacon, Orange Cardamom, and Hot Pepper Mango.

In-house production also means the ability to create products that better fit the needs of our customers. We are proud to offer vegan, gluten free, and no sugar added options in our hard ice cream and cones.

Growing up in Brooklyn I believe in being engaged in the local community. In that respect, we've hit the ground running by donating to many fundraisers, sponsoring local sports teams, and offering a veteran's discount. On April 24, 2019 we will host our first celebrity scoop night. From 5:00pm-9:00pm that evening we will have local "celebrities" like teachers, coaches, business people serving ice cream in the shop. All of the tip money collected will be donated to the Brooklyn Recreation Department to send deserving children to camp this summer.

We are also being environmentally responsible by using Vegware products in our store. Vegware produces eco-friendly packaging that is made from plants and is compostable. Using Vegware allows us to offset the impact of single use items that would otherwise be made of harmful plastics.

The support the community has shown has been outstanding. We cannot wait to continue to raise our children and grow our business here in Brooklyn as the Venturas did successfully for four decades. I was recently watching a show about ice cream and learned that Ben & Jerry's got their start out of a renovated gas station as well. I can't help feeling like maybe we're at the start of something big.

To learn more about our company mission and flavors you can find us on Facebook and Instagram @theiceboxct and online at theiceboxct.com

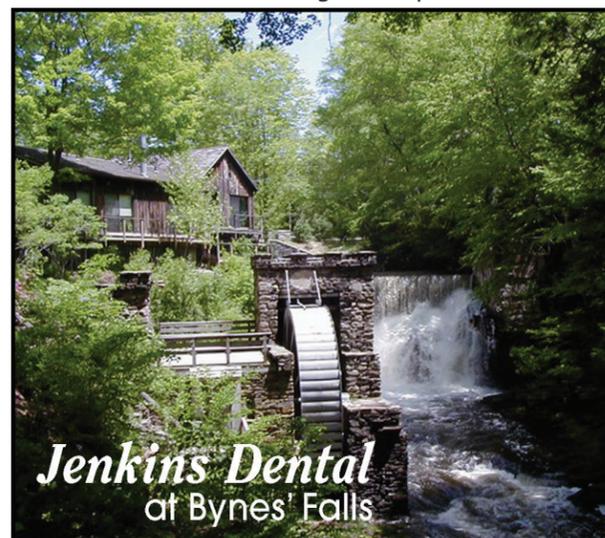


Courtney Normandie serves Arlo Nemeth (l) and friend Avery Barry. Contributed photo.



Jennifer Nemeth with husband Matt and sons Wynton (L) and Arlo. Contributed photo.

To tackle business transparency, it is important for us to make our ice cream in house. On any given day you are also likely to see us making ice cream during regular business hours, talking to anyone who is interested about the process and ingredients. We explain how the freezer stages work and how the process works from cow to cone.



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UConn Public Surplus Store Promotes Reuse in Eastern CT



In photos left to right: Becky and Brian Hirsch are getting ready to join the line at the register so they can purchase a Dell computer system at the UConn Public Surplus Store on March 8. Billie, Sarah and Bette Stern, all from Mansfield, were shopping for the first time at the store. UConn PhD student Le Yu purchasing two Dell monitors. Corey Sipe photos.

By Corey Sipe

This is part 2 of the 'Where Our Garbage Goes' series which examines reuse at the UConn Public Surplus Store and recycling efforts in Eastern Connecticut. Part 1 of the series, in the Neighbors paper's February 2019 edition, detailed Mansfield's proposed "Bring Your Own Bag" ordinance. It was passed by Mansfield Town Council on Feb. 11. As a result, most single-use plastic bags at town convenience, department and grocery stores as well as restaurants will be banned Sept. 13. For more information, visit mansfieldct.gov/news/?FeedID=4209.

If you believe that one man's trash is another man's treasure, go exploring at the University of Connecticut Public Surplus Store. University departments recycle new and used items they don't want. "We are trying to keep stuff out of the landfill," said Joe Hollister, of Chaplin, a material storage supervisor at UConn. He has managed the store since it opened in August 2001. It all began after Hollister's former boss, Phil Martin, went to a University Surplus Property Association Conference where ideas in dealing with surplus items were discussed. Creating a public store to sell surplus was one of those ideas. Today, merchandise comes from UConn's Main and Depot Campuses in Storrs, UConn School of Health in Farmington, UConn School of Law in Hartford, as well as UConn satellite campuses at Avery Point in Groton, Hartford, Stamford, and Waterbury. The store is located at 6 Ahern Lane on UConn's Depot Campus, close to the junction of Routes 32 and 44.

"First we make it available to all university departments without a budget. It's also available to state agencies and municipalities who can pick up stuff for free on the surplus side (rear) of the building," Hollister said. Government agencies can visit the surplus side on Tuesdays and Thursdays between 1 p.m. and 3 p.m. "Municipalities help us move a lot of stuff," said Mansfield resident Jeff Ward, a skilled maintainer at UConn. He assists Hollister with the store.

Helping other government agencies started with the Connecticut Department of Corrections when they operated the Northeast Correctional Institution on the north side of Route 44. The practice of helping municipalities began with the Town of Mansfield when they first occupied buildings on Depot Campus. UConn also repurposes items through govdeals.com, which is an online auction allowing people from across the United States and Canada to bid on items.

Since 2013, when the university first started utilizing the website, they have sold over \$1 million of items. "We can sell almost anything on there like cars, busses, fire trucks, sweepers, heat vacs, bigger items like that. These are unique or large items that would not sell in the public store," Ward said. In terms of sales volume for Govdeals.com, Hollister said "UConn is #1 in the state and #4 throughout New York and New England." As for the public store, it is open to the general public on the second Friday of each month from 10 a.m. to 3 p.m. "We can't do the store for more than one day because it takes a month to rebuild it," Hollister said. A great deal of time is spent to examine and move items from other campuses, price them, and fill the entire store with merchandise.

Despite it being 23 degrees, 50 people were in line waiting for the UConn Public Surplus Store to open on March 8 at 10 a.m. The line stretched from the front door to the street. Vehicles were parked along both sides of Ahern Lane and in parking spaces of nearby buildings. While new parking permit signs have been installed on Depot Campus, UConn spokeswoman Stephanie Reitz reassured customers that they can "still park near there (the store) as always."

A HuskyGo bus (transpo.uconn.edu) was seen driving past the store before it opened. Bus service is available between Storrs Campus and Depot Campus during the academic year. Customers get there early because everything is sold on a first-come, first-serve basis.

"People are all excited when they come through the door. We sometimes have our first 100 to 150 people in the first 45 minutes. Sometimes the line goes down the street and around the corner to the stop sign," Ward said. The store is the busiest during the summer months with more than 300 people coming in five hours. The store was buzzing with customers minutes after opening on March 8. Three generations of the Stern family, of Mansfield, were shopping there for the first time. Billie Stern, 14 years old, had picked out a keyboard and mouse for a computer game he enjoys playing. He met up with his mother, Sarah Stern, who was shopping with her mother, Bette Stern. Bette was looking for supplies to purchase for her business, the Stone Arches Bed and Breakfast (stonearchesbnb.com). Bette had dishes in her hands that she will use there. Regarding the store, Sarah said that "it's fun when you don't know what you will find." At the other side of the store, Becky Hirsch, and her brother, Brian Hirsch, both from Willimantic, had their hands full with a Dell computer tower, monitor, keyboard, and mouse. Becky owns Frog Bridge Gymnastics and Ninja (frogbridgegymnastics.com) and the computer will be used there. She explained "We have been coming (to the store) the last few months. We always buy something useful and this computer will be great." She was thinking of also purchasing an Apple computer at the store. "It's a great place to buy electronics," Brian said. He added that "We have a few athletes in the family and like to get apparel here as well." The store had athletic cleats on sale that day. Sometimes UConn logo athletic apparel is available. Getting ready to pay at the register, Le Yu, of Storrs, said this was his second time at the store. He was purchasing two Dell computer monitors for \$25 each. Yu is a UConn PhD student majoring in material sciences. He called his purchase, a "good deal."

Usually merchandise includes electronics, office furniture and supplies, along with tables and chairs. Other items that day included gallons of paint, microscopes, kitchen supplies, t-shirts, and mugs. Unusual items were sidewalk chalk and a small basketball hoop with ball, all from the university's early childhood development department. Other unique items included an LED programmable scrolling message display and an old steam power washer. Unusual items in the past included training mannequins, lawnmowers, and snow blowers. "You never know what we will have. We have our own unique niche," Hollister said. No matter the merchandise, excellent customer service is key. "We want someone to walk away with a smile. Our main goal is to move stuff and make people happy," Ward said. Prices go down after items have been at the store for about two to three months. "We keep lowering the price until it sells. We don't want to put it in the dumpster," he said. Some might want to negotiate like they do at the Mansfield Marketplace, whose website (mansfielddrivein.com) states, is the largest flea market in Eastern Connecticut. "The store is not like a big flea market. Everyone at a flea market haggles, here we have set prices," Ward explained.

All UConn Public Surplus Store proceeds go to the university's central fund. Hollister explained that the store made about \$1,700 in the first month it was open 18 years ago. Now, the store makes between \$10,000 and \$12,000 monthly, during warmer months, and between \$7,000 and \$9,000 monthly, during colder months. Ward said the store has up to 10 workers which usually includes five to six students. When the store opens, two registers operate with one worker ringing out merchandise while the

other bags it. Other workers assist customers with heavy or awkward merchandise, get merchandise that is locked in display cases, and answer questions. The store calms down in the afternoon. "Between 12 p.m. and 3 p.m., we get people who don't want to deal with the crowds," Ward said. Hollister said the typical shopper is between 40 and 60 years old. The store has many students that come in July and August looking for furniture for their apartments for the new school year.

