



What A Lovely Time of Year to Be Outside!
YOU MIGHT NEED...

**Poison Ivy Relief • Bug Spray
Sunscreen • A Water Bottle
A Sun Hat • A Co-op Tee Shirt**

91 Valley Street, Willimantic

860-456-3611

www.willimanticfood.coop • Credit Cards Accepted

Open 7 Days A Week 8 AM - 8 PM



June 2019

A little paper big on community

FREE

Neighbors



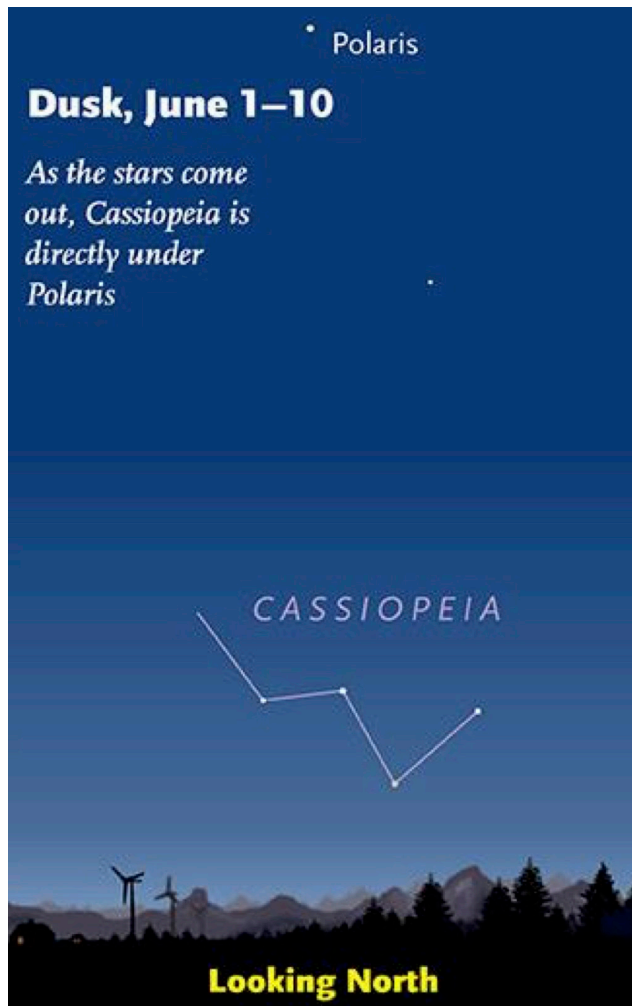
Looking Up:

A Star is Born

By Bob Grindle

It is easy, when looking up into a still and seemingly very peaceful night sky or when stepping outside on a perfectly cool and birdsong-filled Spring morning or while walking through an evergreen forest whispering—it almost sounds like breathing—in a summer breeze. It is easy to imagine in these serene moments that, as Hemingway offers in *For Whom the Bell Tolls*, “The world is a fine place and worth fighting for...”

It is easy not to think of the unrelentingly cataclysmic forces that gave rise to the cosmic instant of our reverie. It is easy not to focus on the damages of a recent natural disaster or the horrors some inhumane behavior of our human brethren. Of course, why spoil the moment. It is often these calming and insightful breathers that give us the strength to face the tougher challenges. The passage I just quoted is the reflection of Hemingway’s hero in *For Whom the Bell Tolls* as he contemplates his own death during battle in the mind-numbingly savage Spanish Civil War. We humans are very good at seeing rays of hope through clouds of pessimistic despair. It sometimes seems as if clouds of despair are the Social Media coin of the realm. Take a deep breath. If the founding fathers could return and review the outcome of their efforts, especially in light of the advances of science, would they reproach us for our blindness to our amazing good fortune in living today. Jefferson and Franklin and even Madison were men who pushed the envelope of knowledge to challenge the status quo. Perhaps it was not their intention to challenge the 18th century norms, but their curious and inquisitive questions and efforts did just that. Somehow, I can’t imagine Benjamin Franklin out in that lightning storm—whether or not it actually happened quite that way—denying the evidence of his own experiment.



I didn’t start out intending to talk about the 18th century, but there are parallels, because whatever time-frame you place events in, if it involves human beings there will be similarities. Learning, science, education, questioning, challenging the status quo, trying to understand what just happened...not necessarily what someone told you just happened...and trying to make sense of what we see and hear and feel and smell and taste and believe, all of this

requires a kind of openness to change...like standing, or sitting or lying under the night sky, looking up and freeing your mind’s imagination to somehow connect this relaxingly peaceful moment to the almost incomprehensibly violent thermonuclear forces that give rise to stars. Awesome seems an almost blankly incomplete way of expressing the feeling, but it is definitely awe-inspiring and perhaps humbling... Maybe empowering!

Occasionally, when looking up into a star-filled night sky, I imagine the improbable combination of forces: gravity, fusion, thermonuclear radiation that combine in an atmosphere of mind-blowingly intense heat and light and over a period of tens of millions of years give rise to baby stars and I’ll smile at the atomic instant of time any living thing on Earth occupies and realize not how insignificant it is, but how astonishing to be here. It seems obvious that the Cosmos doesn’t really much care if we are here at all... that’s probably up to us.

Anyway, get outside and soak up some of the very best that life has to offer. June in the northern hemisphere is the very poetry of being alive. The Moon and Jupiter will be partnering throughout the nights of June, and Venus, although rather low in the eastern sky, will be a morning star all month. The full Moon of June is the Strawberry Moon and it is definitely worth the trouble of carrying fresh strawberries up into the field and sitting out under the skies of June, looking up into our glorious skies while enjoying a delicious treat. Enjoy this season and the skies of our northern home.

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

On the cover: 5.16.19 ‘Faces in the Crowd’ at the Willimantic 3rd Thursday Streetfest. In top photo: Bruce John and Dinosaurs After Dark (William Furey, John, Frank Busse, Patty Tuite, left to right). In bottom collage clockwise from upper left: Marc Scrivener, Calvin Gordon, Sue Simmons-Stahl, Patricia Jones and Robert Dibble, Paul Zocco, Robin Goven. Many thanks to Pete Polomski for these photos.

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

Neighbors
P.O. Box 430
Ashford, CT 06278
phone: 860-933-3376
email: neighborspaper@yahoo.com
website: neighborspaper.com

Tom King, Editor & Publisher
Dagmar Noll, Calendar Editor
Steve Woron, Mac Guru
Marisa Calvo, Graphic Design

Writers: Delia Berlin, David Corsini, Phoebe Godfrey, Bob Grindle, John Murphy, Dagmar Noll, Dennis Pierce, Mark Svetz, P.K. Willey, Steve Woron, Tom Woron, Loretta Wrobel

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

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

Neighborspaper LLC is a member of the Ashford Business Association.

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

THE PACKING HOUSE
1870
HISTORIC VENUE FOR PERFORMANCE & EVENTS



SPECIAL PROGRAM
EC-CHAP “COMEDY SERIES”
PROFESSIONAL SMART ALECK
CARLA ULBRICH
Saturday, June 1st | 7:30pm



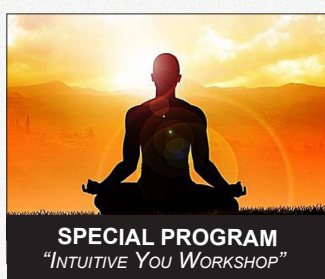
SPECIAL PROGRAM
COMMUNITY
HALL MEMORIAL SCHOOL
SELECT CHORUS
Sunday, June 2nd | 2:00pm



SPECIAL PROGRAM
COMMUNITY
HALL MEMORIAL SCHOOL
DRAMA NIGHT
Monday, June 3rd | 6:30pm



SPECIAL PROGRAM
“SPIRITUAL MEDIUM”
MAURA GEIST
Friday, June 7th | 7:30pm



SPECIAL PROGRAM
“INTUITIVE YOU WORKSHOP”
MAURA GEIST
Saturday, June 8th | 10am - 12pm

*Wishing you a
Happy Summer!*

RECURRING MONTHLY EVENTS

“READINGS AT THE MILL WORKS”

Every 1st Tuesday!
June 4th | 6:30pm

“BLUEGRASS PROJECT”

Every 1st Wednesday!
June 5th | 7:00pm

“TALENT SHOWCASE”

Every 2nd Wednesday!
June 12th | 7:00pm

“SOCIAL DANCE” w/KELLY MADENJIAN

Every 2nd Thursday!
June 13th | 7:00pm

EC-CHAP FILM SERIES

“Don’t Worry, He Won’t Get Far on Foot” (R). 2018

Friday, June 14th | 7:30pm



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

WWW.THEPACKINGHOUSE.US

THE PACKING HOUSE | 156 RIVER ROAD, WILLINGTON, CT 06279 | (518)791-9474

What Price Convenience?

By Loretta Wrobel



While watching the movie, *Plastic Ocean*, I struggled to accept the reality of what my eyes were observing. The gargantuan piles of trash accumulating all over the world is more than a brain can take in. Most of this human-made detritus is plastic, ranging from bottles, broken toys, bags and numerous pieces of unidentifiable shapes, and all colors, of plastic. Plastic is everywhere, not just in our homes, proliferating at an astronomical pace in our landfills, in our oceans, in marine animals and in the precious air we breathe.

How did this happen? I am old enough to remember a world not inundated with plastic items. Plastic rose to the forefront during World War II, as it was viewed as inexpensive, safe, and sanitary. It was considered a miracle product that would save scarce natural resources, was lightweight, flexible and strong. Parachutes, windows for planes, ropes, liners for helmets, are a sampling of the diverse uses for synthetic alternatives that rapidly expanded during the war years.

After the war the production of plastic products escalated, and improved our standard of living. Plastic quickly took over our world and began to dominate our trash. Concerns about debris in our oceans were voiced by some astute observers. These early "canaries" were shut down by the development of recycling. This slowed the clamor, as the solution was to make more products from the existing plastic. Oddly, the idea of more plastic items did not ring warning bells for the general population.

We continued to indulge our addiction to plastic, as computers, cell phones and complex medical devices distracted us from the vast waste that was accruing all around us. We discovered the Great Pacific Garbage Patch, reportedly as big as the state of Texas. Divergent opinions still exist today as we wrestle with the question of how to live with this constantly expanding monster that lasts forever and has so many life-enhancing and life-saving elements.

Plastic has transformed our world. Now it has the potential for choking us and ultimately destroying our world as we know it. Observing the heaps of plastic residue found in Manila during the movie was heartbreaking. There are places in our world where people are living on landfills and suffering all the health issues that come with residing in a toxic environment.

Plastic Ocean showed numbers of wildlife that have perished due to ingesting pieces of plastic which remained in their digestive tract. The living creatures that search for food in our oceans can't tell the difference between a piece of plastic and a nutrient food source. The

marine animals that gulp sea water and filter out the micro-organisms are at the same time ingesting toxic amounts of plastic.

The issue is complex. We have rapidly accepted a more convenient life style that uses plastic as if it were safe, friendly, and not piling up everywhere causing harmful side effects. When one sees the floor of the ocean in remote locations littered with plastic, it is a chilling reminder that plastic lasts and lasts and lasts. Some plastic can take as long as one thousand years to biodegrade.

This presents enormous obstacles for our plastic-obsessed world. We have carved out a world that thrives on plastic and cannot survive without plastic. In barely half a century, we have made massive progress using this strong lightweight and flexible product to improve our lives and

enable us to communicate instantaneously all over the planet. The downside of the production of this polymer is that the same plastic is now causing much sickness, disease, and loss of habitat.

We have our brilliant minds working on creating alternatives such as plastic-like products made from plant sources. This would enable the product to biodegrade, without polluting the planet and killing off many species. We have others working on developing new ways to detox the waste plastic, such as bacteria that eat and digest the plastic waste. Biologists are exploring plants that can filter and transform plastic polluted waterways. Can we beat plastic by our engineering and creative minds so that plastic does not take us down?

We have concerned activists working to decrease our dependency on the product. These people are devoting time and energy to consume

less by using more sustainable means to break the reflex action of automatically reaching for the plastic bag or container. Breaking the habit of grabbing a to-go cup, container or bag is extremely difficult to achieve. Schools are educating youngsters on the more life-sustaining patterns like composting, reusable bags, and the dangers of using a product that does not easily decompose.

There are many directions in which we can move forward. It appears that the situation calls for some creative and out-of-the-box thinking, and major lifestyle changes. One piece that seems key is education. After viewing the film, the size of the problem shocked and stunned me. This plastic issue is worldwide and growing exponentially. Therefore, there is an urgent need for all of us to address the question of our plastic use/misuse. If not addressed, the dangers inherent in the cancerous growth of the long-lasting plastic objects will permanently change our planet.

The way I read it is that we need to raise our awareness and become more conscious in taking a longer view of what kind of footprint we leave on the earth. Do we want to add to the growing amount of plastic toxins, or do we want to work on decreasing our negative impact? Which way are you headed, and why?



Stafford Library June Events

Submitted by Debra Galotto

10 Levinthal Run, Stafford Springs
06076 - www.staffordlibrary.org

All events are free and open to the public but we request pre-registration by calling 860-684-2852 or emailing stafforddesk@biblio.org

Friends of the Library Used Book Sale: June 6th - 8th: Preview Sale - Thur. 6/6 from 4-7 pm, \$5 admission but Friends Members are admitted free; Regular Sale - Fri. 6/7 from 4-7 pm, and Sat. 6/8 from 10 am - 4 pm, free admission. There will also

be a bake sale on Saturday.

Book Talk & Signing with Mark Dressler: Thurs. June 13th @ 7 pm - Join author Mark Dressler as he shares his latest Dan Shields Mystery book, *Dead Right*. Find out what makes Dan Shields, a rule breaking Hartford detective, tick. Books will be available for sale and signing. Sponsored by the Friends of the Stafford Library.

Teen After Hours Movie: Fri. June 21st @ 6:30 pm - Enjoy pizza and the movie *Passengers* (PG-13). Please register by 6/20 for pizza.

Open Artist Studio: Sat. June 22nd @ 10:30 am - Paint on ceramic titles. For teens and adults. Please call to register.

Stafford Library Book Club: Wed. June 26th @ 6:30 pm - Join us for a discussion of this month's featured selection "*Born a Crime: Stories from South African Childhood*" by Trevor Noah. Books are available at the library for check-out.

Summer Reading Opening Day: Sat. June 29th - Face Painting from 1-3 pm, Magic by Scott Jameson @ 3 pm.

When The Time Is Right
renew,
redecorate,
rediscover
the excitement of living in your home.

The right changes can make you fall in love with your home all over again. We have every element you need to create the home of your dreams, one affordable step at a time.

Cabinets - Counter Tops
Carpeting - Flooring
Come see our wool carpets

Stop by today for the best products, advice and inspiration to bring home a whole new look.

Design Center East, LLC
Distinctive Cabinetry & Flooring
For Your Home or Office

27 MEADOW STREET, WILLIMANTIC • 860-450-8442
Hours: Mon.-Fri. 9 to 5; Sat. 9 to 1
Special Appointment Available Upon Request

LANDON TIRE
TIRES • BRAKES
WHEEL ALIGNMENT

LANDON TIRE... DOES MORE THAN JUST TIRES!

We specialize in...

- Brakes • Exhaust • Alignment Shocks
- C.V. Joint & Axles • Struts
- Front End Repair • Under Car Repair and More!

YOKOHAMA GENERAL TIRE TOYO TIRES KUMHO HANKOOK

BFGoodrich

UNIROYAL BRIDGESTONE Firestone

Cooper Tires

GOODYEAR

IRELLI

MICHELIN

LANDON TIRE
39 Years of Hometown Service
YOUR INDEPENDENT TIRE DEALER
Just 2 Miles South of the New Thread City Crossing Bridge on Rt. 32, South Windham
RT. 32, SOUTH WINDHAM 456-0000 Mon.-Fri. 8-5:30; Sat. 8-1:30

SERVING YOU SINCE 1951

Largest Selection of Sewing Machines and Vacuum Cleaners in Eastern CT

Sales • Service • Parts • Accessories

Schillers SINCE 1951
HOME TO ALL YOUR SEWING & VACUUM NEEDS

1088 Main Street
Willimantic, CT 06226
(860) 423-6800
SchillersOnTheWeb.com

WE TAKE TRADE-INS!

"Expert Repairs on all Makes of Vacuums and Sewing Machines."

"All Work Guaranteed-Free Estimates"

VISA
MasterCard
DISCOVER
American Express

TRANSFER YOUR VIDEOS TO DVD

Update your audio to CD, and photos and video

COME AND SEE US!

THE GALLERY RECORDING STUDIO

ALL WORK DONE ON PREMISES

860-528-9009

GALLERYAUDIOVIDEO.COM

Please visit us at our new address - effective May 5th

8 Meadow Trail, Coventry

One block off South Street Behind the convenience store (cow painted on front)

MasterCard VISA

Willimantic, Now and Then

Community, Magic Get the Job Done



Photo left: Ash tree, magically fallen to a safe height. Photo right: Bark peels off behind the draw knife as Mark readies the oak post for Miriam's treehouse. Sarah Winter photos.

By Mark Svetz

I am making a tree house for Miriam, my granddaughter. I have completed several versions of it in my mind, but progress in the real world of my back yard is a little slower. In fact, last week there was a work stoppage when a tree we cut down got caught up in the branches of its neighbor. Fortunately, some of that Willimantic Magic came along and saved the day.

I have been cutting some of the standing dead trees behind our house to use as posts to support the platform of the tree house. One of the trees – an ash tree, mostly dead – didn't fall the way I expected, and it got hung up. Nothing Sarah and I could do would loose that tree from those branches. The future looked bleak, but then there are always forces at work – mysterious, benign forces – in Willimantic that seem to surface when I need them most.

Let me tell you a little story...

Sarah, you see, takes Tai Chi classes at the Windham Senior Center with Judy, who is our good friend Teece's mom. When Sarah told the story of our recalcitrant tree, Judy thought immediately of her son, who cuts trees for a living. I knew nothing about any of this. I was wracking my brains for some way I could get that tree on



the ground, and I wasn't coming up with anything within my means and abilities.

While I was wracking my brains – and watching a movie! – there was a knock on the door. Seconds later, Teece walked into the kitchen. "I hear you have a problem tree," he said quietly. "I wonder if I could help you get it down." Deus ex machina!

I hadn't seen Teece for months, and I had no idea about Sarah's conversation at Tai Chi, but even so, I was not shocked by this delightful turn of events. I have come to expect – even count on – these serendipitous solutions to my problems here in the Magical Realm of Willimantic.

Teece and I caught up on old times, had a cup of coffee and talked about the tree. Eventually, I went downstairs to get the saw ready and Teece went out to look at the situation. After a little while, Teece came back with a small folding handsaw. "I think I can get it down," he said. "I think I can cut it with this right at the stress point, to release the pressure and it'll come down."

I know it wasn't a huge tree, but it was 40 or 50 feet long and its top was hung up about 25 feet in the air. I looked at Teece's little handsaw and thought about that tree. "You think you can get up there to cut it?" I asked one of the questions that occurred to me.

Teece looked puzzled. "Yeah. I think it'll be pretty easy."

When it comes to cutting wood, I will generally accept Teece's assessment; he has had a lot of experience and seems to know what he's doing. But in this case, I couldn't help wondering. Is he going to shinny up the next tree to make the cut with that tiny saw? Was I missing something? Or am I that worn out?

We both shrugged and took our puzzlement out to look at the tree. It took me a second, when we got to the crest of the hill and looked down into the woods, to realize what had happened. I knew Willimantic Magic had been at work when I saw the tree had fallen on its own to a perfect height for cutting. Sarah confirmed the magical coincidence of the timing when she showed up a few minutes later and told us the tree had still been high in the branches when she looked at it just before Teece arrived.

I told Teece what had happened and we both had a good laugh. We spent some time figuring how it had all happened, and then we sat in the shade, enjoyed a nice afternoon and nobody had to cut anything. I said a silent thanks for good friends and a great community.

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

Make Music Day and Talent Showcase The Last Green Valley June Events

Submitted by Ruth O'Neil

The Song-a-Day Music Center in Coventry joins the international Make Music Day Celebration with a Talent Showcase on Friday, June 21, 2019. Make Music Day is a one-day event where free, live musical performances, opportunities to make music, and other musical events take place around the world on the longest day of the year. Musical festivities in Coventry and throughout Connecticut are part of a global celebration of music making in over 800 cities inspired by France's Fête de la Musique.

The Song-a-Day Music Center invites everyone from professional musicians to people who have never picked up an instrument to join in the global music celebration by attending the Talent Showcase it is hosting. The Talent Showcase will feature performances by students and instructors. Guest musicians are also welcome to perform. The event, free and open to the public will run from 4 P.M. to 8 P.M. at the Song-a-Day Music Center. Interested guest musicians are encouraged to contact the Song-a-Day Music Center to secure a time slot, although "walk-ins" are welcome, schedule permitting. A full sound system will be available as well as a keyboard. The event will be held rain or shine.

"To create, to make music is inside each one of us. We all should have the chance to express that creative part of ourselves whenever possible," says Ruth

O'Neil, owner and director of the Song-a-Day Music Center. "We are proud and excited to be part of Make Music Day. This day is a true gift to communities everywhere." Music has been shown to strengthen social connectivity, reduce stress, lower blood pressure, stimulate memory, and is integral to a well-rounded, enjoyable life. By participating in Make Music Day, the Song-a-Day Music Center encourages every form of music making.

National Association of Music Merchants (NAMM) members and partners from coast to coast, including the Song-a-Day Music Center, will open their doors, joining in their communities' celebrations of Make Music Day. June 21 is the perfect day to stop in to a local music store for some gear or to go out and play – whether it's for the first time or the thousandth.

For more information on the Talent Showcase and/or to participate contact the Song-a-Day Music at 860-742-6878, or inquiries@songadaymusic.com or the Song-a-Day Music Facebook Page. The Song-a-Day Music Center is located at 2809 Boston Turnpike (Route 44) in Coventry CT.

About Make Music Day: Held annually on June 21, Make Music Day is part of the international Fête de la Musique, taking place in 800 cities across 120 countries. The daylong, musical free-for-all celebrates music in all its forms, encouraging people to band together and play in free public concerts.

Submitted by Francesca Kefalas

Old Furnace State Park Hike: 9 a.m. to noon, June 1, Old Furnace State Park on S. Frontage Street, Danielson. Old Furnace State Park has excellent hiking through mix hardwood and conifer forests with well-marked blue and orange blazed trails. The highlight of the park is a beautiful eastward vista from the 200-foot high Half Hill Cliffs overlooking Furnace Pond (also known as Upper Ross Pond). Total hike is about 3 miles. Rain cancels and reservations required. Limited to 20 hikers. Please note this hike is moderate to difficult. Meeting Place: Old Furnace State Park entrance and parking lot. To register or for information call 860-774-3300 or email Bill@tlgv.org.

Mobility Challenged Walk/Talk: 11 a.m. to 1 p.m., June 1, intersection of Chewink Rd. & Lynch Rd. Chaplin, CT. Take a leisurely stroll or roll along the trail as we talk about the HETAP (High Efficiency Trail Assessment Process) equipment used to assess the trail and how mobility-challenged users can select trails to meet their individual needs. Wheelchairs and strollers welcome. No restroom facilities available. Registration is appreciated. For more information call 860-774-3300. Rain cancels.

Quinebaug River Paddle: 9 a.m. to noon, June 2, Douglas M. Cutler Canoe & Kayak Launch at 16 Kennedy Drive, Putnam, CT. The Quinebaug River provides scenic paddling through exceptional habitat.

This stretch of the river has some quick-water with flat-water sections as well. It is 5.5-miles downstream to the take-out location on Route 101 in Pomfret. Paddlers must have transportation from the take-out location. Registration is required and limited to 25 boats. Kayak or canoe and PFD required. Rain cancels. To register or for information call 860-774-3300 or email Bill@tlgv.org.

Summer Solstice Paddle: Paddle. 6:30 – 8 p.m., June 21, Mansfield Hollow State Park, Mansfield, CT. Boat Launch, 287 Bassetts Bridge Road. Registration required. No more than 20 boats. Kayak or canoe and PFD required. Rain cancels. To register or for information call 860-774-3300 or email Bill@tlgv.org.

TLGV Acorn Adventure - Off-Road on Two Wheels: 10 a.m. to noon, June 22, Goodwin State Park, 23 Potter Rd, Hampton, CT. Children will learn safety and riding tips to make trail riding fun and a way to enjoy nature while exploring on two wheels. Friendly QC NEMBA volunteers will introduce kids to mountain biking on cart roads and single-track trails or hop on the Air Line Trail for a gravel grind. Kids will be split into groups according to experience. Ages 8 and up are recommended but participation is up to the discretion of parents and the QC NEMBA volunteers. Helmets and bikes are required. Parents must attend (they can ride but are not required to). For information call 860-774-3300 or email Fran@tlgv.org.

Planning with an Uncertain Future

By James Zahansky, AWMA®



Now that tax season has come and gone, and you are able to see the flowers starting to bloom you might be beginning to think about the spring projects or annual cleaning for around the house. It is also a good time to prepare for events that may happen in the coming year. The market has been growing steadily, and still going strong 10 years after the Great Recession. Take the time now to think about how you will react if the market dips, or if there is a medical emergency so you are prepared to face it and avoid emotional investing.

Smart investing can overcome the power of emotion by focusing on relevant research, solid data and proven strategies. Here are seven principles that can help fight the urge to make emotional decisions in times of market turmoil.

1. Market declines are part of investing.

Stocks have risen steadily for nearly a decade. But history tells us that stock market declines are an inevitable part of investing. The good news is that corrections (defined as a 10% or more decline), bear markets (an extended 20% or more decline) and other challenging patches haven't lasted forever.

The Dow Jones Industrial Average has typically dipped at least 10% about once a year, and 20% or more about every 3.75 years, according to data from 1900 to 2017. While past results are not predictive of future results, each downturn has been followed by a recovery and a new market high.

2. Time in the market matters, not market timing.

No one can accurately predict short-term market moves, and investors who sit on the sidelines risk losing out on periods of meaningful price appreciation that follow market downturns.

Every Standard & Poor's 500 Index decline of 15% or more, from 1929 through 2017, has been followed by a recovery. The average return in the first year after each of these market declines was nearly 55%.

3. Emotional investing can be hazardous.

Daniel Kahneman won his Nobel Prize in 2002 for his work in behavioral economics, a field that investigates how individuals make financial decisions. A key finding of behavioral economists is that people often act irrationally when making such choices.

Emotional reactions to market events are perfectly normal. Investors should expect to feel nervous when markets decline. But it's the actions taken during such periods that can mean the difference between investment success and shortfall.

One way to encourage rational investment decision-making is to understand the fundamentals of behavioral economics. Understanding behaviors like anchoring, confirmation bias and availability bias may help investors identify potential mistakes before they make them.

4. Stick to the Plan

Creating and adhering to a thoughtfully constructed investment plan is another way to avoid making short-sighted investment decisions — particularly when markets move lower. The plan should take into account a number of factors, including risk tolerance and short- and long-term goals.

One way to avoid futile attempts to

time the market is with dollar cost averaging, where a fixed amount of money is invested at regular intervals, regardless of market ups and downs. This approach creates a strategy in which more shares are purchased at lower prices and fewer shares are purchased at higher prices. Over time investors pay less, on average, per share. Regular investing does not ensure a profit or protect against loss. Investors should consider their willingness to keep investing when share prices are declining.

5. Diversify

A diversified portfolio doesn't guarantee profits or provide assurances that investments won't decline in value, but it does lower risk. By spreading investments across a variety of asset classes, investors lower the probability of volatility in their portfolios. Overall returns won't reach the highest highs of any single investment — but they won't hit the lowest lows either.

For investors who want to avoid some of the stress of down markets, diversification can help lower volatility.

6. Fixed income can help bring balance.

Stocks are important building blocks of a diversified portfolio, but bonds can provide an essential counterbalance. That's because bonds typically have low correlation to the stock market, meaning that they have tended to zig when the stock market zags.

What's more, bonds with a low equity correlation can offer protection from losses even when the broader market is in turmoil. Funds providing this diversification can help create durable portfolios, and investors should seek bond funds with strong track records of positive returns through a variety of markets.

Though bonds may not be able to match stocks' growth potential, they have often shown resilience in past equity market declines. For example, in four recent equity market corrections, U.S. core bonds were flat or notched gains as the S&P 500 declined.

7. Think Long-Term

Is it reasonable to expect 30% returns every year? Of course not. And if stocks have moved lower in recent weeks, you shouldn't expect that to be the start of a long-term trend, either. Behavioral economics tells us recent events carry an outsized influence on our perceptions and decisions.

When stocks are falling, it's important to maintain a long-term perspective. Although stocks rise and fall in the short term, they've tended to reward investors over longer periods of time. Even including downturns, the S&P 500's mean return over all 10-year periods from 1937 to 2014 was 10.43%.

Invest Well

When downturns happen, it's important to remember to keep your long-term goals and plan in mind. Declines are a natural part of investing and sticking to the plan despite emotions can help to ultimately achieve your financial life goals. For more detailed informational pieces on markets and topics regarding your financial goals, visit www.whzwealth.com/resources to sign up for our newsletter.

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

Because Home is Where the Heart is...

Since 1992, Community Companion & Homemaking Services, a local, non-profit agency, has enabled thousands of elderly and disabled adults to continue living at home. When living independently becomes a challenge, we can help.



COMMUNITY
Companion & Homemaking Services

90 South Park Street
Willimantic, CT 06226
(860) 456-3626
www.communitychs.org

Community Companion & Homemaking Services is registered by the State of Connecticut Department of Consumer Protection. HCA0000144

Try Our Famous 16" or Half 8" Grinders

Roast Beef	Cold Cut	
Capicola	Italian	
Tuna	Genoa	
Ham	Chicken Salad	
Turkey	Salami	
		Vegetarian
		Pepperoni
		Liverwurst

We Now Have Salads & Wraps

G.M. Thompson & Son's, Inc.
54 Middle Turnpike, Mansfield Depot
"Call Your Order In" 860-429-9378
Deli hours: M-F 9:30a-2:30p; Sat 10:30a-1:30p
Store hours: M-F 8:00a-5:30p, Sat 8:00a-3:00p, Closed Sunday

Board Certified Ophthalmologists
Medical and Surgical Eye Care
Routine Eye Examinations * Premium Refractive Implants
Contact Lenses * Glasses * Designer Frames
(15% off Glasses with a Routine Eye Examination)

Optical Shop (860) 456-SPECS (7732)
NEW PATIENTS ALWAYS WELCOME
83 QUARRY STREET, WILLIMANTIC, CT 06226
(860) 423-1619

D & D Auto Repair

VOLKSWAGENS AND MORE

Foreign Domestic Light Pickup
Family Owned & Operated Since 1992

860-429-7471

1733 Storrs Road/ Rte 195, Storrs, CT

From Caprilands to Earth, Wind and Fire Farm

By C. Dennis Pierce

For those of you that have lived in the Quiet Corner for many years you might remember the name, Adelma Simmons. Adelma was known as, “The First Lady of Herbs”. She owned and operated Caprilands Herb Farm in Coventry, Connecticut. The Farm was a 50-acre parcel bought by the Grenier family around 1930. The large 18th-century farmhouse and outbuildings sat upon the grounds of a failed dairy farm. The land had been neglected and was of poor farming quality due to the large number of glacial boulders and wetlands. Adelma made her first attempt growing vegetables while running a goat farm on the property, finding that goats thrived on the rocky terrain; hence the name, Caprilands, capri being the Latin root for goat. It appears, goat farming was not very lucrative. Sometimes in the 1940s, after a devastating vegetable season resulting in the death of her crop, Adelma turned her attention toward growing herbs. Herbs, similar to weeds, thrived on the land. After several decades of determination and effort, Simmons herb farm flourished.

Upon my arrival in Connecticut I had visited the farm and attended one of Adelma’s lectures. Her gardens of herbs were well taken care of and on that spring-time, sunny, Sunday afternoon there were many visitors at the farm. I have always been intrigued about the edibles that grow in our backyard and herbs in general. Every summer I plant the standard kitchen garden stocked with plenty of basil, tarragon and mint. I began this column by introducing you to Adelma and the influence she had on many individuals that visited Caprilands. Award-winning celebrity chef, David Bouley used to bike to the Simmons farm from his childhood home in nearby Willimantic. Even after opening his famed restaurant, Bouley, in New York City, his staff and close friends make annual pilgrimages to the farm, making it possible for Bouley to teach his staff what Simmons taught him. David was not the only one influenced by Adelma. Lynn Murdock, a resident of Ashford, visited Caprilands around thirty-one years ago and it changed her life and her interest in herbs, their medicinal properties, and “weeds” which she calls the edible plants that grow all around us. I stumbled upon an ad at the Willimantic Co-op that was announcing an upcoming tour at Lynn’s farm, Earth Wind Fire Farm at 785 Westford Road in Ashford. Always intrigued by any information about foraging, I contacted Lynn and arranged for an interview.

Lynn, prior to living in Ashford had a farm with the same name in Northford Connecticut. Lynn moved to Ashford about five years ago and transplanted her love of herbs and “weeds” to the new location, keeping the farm’s same name, Earth Wind Fire farm. The farm is a small herb farm committed to growing herbs with care on healthy soil according to organic standards. All of Lynn’s products are hand crafted in small batches from the herbs she grows on the farm when possible. The farm is a member of the Northeast Organic Farmer’s Association (NOFA) and the Connecticut Herb Association (CHA). Lynn offers medicinal, cosmetic and culinary products along with weed walks, weed lunches, and herbal and whole food workshops. The farm provides Lynn with 19 acres of land with an herb barn recently built & medicinal herb gardens added for garden tours. The farm’s herb barn is now open to classes, workshops and talks, as well as an apothecary and a primitive herbal shop. She offers many medicinal, cosmetic & culinary products and welcome special requests. Some offerings are:

Herbal Cosmetics

Prairie Baby products that are gentle on a baby’s skin

Single dried herbs / Tea & Culinary Spice Blends

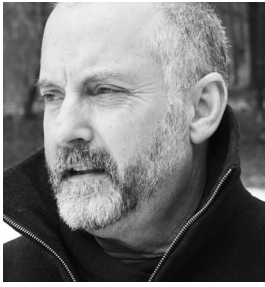
Spritzers / Bug Sprays / potpourri

Natural Herbal products for Women / pregnancy / menopause

Tinctures & Glycerites

Herbal oils / Salves / Liniments

As mentioned, Lynn also features “weed” walks where participants can learn about the edible weeds that surround us. The next walk is Saturday June 1st: 10:00-



12:30 Weed Walk/Lunch: Lynn will lead a walk foraging for edible weeds then create a delicious lunch/desert/beverage using these weeds. To register, please send a check for \$25- along with your name, phone number & email address before the class date to: Earth, Wind & Fire Farm LLC., 785 Westford Rd., Ashford, Ct. 06278. For questions call Lynn 860 382-5845 or email herbalady@sbcglobal.net if you are reading this column too close to that event. Lynn also has classes using herbal ingredients on natural house cleaning products and over the holidays how to make holiday baskets with natural products. The farm’s website can be located at <https://earthwindfirefarm.wordpress.com>

Ready to try something different and truly Connecticut grown? Try the following recipe using pine needles as a new woody flavor. Enhancing the delectable taste of apple crisp with pine needles creates a mild yet unique pine – apple flavor. Note all pines, spruces and firs have edible needles. However, yews which grow at higher altitudes or man-made parks are toxic. So please go on line to identify the needles that you are using.