Computers and accessories are popular sellers at the UConn Public Surplus Store. UConn senior Scott Gusciora, of Orange, ensures that they are in working condition. He is a computer science major who has worked part-time at the store since May 2017. He will be graduating at the end of this semester. Gusciora wrote in an e-mail that most electronics are taken to a recycling company because they are broken or at the end of their life. "I will save some of the broken items if they can potentially be fixed or if they have useful parts for other devices," he wrote. For those that can be passed on to a new owner, he ensures hard drives are securely wiped, operating systems (Linux or Mac) are installed, and all parts are functioning correctly. He assists university faculty on Tuesdays and Thursdays to select items for their departments. Items that they do not want are moved into the public store. "Computer systems, including all of the Dell and Apple desktops and laptops, generally range from around \$100 to \$300 and sometimes more depending on if the hardware is more recent," Gusciora explained. Most computers are at least three years old while some of the Apple computers are up to 10 years old. Prices are dependent on the computer's speed, hard drive size, monitor, and overall condition. Additionally, monitors, keyboards, and mice are all tested.

"The most common customers are students and senior citizens. We sometimes get resellers, private schools, or businesses who will buy multiple computers. The public store customers are most excited about the low cost," he noted. However, recycling doesn't end there. His supervisor, Hollister, said "We encourage customers who buy electronics that if they break down years down the road to bring it back for recycling." Gusciora has only seen one customer bring in a shattered laptop. Those that bring back their old computers can be reassured that it won't just be thrown in a dumpster. "It would likely be recycled for good since we had already sold it once. We want to promote the proper recycling of electronics," he said. For more information on the UConn Public Surplus Store, visit surplus.uconn.edu or call 860-486-3094. Future 2019 dates the store will be open to the public are April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8, and Dec. 13. In case of inclement weather, visit alert.uconn.edu, the store follows the UConn Storrs Campus schedule.

While the store does not accept donations, there are ways the eastern Connecticut community can help with electronics recycling efforts. Students, staff, faculty and visitors to the UConn Storrs Campus can recycle their old cell phones, batteries, and ink and toner cartridges at receptacles located in the on-campus Barnes & Noble, Babbidge Library and the Student Union. Patrick McKee, Sustainability Program Manager of the UConn Office of Environmental Policy, said the university recycled a total of 125,479 pounds of electronics in 2018. For more information about UConn electronic recycling, visit ecohusky.uconn.edu/e-waste-and-ink-cartridge-recycling or call 860-486-5477.

Mansfield Community Center (mansfieldct.gov/content/1914/2861/7520/default.aspx) users, Mansfield employees and Mansfield residents can recycle their old cell phones in a container at the community center's main

continued on next page



At left: UConn Material Storage Supervisor Joe Hollister stands in a room of the UConn Public Surplus Store that features several used computers shortly before surplus hours on March 8. Hollister helps to manage, rebuild, and price items for the store. At right: UConn Skilled Maintainer Jeff Ward, who helps maintain and operate the store, stands in front of bookshelves for sale at the UConn Public Surplus Store. Ward helps to manage, rebuild, and price items for the store.

Corey Sipe photos.

entrance. "I estimate that we collect about 100 to 150 pounds of cell phones per year," said Virginia Walton, Mansfield's recycling coordinator. She brings the cell phones to the Mansfield Transfer Station. Mansfield residents can utilize the transfer station to recycle all electronics free of charge. Electronics can include computers, laptops, printers, fax machines, monitors, televisions, video games, game consoles, VCR's, DVD players, remote controls, keyboards, stereos, radios, vacuum cleaners, hair dryers, toasters, and irons. Information on Mansfield recycling efforts is available at mansfieldct.gov/trash.

Mansfield, along with many other towns in Eastern Connecticut, uses Take 2 Inc., of Waterbury, for their electronic recycling. Take 2 "pays \$80 a ton for computers, printers, and televisions. The other items that we collect they take for free," Walton said. When electronics are brought to Take 2, they are sorted, hazardous components are removed, metals are separated, and the rest of the material is shredded for recycling. Other regional towns which have partnered with Take 2 include Andover, Ashford, Bolton, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Hampton, Killingly, Lebanon, Scotland, Union, Willington, and Windham. Residents can also take their electronics to their town's transfer station for free though a pass might be required. Contacting the transfer station is recommended. Take 2 has free community drive-

up electronic-recycling events open to all Connecticut residents. The next event in Eastern Connecticut will be April 27, 8 a.m. to 12 p.m., at Tolland High School, at 1 Eagle Hill, in Tolland. For additional information on the Tolland event, call 203-286-5757. For more information on Take 2, visit take2recycle.com or call 1-800-209-9322.

Three non-profit organizations in Eastern Connecticut have stores that encourage reuse so that less things goes to the landfill. Computers, bicycles, toys, furniture, small appliances, clothing, housewares, jewelry, books, records, tapes, CD's, DVD's, and VHS tapes can be donated and purchased at the Goodwill Store at 201 Salem Turnpike in Norwich. Hours are Monday through Saturday 9 a.m. to 9 p.m. and Sunday 9 a.m. to 7 p.m. For more information, call 860-204-0018 or go to goodwill-norwich-gwsne.business.site.

Building materials, large appliances, and large furniture can be donated and purchased at the Habitat for Humanity ReStore at 808 Norwich Road in Plainfield. Hours are Tuesday through Saturday 10 a.m. to 6 p.m., closed Sunday and Monday. To learn more, call 860-564-7507 and visit habitatect.org/restore. Clothing, household items, and small furniture can be donated and purchased at the Salvation Army Family Store at 730 Hartford Turnpike in Dayville. Hours are Monday through Saturday from 9 a.m. to 8 p.m., closed Sunday. Call 860-774-3543 for more details or go to ctri.salvationarmy.org/SNE/news/New-Salvation-Army-Family-Store-opens-in-Dayville-CT.

Stafford Library News

Submitted by Debra Galotto

Docu-narrative Film to be shown at the Stafford Library.

The Film *The Calling* (about a 30-year old South African woman's journey of self-discovery) will be shown on April 4th at 7-8:30 p.m. Running time 57 minutes. This locally and internationally produced film by Steve Munn, Shannon McCarthy, Roger Ingraham from Stafford Springs, Nicholas Shrimp from Germany and Tarynn Wiehahn from South Africa. Following the showing of the film there will be a discussion led by Steve Munn, one of the producers of the film. You may call the library to pre-register at 860-684-2852.

The library celebrates National Library Week and this year's theme of "Community" with "A Night of a Thousand Stars Concert" on Monday April 8th at 6:00 pm.

Featured at this concert are the Madrigal Singers from Stafford High School, Wesley Murdock on violin from Studio 85 Music Studio of Stafford and The Praise Choir from the First United Methodist Church. Enjoy an evening of music and community at your local library. Light refreshments will follow the concert.

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Recent Reflections on Death

By Grace Preli



Hello dear readers, happy spring! What a beautiful and joyous time to be alive. Spring always brings with it the ending of so many things and the beginning of new journeys and adventures. As winter retreats and spring begins to peak it's head out of the softening ground and budding trees I am reminded of the potent energies at work at this time. With so many endings come inevitable beginnings and with so many beginnings come inevitable endings. At this time of year, a time of immense change and growth and rebirth, I am particularly reminded of the importance of reflecting on death. Death is the most inevitable part of life and in my reflections on death I learn so much more about what it means to be alive, enlivened and fully full of life! The following article will focus on a few different thoughts related to death and life that I have found myself reflecting on in the past few months.

Death asks us what is important. Last semester I took a sociology course at my school called Death and Dying. This class introduced me to the examination of death in a more educational way and introduced me to case studies, protocols, theories and well established ideas within psychology and the social sciences about death, dying, life and living. It was interesting to approach death in a structured, factual, neat and organized way as my previous foray into studying death had been more objective, emotional and grounded more in the spiritual and less in the scientific. Suddenly there were facts and theories, objective data and studies that helped me understand more about this process that every human inevitably experiences.

One of the reports that struck me the most detailed the four things that those who are dying wish they had done in their lives. The four biggest regrets of the dying are: the wish that they had had the courage to live a life true to themselves, not the life that others had expected of them. That they had had the courage to express their feelings, that they had not worked so hard and had stayed in touch with friends and finally the wish that they had let themselves be happier throughout their lives.

I recently had a dream in which I dreamed both my death and my funeral. I woke feeling so reminded of what is important in my life, what is worth my time and effort and what is not worth me being anxious, or stressed or worried about. Lately, I have been feeling a little negative for how I have spent my life or my time or my energy. It's been easy lately for me to play the 'shoulda, coulda, woulda' game and to feel a little bit upset or sad or dejected about the course of my life. In this dream though, I felt so free and enlivened. As I floated along I realized that everything in my life has been exactly what was right and needed. At the end of the day or in my case, at the end of my life, I felt completely satisfied and okay. I felt no pressure or condemnation for my timeline, for the choices I had made or for the way my life had gone. I felt blissfully glad for the pure joy of being alive and for the opportunity to engage with life as a human being. I awoke with the conscious thought of "so why do I worry?"

Why do we worry that life isn't okay? Why do we worry that we are not right where we need to be? We so often get bogged down in the day to day. We get worried and stressed about money, security, gossip and the things that are going on out there in the world. We focus our time and energy on things we think are important but are actually not. We put off plans with friends, we don't grab onto that thing we want or pursue that dream we have with more abandon. What are you here to experience? How would you like to live your life in the best possible way for you and your journey? We are here not to be burdened by life or held down or back by ourselves and others... we are here to live the fullest expression of who and what we are. We are here to play and revel in all that life has to offer. What is your experience? It is different from mine, or that of your friend or your neighbor, but whatever it is, it is worthy and good nonetheless. Honor yourself and your life. Honor your experiences and where you are right now.

Death asks us who we are. As my dream continued I saw the preparations for my funeral progress. I felt everyone who I love and everyone who loves me come in from all over the world to sit within the love that we created while I was alive. I heard the words of my loved ones and friends. In this dream I heard all the tributes and speeches and memories shared in what felt like the blink of an eye and I awoke with a deep feeling of peace.