Lynn Murdock’s herb barn and gardens. Contributed photo.

Pine Apple Crisp

(Makes 4 to 6 servings)

Pre heat oven to 375 degrees

Ingredients:

For the fruit layer-

8 small to medium sized apples, peeled and sliced. Toss with a little bit of lemon juice to stop browning.

1/3 cup of brown sugar

1 tsp. of cinnamon

For the crumble layer

1 cup of unbleached flour

1 cup of large rolled oats (Oatmeal – not instant)

1 cup of brown sugar

1/8th cup of ground, Eastern White Pine, pine needles.

Wash / dry and either chop up finely or put them in a coffee grinder.

½ cup of melted butter

DIRECTIONS:

Mix all fruit ingredients

Place on a lightly greased 11” x 8” glass baking dish.

Mix all the dry ingredients (to include pine needles) for the crumble

Add melted butter and stir thoroughly

Sprinkle crumble on top of fruit mixture and then pat down.

Bake for 20 to 25 minutes

Serve warm

Looking for an event that features Connecticut local grown? Try to attend: Logee’s, 6th annual, Summer Solstice on Saturday, June 15th from 10:00am to 4:00pm at 141 North Street in Danielson. This is a fund raiser for the Access Community Action Agency. There will be plenty of plants, local food vendors and live music. Also on Saturday, June 8th is the 2nd Annual, Veggiestock, a food and garden fest held at Lauter Park in Willimantic from 10:00am to 2:00pm.

I leave you with the following thought...” If you want to be happy for a lifetime, plant a garden. “If you have a suggestion for a farm or a local grower or even a recipe that could feature a local ingredient, please let me know. I will do my best to share your suggestions in a future column. Drop me a line at Codfish53@Yahoo.com. Peas be with you...

Shedding light on GMO’s

By Stacey Stearns

Do you know someone with diabetes? While most people may associate genetically modified organisms (GMOs) with food products, their use actually began in the medical field with insulin.

The Food and Drug Administration (FDA) approved GMO insulin for use in October of 1982 after rigorous testing, clinical trials, and review. Prior to that, diabetics used insulin obtained from the pancreas of cattle or swine. Supplies were dwindling, and there was fear that the insulin shortage would result in negative health ramifications for patients. The recombinant DNA technology used, that we now refer to as GMOs, provided a safe and effective alternative. In fact, GMO insulin is a closer match to human insulin, and patients who could not tolerate insulin from a cow or pig can utilize GMO insulin without negative side effects.

Despite the benefits of GMOs, 80% of respondents to the 2018 Food and Health Survey Report from the International Food Information Council Foundation are confused about food or doubt their choices because of conflicting information. The report found that context of GMOs influenced consumer judgment. The Pew Research Center found that 49% of Americans think genetically modified foods are worse for one’s health. In short, many people may fear or be suspicious of GMOs, but there is a history of important effects that most people would applaud. Insulin is such a case.

Scientists create GMOs by changing the genetic code of a living being in some way. Plant and animal genetics have been altered for thousands of years through breeding. New technology lets scientists select a specific trait, instead of changing the entire genetic makeup. The medical, agricultural, and environmental fields all have GMO products.

Accepting or rejecting GMOs is an individual decision. However, all decisions consumers make should be based on facts. An overwhelming majority of scientists believe that GMOs are safe, according to the National Academies of Science, Engineering and Medicine. Information from science-based sources can be hard to find in the flood of information available on the Internet.

With that in mind, experts in agriculture, health and natural resources at the University of Connecticut (UConn) have established a web site (<https://gmo.uconn.edu/>) providing science-based information to help consumers make their own decisions about GMOs.

A handful of food products have approved GMO versions sold in the United States. These include: apples, canola, corn, papaya, pineapple, potatoes, salmon, soybeans, squash, and sugar beets. Insect resistant and herbicide tolerant crops are the two most common features in GMO varieties.

Consumers benefit from GMOs. Although the benefits aren’t always noticeable when you’re browsing the grocery store, they include:

Improving food safety of products,

Lowering consumer food prices,

Protecting food supplies from insects,

Limiting food waste on the farm and in your fridge,

Reducing the carbon footprint needed for food production, and keeping the environment healthy.

Despite the benefits, negative perceptions about GMOs are wide-spread. Consumer knowledge and acceptance of GMOs has not matched the pace of adoption by the agricultural community. Consumers commonly reference changes to nutritional content, or the creation of allergens as concerns with GMOs, although there is no evidence of either.

I notice negative perceptions about GMOs in the supermarket, when foods are labeled as non-GMO even though it’s impossible for them to contain GMOs. Salt doesn’t have any genetics to modify, although you’ll find some salt labeled as non-GMO. Cat litter is another example of a product that can’t have GMOs, but is labeled non-GMO.

Companies place the non-GMO label on their product as a marketing tool, either feeding off the fear generated by misinformation, or the demands of their consumers. People without a clear understanding of GMOs spread misinformation on the Internet. Much of what is shared lacks science-based facts and the rigors of peer review. A common tactic is connecting scientists to biotechnology corporations. Ironically, many of the campaigners in the anti-GMO movement are paid to share these messages.

Consumers should form their own opinions about GMOs from the wealth of available science-based information and experts. Instead of accepting and spreading misinformation, shouldn’t we ask more questions, and turn to reliable sources instead?

Stacey Stearns is a Program Specialist with UConn Extension.

On Fear and Trust

By Delia Berlin



My grandmother used to tell me that “el miedo no es sonso” – more or less meaning that fear is not dumb. This was her way of encouraging me to trust my instincts: if I was afraid of something, it was best to avoid it, just in case, at least until I knew more about it.

My grandmother was no wimp. On the contrary, she was a strong and courageous woman well able to conquer her own fears. She helped me distinguish valor from fearlessness by explaining that everyone experiences fears, but brave people raise above them to do the right thing. There is no merit in acting bravely while fearless, since that’s easy when no real threats are perceived.

Fear is a physiological response that has survival value in nature. Prey animals, whose lives tend to end due to predation, can survive much longer if they evade capture by predators. Fear is paralyzing and, as a first step, it helps to avoid detection. When this first step fails, the adrenaline rush that accompanies fear improves the chance of escape by readying muscles for flight. Finally, if capture takes place, this physiological response optimizes aggressive potential and minimizes pain and bleeding, providing one more chance of avoiding demise in the fight.

Although we humans retain this primal response in our (mostly) civilized society, sometimes it’s not adaptive. Granted, if we are suddenly chased or attacked, this response may come in handy. But for this potential occasional benefit we spend a lot of time feeling fear for no good reason. For example, wouldn’t we be better off if we didn’t fear storms, but simply understood that seeking shelter during them is safe practice? One can argue that yes, as long as we understand a situation rationally and make the best decisions from experience and known facts, fear is a useless emotion.

But the fears I’ve mentioned so far are associated with somewhat risky situations. What about the fears that are unfounded or misplaced? What if, for instance, someone is more afraid of basements than tornados and refuses to seek safety during a twister? I think we would agree that this type of fear is not only useless, but “sonso” or dumb. Sadly, these fears are surprisingly common.

An example of this kind of irrational fear is offered by the antivax movement. In spite of all evidence to the contrary, this movement denies the safety and benefits of vaccines. Thanks to the popularity of this movement, measles cases in the US increased nine-fold in just three years. Few vaccines are as effective and safe as the measles vaccine, making these fears completely unjustified and counterproductive.

But parents have rights. Usually, they would choose whatever they think is the best and safest course of action for their children. Forcing parents to do something that in their minds may place their child at risk is (and should be) controversial. It’s tempting to allow parents to take their chances with their own children but, in this case, these chances also affect others’. In public situations, the rights of some are always intertwined with their responsibility towards others. Due to age or medical problems, some children cannot be immunized and depend on “herd immunity” to remain safe from contagion.

Another type of misplaced fear that often endangers people is xenophobia, or fear of strangers. While there is some basis for feeling comfortable with whatever is most familiar, environments are always changing and demanding adaptation. Without a constant infusion of newness, systems cannot survive for long. Without the influx of genetic diversity, knowledge, technology and skills brought in by migrants, societies would struggle to adapt to changing conditions. At the individual level, fear of the unfamiliar can keep people from traveling or seeking diverse acquaintances, stagnating their growth and limiting their perspective. Yet, uneasiness often accompanies exposure to new or different experiences and it isn’t always easy to process these feelings constructively.

There are innumerable examples of “dumb” fears, but I will mention one more because of its prevalence: fear of flying. The average American has one chance in 114 of dying in a car accident, versus one chance in 11 million of dying in a plane accident. But... you may argue, the average American drives a lot and may not even fly. That’s true and it complicates the risk comparison. So, suppose you needed to get to Florida and decided to drive instead of flying, out of fear. Your probability of death during travel would increase four-fold due to that choice.

There is also a counter side to misplaced fear. I will call this “blind trust” for lack of a better name, and I find it even more puzzling. It is the tendency of people

to ignore or dismiss great dangers in spite of undeniable evidence. The reasons for this blindness are more obscure. False comfort may take root on unproven assertions that get repeated unquestionably. Or, sometimes, special interests invest in replicating and expanding false beliefs.

An example of an “innocent” assertion would be the recent water-drinking fad. Since when has drinking the most water a person can stand become a healthy thing to do? I’m not sure, but while there is nothing good about dehydration, there is no evidence that drinking a lot of water is any better than paying attention to your own thirst and satisfying it in a timely manner.

Examples of not-so-innocent blind trust may be found in household chemicals, firearms and climate change. Household chemicals are mostly a polluting scam of incredible proportions. They are a huge industry contributing little more than toxicity and indoor pollution, even when properly used. Some, like pesticides, may also cause injury and death, when misused or accessed by young children. Anti-germ cleansing products, in particular, are disturbing our individual biomes and creating imbalances in the ecology of organisms that keep our skins and bodies healthy. We should be running the other way fast, but for the most part, the general thinking seems to be that if they sell something, it must be good. The truth is that nothing beats regular cleaning with soap and water, with some vinegar, if necessary.

Another common false belief promoted and perpetuated by special interests is the idea that a gun at home will keep us safe. Unfortunately, research has shown that home weapons are 22 times more likely to be used in unintentional accidental shootings, domestic assaults, homicides and suicides than in intentional self-defense. In addition, these gunshots disproportionately affect women and children. This is hardly a picture of enhanced safety.

In terms of climate change, our prolonged blindness is truly startling. How is it possible that we can fear so many things while ignoring the most terrifying environmental changes, taking place in front of our very eyes? Serious scientific literature first mentioned “the greenhouse effect” in the early days of industrialization – almost a century ago!

Without the persistent investment from the oil and coal industries to create a smokescreen of doubt and denial of the facts, climate change would have never been a “debate” but a serious problem to be addressed. Instead of burying our heads in the sand for decades, we could have spent a full century reducing the speed and magnitude of the problems, strengthening building codes, moving settlements to higher ground and investing in conservation and reliable, renewable energy. These efforts wouldn’t even have required anyone’s sacrifice. Just ingenuity, responsibility and the willingness to adapt to changing conditions.

By now, you may be paralyzed with fear, but that’s not recommended. Please be like my brave grandmother and raise above emotional paralysis to do something constructive. Plant a tree, eat less meat, walk more, conserve home energy... There is no time to spare. The beauty of it is that, if you open your eyes to the facts, your choices will move you in the right direction and may even accomplish more than you expect. And trust me, there is no good reason to fear that.

Plein Air Painting Festival

Submitted by Ruth O’Neil

To celebrate the town and the talented artists in the region, the Coventry Arts Guild is sponsoring a summer long Plein Air Painting Festival. Area artists are invited to paint in and around the town of Coventry and submit works for a juried show to be held in August. The festival began on April 13 as part of the spring Daffodil Daze in Coventry Village and will continue until the opening of the Plein Air exhibition on August 24.

The Plein Art movement of revolves around the concept of emerging from an enclosed studio and painting outside in natural light and in the open area. Artists are invited to set up their easels throughout the summer in the recently renovated historic Coventry Village and throughout the town to artistically records impressions of the landscape and historic scenic areas in the Town of Coventry. The festival will culminate on August 24 with a juried exhibition, awards and reception at the Mill Brook Place during the Coventry Village Arts on Main event.

This festival and exhibition is part of the larger Arts on Main event and the fourth annual summer arts event organized by the Guild. For a detailed prospectus on the Festival and information on participating or the Coventry Arts Guild contact the coventryartsguild.org/pleinair2019.html or by emailing info@coventryartsguild.org.

YOU’VE GOT ENOUGH ON YOUR PLATE.

Make catering easy with our all-new Signature Wrap Platters, Subway To Go!™ Meals, Cookie Platters and more.



Order online at Subway.com/Catering or call 1-877-360-CATER (2283)

Please allow 24 hours' notice for Giant Sub orders. Subway To Go!™ Meals require minimum order of 8.

SUBWAY
Catering

Franc MOTORS INC.
Since 1949

ROUTE 32
WILLINGTON

(860) 429-2614 • www.francmotorsinc.com

Franc Motors is a general automotive repair facility servicing cars, trucks, trailers and RV's. We offer medium & light, and heavy duty towing and recover. Road Service is available.

Open Monday-Friday
8:00am-6:00pm

Cooper TIRES

SNOWPLOW SALES AND SERVICE

Lettering & Graphics

Banners • Magnetics • Decals
Full Color Photo Signs, Carved, Electric & Neon
Signs for Real Estate, Trade Shows, Site Signs, Window Lettering
Cars • Vans • Trucks • Motorcycles • Boats

Signs Plus
OF WILLIMANTIC, LLC

Ph: 860.423.3048
Fax: 860.456.3003
700 Rear Main St.
Willimantic

Noah King, Realtor, ABR, SRS, SFR

Find Out What Your Home is Worth Today!

Contact me for a free, no obligation market analysis of your home.

The “King” in Real Estate

HST
Home Selling Team

Ashford native and resident for 30 years
noah@homesellingteam.com
860-933-3432 860-450-8134

Gray Squirrel Thoughts

By David Corsini

For some homeowners, gardeners, and people who feed birds, gray squirrels are a menace. As all three of the above, Delia and I have had our disputes with squirrels but, happily, both Delia and I like squirrels and willingly share our property with them. In my many years of experience with squirrels, I have identified several admirable qualities and mysteries surrounding these critters.

One of the benefits of squirrels is that they offer the opportunity for creative problem solving. While I do not mind that squirrels eat a lot of the bird feed I throw on the ground for sparrows and juncos in the winter, I do not enjoy watching squirrels eating shelled sunflower seed, costing more than a dollar a pound. So, over the years I try to have at least one bird feeder each winter that squirrels cannot reach. As it usually takes me three or four tries to make a feeder "squirrel proof", rather than getting upset with squirrels, I have come to respect and admire both their physical abilities and persistence. And when they outsmart me, I take up the challenge.

One year, when we lived in Windham Center, it took me several tries to hang a feeder from a tree, low enough for me to take down to refill and high enough, so the squirrels could not jump to it from the ground. There were several baffles involved. I smiled as early on I watched as squirrels tried to elude the baffles only to fall to the ground. Everything worked out fine until the snow piled up under the feeder to the extent that the squirrels could access it by jumping. A shovel took care of that problem.

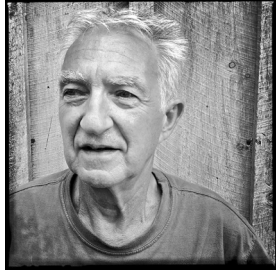
This past winter in Willimantic I set up two feeding stations in our yard on five-foot-tall pipes with baffles. One station had a tube feeder and the other one had an open platform feeder. Gradually, I had learned to place these feeders away from an ornamental pear tree, the roof of my office, and one of my assemblages. Even though I had lots of experience trying to outmaneuver gray squirrels, I still tend to underestimate how far gray squirrels can "fly".

Through the winter these two feeders worked well. Then one day in early spring, I looked out to find a squirrel on one of the feeders. It took several days of observation to find out how the squirrel had managed. A squirrel had figured out how to climb up one of the poles to just below the baffle and then jump to the other pole on top of the baffle. It took the squirrel five months to figure that out. I let the squirrel enjoy his success for ten days and then took down one of the feeders. Of course, I thought I had outsmarted the squirrel.

It was only about a week before I observed a squirrel again on this free standing feeder with a baffle. How could this happen? The feeder is about 15 feet from my office and one day as I looked out from my office, I discovered how it happened. There is a log on the ground, four and a half feet from the baffle. The squirrel leapt from the log, hit the top of the baffle with his front paws and trampoline up to the feeder. Simply amazing. I was so impressed by this feat that I am not going to move the feeder or log for a while. Perhaps in the future scientists will isolate the gene involved in squirrel persistence and make it available for human implantation. Delia thinks I should volunteer for the early trials.

One mystery about gray squirrels in our yard is how their population fluctuates. This May I am seeing only two or three squirrels at a time. Actually, I think that is about the "right" number. At times last year I have counted up to 13! When the numbers get that high, I tend to forget how cute they are.

I have read that squirrel populations vary with food availability. Last fall must have been a poor year for squirrel food and I remember that I saw lots of squirrels running across roads and many that didn't make it. Many squirrels must have migrated out of the area or got run over on the roads. It is probably too soon to raise an alarm. I have read that only 25% of squirrels survive to one year of



age with the survivors living up to six years. In captivity squirrels can live to 20 years.

As a boy in Massachusetts I wanted to have a squirrel as a pet. I liked to climb trees and one spring I spotted an accessible squirrel nest. I climbed up to the nest where I found several babies, but I was too late. One of the babies bit me and the others got out of the nest. As a teenager I never figured out how to capture a baby squirrel, but my desire for a pet squirrel persisted.

When I was a junior at Bowdoin College in Maine, I lived off campus in an attic room. One day when crossing the campus on my way to my room, I spotted a young squirrel at the base of a tree. I made a dash to it and caught it on the back side of the tree. The squirrel had known enough to move to the back side of the tree where



it could not see me but it had not learned that was not enough. I held it close to my body and it settled down. I let this squirrel have free reign in my room for over a month and it used to sleep with me.

When college ended in June, I took the squirrel home with me and after a day or two, released it in my yard. Several days later I was walking with one of my friends on a road about a mile from my house, when a squirrel came running to me from the side of the road and ran up my leg. How my pet squirrel recognized me as I walked along I do not know.

In May, when catbirds return, we begin to put out blueberries along the deck railing and in a little bowl. The blueberries are popular with catbirds, robins, cardinals and red-bellied woodpeckers. Squirrels also like blueberries and frequently get to them before the birds. Delia and I find it delightful to watch a squirrel sitting on its haunches munching on a blueberry.

Besides being cute and fun to watch, both individually and in interactions, squirrels also are important sentries in our yard. When we hear a squirrel making a rattling call and flicking its tail, we know there is a cat around. Cats are not welcome in our yard because of the wild birds, creatures in our goldfish pond, and our pet parrots, that are sometimes in cages on our deck. When we hear and see the squirrels displaying these warnings, we look for and chase the cat.

Sometimes I hear squirrels, which are lying on the limb of a tree, uttering a moaning noise. It makes me think of an animal in "heat". However, I believe female squirrels advertise fertility via pheromones so what the squirrel is moaning about remains a mystery to me.

Squirrels are also prey animals that support other wildlife. At our house in Windham Center, we observed a red fox running across our patio with a squirrel. And I know red-tailed hawks often eat squirrels. Although I don't know anyone around here who eats squirrel, there are people who do.

And dead squirrels also play a role in nature. Several weeks ago when I looked out at 5:30 AM, I saw a Turkey Vulture sitting about 30 feet up in a tree on the side of our yard. It was not a place where I had seen a vulture sitting before. Soon I saw other vultures circling around and within 15 minutes I counted 18 vultures sitting in the trees around our neighbor's house where my sister-in-law, Pat, lives. When I later mentioned the vultures to Pat, she told me she had observed a group of vultures in her front yard fighting over one dead squirrel. Why did the first vulture to detect the squirrel wait for the others to show up?

This raises another Willimantic mystery that has been entering my thoughts for some time. How can the Willimantic area support such large populations of Black and Turkey Vultures? I know some of the food sources of the vultures, but clearly "more research is needed!"

To all our contributors- Thank You!

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

Change

By Kevin Pratt Jr.

When you start something it doesn't always end the way you expect. Over the last couple months things have not necessarily gone the way I expected. Losing my job working for Walmart was not really unexpected, but something I didn't expect in the end. There had been rumors for years that I was going, that they were going to get rid of my position. Of course I didn't want to believe it. And I do believe there is such a thing as getting too comfortable with where you're at. However, these days, in this economy, I think you always have to keep your guard up. The last several weeks my emotions have been all over the place. I don't know whether to feel sad, happy or just angry. I guess I've experienced all of those emotions at some point or another the last several weeks.

When I realized in February that my job was not going to be that much longer I decided that I was going to start searching for a new job. I took all of my friends' suggestions on where to look and what to look for. Everyone suggested that I do work from home, considering it would be easier because I wouldn't have to worry about transportation. However, what people don't tell you is that getting jobs working from home are much more difficult and challenging to get. You have to be in the right place at the right time in order to achieve getting those jobs.

When a friend suggested that I work for a non-profit agency, I was hesitant. Starting a new job at almost 46 years old is not something I ever imagined. With much trepidation I applied for a position. I did not get the job I applied for, but was impressive enough to get a call back for another position. During the second interview I was told that I was going to work directly with the person in charge, which made me more excited. I was excited at the prospect of learning something different and maybe expanding my horizons. That is something I've always wanted to achieve, more than just a guy in a wheelchair.

It turns out however, when I started the new job a week later, everything had changed including my supervisor. I was originally told that I was going to work with the head person in charge and it turns out that wasn't the case at all. They had come to an agreement that I was going to work with someone else which was disappointing because I expected to be able to learn something. Almost a month into the job I learned that it's difficult being a secretary/assistant. I learned doing this job you have to keep your head down and keep moving forward. I have been doing this job for well over a month. There are some aspects of the job I like and some I can do without. At the end of the day I am very appreciative of the job. It just takes some getting used to. The point of this article is that each of us should be willing to accept new challenges and experiences no matter what our limitations. You may surprise yourself. I'm hoping eventually, that will happen for me.

Take Note! Concert

Submitted by Fran Jaffe

The acclaimed a cappella ensemble, Take Note!, is celebrating the completion of its sixteenth performance season by hosting its annual donor appreciation concert Sunday, June 9, at 3:00 p.m., at the First Church of Christ in Mansfield Center, 549 Storrs Road, (junction of Routes 89 and 195). The concert includes jazz, pop, classic and contemporary music as well as spirituals. Tax deductible donations towards Take Note! outreach will be accepted at the door.

Charitable organizations throughout the region have benefited from the group's benefit concerts. Take Note! never charges for performances. All donations collected at the concert go directly to the designated organization.

Take Note! is a 20-voice a cappella ensemble based in Mansfield, and is comprised of select, talented, local singers from diverse backgrounds who enjoy challenging, eclectic musical styles. Under the artistic direction of Linda Tracy, the group presents its annual June concert traditionally as a "thank you" celebration for its supporters and a fundraiser, to help Take Note! continue to offer benefit performances for other local nonprofits. The vocal ensemble's only sources of financial support are through donor contributions and distribution of its CDs, "Take Note!: Take Two" and "Music to Warm the Heart." The group's mission statement expresses its vision well: "Through performances in support of charitable endeavors, we are raising spirits, raising voices, raising hope." For more information, visit www.take-note.org, email take-note@earthlink.net, or call (860) 228-2390.

Willington Resident Seeks Prospective Kidney Donor

By David Vine and Margaret Colvin

We all know people who live their daily lives facing overwhelming challenges, yet refusing to be overwhelmed. Instead, they choose to meet the adversary head-on, with courage and dignity. My friend and neighbor, David Vine, is one such vital, passionate man, who has made a conscious choice to fight a debilitating kidney disease with determined optimism as he continues his two-year search for a kidney donor. I believe David will find that special person; 'Neighbors,' with its broad outreach to readers, could provide the key that unlocks the door for him. I'd like to share the following conversation that David and I had over a cup of tea. This will give readers a chance to meet my friend David and perhaps to understand what it would feel like to walk in his shoes.

M: David, tell me a little bit about you. What is your educational background? What are some of the jobs you've held over the years? And what are your interests today?

D: I was born in the U.S. but grew up abroad in a number of places, mostly Spain, as my and I followed my father's career. Spanish was spoken every day at home and outside of home. My father was also a reasonably fluent French speaker and knew a little German. So I also used those languages at home. As a child I traveled extensively throughout Europe and came into contact, obviously, with other European languages, history and art. So, you could say I am a "language person." My undergraduate degree was in Modern and Classical Languages.

M: Where did you go to school?

D: At The University of Connecticut. I studied Latin, Greek and Hebrew as well as ancient literature and history. I minored in archeology. So I ended up going with a Yale archeological team to Italy where I began learning Italian.

M: Having attended UConn, I guess you decided to stay in the area after finishing your degree?

D: I did. I also went on to do graduate work at UConn in Medieval Studies, with a focus medieval art, architecture and Latin literature. I hung around the, let's put it that way.

M: At some point—you mentioned this to me before—you started a translation business.

D: I did. When I was in graduate school as an older student, I wanted to make some money. I was working for a law firm in Hartford while in graduate school. The firm specialized in immigration and naturalization cases. We typically sent out foreign-language supporting documents to an agency in Hartford for translation. It started me thinking, "I'd rather be running a translation agency myself." At its peak, my agency had over 1,800 translators world-wide—they weren't all geographically confined to Connecticut. We worked in all languages—from Afrikaans to Zulu. It was a very exciting time in my life.

M: Fascinating. You told me of another abiding interest. The Tarot. I understand that for a while you had a Tarot column in 'Neighbors,' right?

D: Yes, 'Neighbors' readers might remember it. It was called "Tarot Now!" I took questions from readers, did short card readings and wrote them up as a column for the next issue. It was a lot of fun.

M: You're indeed a renaissance man. Besides your passion for languages and Tarot, what are some of the other things that make you happy?

D: I'm an outdoor person pretty much. I love to kayak, to bicycle, to hike. I love to travel, too. But for the past few years I haven't been well. I have a situation that's pretty serious, and it has come to limit me in a lot of ways. In 2017 I was hospitalized with dramatically swollen legs and astronomically high blood pressure. The ER team thought I might be having a stroke. In the course of attending to me, I was ultimately diagnosed with kidney disease. Since that diagnosis, I've learned a lot about kidneys! Many people don't know the number of things that kidneys are responsible for in terms of general health. Most people know they eliminate waste—in the form of urine—from metabolic processes. When the kidneys aren't functioning well, those toxins build up and cause complications. But kidneys also control blood pressure. In my case, severe hypertension limits the kind of activities I can do. I have to be careful to avoid the danger of a potentially fatal cardiovascular event. Kidneys also secrete a hormone that tells the bone

marrow to produce red blood cells. When they're failing, they no longer do that. As a consequence, I am severely anemic. At one point I was so anemic I could barely walk and breathe. Now, I give myself an injection every other week of a synthetic hormone that prompts the bone marrow to produce red blood cells. Finally, the high blood pressure has caused my retinas to hemorrhage. So I've been receiving laser treatments and injections in the eyes to try to stabilize them.

M: I imagine the disease is progressive.

D: Yes. Kidney disease is staged in five stages. I am in the end stage (Stage V). My kidney disease was caused by the combination of genetically inherited diabetes and an autoimmune disease. As a result of the latter condition, my bones overproduce an antigen that is attacking my own body, and its favorite target is the kidneys. So a person in my position, at some point, barring a transplant, will have to be on dialysis. Dialysis keeps you alive, but it doesn't restore all the functions of healthy kidneys, and all the other complications would remain.

Hence, I am currently in pursuit of a transplant. I'm registered in two different transplant centers in New England. But it's difficult. There are deceased kidney donors and living kidney donors. Deceased donor kidneys are few and far between. There are over 100,000 people in the US currently in need of transplants. In our New England region, the wait for a deceased-donor kidney is now from five to seven years.

Locating a living donor, though, is really difficult. When I first put out the call for living donors, a number of wonderful people stepped up and offered to be evaluated. Off the bat, 90% of them were disqualified for one reason or another. There are a whole constellation of factors—the minimum is having a compatible blood type—that must be met to be a viable living donor. Prospective donors are encouraged not take it upon themselves to rule themselves in or out, though. It would be up to the medical professionals make the final determination as to eligibility.

M: David, perhaps you can explain now what exactly is involved in seeking to become a donor.

D: Certainly. As I mentioned, there are a lot of factors: blood type, genetic match, personal medical history, and so on. Each transplant center has its own protocols about those particular factors. For every potential kidney recipient—me, in this case—there is a team of doctors, surgeons, nephrologists, social workers, pharmacists and other professionals who work together for the recipient. There is also a donor coordinator and another team of professionals who work with the potential donor. He or she would be the contact person for someone who wanted to pursue possible donation. A potential donor contacts me and I provide them the information for getting in touch with the donor coordinator at the transplant center. After having a telephone interview with the donor coordinator, who will educate them about the process, they're sent a bloodwork kit. They have their blood drawn and sent back to the transplant center to be tested for a blood-type match with me. That is only the first hurdle to clear. There are, as I mentioned, also genetic factors to be cross-matched with me and medical records to be submitted. If all of that is okay, the transplant center then schedules an appointment for the potential donor to come in for other tests.

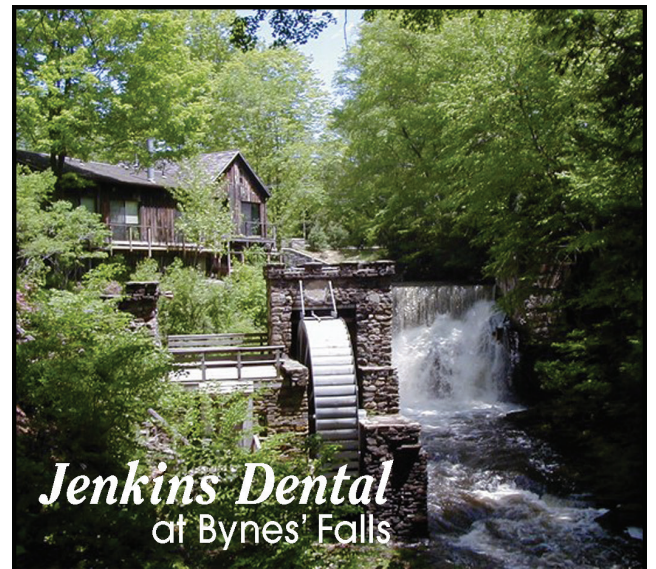
To conclude, I just want to point out that the process does take time, so someone who wants to be considered as a donor has to be fairly motivated. Finally, one thing a potential donor should know: the costs of the pre-donation testing, the actual ultimate surgery, if it happens, and all post-surgical treatment are covered 100% by the recipient's insurance. So, there are absolutely no costs whatsoever to the donor.

M: A very important factor for consideration and good to know, too. How could an interested individual contact you for donor-coordinator contact information?

D: Anyone interested can call me or text me at 860-874-1086. In the alternative, they might also email me at sweetwood@mac.com.

M: Thank you. I hope that our conversation will allow some people to think about becoming a prospective kidney donor. Those of us who know you personally are praying that a donor is on the horizon.

D: Thank you so much, Margaret.



Jenkins Dental at Bynes' Falls

Cosmetic and Family Dentistry
Gentle and Effective Treatments
Open Evenings • Whitening
Relaxing Gas • Sedation Dentistry
E4D Technology/Crowns in One Day

860-742-6665

2991A South St., Coventry, CT 06238

www.bynesfallsdentistry.com
email: info@jenkinsdentalpros.com

Eastern Eye Care

- Complete Eye Exams
- Contact Lenses
- Full Service Optical Shop



Dr. Jennifer Stroh
Optometrist
Advanced Training in
Diagnosis and Management
of Eye Diseases

www.easterneyecare.com

Office (860) 423-2111

Optical Shop (860) 456-8889

1120 Main Street, Willimantic



Gary Lawrence

LAWRENCE REAL ESTATE

"We Care"

860-429-7240

email gary@lawrencesells.com

Confidential Counseling Services Offered

- Buying a New Home
- Selling a Home
- Buying or Selling Land
- New Home Construction
- Land Development
- Market Values
- Financial Counseling
- Mortgage Payments Behind?
- Need help in deciding? What?
- Plan for Future! Move forward!

glawrencesells.com

126 Storrs Road, Mansfield Center, CT 06250

TERRY'S TRANSMISSIONS



WE KEEP YOUR REAR IN GEAR

Ashford, CT (860) 429-6571

WEB ADDRESS:

www.terrys-transmissions.com

EMAIL: terrys.trnsmsns@snet.net

860-429-6571 Phone

860-429-0246 Fax

Automatics / Standards / American / Foreign / Differentials / Transfer Cases

ROOFING

New Construction ~ Replacement ~ Repairs

860-933-4529

FREE SAME DAY ESTIMATES

DoyleBuildsCT@gmail.com

DOYLE ENTERPRISES, LLC

CT LICENSE # HIC.0624179

LICENSED AND INSURED



Climate and Biodiversity Emergencies and the Perverse Obsession with Abortion

By Phoebe C. Godfrey

“The Peacemaker taught us about the Seven Generations. He said, when you sit in council for the welfare of the people, you must not think of yourself or of your family, not even of your generation. He said, make your decisions on behalf of the seven generations coming, so that they may enjoy what you have today.”

Oren Lyons (Seneca)
Faithkeeper, Onondaga Nation

Earlier this month the UK based, yet internationally reputable Guardian news organization made the decision to change their language around climate change, global warming and other environmentally related terms. Their reasoning is that these terms are failing to convey the seriousness of the issues as put forth by the Intergovernmental Panel on Climate Change. Therefore, they are shifting to using terms like “climate disruption”, “climate chaos”, “climate crisis”, and “climate emergency”.

Earlier this month the UN released a new and more extensive report stating that over one million species are projected to go extinct due to human activity. Such an unprecedented decline in biodiversity is not only tragic in its own right but the implications for humans are that such a loss will erode “the foundations of our economies, livelihoods, food security, health and quality of life worldwide.” This report was put together by “150 authors from 50 nations,” who took, “three years to compile the report by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services — a panel with 132 member nations, including the United States”.

Earlier this month the Alabama legislature passed The Alabama Human Life Protection, the most restrictive ban on abortion that “makes performing abortions a felony unless a pregnancy seriously risks a woman’s health”. This law even applies if the woman is a victim of rape and / or incest. The goal is the end of *Roe v. Wade*, *Planned Parenthood v. Casey*, and nationally legalized abortion itself, all in the name of being “pro-life” and upholding “...the sanctity of unborn life and the rights of unborn children”.