Lately I have been beating myself up and engaging in some serious negative self talk. I haven't felt myself clearly and I've been struggling to understand why people like me, love me, appreciate me, enjoy my company or

resonate with what I have to offer or how I live my life. I've felt totally negative about myself and have really been questioning who I am. How can the people in my life tell me I'm so special if I don't feel special myself? No matter how many people believe in me and tell me that they like me if I don't believe in myself or like myself it's going to be impossible to see. I've had people in my life calling me out on my negative self talk and my recently shitty perception of myself but it took a dream of my death and funeral to really make me see that oh, actually this is all that awesomeness and love and light and joy and grace that I am. I'm living it each and every day and I DO matter, to myself and to others. I am loved by myself AND others and above all, I am okay exactly as I am. In the light of my friend's love, the fog of doubt and insecurity on the mirror was wiped away.

One of the exercises we had to do for class was to write our own obituary. We were asked to reflect on our lives and really sink into the feeling of what our life and our death might look or feel like. We were asked too to reflect and imagine our funeral or service and how our death might be received or honored or celebrated by friends and loved ones. This exercise was hard for me to do a few months ago but my recent dream allowed me to fully experience the richness of an exercise like this. If you too are struggling with your perception of yourself or knowing who you are and how you are important to yourself those around you and the world at large, I encourage you to imagine your funeral service, whatever it looks like or may be for you. We all affect others very much. We are all worthy and loved. How is that love reflected back to you when you imagine your funeral? How would you like to be remembered? In what ways do you not feel in alignment with who you really are or who you really would like to be? Imagining yourself at the time of your death and imagining how you might be remembered can help guide you on your journey. Who are we in death and who are we in life?

Lastly, death shows us who we are as a collective humanity. Why are you here? Why am I here? Why are we as a collective humanity here? In the past few months I have experienced several deaths of people in my life; some close and others almost strangers and each time I have been asked to reflect further on death. Time and time again I come back to the realization that we are all God's children. We all come here the same way, precious and pure and full of joy for life. The life we live takes us in different directions but at our core we are all the same, all one, all one love. Who are we to forget this? When you look at someone do you remember who they are? Do you see yourself in them, and see the parts of them in you? I truly feel that we are all here to remind ourselves and each other of the original love that we are. We're also all here to live our own journeys and be whatever it is that we need and want to be. Death is the universal leveler. No matter rich or poor, kind or cruel, we as humans are all going to die. Doesn't death show us that we are all the same? Doesn't death show us that no matter what our journey may be, no matter what we may go through, we are all very much the same? In so many ways we are not alone because just like every other human to walk this earth at some point we come and at some point we must go. So I ask you: how are you committed to yourself and your life and how are you committed to humanity, to supporting our collective? We are all here to teach and we are all here to learn. We all matter.

With life comes death, but with death comes life! For me, the most important lessons I learn when reflecting on death concern my relationship with myself and my relationship with the collective. I ask myself how can I strengthen my love for myself and my world around me? How can I continue to live a life with joy and grace? What is important and what can be let go of? In what ways must I alter my perceptions so that I can live more fully in alignment with who I am and why I am? Death and life are both great teachers and the more I sit back, surrender to and listen to the lesson, the more I realize I have a heck of a lot still to learn. My study of and relationship with death and life is constantly evolving as I think it always must be. I hope that you have found some of my musings fruitful and potentially applicable to your own life and your own intimate understanding of what death and life mean to you. Thank you as always for your support and of course, happy spring!

Just Below

Just below the surface lies
a darkness difficult to see.

Much like the ebb and pull of the
ocean floor, there is constant movement
to and fro, just below.

A whirlpool of conflicting emotions.
Of questions without answers
and answers without questions.

The surface may be calm and serene
but just below rages a battle worthy
of ones most deafening scream.

There she is, just below
but what would happen if you let her go?

Lynda Bowen

Connecticut Poetry Society Chapter to Launch in Northeast Connecticut

Submitted by Christine Kalafus

Poetry is back, and it's more accessible than ever. Here on the east coast, poetry trends like recitation and performance consistently draw poets and an eager audience from Boston to New York. The Quiet Corner is joining in with the launching of a Connecticut Poetry Society chapter and the popping up of Spoken Word nights.

Pomfret resident and award-winning writer, Christine Kalafus is excited to be a part of the process. Wanting to engage with other poets, she reached out to the Connecticut Poetry Society (CPS) to find a local meeting but discovered there wasn't one. "The meetings offer poets workshops, readings, and publishing opportunities," Kalafus said. "But with nine active state-wide chapters, the closest chapter for Quiet Corner residents is in Manchester—about an hour away. I knew that if I wanted CPS to have a presence in our part of the state, I couldn't be the only one—it just required a bit of action." The first meeting of the Quiet Corner chapter of the Connecticut Poetry Society will be March 11th 7 PM to 9 PM at the Town House, 11 Town House Road, Pomfret. Subsequent meetings will be held the second Monday in the months January-June and September-December. Participants are welcome to attend their first meeting for free with annual dues of \$30 or \$15 for students.

The Connecticut Poetry Society was launched in 1974 in Hartford. Dedicated to the promotion and enjoyment of poetry, their mission is to encourage a community devoted to poetry through chapter meetings, education, and events. CPS is a 501c3 organization with four annual contests including two national poetry prizes and two specifically for Connecticut residents.

Christine Kalafus is a writer and instructor of prose and poetry. She is the recipient of the Sarah Patton Stipend for her manuscript *Blueprint for Daylight: a Memoir*. Her poem "Horses" won the Knightville Poetry contest judged by National Book award winner Mark Doty. Christine was recently nominated for a 2020 Pushcart Prize. She lives in Pomfret, holds an MFA from Goddard College and is a visiting instructor at Westport Writers' Workshop in Westport, CT.

For additional information on The Connecticut Poetry Society, please visit www.ctpoetry.net. For inquiries about Christine Kalafus including spoken word events in the Quiet Corner, please visit www.christinekalafus.com

Letters and Emails

'Nature'

What I have noticed the past couple years -
nowhere near as many mice, chipmunks, voles, etc.
What really got my attention - no ticks. To me it looks
like mice, chipmunks, voles, etc. are the biggest carriers
of ticks. The mice, etc. are in our lawns and homes
- close to us people. This is the way I see it.

James P. Balkus, Windham

Advertise in Neighbors
Locally Written
Locally Wread

the Neighbors paper
a little paper big on community

On Saying Good-Bye to Wal-Mart

By Kevin Pratt Jr.

I never thought in a million years that I would ever be writing this article. I never thought it would ever come to this. Approximately one month ago while at work at Wal-Mart, I was asked to go to store manager Roger Knoll's office. I was wondering if I had done something wrong. I never get asked to go to the manager's office. I would even go as far to say maybe less than a handful of times in my 24 years of working at the store I was ever asked to go back there.

When I arrived at Roger's office he was sitting at his desk along with the assistant manager sitting in the corner behind a computer screen. Roger essentially told me that he didn't know how to say this to me, but my position was being dissolved effective April 26, 2019. My first reaction believe it or not was to go 'batshit' crazy. Fortunately for me I kept a level head. At first I didn't really know what to think when he was giving me this information. After Roger gave me the information that I was going to be out of a job he proceeded to tell me that there was a severance package that I was entitled to because of my years of service with the company. My first reaction was "Really, there is a severance package?" He said yes, so I proceeded to ask him how much the severance was and he told me that he had no idea. So by that point I was frustrated and annoyed and scared all at the same time.

So as of March 23, 2019 I made the bold decision to make that Saturday my last Saturday ever in the store as an employee. Not too many people know this but March 9th was the last day I was ever put on the schedule. So technically I went on my own accord and worked for two weeks without anyone saying anything to me. When I told the personnel manager that I was not on the schedule in the coming weeks he could not believe it. I told him it was absolutely true.

In the 24 years I worked for Wal-Mart I managed to get my college degree. Also in that time span I lost someone that I love and respect very much, meaning my dear sweet mother. Without the Wal-Mart family, my friends that work for the company and other friends, I would've had a much harder time making it through that period. I have met so many fantastic people throughout my years of working at the store and I don't regret any moments of that at all. I also appreciate the fact that Philip Roger Knoll gave me the opportunity to work for him.

Listen, I'm not angry with anyone about this whole situation. I was a little upset in the beginning, absolutely. Should I have been outraged and ticked off? No, because I know jobs or positions are not guaranteed anymore no matter how loyal and responsible you are. Companies that want to get rid of you are going to get rid of you. There is no two ways about it. Not that people are aware of this, but the last three years or so Wal-Mart has been downsizing internally to save money.

the Neighbors paper
a little paper big on community

VENDORS WANTED

'Homegrown'

A celebration of local food producers
Saturday May 11, 10-1

Fletcher Memorial Library in Hampton is hosting a 'Homegrown' event on the side lawn. Do you have local food products to sell? Honey, maple products, jams, pickles, applesauce, salsas, ice cream, early seasonal produce, meat, bread, eggs, cheese or any other locally produced item.

Table space is \$20.00 (table not included).

This is a fundraiser for the proposed library addition.

For info, contact Anne at annesgarden@aol.com or 860-455-9979.

The sad part about this whole transition or what the company is doing is that you're eliminating the one good thing that was left with the company. I mean someone giving you a nice smile as you go through the door. Now you will have your naysayers who did not care for the greeters at all. But I will tell you from my personal experience people enjoyed being greeted by me, especially when they got my full and undivided attention. I can't tell you how many customers I have met that will come in the store and want to talk to me because I took the time to have a conversation with them. When you build relationships like that those are unforgettable and people will always want to come back if the customer is treated with respect. In my years of working at the store I was never rude or mean to any customer. I would even go out of my way to take them to the possible item that they needed because they had trouble finding it. The unfortunate part is Wal-Mart never saw how I would go the extra mile for the customer. I'm not looking for a pat on the shoulder or anything like that. I just wanted to know at the end of the day that I did a great job and I managed to put smiles on faces. Because that's the important thing - making sure people are satisfied and happy.

I want to say thank you to everyone and every customer that has ever taken the time to have a conversation with me and really get to know me. Wal-Mart was my first real job where I had some decent paychecks for the first four years that I worked for the company. I felt like a responsible adult because I was not getting any state assistance at that point. I was doing the job and surviving off the money from the job every week or every two weeks. I felt like I was needed and wanted. Wal-Mart does not know what they are losing as far as individuals when they downsize within their company. I would have promoted more within instead of trying to get rid of positions. The more help the more the customers feel satisfied, instead of angry or upset. Sam Walton would be upset to see how his company is being run today and he would be even more upset knowing that the position he created was being eliminated.

Thank you to all of my Wal-Mart family that have supported me and helped me throughout the years. You guys will never be forgotten and for the people that were really close to me, you will always be respected. Thank you Philip Roger Knoll for giving me the opportunity to put smiles on faces the last 24 years and thank you for giving me the opportunity to be a good Wal-Mart employee.

Spiritual Christianity that restores health

Submitted by Charlotte Jason

Kari Mashos, practitioner of Christian Science healing and international speaker, will present her talk, "Spiritual Christianity that restores health" on Sunday, April 28th at 2:30 at Windham Town Hall, 979 Main Street in Willimantic. The talk will focus on universal healing precepts found in the Holy Bible, especially in Christ Jesus' life and teachings, and how they are available for anyone to understand and experience. The talk is free, open to the community, and sponsored by First Church of Christ, Scientist in Willimantic.

Mashos says, "Restoration is a theme most of us can relate to: the hope for restoration of a relationship, finances, or even our physical and mental well-being. But how can this be done? There is a method of restoration that regenerates our lives, called Christian Science. It is a spiritual awakening to what we always have and can never lose--the love of the all-good God. This awakening has a natural healing effect. We'll explore this theme in more depth."

Mashos will share examples of healing and restoration from her own life. She will also explain how Christian Science is both Christian and scientific, meaning that people can prove its effectiveness for themselves. The practice is fully described in the book *Science and Health with Key to the Scriptures*, written by the founder of the Christian Science movement, Mary Baker Eddy.

Mashos will touch on the life of Mrs. Eddy, a mid-nineteenth century woman from New England, who came to understand, confirm, and teach what she felt was original Christian healing. Mrs. Eddy herself was especially inspired by Jesus' demand, "He that believes on me, the works that I do will he do also; and greater works than these will he do, because I go unto my Father" (found in the Gospel of John 14:12 in the Bible).

For over 150 years, people around the world have worked to follow Christ Jesus in this practice of Christianity and continue to do so today, with healings of physical ills and personal difficulties for themselves and others.

Kari Mashos has been a Christian Science practitioner and teacher for many years, helping people on a daily basis through this scientific approach to prayer.



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Autism ACCEPTANCE; Red Instead

By Michele Baughman

The autistic community abhors April because it is fear-mongering time. This is because people who experience fear generated by their child's diagnosis are basing their information about autism from a highly visible anti-autism organization masquerading as a charity. This organization hijacked the United Nation's World Autism Day, which was intended to uphold autistics' human rights, support efforts to eliminate stigma, and foster a better understanding. They eclipsed it with their "Light It Up Blue" fundraising campaign which flew in the face of all the original aims of the UN: They deliberately propagated misinformation and rhetoric as a clever means of garnering generous donations from well intentioned, yet poorly informed people. They used sensationalist scare tactics and dehumanizing language that portrayed autism as a tragic epidemic that robs parents of their children and destroys marriages. They declared "war on autism," hell-bent on finding a cure and eradicating it. They raised millions of dollars, yet as can be seen from their tax exemption form, less than 4% of its budget actually went towards helping autistic people. A very large share of its budget went towards eugenics research, intending to eliminate autistic human beings. Another sizeable percent was spent on prolific television advertisements, the propaganda vehicle that shaped the general public's view of autism as tragedy and autistic people as sub-human. Parents began practicing filicide, and courts of law and courts of public opinion excused these parents who murdered their children, with the media portraying these murders as "justifiable and inevitable" due to the "burden" of having a disabled person in the family. Please visit disability-memorial.org for an accounting of these murders and the media records surrounding these cases.

Understandably, the autism community is outraged by this organization and considers its blue puzzle piece an upsetting and offensive symbol, tantamount to the swastika. Witnessing our communities' businesses, neighbors, and loved ones participate in "Light It Up Blue" campaigns every April is as unnerving and psychologically damaging as watching a Klu Klux Klan hate march because it represents to us the lawless murders of disabled people at the hands of the ones who they should have been able to trust the most. The annual reminder of how society reported on, discussed, justified, excused, and replicated these murders is very intimidating.

After years of outcry from the autistic community, this organization has made some token changes (they have stopped televising their most offensive commercials), but the damage they've caused in shaping the general public's misconceptions and prejudices had been done. And this damage continues to wreak havoc in the lives of autistic people: Bias bars us from obtaining gainful employment, impedes access to appropriate medical care and inhibits people befriending us. They continue to ignore our voice. They make no efforts towards reparations for the damage they have facilitated. They don't have the decency to do away with the symbols that are so abhorrently offensive to us, and they position themselves as the authority on autism (when the true authority on autism are actually the autistic people themselves).

So this April, please show your support for the autistic community by boycotting Autism Speaks, their blue puzzle pieces, their blue lights, and their insufficient "awareness." It isn't enough to be aware of autism; we need acceptance. The Autistic Self Advocacy Network's, Autism Acceptance Month is about treating autistic people with respect, listening to what we have to say about ourselves, and making us welcome in the world. Because autistic people are your friends, family members, children, partners, classmates, co-workers, fellow-citizens, customers, and neighbors making valuable contributions to our world. Autism is a natural part of the human experience.

Autistic rights are human rights. Autistic people can speak for ourselves, and we want you to listen to us. We aren't going anywhere, because this is our world too. There are all kinds of minds, and this world is big enough for all of us. (For more information, please visit autisticadvocacy.org)

So in the spirit of Autism Acceptance Month, which focuses on sharing positive, respectful, and accurate information about autism and autistic people, I would like to de-bunk some widely held misconceptions:

1. We do not lack empathy, in fact many of us are acutely sensitive. This is perhaps the most damaging misconception, because people who lack empathy are sociopaths (which is a mental illness).
2. Autism is not a mental illness, it is a developmental, neurological disability. It is present at birth. What makes a person autistic is that their brain developed differently. There is no cure that can change a person's neurotype.
3. Attempts to make an autistic person appear more neurotypical (non-autistic), such as ABA (Applied Behavior Analysis) are cruel and damaging. Many autistic adults who were forced to do ABA as children have been traumatized by the experience. (Please google Amy Laurent Ted Talk for more information).
4. There may be just as many female autistics as male, but they are being missed in the diagnosis process because the criteria is biased toward the male presentation, and females are better at compensating for and hiding their idiosyncrasies. Because of this, many women do not receive diagnosis until later in life, when they are moms and grandmas. If you would like to learn more about this, read *Spectrum Women: Walking To The Beat Of Autism* (16 autistic female authors collaborated on this book).
5. Many autistics have average to above average intelligence. We have asynchronous development, and we have an incredible capacity to learn. This means that although we may be behind age peers in some areas, we can be far ahead of age peers in other areas, and we can quickly catch up in the places we are behind, given the right learning environment. This is why holding an autistic child back a grade is a disservice to them: They will not need an entire school year to catch up, and they will be bored and disengaged.
6. Not all autistics are shy and introverted. Some of us are gregarious or extroverted. However, just like you, we can become withdrawn when we are ostracized and do not feel safe. Provide a safe place where we are respected, allowed to be ourselves, and are free to ask questions without ridicule, and watch us bloom!
7. Only a very small percentage of autistic people are savants (like "The Good Doctor"), and we are not all computer-techies. We are as diverse in our aptitudes and talents as the non-autistic population. However, many of us have some unique talents that surpass yours: detail oriented, logical thinking, effective systemizes, talent for pattern recognition, precocious learners, ability to hyper-focus for long periods of time, out of the box thinkers, great long-term memory, acute hearing, sense of smell, and/or taste, creative, loyal, reliable, not duplicitous, non-judgmental, resistant to peer pressure.
8. People do not outgrow autism. We learn to adjust, cope and become better versions of ourselves, just like everyone else. But autism is still a part of us even if you can't see it, and we are still challenged by our sensory sensitivities, emotional regulation, and managing our personal bioenergetics resources. So autistic adults still need and deserve support and reasonable accommodation.

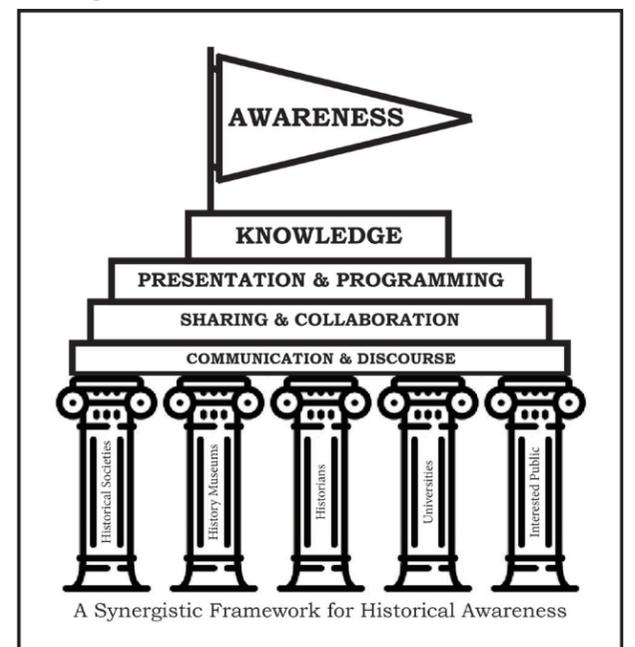
Raising Awareness of Local History: An Approach to Collaboration and Programming

By EC-CHAP



EC-CHAP is pleased to present a proposed model of collaboration to raise awareness of local history at the 2019 Spring "First Sunday at The Mill Works" on April 7th, from 1:30pm to 5:00pm! Please join us for an afternoon of historical presentations, the opening of the new "Dye & Bleach House Community Gallery", poetry, and Jazz performances.

At 3:00pm, we will offer a program as a separate Breakout Session entitled, "Raising Historical Awareness: An Approach to Collaboration and Programming" presented by Richard Symonds, local historian and researcher. Mr. Symonds will discuss historical research and challenges faced as a practitioner. A Framework to raise historical awareness through ongoing discourse and collaboration will be presented.