A number of years ago when interviewing a nun of the Dominican Order who resides at Genesis Farm, an ecological center in New Jersey, I asked her what her views were on abortion. Her reaction was immediate, impassioned and even indignant. “Abortion?” she responded her voice pitching and almost breaking with emotion... “I don’t have time to think about that – we are killing ALL life on Earth!” Needless to say I recently remembered this amazing quote as it encapsulates the tragic irony of these times. The climate and biodiversity emergencies are ultimately a question as to whether or not we as a culture have the moral fiber to recognize “...the sanctity of ALL unborn life and the rights of ALL the unborn...” –human and non-human! And the even greater tragedy is that without all the non-human lives— made up of the six kingdoms Animalia, Plantae, Fungi, Protista, Archaea/Archaeobacteria, and Bacteria/Eubacteria—human life will not be possible and will go the way of the majority of species to have already existed on this planet and that is to also go *extinct*. Yet, you would not know this if you watched for example, ABC television, that in one week recently spent more time covering the British Royal family’s new member Archie “...than it spent in the whole of 2018 on the climate crisis”.

The world Archie and all children (and other beings) yet to be born will be inheriting; will be a far harsher, more compromised and more unequal place than the one we are experiencing today. In fact, every day the natural world becomes just that little bit more compromised, even as consequently more of us become a little bit wiser and bolder in terms of standing up and saying, “Yes to life, but not just human life!”. For as John Lanchester, British author of a climate dystopian novel says, “I think there is a moral obligation to be optimistic, because if we’re pessimistic we will despair, and if we despair, this will happen. If we despair we won’t act and we morally can’t let it happen.” Fortunately many around the world are acting. The activist group as Extinction Rebellion (an international non-violent civil disobedience group), The Wretched of the Earth, (a coalition of

indigenous and People of Color-lead climate justice groups), the International Youth Climate Strikes (youth walking out of schools in the name of climate justice), as well as the all impressive pro-choice activism that have been reignited by the Alabama ruling, each give me hope and help fulfill my moral obligation to be optimistic. For what is at stake is not just a woman’s right to choose how to navigate the experiences of her own body, but more saliently the question as to what kind of a world are we creating for her, for the child she may one day *choose* to have and for *all* life. As such I propose we progressives take back the terms “pro” and “life” from those who would use and abuse them for their own perverse patriarchal control, which consequently promotes nothing but the opposite. Instead, lets rephrase our stance as being “Pro ALL life on Earth for Seven (and more) Generations”. For if life is to be meaningful it must allow for individual choices, whether they are made by women in relation to their reproductive rights or made by all beings, as in having the choice to live, to exist freely, equally and abundantly on this still beautiful living planet.

Links to articles used:

<https://www.pbs.org/warrior/content/timeline/opendoor/roleOfChief.html>

<https://rebellion.earth/the-truth/>

<https://www.ipbes.net/global-assessment-experts>

<https://www.theguardian.com/books/2019/may/27/john-lanchester-author-of-dystopian-climate-crisis-novel-says-hes-deeply-optimistic>

<http://gal-dem.com/extinction-rebellion-risk-trampling-climate-justice-movement/>

https://www.washingtonpost.com/climate-environment/2019/05/06/one-million-species-face-extinction-un-panel-says-humans-will-suffer-result/?utm_term=.085c849f50b2

<https://www.al.com/news/2019/05/alabama-abortion-ban-passes-read-the-bill.html>

<https://www.theguardian.com/environment/2019/may/24/media-outlets-guardian-reconsider-language-climate>

<https://www.theguardian.com/world/2019/may/17/we-have-to-fight-alabamas-extreme-abortion-ban-sparks-wave-of-activism>

<https://www.youthclimatestrikeus.org/>



The Caterpillar Smiled as He Dined

Photo and text by Christine Acebo

I planted a vegetable garden last summer and it was a source of great pleasure and relaxation, a place where I could set aside other concerns for hours at a time. I particularly delighted in the fennel that I had grown from seeds. The lacy leaves formed clouds of green and their fresh scent flavored the air.

One day I found a couple of day-glo green caterpillars eating my fennel. When I looked them up I learned they were the caterpillars for Eastern Black Swallowtails, a particularly beautiful butterfly. I didn’t have the heart to remove them and in a few more days there were 11 of them. Every day they grew larger and fatter and they spaced themselves well, one or two per plant. The fennel plants became thinner and less lacy, stumpy ends remaining where the feathery leaves had been. I spent much of my time in the garden watching these green clowns and took lots of photos, fascinated by their slow but efficient foraging. I decided I could buy fennel at the farmer’s market.

One morning I visited the garden and found the caterpillars had disappeared ... all of them. I looked everywhere around the plants to see if I could find any chrysalides (now you know that that is one possible plural for chrysalis). Nothing. I looked again that evening, then the following day. I finally had to conclude that some other creature had had a feast. My garden was a little less interesting once I had no more caterpillars. Sometimes I forgot that I also had no more fennel.

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

Bluegrass Series Ending

By Myrna Riquier

A winter music series in northeastern CT sponsored by the Podunk Bluegrass Festival is drawing to a close. The program, arranged by Myrna Riquier of Natchaug Music, was designed to help deliver the bluegrass genre to new listeners who have not yet experienced this original American music.

This new experimental series was launched in three different areas of CT in late 2018 and will finish up on June 5.

The program was developed by the Podunk Bluegrass Festival to help acquaint people with the bluegrass genre. The 23 annual festival will be held August 8-11 at the Goshen Fairgrounds in Litchfield County and will feature thirty bands. More details at podunkbluegrass.com

In the Willington area The Packing House co-sponsored the project by presenting five concerts. Other co-sponsors were the Hungry Tiger Café in Manchester also presenting five concerts and in the Norwich area, the third co-sponsor was the Yantic River Inn where thirteen concerts were

made available.

To wrap up the successful season, the series will present a final concert at the Packing House on June 5 with an appearance by the prominent group BluesGrass 7:00-9:30 pm. Always a crowd pleaser BluesGrass has a reputation throughout Connecticut for



Mark White (left) and Jon Swift. Contributed photo.

excellence in delivering their unique music in a very entertaining format.

The Packing House can be found at the Eastern Connecticut Center for History, Art and Performance (EC-CHAP), 156 River Road in Willington.

For reservations contact Tom Buccino 860-791-9474 or info@ec-chap.org



Scott Rhoades in Tolland

Mansfield artist Scott Rhoades will have a one artist show during June at Arts of Tolland, located at 22 Tolland Green.

The public is invited to the opening reception on Saturday June 1st from 2-4 pm. Gallery hours will be on Wednesdays 2-5 and on Saturdays 10-2 pm.

For more info: artsoftolland73@gmail.com AOT at 860 871-7405

Email: scotterhoadesart@gmail.com
Website: scotterhoadesart.com

Neighbors-
a little paper
big on community

Puerto Rico: Time for Decolonization

By María de Lourdes Santiago,
Vice President, Puerto Rican Independence Party

In March, I traveled with a political delegation from Windham to Puerto Rico, where I met María de Lourdes Santiago, Vice President of the Puerto Rican Independence Party and former Senator of Puerto Rico. I was deeply moved by her argument for the independence of Puerto Rico, and asked her to write a piece for our readers to consider. The United States government has an investment in Puerto Rico as a tax haven for corporations and, so, the corporate media supports the status quo commonwealth. There is much talk of statehood for Puerto Rico among progressives, but the truth is that not long ago it was illegal to be independentista, to speak of independence, or even to display the Puerto Rican flag in one's home in Puerto Rico, and so over many decades the focus has changed to statehood even though now independence views are allowed. It is up to those of us who hear the call of the independentistas to stand up and together "chart a way to overcome colonialism in Puerto Rico."

Dagmar Noll

Puerto Rico has been a colony of the United States since 1898. During these 120 years the relation and the sovereignty of the US over Puerto Rico have remained intact, as well as the authority of Congress under the plenary powers conferred by the Constitution. Thus, in the 21st Century, Puerto Rico is still subjected to the application of all federal laws, which are administered by the federal executive and interpreted and applied by federal courts—although we have no effective representation in the federal government. In 2012, a plebiscite was held in which 54% of the voters rejected the status quo, but the electoral will of the Puerto Rican people was ignored by the United States.

This illegitimate subordination has reached its culmination through the tyrannical regime embodied in the Fiscal Control Board imposed by the Puerto Rico Oversight, Management, and Economic Stability Recovery Act (PROMESA). The Board (la Junta) consists of seven members appointed by the President. It has authority to unilaterally command the implementations of its recommendations, and the capacity to prevent the enforcement or execution of contracts, collective agreements, laws and regulations. Seven individuals imposed by the US government have veto power over the legislation passed by Puerto Rican elected officials. At this point, it is impossible to conceal or ignore the tyrannical nature of the USA regime over our nation.

The Board has adopted a Fiscal Plan that calls for a further reduction in the already decimated public sector; retirement incentives and reduction of health insurance benefits; pensions cuts for an impoverished aged population; closing of hundreds of schools; budget reduction for the much weakened public education system and the maiming of the labor rights that assist private sector employees, with cuts to sick leave and vacation pay; elimination of the Christmas bonus, as well as the adoption of employment-at-will policies. Tax incentives and other fiscal privileges for the rich remain untouched. The questionable restructuring agreements reached to this date for important portions of our unpayable public debt—\$72 billion—have already been denounced as deceptive, a “bad deal” that will surely lead to default. Yet the Board is in agreement with this scheme to guarantee the final fiscal catastrophe for Puerto Rico.

Even before the implementation of the Board's austerity measures, Puerto Rico held the highest rate of inequality of any US jurisdiction according to the GINI coefficient. It has been estimated that 45% of all Puerto Ricans live under the poverty level. The number is higher for children: 57% of Puerto Rican children live under the poverty level; that doubles the statistic for Mississippi, the poorest state in the United States. It is quite revealing, though, that even in these critical times, foreign—mainly American—companies still obtain annual gains around \$33,000 million.

Every day it becomes more evident that the evils of colonialism cannot be overcome with a higher dose of colonialism. Puerto Rico's bankruptcy and the Board's actions are symptoms of a deeper problem: colonialism creates an abnormal economic reality in which a poor country is forced to subsidize the economy of the richest country in the world. Due to American dominion over Puerto Rico, and the application of federal laws designed to protect American interests, we can't control the expansion of megastores that are displacing local business and annihilating any notion of Puerto Rican capital, because the interstate commerce clause of the US Constitution prohibits

it; we must submit to American protectionist measures, but cannot approve any of our own; being an island, and dependent on our trade with the US, we are forced to use the American merchant marine, which is the most expensive in the planet, even when it increases 15%-20% the costs of the products that we consume; and in the era of globalized economy, free trade is a forbidden concept for us, since we must abide, in our relations with other countries, to whatever is convenient to the United States

The impossibility of economic development under the current colonial status begs the question as to what should happen next.

The colonial system is ripe for disruption; but for any effort by us to be fruitful, the United States must be willing to comply with its moral, legal and political obligations towards Puerto Rico by initiating a transparent process that allows us to vote for the viable alternatives for the future of our relation with the United States. That process must begin with the acknowledgment that ours is not a civil rights problem: we are not a minority demanding equality. We are a Caribbean and Latin American nation that is being denied its right to self-determination.

There is a consensus that the current status is untenable. The upgrade of the colonial status through the conferral of more autonomy—“the enhanced commonwealth” has been clearly dismissed, both by the executive and the judicial power.

As for statehood, even though it may dispose of the juridical issue of lack of representation, it is in no way convenient either to the US or Puerto Rico. For starters, annexation is promoted as the promise of a cornucopia of federal funds for the poor—that is, the perpetuation of poverty and dependence. Furthermore, the United States must bear in mind that our identity is not negotiable. We are not Americans, we don't want to be Americans and we will never be Americans.

Then there is Independence, the natural destiny of all peoples, and the only possible route to economic recovery. But having been stigmatized so adamantly, in order to be supported by a majority of the people (as it once was) a viable economic transition must be offered (including reparations for more than a century of colonialism) along with other propositions, like free transit and a Treaty of Friendship and Cooperation, as negotiated by the Puerto Rican Independence Party and congressional leaders between 1989 and 1991.

Thus, Congress must accept that statehood is not a viable or desirable option, and make way for a process to lead Puerto Rico to one of two forms of sovereignty: full independence or free association.

We take hope in the many struggles of the American people: the brave women who fought for their right to vote; the heroic struggle against segregation and racism, and so many other battles in which men and women of good will are engaged today—and also from the evidence-based belief that things can change. In 1774, George Washington wrote, regarding his views about independence from the British Empire: “I am well satisfied that no such thing is desired by any thinking man in all North America”. We, Puerto Rican independentistas, take pride in a long and illustrious line of patriots, who have devoted their lives to the principle that we should rule in our land. So, we invite the American people to join us in demanding your government to chart a way to overcome colonialism in Puerto Rico, to put an end to that crime against humanity. We are confident that we can establish a relation that is dignified for both our countries, based in the equality of our peoples and the respect of our nationalities.

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

Local Gardeners-

We want to write about YOU!

Let others be inspired by how you practice home fruit and vegetable production.
Please contact us: 860-933-3376
neighborspaper@yahoo.com

HOLIDAY SPIRITS

Liquor • Beer • Wine • Lotto

HOLIDAY MALL

1733 Storrs Road
Storrs, CT 06268

860-429-7786

Visit us on Facebook

CAD Marshall Framing

Creative Custom Picture Framing

Gift Certificates make a great gift for the
Grad  or Happy Couple 

WORLD'S
GREATEST

DAD!!

Let's not forget Dad!! Pictures from his hunting or fishing trip or great family photos will bring a smile to his face.

Take 30% readymade frames

860-617-5422 or 860-942-8589

34 North St. Wmtc., CT 06226

Hours: Tue-Fri 10-5:00 & Sat 10-4

www.facebook.com/Cadmarshallframing

Introducing the HSTimate

Local data and experience is our algorithm

Go to: Homesellingteam.com and click on
“What is a HSTimate?”

HST

Home Selling Team

452 Storrs Road, Mansfield 860-456-SOLD (7653)

info@homesellingteam.com

homesellingteam.com

SENIOR HOUSING

NOW TAKING APPLICATIONS

Willington Woods

25 Senior Way – Willington, CT 06279

Applicants must be 62 or older and not to have income greater than income limits annually established by HUD

CURRENT INCOME LIMITS: One Person: \$33,900
Two Person: \$38,750

For more information call 860-429-8777
and for more information and application process visit us at
www.willingtonwoods.org



SUBSIDIZED HOUSING

The Neighbors paper
A little paper
Big on community



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

Performing Arts



June Performances & Upcoming Special Programs!

By EC-CHAP

As our 2018-2019 Performance Season comes to an end this month, we would like to express our sincere thanks to all those who have attended our programs and events. Without your continued support, we would not be able to continue to provide high quality talent and programming to our surrounding region. Thank you!

June concludes with a number of Special Programs which include comedy, song, drama, and reflection! Carla Ulbrich, comedic singer/songwriter and coined as the "Professional Smart Aleck" opens the month on June 1st delivering a laugh-a-minute performance as part of EC-CHAP's Comedy Series. Carla's return to The Packing House will have you in stitches the whole evening!

EC-CHAP is proud to host two Special Community Events featuring students from our own Hall Memorial School. The HMS "Select Chorus" will perform a summer concert Sunday afternoon, June 2nd; and students in grades 5-8 will present "Drama Night", Monday evening, June 3rd. Both events under the direction of Mr. Jason Phillips.

EC-CHAP is also pleased to present "An Evening with Spiritual Medium Maura Geist", Friday, June 7th. This represents Maura's fifth program at The Packing House as she continues to respectfully address questions from attending audiences. Maura will also offer her "Intuitive You" Level-1 Workshop Saturday morning, June 8th, from 10:00am-12:00pm.

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) – June 4th Featured Readers Darcie Denigan & Kate Colby; "Bluegrass Project" (1st Wednesday) – June 5th Featured Artist "BluesGrass"; "Talent Showcase" (2nd Wednesday) – June 12th; and "Social Dance with Kelly Madenjian" (2nd Thursday) – June 13th. We encourage you to visit our website for additional info, artist bios, soundbites, videos, and additions: www.thepackinghouse.us/upcoming!

Wishing you all a safe and enjoyable summer!
EC-CHAP Board

EC-CHAP COMEDY SERIES

Carla Ulbrich, "Professional Smart Aleck". Saturday, June 1, 7:30pm.

CARLA ULBRICH is a comical singer-songwriter from Clemson, South Carolina, currently living in New Jersey (in the lovely town of Exit 10).

Her songs address topics such as wedgies, Waffle House, Klingons, and how rich she would be if she had the copyright on the 'F' Word. She cites her biggest musical influences as Sesame Street, camp songs, and cat food commercials.

Frequently heard on Dr. Demento, Pandora and SiriusXM's Laugh USA Channel, Carla has played all over the US: The Kerrville, Florida, and Falcon Ridge Festivals, Avalon Nude Folk Festival, Club Med, Eddie's Attic, Bluebird Café, MENSA, NY Funny Songs Festival. Most

impressively, she has opened for Twiggy the Water Skiing Squirrel and was an extra in the movie "Sharknado 2." "Totally Average Woman" is Carla's 6th CD.

Carla has been performing since the late 90s, playing in venues small and smaller, from the Clothing Optional Folk Festival to the Bluebird Cafe. She has appeared as a musical guest on the TV shows "The Revolution" (canceled) and "Up All Night with Rhonda" (canceled). Walk, don't run, and look both ways before crossing, then go hear Carla before the venue she is playing in closes up shop.



"Perhaps the northeast's funniest interpreter of human foibles has given us another gift. "Aunt Flow Rag" rendered me helpless with laughter... May this review be an unofficial declaration of Carla's status as way above average?" - Richard Cuccaro, Acoustic Live!

Please join us for this hilarious and talented musical comic from "New Joysey"! Tickets \$15.00 Advance / \$20.00 Door.

EC-CHAP SPECIAL PROGRAMS

Hall Memorial School "Select Chorus" Summer Concert. Sunday afternoon, June 2, 2:00pm.

Please join us for this 2019 culminating performance by these talented students. Choral Director, Mr. Jason Phillips. Admission free.



Hall Memorial School "Drama Night". Monday, June 3, 6:30pm.