If you are an historian, a member of historical organization, a researcher, or an interested individual willing to share information and engage in dialog to raise awareness of local history and preserve the past, please join us on April 7th at The Mill Works, 156 River Road, Willington, CT.

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

About Mr. Symonds:

Mr. Symonds has had a passion for how the environment is used to support man's needs, particularly the land and water resources. His unique educational background, work experience as a land use planner, interest in land use history, and military experience has led to his work on the evaluation of water powered mill sites.

Mr. Symonds is a graduate of Syracuse University with a degree in geography, specializing in historical and regional geography and map making techniques. He served as a U.S. Army Infantry officer, retiring from the Army Reserve as a Captain in 1968. The majority of his professional career was spent as a planner for the State of Connecticut though his retirement in 1992. Since retiring he has written numerous history books including three relating to water use and water powered mill sites. Mr. Symonds has been involved in local community service in Tolland serving on the Town Council, Conservation Commission, Water Commission, Historical Society, volunteer fire department, and as Town Fire Marshal.

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

Our Community Calendar

Compiled By Dagmar Noll

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

April 2, Tuesday

"Readings at The Mill Works: A Monthly Literary Series". Doors & Sign-Up 6:00pm / Readings Begin 6:30pm. 1st Tuesday of the month. Join us for our monthly Reading Series hosted by Poet, Brian Sneed. Featured Readers: Julie Choffel and Erin Lynn. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Free

and open to all ages. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). 518-791-9474. Info and table reservations call: 518-791-9474. www.thepackinghouse.us/upcoming.

April 3, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331
Live Music: "Monthly Bluegrass Project" - Featuring "Cabin Fever". Doors 6:30pm

/ Show 7:00pm. 1st Wednesday of the month. A collaboration between EC-CHAP and the Podunk Bluegrass Music Festival. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$10.00 at the door. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). 518-791-9474. Info and table reservations call: 518-791-9474. www.thepackinghouse.us/upcoming.

April 5, Friday

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

April 6, Saturday

Political Conference: 3rd Annual Solution is Socialism Conference, 9:00a.m. - 6:00p.m. Information Technology Engineering Building, room C80, UCONN.

Farmers Market: Storrs Indoor from 3-5 pm in the Buchanan Auditorium at the Mansfield Public Library, 54 Warrenville Rd., Mansfield Center. storrsfarmersmarket.org
Live Music: Sarah Hanahan Quartet - Part-3 (Jazz). Doors 7:00pm / Show 7:30pm. Part of the EC-CHAP Jazz Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$15.00 online / \$20.00 door. Senior & student discounts. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D.

Programs at the Connecticut Audubon Society in Pomfret

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

Climate Café
Monday, April 1 at the Center, 218 Day Rd. in Pomfret
6:30 p.m.
Be part of the solution, join the discussion on our local response to global climate change. Sponsored by the Pomfret Green Team.

Early Morning Bird Walks
Tuesdays, April 2 thru 23
8:00 a.m.

Meet at the Center, 218 Day Rd. in Pomfret. Wear drab colored clothing and bring binoculars. Free to CAS members; \$5 non-members.

Wednesday Noon Walks
April 3 thru 24

Join us for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Meet at the Center, 218 Day Rd. in Pomfret. Free to CAS members; \$3 non-members.

After School Nature Club - Spring Session: Grades K – 6
Thursdays, April 4, 11, 25 & May 2, 9, 16
3:00 – 5:00 p.m. at the Center, 218 Day Rd. in Pomfret
More info & forms at ctaudubon.org/pomfret-home.
Fee: \$60 CAS members for the 6-day session; \$70 non-members.

Printmaking with Nature

Exhibit - April 13 thru May 15 at the Center, 218 Day Rd. in Pomfret

Reception & Artist Demo - Saturday, May 4 from 2:00 – 4:00 p.m.

Waterford, CT artist and Pomfret School graduate John Sargent will showcase his relief and Suminagashi prints. These nature inspired works are created from the textures of wood stumps, driftwood, plants, and floating ink on water. On May 4th, John will share simple techniques using nature's materials to make art that you can take home. Free

Invasive Plant Program

Saturday, April 13 at the Center, 218 Day Rd. in Pomfret
9:00 a.m.

Join Andy as he identifies the various invasive plants. Methods to control them and recommended native plants will be discussed.

Fee: \$5 CAS members; \$10 non-members.

April Vacation Camp

Monday, April 15 thru Thursday, April 18
9:00 a.m. – 4:00 p.m.

Outdoor adventures for kids who don't mind getting wet and dirty and having fun in the process. Come for one day or all four. Info and forms at ctaudubon.org/pomfret-home. Call 860-928-4948 to register. Fee: \$45 per day CAS members; \$55 per day non-members.

Virginia Rail Bird Walk

Friday, April 26

6:00 p.m.

Listen and search for Virginia Rail, as well as other bird species such as the Common Snipe and Vesper Sparrow. Fee: \$5 CAS members; \$10 non-members.

Beginners Bird Walk

Sunday, April 28

8:00 a.m.

If you're new to bird watching, this is a good weekend to start! Some of the colorful spring birds will be back. Meet at the Center, 218 Day Rd. in Pomfret. Fee: \$5 CAS members; \$10 non-members.

Programs at TRAIL WOOD

93 Kenyon Road, Hampton, CT 06247

860-928-4948 ctaudubon.org/trail-wood-home

After School Nature Club - Spring Session: Grades 1 – 6

Wednesdays, April 3, 10, 24 & May 1, 8, 15

3:00 – 5:00 p.m. at Trail Wood - 93 Kenyon Rd. in Hampton

Do your kids need to blow off steam after school? The afternoons will be filled with fresh air, exercise and fun. More info & forms at ctaudubon.org/trail-wood-home. Fee: \$60 CAS members for the 6-day session; \$70 non-members.

Spring Cleaning: Trail Wood Work Day

Saturday, April 13

9:00 a.m. at Trail Wood - 93 Kenyon Rd. in Hampton

Come on out to help "spruce up" Trail Wood. Bring work gloves/rakes etc.

Trail Wood Non-Fiction Book Club

Sunday, April 14 at Trail Wood - 93 Kenyon Rd. in Hampton

2:00 – 4:00 p.m.

Lead by avid non-fiction reader and Hampton resident Jacqueline Jacobsohn, this book club combines lively discussions and leisurely walks on the trails. April book TBA (call 860-928-4948 for more info). Free to CAS members; \$5 non-members.

Trail Wood Bird Walk

Thursday, April 25

8:00 a.m.

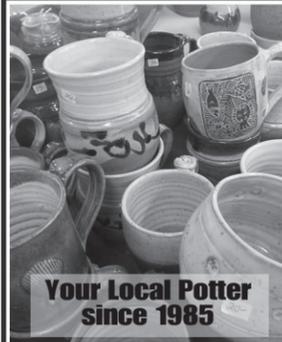
Join Andy as he points out various birds at Trail Wood and a nearby preserve. Expect to find Hooded Warblers! Meet at Trail Wood, 93 Kenyon Rd. in Hampton. Free to CAS members; \$5 non-members.

Spring Poetry Walk

Sunday, April 28 at Trail Wood - 93 Kenyon Rd. in Hampton

2:00 p.m.

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

Performing Arts



THE PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

April Performances & Upcoming Special Events!

By EC-CHAP

April is PACKED with tremendous talent ~ from music, literature, and dance – to history, art, and film!

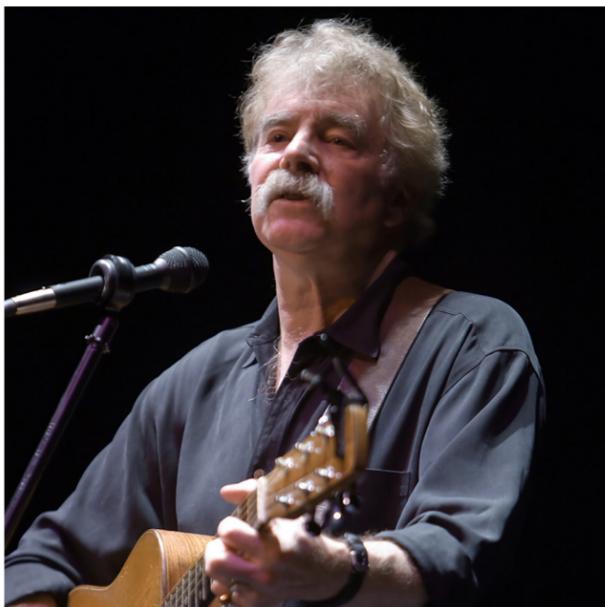
If you haven't participated in our recurring monthly programs, please visit us this month for: "Readings at The Mill Works with Brian Sneed" (1st Tuesday – April Featured Readers Julie Choffel and Erin Lynn); "Bluegrass Project" (1st Wednesday - April Featured Band "Cabin Fever"); "Talent Showcase" (2nd Wednesday); "Social Dance with Kelly Madenjian" (2nd Thursday); and our Monthly Information Exchange Meeting (Tuesday, April 16th).

We've listed April 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 SPECIAL EVENT

An Intimate Performance with Tom Rush. Saturday, April 13th. Two Shows: Afternoon Performance – Doors 3:00pm / Performance 3:30pm. Evening Performance – Doors 7:00pm / Performance 7:30pm.



TOM RUSH is a gifted musician and performer, whose shows offer a musical celebration... a journey into the tradition and spectrum of what music has been, can be, and will become. His distinctive guitar style, wry humor and warm, expressive voice have made him both a legend and a lure to audiences around the world. His shows are filled with the rib-aching laughter of terrific story-telling, the sweet melancholy of ballads and the passion of gritty blues.

Rush's impact on the American music scene has been profound. He helped shape the folk revival in the '60s and the renaissance of the '80s and '90s, his music having left its stamp on generations of artists. James Taylor told Rolling Stone, "Tom was not only one of my early heroes, but also one of my main influences." Country music star Garth Brooks has credited Rush with being one of his top five musical influences. Rush has long championed emerging artists. His early recordings introduced the world to the work of Joni Mitchell, Jackson Browne, and James Taylor. In more recent years his Club 47® concerts have brought artists such as Nanci Griffith and Shawn Colvin to wider audiences when they were just beginning to build their own reputations.

Tom Rush began his musical career in the early '60s playing the Boston-area clubs while a Harvard student. The Club 47 was the flagship of the coffee house fleet, and he was soon holding down a weekly spot there, learning from the legendary artists who came to play, honing his skills and growing into his talent. He had released two albums by the time he graduated.

Rush displayed then, as he does today, an uncanny knack for finding wonderful songs, and writing his own –

many of which have become classics re-interpreted by new generations. (It is testimony to the universality of his appeal that his songs have been folk hits, country hits, heavy metal and rap hits.) Signed by Elektra in 1965, Rush made three albums for them, culminating in *The Circle Game*, which, according to Rolling Stone, ushered in the singer/songwriter era.

In the early '70s, folk turned to folk-rock, and Rush, ever adaptable, saw more room to stretch out. Recording now for Columbia, he toured tirelessly with a five man band, playing concerts across the country. Endless promotional tours, interviews, television appearances, and recording sessions added up to five very successful but exhausting years, after which Tom decided to take a break and "recharge" his creative side at his New Hampshire farm.

Rush returned with a splash in 1981, selling out Boston's prestigious Symphony Hall in advance. Time off had not only rekindled Rush's love of music, it had re-ignited music audiences' love of Rush. He instinctively knew that his listeners were interested in both the old and the new, and set out to create a musical forum – like the Club 47 of the early '60s – to allow established artists and newcomers to share the same stage. In 1982, he tried it out at Symphony Hall. The show was such a hit it became an annual event, growing to fill two, then three nights, and the Club 47 series was born. Crafting concerts that combined well known artists such as Bonnie Raitt or Emmylou Harris with (then) unknowns like Alison Krauss or Mark O' Connor, Rush took the show on the road. From the '80s to the present day, Club 47 events have filled the nation's finest halls to rave reviews, and have been broadcast as national specials on PBS and NPR.

In 1999, Columbia/Legacy released a Tom Rush retrospective album that covers his recorded musical history from 1962 to the present, including tracks recorded for Columbia, Elektra, Prestige and his independent years. Entitled "The Very Best of Tom Rush: No Regrets", the 17-track compilation includes as a bonus a brand new Tom Rush composition, "River Song," which features vocal contributions from Grammy winners Shawn Colvin and Marc Cohn.

A live CD, "Trolling for Owls" released in 2003 and published by Tom's NIGHTLIGHT RECORDINGS, captures Tom's complete performance and includes, for the first time, some of the spoken stories that have endeared him to audiences. "How I Play (some of) My Favorite Songs", a DVD released in 2005 by Homespun Tapes, shows how he plays ten of the memorable songs and guitar arrangements, and has had great reviews from guitarists all over the world.

In 2009, Tom recorded his first studio CD in 35 years, in Nashville. "What I Know" was produced by Tom's long-time friend Jim Rooney and includes original Tom Rush material, as well as harmonies by Emmylou



Harris, Bonnie Bramlett and Nanci Griffith.

Tom's newest album, "Voices" released in 2018 was recorded in Nashville and produced by Tom's Club 47 pal, Jim Rooney. Tom will be joined by singer/songwriter and multi-instrumentalist, MATT NAKOA. Local Contemporary Americana band, HORIZON BLUE, will provide a prelude opening for Tom and Matt on this very special weekend.



Join us for this very special event. All proceeds after expenses will go to support the Eastern Connecticut

Center for History, Art, and Performance (EC-CHAP). To learn more about EC-CHAP and how you can become a member, please visit www.ec-chap.org.

Doors open 30-minutes before show time. For more information, please call 518-791-9474.

EC-CHAP JAZZ SERIES

"Sarah Hanahan Quartet – Part-3". Saturday, April 6th, 7:30pm.

SARAH HANAHAN returns to The Packing House for Part-3 of her Jazz Series. Sarah Hanahan is a

jazz saxophonist studying performance at the Jackie McLean Institute of Jazz within the Hartt School of Music (University of Hartford). Now a resident of Hartford, Connecticut but originally from Marlborough, Massachusetts, Sarah grew up listening to a wide variety of music, but always had a special love for jazz.

In 2015, Sarah was awarded a full scholarship to study jazz performance at the McLean Institute. Her college teachers include well-known jazz saxophone performers Javon Jackson and Abraham Burton. The McLean Institute has also afforded Sarah the opportunity to receive instruction from and perform with accomplished jazz musicians such as bassist Nat Reeves and trombonist Steve Davis. Tickets \$15.00 Advance / \$20.00 Door.



EC-CHAP COMMUNITY EVENT

"Spring 2019 First Sunday at The Mill Works: Looking Back ~ Looking Forward". Sunday, April 7th, 1:30pm to 5:00pm.

Join us for an award presentation by the CT Department of Economic and Community Development (DECD), State Historic Preservation Office SHPO) and overview of the 2018 "Good-To-Great" grant. Participate in an interactive historical discussion and presentation by local Historian, Richard Symonds; debut of the new "Dye & Bleach House Community Gallery", with EC-CHAP Artist In Residence, Rebecca Zablocki; and listen to live jazz in The Packing House by "Straight Up Jazz". Throughout the afternoon, stroll through The Mill Works Creative Community open studios; explore the exhibits in the Gardiner Hall Jr. History Museum; and enjoy period refreshments typical of the mid 19th century with us at this local historic landmark. Admission is free and open to everyone! For more information and schedule of events, please visit: www.thepackinghouse.us/upcoming, or call: 518-791-9474.

EC-CHAP COMEDY SERIES

"A Night of Comedy with Max Docelli". Thursday, April 25th, 7:00pm.

MAX DOLCELLI has been in comedy for nearly 30 years, making people laugh in Las Vegas & Atlantic City, local comedy clubs, and major cruise lines. He has opened for many legendary entertainers including Jerry Seinfeld, Robin Williams, and Ray Romano, along with several appearances on TV and morning talk shows. No matter the venue, "Max's animated onstage presence and sharp material get the audience on board for a wild ride." Click here to listen to a clip of Max's clean comedy.

For more information on Max and his comedy routines, feel free to visit his website. Max will be joined by comedian, Jay Sutay.

This performance represents a fundraising event co-hosted by the Tolland Community Women and EC-CHAP. Tickets \$15.00 Advance / \$20.00 Cash at the Door.



continued on next page

EC-CHAP FILM SERIES

“Cool Hand Luke”. 1967. (GP). Friday, April 26th, 7:30pm

Directed by Stuart Rosenberg and starring Paul Newman, George Kennedy, and Strother Martin. The film was nominated for four Academy Awards: Best Actor (Paul Newman), Best Supporting Actor (George Kennedy in a break-out role), Best Adapted Screenplay (Donn Pearce and Frank R. Pierson), and Best Original Music Score (Lalo Schifrin). George Kenedy won for Best Supporting Actor. The film represents a “moving character study of a non-conformist, anti-hero loner who bullheadedly resists authority and the Establishment.” -filmsite

“All these years after the release of “Cool Hand Luke” in 1967, all you have to do is say, ‘What we have here is-- failure to communicate.’ Everyone knows the line, and everyone can identify the film, even those who may not have seen it... It is a great film. On that most of us can agree. But such a film could not possibly be made in more recent decades, not one starring Brad Pitt or Tom Cruise or other actors comparable to Paul Newman’s stature. It is simply too painful.” - Roger Ebert

Join us for another award-winning classic! Suggested donation \$5.00.

EC-CHAP ACOUSTIC ARTIST SERIES

“Belle of the Fall” (Indie / Folk). Saturday, April 27th, 7:30pm.



Belle of the Fall continues to demonstrate a thoughtful approach to song writing and performance. Their unique sound, sweet harmonies and musicianship differentiates these artists from many.

Tracy Walton- 2014 and 2015 New England Music Award nominee Best Male Performer. An accomplished bassist and songwriter who has written for Alfred Books and taught at the National Guitar Workshop. Tracy is a Taylor guitar artist.

Julia Autumn Ford- CT Music Award Nominee Best New Artist 2014 and Song of the Year 2015. Her debut solo album has gained her well deserved attention as a singer of rare talent. “It’s almost freakish how good she sings. I watched her and it was hard to process that it was actually coming out of her mouth.” Joe Michelin, River City Extension. Tickets \$15.00 Advance / \$20.00 Door.

UPCOMING SPECIAL EVENTS

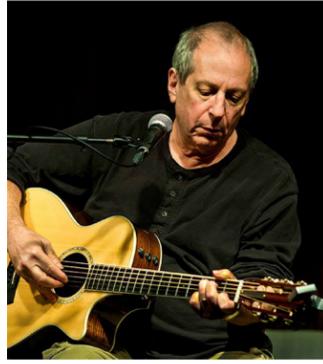
“An Evening with June Bisantz and Alex Nakhimovsky – Love’s Tango” – A CD Release Event. Saturday, May 4th, 7:30pm.



June Bisantz & Alex Nakhimovsky have recorded, performed and toured together since 2005. This is their third recording project together and first writing collaboration. They share a background in classical music, a love of Latin rhythms and jazz harmonies, and a serious playfulness that has distinguished and energized their partnership.

“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?”.



“Grass Routes – Buffalo Nickel, Liberty Dime – A CD Release Concert”. Sunday afternoon, May 19th, 4:00pm.



GRASS ROUTES is a Connecticut five-piece bluegrass band. It is a well established group that has been delighting audiences for many years with a repertoire ranging from traditional bluegrass standards to folk, original and contemporary songs all performed in their own unique bluegrass style. This event represents a CD Release Concert of their new original project, “Buffalo Nickel, Liberty Dime”.

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).

Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us/upcomming.