Experience a variety of short theatrical performances that comprise the HMS "Drama Night"! Drama Coach, Mr. Jason Phillips. Admission free.

"An Evening with Spiritual Medium Maura Geist". Friday, June 7th, 7:30pm.

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

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

Life is a beautiful thing, it is our journey of learning, but it is even more interesting through the Eyes of a Medium. This is my journey and all the things I have learned about God, our Souls, and the Afterlife. - Maura Geist. Tickets \$20.00 Advance / \$25.00 Door.

"Intuitive You" ~ Workshop with Maura Geist. Saturday, June 8th, 10:00am-12:00pm.

We are all born with Intuition and we may not always know how to use it. In this workshop Maura Geist, Certified Psychic Medium will teach you how to develop, control, and deepen your intuition and apply it to your day to day life. Maura will explain the intricacies of the Souls



function and through exercises you will gain peace, awareness and understanding as you get to know the Intuitive You.

Join Maura for this two-hour workshop and begin your Saturday with a heightened awareness and new understandings. Workshop fee: \$10.00. Register at our online store (<https://squareup.com/store/ec-chap>) - scroll down to "Events".

EC-CHAP FILM SERIES

"Don't Worry, He Won't Get Far on Foot" (R). Friday, June 14th, 7:30pm



"Don't Worry, He Won't Get Far on Foot" is a 2018 American comedy-drama film based upon the memoir of the same name by John Callahan. The film was directed by Gus Van Sant, two-time Oscar (R) nominee, and features Joaquin Phoenix, Jonah Hill, Rooney Mara, and Jack Black.

The film's main character, John Callahan, has a lust for life, a talent for off-color jokes, and a drinking problem. When an all-night bender ends in a catastrophic car accident, the last thing he intends to do is give up drinking. But when he reluctantly enters treatment -with encouragement from his girlfriend (Rooney Mara) and a charismatic sponsor (Jonah Hill) -Callahan discovers a gift for drawing edgy, irreverent newspaper cartoons that develop an international following and grant him a new lease on life.

Based on a true story, this poignant, insightful and often funny drama about the healing power of art is adapted from Callahan's autobiography. - Rotten Tomatoes

"This unwieldy but consistently enjoyable portrait of paraplegic local hero John Callahan is notable for its generosity of spirit and gentleness" - David Rooney, The Hollywood Reporter

"life-affirming sweet-and-sour concoction" - Peter Debruge, Variety

Join us for another melancholy art-based film!
Suggested donation \$5.00.

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).

Art and Garden Tour of Northeastern CT

Submitted by Suzy Staubach

Saturday and Sunday, June 8 and 9, 10 am to 5 pm
In conjunction with Connecticut Open House Day and The Last Green Valley.

Twelve area artists will share their art work in seven private gardens during the Art and Garden Tour of Northeastern Connecticut, June 9 and 10. The gardens range from exuberant cottagey gardens to quiet meditation gardens to extensive vegetable gardens. Art includes paintings, jewelry, ornaments, sculpture, woodworking and ceramics.

The tour is small enough geographically to enjoy in a day yet the gardens and art offer a rich experience. All artists will be on site.

For more information and a map: www.artgardentct.com

Facebook: [ArtandGardenTourofNortheasternCT](https://www.facebook.com/ArtandGardenTourofNortheasternCT)

Participating Artists and Gardens:

ASHFORD

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

Dorothy Drobney: showing at Ashford House gardens. Digital Fine Art Photography. 10 Mansfield Road, 860-933-3653, www.ddrobneyphotography.com

Suzy Staubach: Willow Tree Pottery, Informal country gardens with a working pottery. Hand-made bowls, platters, garden bells, and more. 24 Bebbington Road, 860-287-8056, www.willowtreepottery.us, Facebook Suzy Staubach Willow Tree Pottery



Barbara Katz: showing at Willow Tree Pottery.

Award winning ceramic sculpture and pottery - spirit houses, cat and kitten mummies, large vessels, mouse mugs and more. 24 Bebbington Road, 860-230-6410, www.barbarakatz.net



Gretchen Geromin and Lauren Merlo: Art at Thistle Run, showing at Willow Tree Pottery. Handmade boards and signs with woodburned art. Beautiful functional pieces for the home. 24 Bebbington Road, 860-377-3333



CHAPLIN

Jane Collins, Large organic garden. Vegetables and flowers. Oil and watercolor painting. 109 Bujak Road, 860-455-6251, www.janecollinart.com

STORRS/MANSFIELD

Elizabeth Clark: Wild natured, lightly tamed garden. Jewelry. Leather. Wood. Metal. 870 Stafford Road. 201-933-2000.

Leanne Peters: Art and a Little Magic. Showing at Elizabeth Clark's garden. Oil and digital paintings, prints and more. 870 Stafford Road. 860-933-2000, www.artandalittlemagic.com

Shauna Shane: Creative and exuberant garden experience. Koi pond. Painting, Garden Art, Sculpture. 287 Gurleyville Road, 860-429-3646, www.shaunashane.com.

WILLINGTON

Nancy Bunnell: Meditation trail, stream and fishpond. Painting, prints and jewelry. 12 Red Oak Hill, 860-377-7817, www.ncbunnellstudio.com

Mary Noonan: Showing at Nancy Bunnell's garden. Oil and Encaustic painting. 12 Red Oak Hill, 860-429-5222

Midge Makuch, Spring flowers and greens. Beading, jewelry, home goods. 34 Old Farms Road, 860-933-2291, Facebook: TBG Accessories

Muscle tension, Stress, and Chronic Pain

Therapeutic Yoga Classes

Six Week Series starting 6/13/19
6:00pm-7:30pm

Contact 860-792-1892 or email at yogabliss17@gmail.com for details

Read issues of Neighbors from January 2015 to present in COLOR

via a link on our website: neighborspaper.com

You will also find advertising and circulation information.

To all our contributors- Thank You!

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

Ashford Senior Center Presents:

**Bingo Every Wednesday Evening
Open to the Public!
Doors Open at 4pm, Bingo at 6pm
Ashford Senior Center
25 Tremko Lane, Ashford**

advertise in
the neighbors paper
locally written
locally wread

TRANSFER YOUR VIDEOS TO DVD
Update your audio to CD, and photos and video
COME AND SEE US!

THE GALLERY RECORDING STUDIO
ALL WORK DONE ON PREMISES
860-528-9009
GALLERYAUDIOVIDEO.COM
Please visit us at our new address - effective May 5th
8 Meadow Trail, Coventry
One block off South Street Behind the convenience store (cow painted on front)

mansfield ob gyn
Hebron • Mansfield

Roa Alammari, MD, FACOG
Robert Gildersleeve, MD, FACOG
Lesley Gumbs, MD, FACOG
Veronica Helgans, MD, FACOG
Yvette Martas, MD, FACOG
Devon Root, CNM, W.H.N.P.-B.C.
Stephanie Welsh, CNM

Lifelong Women's Healthcare
Adolescence • Pregnancy • Menopause

A member of **Women's Health Connecticut**
860-450-7227 (phone) 860-450-7231 (fax) Find us on Facebook www.mansfieldobgyn.com

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

Discover your goals.

Discover how our unique and strategic **Plan well, Invest well, Live well™** process helps you realize your financial life goals.

Visit our interactive website: www.whzwealth.com

WEISS, HALE & ZAHANSKY
STRATEGIC WEALTH ADVISORS

We offer custom managed investment programs best suited for portfolios over \$500,000. Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser.

Our knowledgeable team has a trusted reputation for partnering with our clients every step of the way.

697 Pomfret Street, Pomfret Center, CT 06259 | 860.928.2341 | info@whzwealth.com

People Matter! On Infinite Creativity and Immeasurable Power

By Grace Preli



Dear Reader, as you start to read this article, I invite you to take a moment to pause and meditate. Take a few seconds to center yourself within yourself, take a breath and feel who you are, feel the love that you are. Think of someone you love very much; someone who means a lot to you or someone who you are thankful for. Picture this person and hold them in your heart. Take a moment to bring forth as much of them as you can. Picture their face, their laugh or a memory with them, whatever it takes to make them really vivid in your mind's eye. Now say to them, out loud or channeled with your mind through your heart: "Thank you, I love you, we are one." Take a breath and still picturing them, say: "I wish you a life of peace and ease. Please forgive me, I forgive you, we are one." Take a couple more seconds to stay in this space and then call yourself back to your center. Now think of someone who you feel neutral about. They're someone in your life, maybe an acquaintance or someone who is at the fringes of your social circle. Again take a moment to bring forth as much of them as you can and again say: "Thank you, I love you, we are one." And after another moment: "I wish you a life of peace and ease. Please forgive me, I forgive you, we are one." Take a few breaths and now finally think of someone who really ticks you off. Maybe it's someone you don't get along well with, someone in society or in the world who you dislike or someone who you encountered in your day who really just rubbed you the wrong way. You know what I'm going to ask you to do: take a deep breath and picture them as fully as you can, hold all of them in your heart and say to them: "Thank you, I love you, we are one." And after a few more breaths or so, still holding them in your heart and your mind's eye, say as clearly and as calmly as you can: "I wish you a life of peace and ease. Please forgive me, I forgive you, we are one." Take a couple more deep breaths...now we are ready to begin!

We humans are in this life together. Human beings literally make this world go round. I challenge you to think of a single event, product, or memory that was not influenced or shaped by a human. Human beings create and make and bring forth every single thing on this planet and all of us as individuals rely fully on every single other individual human being on this planet.

This might seem so basic, but the thing is, we need to return to basics. We are collectively forgetting the basics. We are forgetting what this world is about, what we are here for, why and how we as individual humans need every other brother and sister human on this planet. Think for a moment, really meditate on this: every single thing you eat was grown, planted, harvested or prepared by a human. Every product you wear or use or see or desire was dreamed up by, was created by, was brought forth and produced by another human being. Look around you, your

kitchen, your living room, wherever you are and rest your eyes on something. A human being created that! Every single idea, concept, thought, theory, piece of knowledge or bit of wisdom came into being through the mind of a human being. Every song, book, movie, piece of art or part of culture was dreamed up and birthed by a human being.

Really sit for a moment and feel into this. Feel into the collective. There is immeasurable, infinite power in our collective. There is immeasurable, infinite power in our collective power of creation. Does this move you? How can it not! You and I and all humans, past, present and future are here changing the world every second of the day. Some humans bring forth ideas or products or concepts that we think are game changing; and they are. Their names fill our history and science books, we learn about them in school when we learn about their inventions and their contributions, but the thing is is every single human being is capable of turning nothing into something. Every single person has the infinite ability to make the unknown, known, the intangible, tangible, the unreal, real. Humans make gravity out of thin air and bread out of wheat. Is this not incredible? You yourself reader are creating each and every day. Maybe your inventions, your creations, your ideas are spread far and wide, maybe they have a local impact or maybe your creations, your thoughts and ideas are kept only to yourself. In any case, what you bring forth, what you create each and everyday is immeasurably important.

The creative potential of each of us is astounding, our ability and proclivity to be creative in everything and anything we do is a basic part of life that we need to re-remember and re-acknowledge. Just living your life is a creation. The thoughts you think, the ideas you have, the lunch you prepare, the welding job you do on your car, all of this is creation. I say: honor it. Return to the basics of who you are, a being destined to create, a being destined to share, a being destined to have an effect on each and every person on this planet whether you know, believe or acknowledge this power.

So, what is it that you would like to create? You are already creating, each and every day, so what is the essence instilled in that which you are creating? Is what you create kind and loving and helpful and in-tune with that which you and the world needs? You have this infinite, immeasurable power, available to you every second of every single day. What are you doing with it? Do you see the power in what you are creating each and every day? Do you honor your position, your job, your role in your life, in your family, in your society? Do you see that getting up each morning, whether you head off to a job you dislike or one you love is an opportunity of infinite change and creation? Do you acknowledge the power and reach your most basic moments, thoughts and decisions contain? In honoring your power of creation, in honoring each and every moment as an opportunity to affect change, you will begin to align with what it is you are most meant to create. By honoring the power, you begin to know what to do with

that power. You don't know until you know, and once you know, you know.

Human beings create all day, every day just by being. By simply existing, by going about our day to day lives, whatever that might look like, whatever that might include, we create and change. It's important that we as individuals honor this power within ourselves and also give thanks to each and every human being around us who holds within them the same power. When you look around you, at the people you interact with throughout the day, do you feel that we are all one? Do you feel that we are all in this together? That we are all worthy of love and appreciation, that our gifts and talents that we have and share, simply by being ourselves and existing are worthy of sharing and worthy of being honored? Sometimes my eyes alight upon someone, while stuck in traffic, or out my window or across the crowded grocery store and I remember. I remember who I am and who they are and I know that we are one. I am most often reminded of who I am by random strangers. I don't have to know their name or what they do or what their story is for them to create a change within me. I don't have to know anything about them, to know that they are a human being with immeasurable and infinite creative power and that they, simply by being, by existing, by sharing that space or that glance or that moment of time with me has changed me forever.

We would do well to continually make it a mission of ours to praise the people in our life, whether out loud or internally. We would do well to give thanks for and to the people we encounter each and every day. The people who we share space or time or nothing more than a quick glance in traffic with. People matter. Do you remember that in your day to day life? Do you stop and give thanks to the people you see and share this planet with? Do you realize that each and every human being, yourself included is constantly affecting change in every moment of every single day? You don't have to do anything special, you have to be. Be what? You. Be who? The human being that you are. Recognize within yourself your capacity for creativity. Recognize within yourself the power you have in every moment of the day to affect change. See this in yourself and see it in every single human being you encounter. See it in every product you use, every bite of food you take, every song you hear or idea you read about. Honor the infinite creativity of the collective that you are a part of. Remember who you are and remember the power that you hold. My dear reader; thank you, I love you, we are one. My fellow human being; I wish you a life of peace and ease. Please forgive me, I forgive you, we are one.

Ed. note: Writer mini 'Autobio.': Grace Preli is a creative and spunky 24 year old. She is, among other things, a painter, a writer, a creator and a healer. She is inspired daily by people and their individual and collective journeys. For her, each day is a chance to grow, change, love, respect and create with herself and our world, a beautiful, kind and gentle place.

Programs at the Connecticut Audubon Center in Pomfret

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

Birds of Connecticut Photography Exhibit
May 17 through end of July at the Center,
218 Day Rd in Pomfret
Birding and nature enthusiasts will display
their finest bird photographs. Free admis-
sion.

Wednesday Noon Walks
June 5 through 26 at noon. 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.

Bird Walk/Breeding Bird Surveys
Friday, June 7 at 7 a.m.

Wednesday, June 19 at 7 a.m.
We will observe as many nesting bird
species as possible in two hours. Data we
collect will go into the new Bird Atlas for
the state. Meet at the Center, 218 Day Rd
in Pomfret. Fee: \$5 CAS members; \$10
non-members.

Whip-poor-will Walks
Saturday, June 15 at 8:45 p.m. on the Rob-
bins Preserve
Saturday, June 22 at 8:45 p.m. on the Bull
Hill Forest Preserve
Andy will look for calling/nesting whip-
poor-wills. He'll also attempt to call in
Owls. Meet at the Center, 218 Day Rd in
Pomfret and carpool from there. Bring a
small flashlight or headlamp. Please register
at 860-928-4948. Fee: \$10 CAS members;
\$20 non-members.

Bull Hill Bird Watch/Hike
Wednesday, June 26 at 8 a.m.
Come with us to explore this Wyndham
Land Trust preserve in Thompson. We'll
look for birds and hike out to the fabulous
scenic vista. Meet at the Center, 218 Day Rd
in Pomfret and carpool from there. Fee: \$5
CAS members; \$10 non-members.

Citizen Science Volunteer Training/Monitor-
ing Hikes
Monitoring Hike: Saturday, June 1 from 9
a.m. - 3 p.m. in Bethany
Training/Monitoring Hike: Saturday, June
29 from 9 a.m. - 3 p.m. in Willington
Our trained volunteers monitor various sites
in CT on the lookout for track and sign of

fisher, river otter, mink, moose, black bear,
and bobcat. Begin or continue training to
become a wildlife monitor by attending
training hikes that suit your schedule.
Registration is required. Training fee per
hike: \$50 CAS members/\$60 non-members.
Contact 860-928-4948 or paulacoughlin@charter.net.

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

Edwin Way Teale's Birthday & Meet the
Caretakers
Sunday, June 2 from 1 - 4 p.m.
Celebrate Edwin Way Teale's 120th birthday
and meet the new Trail Wood Caretakers
Paul & Laura Tedeschi. Learn about the
Teale legacy and share some birthday cake.
Meet at the Teale house, 93 Kenyon Rd in
Hampton. Donations appreciated.

Father's Day Family Treasure Hunt
Sunday, June 14 from 1 - 4 p.m.
Tell Dad to take a hike! Find hidden stamp
boxes featuring nature facts. Hint sheet
provided. Collect them all and get a prize.
Register at the Trail Wood info shed or

pre-register by contacting Laura at lauratedeschi106@gmail.com Fee per family:
\$10.00 CAS members; \$20.00 non-mem-
bers.

Non-Fiction Book Club
Sunday, June 14 from 2 - 4 p.m.
Join us for a lively book discussion lead by
Jacqueline Jacobsohn. June book selection:
"Nomadland" by Jessica Bruder. Meet at
the Teale house, 93 Kenyon Rd in Hampton.
Donations appreciated.

Trail Wood Bird Walk
Thursday, June 27 at 8 a.m.
Join Andy as he finds various nesting birds
at our Teale sanctuary in Hampton. Meet in
the parking lot at 93 Kenyon Rd. Fee: \$5
CAS members; \$10 non-members.