April 7, Sunday Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

Spring “First Sunday at The Mill Works” (Seasonal Community Event). 1:30pm-5:00pm. Grant presentation by DECD, State Historic Preservation Office; Historical Talk, “Raising Historical Awareness: An Approach to Collaboration and Programming” by Richard Symonds; Debut of the “Dye & Bleach House Community Gallery” by Gallery Director Rebecca Zablocki; Performance by “Straight Up Jazz”; Poetry reading by Diane Byliak; Open studios; Gardiner Hall Jr. Historical Museum; Period Refreshments; and More! Free and open to everyone. Check website for details: www.thepackinghouse.us/upcoming . The Mill Works, 156



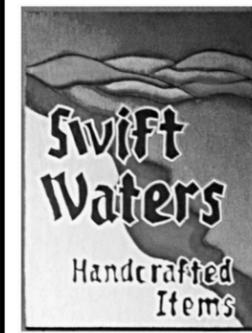
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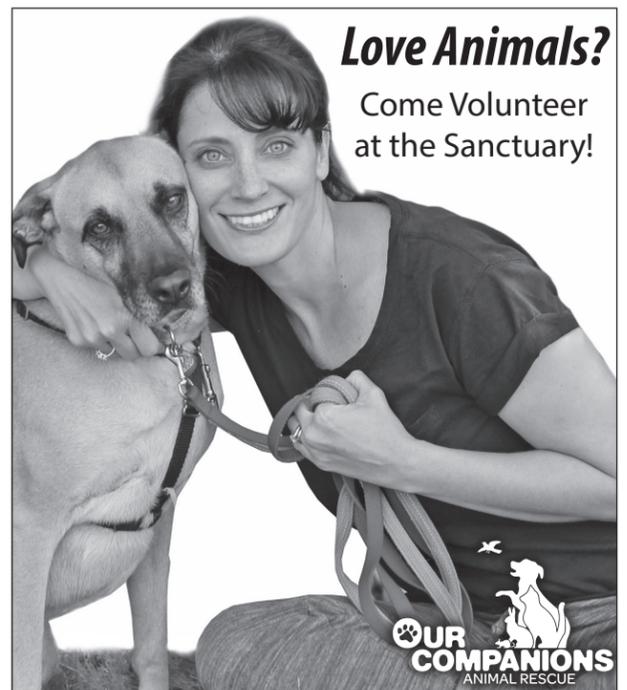
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That Old Dixie Flag

By Donna Dufresne

I love the Quiet Corner of Connecticut – the soft, rolling hills dotted with farms, the little villages accented by white steeples and general stores, the pockets of a rural past. In fact, when I first came to this part of the state, I immediately felt at home. I befriended a series of old Yankees and reveled in the vernacular of their stories, the cadence of my childhood. And the dirt road which funnels me to my home reminds me of the small farm where I grew up in Massachusetts. Who wouldn't want to live in such a verdant haven wrapped in class B rivers and streams (just about as clean as you can get aside from a little giardia here and there). Who wouldn't want to raise their children in such a place, where they can roam freely without fear of violence, take a dip in a farm-dug pond, or ride a pony in the State forest for hours? On the surface, this place on Earth is pristine and welcoming. If you are white.

Like the hills and valleys of my rural childhood, Northeast Connecticut holds onto a hidden past which lays dormant for a while. But then it raises its ugly head, coming out of dormancy like one of those odiferous flowers which blooms only every decade or so. And it stinks. Although I don't recall overt symbols of racism in my family and the small town I grew up in, I'm sure they were present. Adults were careful not to say things, most of the time. But there were rumors that the Grange Hall had put on more than one minstrel show, in blackface – probably before I was born. And those shows were always written and directed by my beloved surrogate grandmother, Edith Whittier, whose husband owned the farm where my parents rented a hired hand's house. Born in the 1880's, they were truly 19th century people with 19th century sentiments. During the Civil Rights movement, we saw terrible things on T.V., and I heard terrible things being said by the older folk. Things like "Send them back to Africa" as if we were still stuck in a pre-civil war colonization society. There was tension in the air. The people I knew were baffled and harbored resentment, as if the advancement of African Americans would somehow push them to the bottom of the pile. It was not unlike the reaction many whites have to Black Lives Matter, when they retort things like "all lives matter", or "blue lives matter", as if they didn't already. Clearly, they have no sense that we are in this together, bumping up against the same machine.

We saw and heard about crosses burning and men in white hoods through movies and T.V., but we didn't see them in our neighborhood. The KKK had made an appearance in in many small New England towns in the 1920's, during one of the ever-present America First revivals. But then, presumably, the robes were packed away in the attic (except in a few notorious towns in Connecticut). And, as usual, Northerners were more than willing to lay the burden of racism at the feet of Southerners. After all, they were the ones who defended slavery to the very end. From Jim Crow to segregation and the burning crosses strategically placed on the lawns of those who dared march for civil rights, racism seemed like it was a Southern problem. It just wasn't noticeable in our own back yards. That is until the confederate flag made its appearance after the 2016 elections.

Make no mistake. Racism is very well embedded in the cultural, economic and institutional structure of the North. We may not have been flaunting the iconic symbols of hate and terrorism such as burning crosses, but structural racism such as housing segregation through red-lining, inadequate public schools, and financial inequities have been entrenched since the industrial revolution. Remember, the wealth and power in the North has strong roots in slavery and the cotton industry. Northerners talked a good game when it came to anti-slavery sentiment, but they had no interest in helping to facilitate integration and racial equity. Still it has been surprising and unsettling in the past two years to see the confederate flag emerge in our quiet little towns and rural neighborhoods. The teacher in me wants to presume that these are good people who simply don't know the history of the confederate flag and how it evolved from a symbol of heritage and remembrance (as the Sons of Confederate Veterans would like us to believe), into a symbol of hate, terrorism, and racism. But unlike Donald Trump, I'm not willing to give them a pass for their ignorance.

If Robert E. Lee's soldiers did indeed furl their flags as he instructed them to do, why is it that some folks continue to hold onto this relic of the past and defiantly flaunt it? Although the Sons of Confederate Veterans continue to fight for the right to display the confederate flag in certain State Capitols, it has long outlived its place in valor and pride. In fact, the current trend toward raising the confederate battle flag didn't emerge until the mid- 20th century. First, it was flown as an act of defiance by Southern

Democrats who were not happy with northern counterparts who supported civil rights. The flag was later adopted by the KKK and other white supremacy groups as a symbol in their protests against the civil rights movement.

There are numerous photographs of KKK rallies heralding the confederate flag as their banner.

Once the symbol of "heritage", its darker side continued to emerge throughout the 21st century. Clearly the banner of a terrorist organization, the confederate flag was unfurled during lynching's and proudly hung as a warning for others who would dare to vote. Every step forward in the "long arc toward justice", that old flag has emerged as a symbol of racial hatred. The KKK weren't the only groups who adopted the flag as a powerful statement. During the implementation of desegregation, the parents of white students retrieved their confederate flags from grandma's attic, flaunting them with anger while they shouted racial slurs to African American children, like Ruby Bridges, who were integrating their schools. I'm sure it festered in that unfortunate cesspool of hate so many white Americans harbored when Barack Obama was elected. That old flag pops up like a sinister Jack-in-the-box, after each small victory in the march toward equity and justice i.e. affirmative action, fair housing, Black Lives Matter...

It's no surprise that the confederate flag has crawled out of the woodwork even in our Quiet Corner of the state. After all, racists, white supremacists and even the old KKK have been emboldened by the current lack of leadership in the White House when it comes to calling out groups such as the Neo-Nazis who marched in Charlottesville. But we would be mistaken to assume that Mr. Trump is completely to blame. In fact, he has done us the favor of naming what we suspected was true: The United States of America which holds the torch of freedom, equality and hope for the rest of the world to live up to is roiling with hateful, entitled white men who do not want to give up their privilege. And the banner of their terrifying temper tantrums? It appears to be the confederate flag.

Northern racism may have lain dormant for a while, but it doesn't take much for it to rear its ugly head. All it takes is a wink, a nod and a tweet for that yellow light to turn green. And if you have accidentally found yourself in the company of those who have joined the crowds of white men who think it's cool, or some God-given Constitutional right to be flaunting the confederate flag around town, here is the hard truth you should know: The confederate flag is no longer the quaint relic of the Old Dixie South. It has become an identity badge for a defiant populace who just can't get with the times and accept that justice and equity will prevail. If you are flaunting the flag on your flagpole, porch, or truck, you might as well put up a big sign that says "Yep, I'm a racist, and proud of it." For a century, it has been a symbol that stands for white supremacy, racism and hatred. It is the tool of terrorism.

Some of you will argue that flying the confederate flag is a constitutional right. But just as we should not tolerate hate speech, we should also not condone the symbols of hate. Germany outlawed the Nazi flag and swastikas, a painful reminder of the holocaust and the collaborative complicity of tolerance. I'm sure that most of us would be uncomfortable if the flag for Isis appeared on pick-up trucks and public buildings, and Homeland Security might even get a bit ruffled. Then why should we shake our heads and turn away in that boys will be boys condoning manner? While Americans are distracted by the cultural PTSD inherited after 9-11, the real enemy walks among us. Not the Muslims, Central American women and children, or the numerous "others" we've been told to fear, but our neighbors, our relatives, our friends. The average white guy next door who doesn't realize that when he hangs that flag on his porch, he's aligning himself with a long line of terrorists, white supremacists, racists, and ignorance. Perhaps there are still a few pockets in the South, where little old ladies believe that the confederate flag stands for heritage and remembrance, but let's face it, that flag has been tainted, and we all know what it means. It has an even more sinister meaning when flaunted by Northerners who haven't the remotest historical connection to the flag. All I can say is, FURL YOUR FLAGS, BOYS, AND PUT YOUR RACISM BACK IN THE CLOSET WHERE IT BELONGS. You don't get a free pass on this one.

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

April 7th Opening:

The Dye & Bleach House Community Gallery

By EC-CHAP

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

Visual Arts

EC-CHAP is pleased to announce the formal opening of the "Dye & Bleach House Community Gallery" at the 2019 Spring "First Sunday at The Mill Works", April 7th, from 1:30pm to 5:00pm!

Please join us for the debut of this Community Gallery – A platform for local and regional visual artists to display their original works for public viewing. Participation in this program is free. If you are interested in learning more about the Dye & Bleach House Gallery, hours of operation, and opportunities to display your work, please contact Rebecca Zablocki, Gallery Director and EC-CHAP "Artist In Residence". Email: communitygallery@ec-chap.org. The Mill Works is located at 156 River Rd, Willington, CT.