Frog and Toad Calls
Friday, June 28 from 7 - 8:30 p.m.
Learn to identify who is calling in your back
yard and enjoy an evening walk around
the pond to hear and identify any frogs or
toads. Meet at the Teale house, 93 Kenyon
Rd in Hampton. Free to CAS members; \$5
non-members.

Our Community Calendar

Compiled By Dagmar Noll

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

June 1, Saturday

Nature: Trails Day Bird Walk, 8:00a.m. - 10:00a.m. Meet at parking area where Eleventh Section Rd turns into Nutmeg Lane at the Hampton/Chaplin border. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Hiking: Old Furnace State Park, 9:00a.m. - 12:00p.m. Moderate to difficult 3-mile hike. Meet at Old Furnace Park entrance, S. Frontage St, Danielson. Register: 860-774-3300 bill@tlgv.org

Yoga: Advanced Yoga Practices, 10:00a.m. - 11:30a.m. Donation. Bhakti Center, 750 Rear Main St (Riverside Drive), Willimantic. Info: bhakticenterct.com

Kids: Trails Day Family Woods Walk, 11:00a.m. - 12:00p.m. Kids of all ages welcome. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Hiking: Mobility Challenged Walk/Talk, 11:00a.m. - 1:00p.m. Wheelchair- and stroller-accessible. No restroom facilities. Meet at the intersection of Chewink Rd and Lynch Rd, Chaplin. Register: 860-774-3300

Environment: Environmental Lobby Day, 12:00p.m. - 3:00p.m. Hosted by CTLCV and Sierra Club CT. Meet at the eagle statue in the atrium of the Capitol to advocate for key environmental bills.

Hiking: Long-Distance Guided Hike, 2:00p.m. - 5:00p.m. 5-7-mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Community Food: Health & Wellness at Storrs Farmer's Market, 3:00p.m. - 6:00p.m. Spring harvest and local artists and craftspeople. 4 S Eagleville Red, Storrs. Info: <http://www.storrsfarmersmarket.org>

Skill Share: Mantra Chanting Workshop, 6:30p.m. - 8:30p.m. \$40. Bhakti Center, 750 Rear Main St (Riverside Drive), Willimantic. Info: bhakticenterct.com

Comedy: Carla Ulbrich, Professional Smart Aleck, 7:00p.m. \$15-20. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

Hiking: Full Moon Night Hike, 8:00p.m. - 10:00p.m. Followed by a campfire! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

June 2, Sunday

Run: Goodwin's 10K 30K Run, 9:00a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Yoga & Meditation: Sunday Sadhana, 9:00a.m. - 10:15a.m. \$15. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Paddling: Quinebaug River Paddle, 9:00a.m. - 12:00p.m. BYO kayak or canoe and PFD. Meet at the Douglas M. Cutler Canoe & Kayak Launch, 16 Kennedy Drive, Putnam. Register: 860-774-3300

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Seasonal produce, fruits, baked goods, cheese, meats, honey, syrups. Pompey Hollow Park, Ashford. Info: birdeye123@charter.net

Live Music: Hall Memorial School "Select Chorus" Summer Performance, 1:30p.m. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

Community Food: Let's have Some Spirits, 3:00p.m. - 5:00p.m. \$50. Taste wine, bourbon, scotch & craft beer. Windham Club, 184 Club Road, North Windham. Tickets: edsue@chater.net 860-423-7851

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

June 3, Monday

Live Music: Hall Memorial School "Select Chorus" Summer Performance, 6:00p.m. (See 6/2)

Yoga: All Levels Vinyasa, 6:00p.m. - 7:15p.m. \$16. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Environment: Riverside Blessing, 7:15p.m. Honor the healing of the land. Join Mohegan Tribal Elder Painted Turtle, architect Laura Pirie, and Nagual in the Toltec lineage with words of healing and transformation.

Willimantic Whitewater Park, Bridge St, Willimantic. Info: www.willimanticwhitewater.org

June 4, Tuesday

Yoga: Becoming You Yoga, 7:00a.m. - 8:15a.m. \$12. All levels. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Yoga: Sensational Yoga, 8:30a.m. - 9:45a.m. \$12. All levels. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Literary: Literary Series, Readings, 6:00p.m. Hosted by poet Brian Sneed. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

Meditation: Authentic Movement, 6:00p.m. - 7:15p.m. \$12. Moving meditation. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Meditation: Guided Meditation, 7:30p.m. - 8:45p.m. \$12. All levels of experience. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

June 5, Wednesday

Yoga: All Levels Vinyasa, 7:00a.m. - 8:15a.m. \$12. All levels. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Hike: Relaxed Ramble, 11:00a.m. - 1:00p.m. Easy to moderate walk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

Yoga: Gentle/Restorative Yoga, 6:00p.m. - 7:15p.m. All levels. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Live Music: BlueGrass Band (Bluegrass), 6:30p.m. \$10, "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331

Meditation: Write the Light, 7:30p.m. - 8:45p.m. \$12. 45min meditation followed by 30min self-led meditation and channeled writing. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

June 7, Friday

Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. \$5-12. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

Live Music: British Invasion: Benjamin Britten to the Beatles, 7:00p.m. Clark Chapel, Pomfret School, Pomfret.

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

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

June 8, Saturday

Skill Share: Forest Owners & Gypsy Moths, 9:30a.m. - 12:00p.m. Includes a talk and a walk of 1/2 mile. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

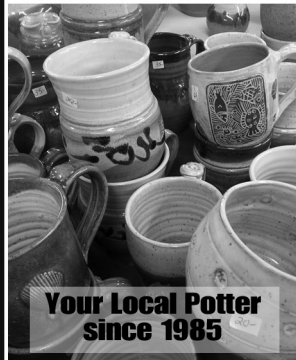
Prognostication: Intuitive You Level-1 Workshop, 10:00a.m. - 12:00p.m. \$10, "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

Yoga: Advanced Yoga Practices, 10:00a.m. - 11:30a.m. (See 6/1)

Paddling: Canoe Pine Acres Pond, 2:00p.m. - 4:00p.m. Lifejackets, canoes and paddles supplied. No paddling experience necessary. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov

June 9, Sunday

Yoga & Meditation: Sunday Sadhana, 9:00a.m. - 10:15a.m. (See 6/2)



Susan Gerr
Birch Mountain Pottery
 Studio- Gallery- Classroom
www.birchmountainpottery.com
 Rt. 195, 223 Merrow Rd,
 Tolland Shopping Plaza, Tolland
 (860) 875-0149
 Tues. 10-5, Wed/Thurs. 12-5, Fri./Sat. 10-5,
 closed Sunday/Monday

Your Local Potter since 1985



Song-a-Day Music Center
 Coventry, Connecticut
860-742-6878 or songadaymusic.com
Lessons in: Guitar, Piano, Bass Guitar, Banjo, Mandolin, Ukulele, Dulcimer, Violin, Woodwinds, Brass & Drums
Instruments New & Used - Books, Gifts, Accessories, Instrument Repair
Buying used instruments! We pay cash!
Band Instrument Rentals & Supplies



HOSMER MOUNTAIN
 BOTTLED IN THE LAND
 OF SWIFT MOVING WATERS
FINE SODA
 FORMULATED WITH CANE SUGAR
 BEVERAGES & SPRING WATER TOO!

HOSMER MOUNTAIN BOTTLING CO.
 Since 1912
 217 Mountain Street, Willimantic, CT 06226
 (860) 423-1555 • Fax (860) 423-2207
 email: mail@hosmersoda.com • www.hosmersoda.com

SECOND MONDAY FILM SERIES
 at Storrs/Mansfield Unitarian Universalist Meetinghouse, 46 Spring Hill Road (1/10th miles from Storrs Road./Route 195)
7:00 pm EACH 2nd MONDAY of EVERY MONTH since 2011
ADMISSION ALWAYS FREE • DONATIONS WELCOME
Documentaries to promote critical thinking
Find & Like Us on facebook • info: 860 428-4867



RICK'S
 Hitching Systems & Towing Accessories
 — Complete Installation —
 Appliances • Awnings
 Hitches • Roofs
 Electrical Repairs
 Maintenance

RV CARE CENTER, LLC
 Richard Staples, Jr.
 103 Route 6, Columbia, CT 06237 **860-228-2298**
 ~IN BUSINESS SINCE 1994~



Quiet Corner Fiddlers

Join us for QCF playing out dates:

June 11th, 7:00 p.m.
 Apollo Pizza Restaurant and Grill
 Route 32, South Windham

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

Anarchism at UCONN (Believe It or Not!); The Inner College Experiment

By Len Krimerman*

(Note: This article will soon become part of UCONN's Dodd Center commemoration of the 50th Anniversary of the dramatic campus unrest during the '60s and beyond; an exhibition will run at the Center from August 5 to October 25, 2019. For more info, check out George Jacobi's Day-and-Napalm letter in the November Neighbors.)

BEFORE THE BEGINNING

"Anarchism at UCONN" may seem a baffling title or an attempt at dry humor. We are, after all, not talking about the '60s and '70s at UC Berkeley or Ann Arbor's University of Michigan. And today our own state's flagship university is safely and securely nestled within what its region delights in calling itself – "the quiet corner".

But I can assure you, there really were years, not days or months, when anarchy, or something very much akin to it, had a place within and was tolerated by UCONN. Though there is now no tangible trace of this anarchic educational venture, and no documentation of it in the official histories or records of this University, it actually did emerge, and it had a great run.

So let me tell a bit of this radical experiment's story. The idea of it came to life in an undergraduate course in social and political philosophy I was teaching in the Fall of 1968. We were discussing social critic Paul Goodman's *The Community of Scholars*, which certainly sounds tame enough. But his book's challenging anarchic thesis was that several of Europe's finest universities were founded, during the Italian Renaissance, by "secession". Faculty thwarted by rigid state or clerical bureaucracy simply quit, taking with them dozens of their students, and created self-directed places like the University of Florence.

If that worked so well centuries ago, he continued, why not try it here and now, this time pulling away from the equally rigid corporate and often militarized universities so dominant in our contemporary culture?

It was the late '60s, and even our normally quiescent campus was flaming in revolt; some buildings were "occupied", others were defaced; attempts at recruitment by Dow Chemical, the maker of Napalm – used viciously in Vietnam – were obstructed by protesters, Trustee meetings were disrupted, etc. To many in the class, the notion of secession seemed a wiser and more effective form of dissent. But we were stymied as to how to make this radical notion come alive in a practical, down-to-earth way. Suddenly, a hand shot up with an ingenious proposal that changed everything: it at once drew on Goodman's separatist notion, while still enabling direct protest against the University. The proposer raised just the exquisitely right question: "Why do we need to secede outside the University; why not instead secede within it?" Individualized evaluations would be substituted for competitive grades, and students and faculty could collaborate on what and how they would learn. Students could avoid most or even all of the dreaded, and often not very useful, "required subjects" imposed by faculty senates, and learn how to democratically manage their own educational community.

Furthermore, seceding inside our university would make us visible to the rest of the campus, and help us inspire others to experiment in their own diversified ways. And if we forged a place for ourselves on campus, we would then have access to library, laboratory, and human resources, rather than having to somehow duplicate them on a shoestring budget.

A CALL TO ACTION, and OUR EVENTUAL SECESSION

Though unexpected, this proposal was no idle suggestion, but a call to actively innovate with an idea that eventually resonated with numerous folks in many parts of the campus. Within a few weeks, a large group of students and a smaller one of faculty met to consider how to most forcefully insist on the need and value of a place right on campus for "internal secession" – a place we had begun to call, the "Inner College"(IC).

In 1969, we became advocates for this new (to us) educational initiative, bringing people from similar university alternatives in Maine and New York to meet with UCONN administrators, and attracting a substantial multi-disciplinary group of faculty supporters. It took awhile, but

for whatever reason, the university admins gave in. (We often wondered why; perhaps they thought their support would make us less likely to participate in protests and demonstrations?) They gave us a year's time to begin the program, and to convince the University Senate that the IC should go forward beyond that. After lengthy canvassing of progressive faculty, and to our most joyful surprise, the Senate finally voted to give us two more years. And they did so with only a few restraints; for example, we were limited to accepting no more than 60 students in any semester (others often joined us through "independent study" courses), and we were required to report regularly to the Senate on how the program was taking shape.

In 1970, our experiment applied for and received a three-year National Endowment for the Humanities (NEH) grant. This ensured that we could continue to rely on several staff members who had been working, often with little pay, since our program began. (They had all been students in – and founders of – the IC.) Just for us, the university had set aside a little-used trailer in one of its peripheral parking lots. It was a place for general meetings, some classes, continuous mentoring, a photography dark room (remember, it's still only the early '70s), the development of the Inner Tooth, our literary magazine, and several other activities. Many of these and others, including an ongoing pottery workshop and printings of the very first UCONN Free Press, also took place in the basement of a house immediately off campus adjacent to Mansfield Supply, where I lived along with several others over the entire six year life of the IC.

EVALUATION?

For the most part, the IC's experiment with internal secession worked remarkably well. Many, perhaps most, of our students found the IC's learner directed environment a bit bewildering at first, but they adapted fairly quickly to the wider range of possibilities we offered. Students went to Cuba to study its unique childcare system, and to Guatemala to live with peasant farmers. They went on trips to Canadian Free Schools and several IC-like universities and colleges on the West Coast, and they wrote in some detail about all of their experiences with these educational allies. We did give grades, but these were based largely on each student's own self-evaluation, and less so, on extensive written evaluations by our staff and faculty. Each student had a team of three mentors or advisors: a peer from the IC, one of our staff, and any faculty member of their own choice.

Tracking our students, we found that they were accepted into graduate and professional degree programs at a rate higher than other UCONN students generally. Additionally, many had put together singular off-campus projects. One of these was WALE (Willimantic Alternative Learning Experience), which tutored its young and diverse students in an apartment across from the city's Natchaug Elementary School; the School eventually invited them into its classrooms to do their good tutoring work. And several worked as mentors within two "free schools" in our region, one in Willimantic, and the other in Stafford.

Predictably, there were clashes within the IC, some of which we handled well, others poorly. At one point, we had two faculty coordinators, who disagreed during an IC meeting over whether we should put a priority on "academic excellence", along with our non-directive sensibility. Rather than seeking a compromise or collaborative position, both coordinators offered – more accurately, they threatened – to resign should their own position not be upheld by the whole group.

None of us were well prepared for, or had much experience with, "conflict resolution", a skill – or art, really – that we gradually recognized as indispensable in an almost totally egalitarian environment. In mainstream institutions, if two or more people disagree there's typically someone in place whose formal position – as a boss, a manager, a university president, a section chief or department head – allows them to settle disputes. Eliminating those positions of authority requires the development of new norms and relationships – especially as regards settling conflicts – agreed to by the whole community. This was not always our strongest suit; we learned mostly that we had much more to learn.

COMING ALIVE AND A SAFE REFUGE

But perhaps what has always struck me most forcefully about our educational secession is its very direct

connection to "coming alive," a connection it shares with a family of similar forms of community life. While some people can come alive and remain enlivened on their own, most of us need at least occasional guidance and support from others. More specifically, we need some very safe refuge where the masks and habits that we have internalized can be seen for the external and often disempowering forces they are, and can be discarded. For example, in far too many cases students enter colleges and universities with "career goals" others have chosen for them. And their experience with "education" has been one compromised by endless, heartless competition, and the threat of penalties for non-compliance. To move beyond these, and find our own genuine desires may often require a safe space that honors self-direction and enables us to become and remain fully alive.

The IC, despite its deficiencies and lack of experience, frequently played this important role, offering a substantial degree of safe refuge, within a community supporting self-direction. Here's part of a poem which beautifully expresses our common experience:

The Choice: A Memory from Freshman Year

...One day the head of the Honors Program
Called me into his office and said I had to choose —
My place in Honors or my class with you.
There was no contest. I knew freedom when I saw it,
The heady music of thought and action combined,
The brilliance that bloomed in all of us
Because you had the courage to believe in it.
I walked away, and stumbled headlong
Through that door you opened
Into a field of struggle and light
Where nothing goes down smooth
But meaning and purpose always beckon.
(written by Elena Stone)

Elena's poem captures my own feelings about the IC's experiment. I would only add that there was an ongoing two-sided road of reciprocity between those who believed in our student-learners, and those learners themselves. We – the initiators of that unusually free experiment – were no less stumbling, at the outset, than those we mentored or encouraged. None of us had any real prior experience with self-directed education, though some had read or taught about it. But we were willing to risk engaging fully in it; and it was our learners' brilliance more than any academic readings or prior teaching experience, that gifted us with the practical wisdom to learn with and from them. Yes, the beauty of the IC was to offer freedom, but freedom within a learning community that enabled each independent learner to find the support he or she sought most.

My own IC experience led me to a vastly different path from academia, and its too often impersonal roles of "teacher" and "professor". Instead, this experiment pushed me to focus on creating safe spaces and self-directed learning communities, both inside and outside the academy – anywhere I could play, grow, dance, imagine, and rebel collectively and constructively.

There is no magic bullet or generic recipe for developing a long-lasting learning community, much less a whole society, that honors coming alive and autonomy. But the IC, I think, provides a small but useful step towards that, and a good sense – a pre-figuration – of what such a society might actually be like. Virtually all of our dominant institutions face in the opposite direction; they prefer, indeed depend on, our remaining voiceless, captive, and other-directed, rather than being exuberant, empowered, and self-directed.

Maybe it's time now, five decades later, for many more types of secession, many more diverse learning communities, and safe spaces. As John Dewey once wrote: "Democracy must be born anew in every generation...." (Interested in how any of this might take place, or is already happening? If so, send your feedback, questions, disagreements....to me at lenisageo@gmail.com.)

*Many, many thanks to Marian Vitali, my wife, for much needed editing and long-time support.