Featured artists include: Scotty Opperman, John Starinovich, and Martha Ennis.

Scotty Opperman:

Scotty Opperman is a local artist. He made his first ring and sphere sculptures in 1976 and after setting the art aside in the early 80s to raise his daughter, returned to metal work in 2010.

Born of a love and curiosity for welding, his sculptures are a unique combination of copper, steel, brass and aluminum. Scotty enjoys the challenge and beauty of the welding and machine work techniques it takes to make his work three dimensional. The finished pieces represent his view of the shape of the universe, celestial orbits and unknown planets. Most of his raw materials are salvaged from scrap metal yards across the country



John Starinovich:

John Starinovich graduated from Michael Coffey's School of Fine Woodworking in 1979. He has designed contemporary pieces of furniture that have been presented in Fine Woodworking Biennial Design Book. John's early work was featured in galleries, exhibits, and newspapers in Vermont. A retired elevator technician, John has recently been able to get back to his passion in woodworking. His most recent medium combines his background in woodworking and his love of nature to create unique functional sculptured mirrored tree holes that are wall mounted or planters to bring the beauty of the natural world into our homes. John is inspired to utilize other natural materials on his sculptures such as metals, mineral, deer antler, moss, bone, shell and other types of woods.



Martha Ennis:

Martha Ennis is a resident of Willington, CT and full time physician at the University of Connecticut. She has been a member of The Mill Works Creative Community for four years and maintains a studio onsite. Martha is a pastel artist who has recently explored work in charcoal. She will display a series of work representing water views of the mill in this initial show.



EC-CHAP has 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



A Fine Romance

Words and photo by Christine Acebo

I was sitting on a bench composing a shot right here and this couple walked right in and sat right down. Now I had heard, not more than an hour earlier, someone on the street tell his friend that “this is America and I can say anything I want.” Okay, so this was Central Park and people can sit anywhere they want. By the same token, this was New York City and I can photograph anything I want. Besides, they walked into my frame holding hands and I knew I’d get something like this. I think it’s a bit sappy

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 engage 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!

and not my preferred style but then I remembered the thing people always say about the gift horse’s mouth and I was pretty sure I didn’t want to look there. So I took the shot. Sometimes there’s just no making sense of what people say so I won’t even mention the great song you have in your head now.

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

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.

River Road, Willington, CT 06279. Free and open to everyone!

April 8, Monday

Film: 7 p.m. “THE HATE YOU GIVE” (2018, 113 min.) Directed by George Tillman, Jr. Based on the novel by Audrey Wells. Free Admission. Second Monday Film Series, at Storrs Unitarian Universalist meetinghouse, 46 Spring Hill Road, Mansfield. Info 860 428-4867.

April 10, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 4/3)
“Talent Showcase” – Come share your talents! Doors 6:30pm / Showcase 7:00pm. 2nd Wednesday of the month. Free and open to all ages. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Call in advance to sign-up (recommended) or sign-in at the door (time permitting). 518-791-9474. www.thepackinghouse.us/upcoming.

April 11, Thursday

Dancing: EC-CHAP Social Dance Series with Kelly Madenjian (Ballroom, Swing, Latin, etc.). Doors 6:30pm / Dance 7:00pm. 2nd Thursday of the month. \$10.00 at the door. Enjoy a lovely evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson followed by a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. The Packing House at The Mill Works, 156

River Road, Willington, CT 06279. www.thepackinghouse.us/upcoming.

April 13, Saturday

Qigong: The Five Animal Frolics, 8:30a.m. \$12. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct@gmail.com
Skill Share: Repair Cafe, 10:00a.m. - 2:00p.m. Free. First United Congregational Church, 199 Valley Street, Willimantic. Bring broken items and see if community DIY experts can fix it: toys, small electrical appliances, clothing, computers, dull knives, wooden products, etc. Learn how to fix them yourself as well.
Kirtan: An Evening of Kirtan & Sacred Music w/Sita’s Light, 7:00p.m. - 8:30p.m. \$20. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: 860-593-5002 bhakticenterct@gmail.com
Live Music: AN INTIMATE PERFORMANCE WITH TOM RUSH: A Benefit Concert to Support EC-CHAP (Folk). Two shows – Afternoon Performance: Doors 3:00pm / Show 3:30pm. Evening Performance: Doors 7:00pm / Show 7:30pm. Legendary Folk Artist Tom Rush will be joined by singer/songwriter and multi-instrumentalist Matt Nakoia. Opening by Horizon Blue. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$40 - \$50 Online, Box Office (call ahead) or at the Door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Info call: 518-791-9474. www.thepackinghouse.us/upcoming.

April 14, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 4/1)

Live Music: The Johnson Girls and Seat of Our Pants, \$15, 4:00 PM; Bread Box Theater, 220 Valley Street, Willimantic, CT

April 16, Tuesday

EC-CHAP Information Exchange Meeting. 7:00pm. Eastern CT Center for History, Art, and Performance (EC-CHAP). The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Interactive exchange of ideas. Discuss EC-CHAP mission, membership, program / support opportunities, solicit feedback. Refreshments provided. Information: 518-791-9474. www.thepackinghouse.us/upcoming.

April 17, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 4/3)

April 19, Friday

Books: “Amelia the Astronaut” Book Release Party, 5:00p.m. - 7:00p.m. Book-signing, giveaways, meet the author. Quester’s Way, East Brook Mall, Mansfield Center.

April 20, Saturday

Qigong: The Five Animal Frolics, 8:30a.m. \$12. (See 4/13)
Healing: Restorative Yoga & Sound Healing, 1:00p.m. - 3:00p.m. \$30. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct@gmail.com
Hiking: 9:30-11:30 am Deb Field is leading a tree walk on the Tobiassen Preserve in Tolland. For more information call the Joshua’s Trust Office 860-429-9023 or visit www.joshuastrust.org



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Dear Reader-

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

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

Farmers Market: Storrs Indoor from 3-5 pm in the Buchanan Auditorium at the Mansfield Public Library, 54 Warrentville Rd., Mansfield Center. storrsfarmersmarket.org

April 21, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 4/1)

April 24, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 4/3)

April 25, Thursday

Live Comedy: A Night of Comedy Featuring Max Dolcelli. Doors 6:30pm / Show 7:00pm. A Fundraising Event Co-Hosted by the Tolland Community Women and EC-CHAP. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$15.00 online / \$20.00 cash at the door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us/upcoming.

April 26, Friday

Film: EC-CHAP Film Series: “Cool Hand Luke” (GP). 1967. Doors 7:00pm / Film Showing 7:30pm. Join us for this classic film starring Paul Newman, George Kennedy, and Strother Martin – nominated for four Academy Awards! “What we have here is - failure to communicate.” The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Suggested donation \$5.00. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). Info and table reservations call:



Three photos taken by Christine Acebo of Ashford. Clockwise from above: 'Perry Hill, Ashford;' 'Bluets' and 'Cherry Blossoms.' To see more of Christine's work go to: www.flickr.com/photos/lightlypaintedpixels

518-791-9474 www.thepackinghouse.us/upcoming.

April 27, Saturday

Baseball: Roberto Clemente Baseball Field Dedication, 1:00p.m. - 4:00p.m. Willimantic Recreational Park, 50 Main St, Willimantic.

Film: "Walking While Black: L.O.V.E. Is The Answer" (Place TBA) Windham/Willimantic NAACP Community Conversation on Race, Part II: a Film Series. FREE. Conversations after each film will be facilitated by experienced NAACP discussion leaders. As minority communities face the daily stranglehold of racial profiling, and police officers face relentless scrutiny by an anxious public, tensions mount as lines are being drawn in the sand. This conflict can only be broken by finding common ground with each other. L.O.V.E.

Is The Answer. For information about film series logistics, contact Christine Pattee, 860-742-6511, c2pattee@aol.com
Live Music: Belle of the Fall (Indie / Folk). Doors 7:00pm / Show 7:30pm. Join us for an evening of original music and outstanding harmony. Part of the EC-CHAP Acoustic Artist Series. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Tickets \$15.00 online / \$20.00 door. Senior & student discounts. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. www.thepackinghouse.us/upcoming.

April 28, Sunday
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 4/1)

Live Music: Rani Arbo & Daisy Mayhem; Sally Rogers & Claudia Schmidt \$25; 4:00pm; Bread Box Theater, 220 Valley Street, Willimantic, CT

**To all our contributors-
Thank You!**

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



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Analgesics and Pain Relief

By Nicole T. Smith, L.Ac.

Everyone has experienced pain at some point. For some, it's transient, such as a headache, or soreness from overdoing it on the weekend. For others, it's persistent, affecting their lives, perhaps migraines which no treatment seems to help, or chronic aches affecting more and more parts of the body.

What is pain? The nervous system uses pain to alert the brain to a physical distress in the body. What do people generally do when they feel pain? Many either ignore it, or take a pain reliever. Some get stuck in the habit of taking pain pills. Can this cause harm?

There are two issues with taking pain relievers on a regular basis. One, they never address the cause of the problem, thus, they will never provide a permanent solution. Two, the side effects could be worse than the problem.

Here is what one study showed:

-Chronic migraine headaches are 20x more likely to occur in persons taking analgesics on a daily basis for more than 6 months.

-Chronic, non-migraine headaches are nearly 10x more likely to occur in those taking analgesics on daily basis for more than 6 months.

-Chronic neck and low back pain are 3.5x more likely to occur in those taking analgesics. (*Neurology, May 11, 2004; Dynamic Chiropractic, July 15, 2004, pp.1, 45.*)

Here are some of the side effects of overuse of popular over-the-counter pain relievers:
 Aspirin: indigestion, stomach bleeding, ulcers, bleeding of the brain, stroke
 Tylenol: liver damage
 Ibuprofen: stomach and/or kidney problems

In next month's article, we will discuss how acupuncture can be a safe, effective solution to acute or chronic pain. And side effects? For many, they include better sleep, calmer emotions, and weight loss!

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

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