The Dye & Bleach House Community Gallery

By Rebecca Zablocki

The Eastern Connecticut Center for History, Art & Performance (EC-CHAP) would like to invite you to view our next exhibition in the Dye & Bleach House Community Gallery; THREE. This exhibit features the work of three artists, Marilyn (Lynn) Lacoss, Lily O'Brien, and Randall Nelson, and will be on view to the public throughout an eight-week period split between two months. View THREE on Saturdays from 10am-2pm, June 8th-June 29th and August 3rd-24th, 2019.

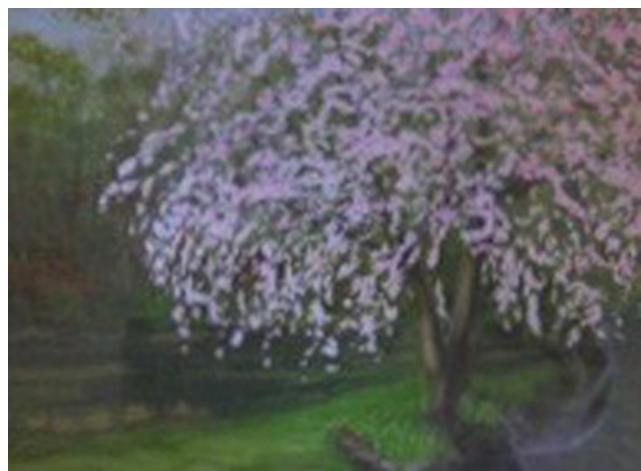


The dichotomy between the styles of these artists is just one representation of the vast expanse and variety that can be created within two and three-dimensional media. Lacoss and Nelson, Connecticut artists and O'Brien of Massachusetts, use a variety of media to create work based on a multitude of subjects. These artists create imagery based off of the representation of subjects witnessed in daily life. However, the styles that these artists use to create, present images with extremely different results.

O'Brien, a high school student, is "inspired by her day to day experience as a young adult." The bright colors, movement and varying line weight in the portrait featured here, create a personality and mystery to the subject, making the viewer wonder and yearn to ask questions.



Lily O'Brien



Marilyn (Lynn) Lacoss

The careful observations of Lacoss are present in the highly detailed still lives and landscapes she creates. Each work of art is like a snapshot into the life of the artist.

Nelson, an experienced stone and wood carver, presents works of animal imagery. He is currently exploring new carvings as a form of "commentary art" that attempt to address topics such as world hunger, morality, family obligations, guilt and personal responsibility.

The Dye & Bleach House Community Gallery is located on the first floor of The Mill Works facility at 156 River Road in Willington, Connecticut.



Randall Nelson

The Community Gallery is a volunteer-run effort by EC-CHAP to provide a platform for local and regional artists of all levels and ages to display their work. A large portion of the open hours are overseen by the exhibiting artists - come view the art and meet the makers!

If you or someone you know is an artist that would be interested in exhibiting at the Dye & Bleach House Community Gallery, please email us at community-gallery@ec-chap.org

New Curator at Willington Museum

By EC-CHAP

On Tuesday, May 14th, EC-CHAP hosted the first gathering of regional historians and historical organizations to begin conversations on how we can work together in collaboration to raise public awareness and promote better understanding of local history and the importance of preserving of historic assets. A number of key points were discussed, and dates for ongoing sessions and outcomes will be included in future articles. We would like to thank all those who attended and shared their successes, challenges, and suggestions for collaboration.



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

The EC-CHAP Board of Directors is pleased to announce the appointment of Mr. Tyler Hall as new Curator of the Gardiner Hall Jr. History Museum. A direct descendant of Gardiner Hall Jr., Tyler currently holds an A.S. from Quinebaug Valley Community College and is pursuing a bachelor's degree in history from Eastern Connecticut State University. He is active in the local history community, attending both annual and monthly meetings of various history centered organizations, leading tours of the village of South Willington, advocating for the preservation of historical structures, participating in re-enactments, and working with such museums as the Windham Textile History Museum, and, most recently, the Connecticut Eastern Railroad Museum.



Tyler Hall
Contributed photo.

In the interest of free and open access to historical knowledge, he frequents Eastern Connecticut's "Drinking about Museums", organized by Kira Holmes of the Killingly Historical Society, as well as EC-CHAP's "Raising Historical Awareness" project. In addition to his work with the community, he has devoted thousands of hours to locating, documenting, and preserving the artifacts and story of the Gardiner Hall Jr. Company, which he shares through social media.

Tyler looks forward to working closely with EC-CHAP in the collective mission of expanding and enriching Gardiner Hall Jr. History Museum experience through cross organizational collaboration and community engagement.

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

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

Made in Willimantic



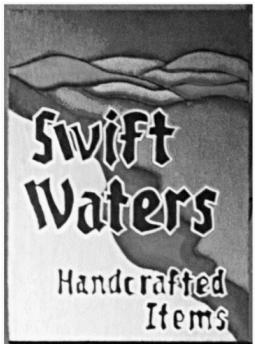

Clothworks

Clothes, Hats & Bags

www.SarahWinterClothworks.com

available at: Swiftwaters Artisans' Co-op
866 Main St. Willimantic

There's always something new at Swift Waters



Willimantic's Other Co-op.
Supporting Local Artists since 2004.

866 Main St., Willimantic
860-456-8548
Open 6 Days a Week
www.swiftwaters.org

Grace's Gift

Therapeutic Massage

Gail Marks Teevan, LMT, NCBTMB, AMTA

stress relief pain management
relaxation and renewal cupping therapy

860-423-6426 CT License #002968

Be Light as a Feather

Loretta Wrobel • Feminist Therapy

860-429-2629

297 Pumpkin Hill Road, Ashford, CT 06278

860-233-6076 (Office) Sliding Scale

Local Gardeners-

We want to write about YOU!

Let others be inspired by how you practice home fruit and vegetable production. Please contact us: 860-933-3376 neighborspaper@yahoo.com

Advertise in
The Neighbors Paper
Locally Written
Locally Wread

Love Animals?

Come Volunteer at the Sanctuary!



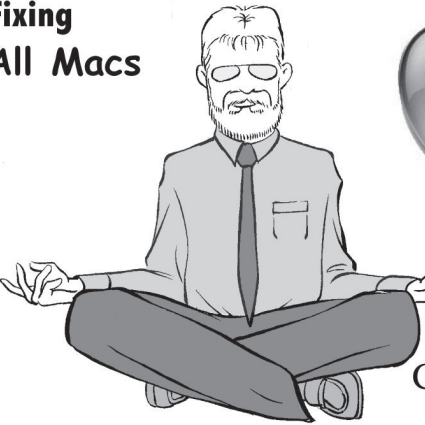

OUR COMPANIONS ANIMAL RESCUE

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

Visit our OurCompanions.org for full job descriptions and volunteer requirements or call us at 860-242-9999.

DR. MAC

Fixing All Macs

Someday You'll Need Me! Cut Me out!

Mac Running Slow??

Your mac should be maintained every 6 months!

I'm your Apple/Mac "Guru"

Repairs • Service • Equipment • Tutoring

If it's Apple/MAC, I do it!

Call Steve for an appointment TODAY!
(860) 871-9933 10am-6pm M-F
Mac advice & info: DrMacCT.blogspot.com

Why Autistic Friendships Should Not Be Measured By Neurotypical Standards

By Michelle Baughman

Recently I came across an article entitled “How Friendships Improve Your Mental Health” in which the author, Danielle L’Ecuyer, asserts that there are “*two types of friends you can have in your life: a friend who is good or healthy for you, and a friend who is toxic and brings nothing but negativity into your life.*” She describes the three benchmarks on which to measure the health of your relationships: *Positivity (is there more good than bad)*; *consistency, (are you both making an effort to connect)*, and *vulnerability (is there a balance in how much you are sharing with your friend)*. Danielle L’Ecuyer encourages her readers to end any friendships that match her description, based on this criteria, of what an unhealthy or toxic relationship looks like. I feel that this alarmingly myopic litmus test fails to take into consideration the different neurological needs which effects the differences in how autistic and neurotypical (non-autistic, abbreviated NT) individuals interact. So I felt compelled to write an article in defense of autistic friendships, which on the surface, and according to L’Ecuyer’s criteria, can look like toxic friendships. The article illuminated for me that the difficulties we autistics have in developing and maintaining friendships with neurotypicals is not necessarily a failing on our part, but rather a misinterpretation on their part.

It dawned on me that the author’s one-sided point of view is probably characteristic of all neurotypicals; they see and evaluate everything through their own lens—completely unaware that their lens doesn’t show them the entire reality. How can anyone make good decisions based on this incomplete perspective, which provides them with incomplete information? Entertain this analogy, if you please: Imagine going through life with red shaded sunglasses on. This, of course, would prevent you from seeing anything colored red...so how could you make sound decisions when you are missing valuable information on which those decisions should be based? For example, a red stop light at an intersection, and the need to decide whether or not to proceed through that intersection? So please allow me to show you, my dear NT readers, what information your perspective has not been allowing you to see:

Firstly, I disagree with L’Ecuyer’s initial premise that there are only two types of friendships, because from the autistic perspective, there is a third type of friendship that falls in between the two mentioned: This is the type of friend who might otherwise be good and healthy for us because they are not actively or purposefully being toxic. However, due to being unenlightened about our neurological differences, interacting with such a friend can be detrimental to our wellbeing. For example, a friend who wears too much perfume or scented products, or a friend who is loquacious can unknowingly and unintentionally cause us to experience sensory overload which could lead to Autistic Shut Down. If these friends understood and appreciated the challenges of our hidden disability and could accommodate for them as easily as they do for a friend whose disability is more visible, then these friends would be good or healthy for us. (I actually have such a friend, but alas, she is too verbose to allow me any opportunity to get a word in edgewise in order to be able to enlighten her and advocate for myself! Her loquaciousness overwhelms me so much that I have to limit my contact with her, despite having great affinity for her. I worry that this distance will damage our friendship).

Situations like this could be resolved by a global undertaking of more and better advocacy around neurodiversity. It is unfortunate that for too many years ignorance, rhetoric and misinformation have been disseminated about autism in the name of “advocacy” by a greedy organization that used scare tactics and guilt as a very effective marketing strategy to solicit donations (of which less than 4% actually went towards helping autistic people) from an uninformed, yet sympathetic public. I feel that a campaign to help the public unlearn all that misinformation is necessary. (It would be wonderful if that aforementioned organization would put as much effort into rectifying the damage as they had expended causing it)! For example, instead of expensive television ads purporting that “autism will destroy your marriage” or “steal your children” they could spend that money on PSAs (Public Service Announcements) that explain about Sensory Overload (what it is, what it feels like from their autistic loved one’s perspective, how it negatively impacts their autistic loved one’s health and wellbeing, and how to be respectful of it).

Now let’s take a look at L’Ecuyer’s first benchmark, “*positivity: is there more good than bad*” from an autistic perspective: Due to our sensory sensitivities and other neurological vulnerabilities we autistics often end up having more negative experiences when we interact with groups of NTs simply because they don’t understand or

appreciate our differences and because the environment supports their neurology, not ours. So from the autistic’s perspective, interactions can often seem negative when we come away from social encounters feeling exhausted and drained. We refer to this as “peopling” and we know that it is draining, so we try to manage our personal bioenergetics resources (or “spoons”) accordingly so that we can manage to socialize on our own terms. Now let’s look at this same scenario from the NT’s perspective: When we are out socializing with our NT friends in their typical social environments which include parties, bars/clubs, concerts, noisy, crowded restaurants or coffee shops, etc., we can begin to go into Autistic Shut Down because of sensory overload. The NTs who are uninitiated about our unique neurological needs can perceive us as disengaged, bored, or “moody” and feel that we are not showing that we care about them because we are not seeming to pay them as much attention or displaying as much energy and enthusiasm as they are expecting.

Now, consider the fact that NTs talk at a much faster rate, employing a more sophisticated form of communication that includes body language, facial expressions, colloquialisms, and fluctuations of the voice. All of these things can elude autistics which causes us to miss much of the conversation. (According to statistics, 70% of all communication is nonverbal, which means that we autistics are only engaging in about 30% of what NTs are saying). Socializing in groups of NTs as opposed to one on one situations increases the percentage of missed communication because there is more stimulation for our nervous systems to integrate, and there is only a finite amount we can take before we reach our saturation point (Autistic Shutdown).

Also, due to the differences in our processing speed and NTs talking speed, we need more time to formulate our responses. However, the more fluent speaking speed of the other NTs vying for input do not afford us any opportunity to interject into the conversation. Thus, they overwhelm us by dominating the dialogue while we struggle to find our segue into the discussion...risking appearing rude by interrupting, or looking awkward or stupid by saying something that is out of sync or irrelevant because the topic has moved on in the time that it took us to assess the dialogue, formulate our response, and look for our opening. This situation causes us a great deal of anxiety, which also contributes to sensory overload because autistics have very acute interoception (the sense that allows one to feel what is going on inside one’s body). The effect of this onslaught of overwhelming sensory stimulation on the autistic brain is comparable to an overloaded computer that lags and then crashes while trying to stream a video. Thus, we end up appearing aloof, or unintelligent or bored or distracted... the antithesis of the charming conversational partners NTs expect. (This is the “kiss of death” in dating scenarios)! All of these things could cause NTs to come away from our interactions feeling negatively towards us.

Likewise, we autistics could come away from the encounter feeling negatively because the cost (feeling drained because of the overstimulation and energy expenditure) outweighed the gain (the amount of attention we received because we were overshadowed by all the faster talking NTs). However, these things don’t mean that the friendships are unhealthy, it just means that we have different needs. Given time, continued contact, and a willingness for understanding on both sides, all these uncomfortable culture clashes between NT and neurodiverse ways of interacting can be ironed out and beautiful, rewarding friendships can be formed.

Considering L’Ecuyer second criterion, “*consistency: are you both making an effort to connect,*” from a neurodivergent perspective also seems like an unfair benchmark for NTs to measure autistic friendships by for several reasons. For one, our vulnerability to Autistic Shutdown, which causes us to withdraw and avoid connection for periods of time in order to allow our brains to rest and process all the overstimulation. People in the autistic community refer to this phenomenon as a “Social Hangover.” Of course we are not making as much effort to connect when we are experiencing this, but that does not mean that the friendship is not valued or that we are deliberately being inconsiderate or taking our friends for granted. It just means that we are exercising self-care! The amount of drain and exhaustion and autistic feels after an evening of regular socializing is comparable to what an NT feels when they experience jet lag from traveling the wrong way through different time zones.

L’Ecuyer suggests dropping the friendship “*if you feel hurt due to a friend canceling plans on you or never initiating to connect with you on a regular basis,*” which is a likely possibility when one is friends with an autistic person because our energy levels and wellbeing fluctuate

unpredictably, causing us to have to cancel plans at last minute. This strikes me as a very ablest point of view, and I wonder if she would make the same thoughtless, blanket statement if the friend were undergoing chemotherapy or had some other visible disability? There are simply other factors that merit consideration that L’Ecuyer’s myopic litmus test overlooks!

Also, many of our autistic challenges have to do with social learning, so we may not actually know how to connect. After all, if we don’t do it just right, we will be rejected because NTs have an almost elitist preoccupied with “being cool.” So we are waiting for our NT friends to initiate, and we learn how to do it by watching and imitating them!

An autistic’s social anxiety may also be a factor that could inhibit them from reaching out and initiating connection. Despite how long I have known someone, I still feel that initial social anxiety, and I expend a lot of mental energy overcoming it and strategizing what I should say and how to say it when I want to reach out. I even experience it with regards to my own family members! Sometimes the energy expended trying to overcome this results in not having enough energy to actually follow through! This is what we in the autistic community refer to as “autistic inertia.”

Poor executive functioning and prosopagnosia could also be factors that inhibit an autistic person from initiating contact. These things are all realities that we contend with that NTs are completely unaware of; if they don’t experience it, they don’t consider that it actually exists.

The third criterion L’Ecuyer cites as a measure of the health of a friendship, “*vulnerability: how much you are sharing with your friend*” also overlooks differences in interaction styles between our respective neurologies: While most NTs tend to readily share their energy, enthusiasm, and excitement with almost anyone in the vicinity and share personal information easily, most autistics prefer communicating one to one and need to be made to feel that the relationship is sufficient before sharing personal information with others, thus they tend to share such information only with those whom they feel they know very well. This means that it will take an autistic individual more time for the friendship to develop before they reach the stage where they are comfortable sharing interpersonal information. Also, because NTs often don’t give autistics a chance to speak in conversations (because of the differences in processing speed vs talking speed mentioned earlier) this makes the autistics appear “hard to draw out,” or withholding, which could leave NTs feeling that they are doing more sharing than us. But if they simply slowed down and let us have a chance to speak, allowed us the time we need in order to follow our train of thought, and if they just interacted with us one on one instead of in groups, the amount of interpersonal sharing in the relationship would become more balanced. Interacting with us in quieter settings with less sensory stimulation (for example, taking a hike or visiting an arboretum or a museum together) would also be conducive to developing connection because the less sensory input our brains have to process means the more energy and attention we have to focus on you.

If all our neurotypical friends followed the short-sighted advice in L’Ecuyer article without understanding things from our perspective we would soon find ourselves without any friends! This would put autistics in danger of social isolation and missing out on all the wonderful health benefits friendships have to offer that L’Ecuyer lists in her article:

“Friends benefit your health by increasing your sense of belonging and purpose in life, boost your happiness and reduce your stress, improve your self-confidence and self-worth, and can help you cope with traumas such as a job loss, a separation, critical illness or the death of a loved one. Friends can also encourage you to change or avoid unhealthy lifestyle habits, such as drinking, smoking, or a lack of physical activity, and will encourage you to grow and reach your full potential... Adults with a strong social circle have a reduced risk of many critical health issues, such as depression, high blood pressure, and an unhealthy body mass index (BMI).”

Autistics should not be excluded from being able to enjoy all of these health benefits. We are all human beings, and as such, we all need connection in order to be healthy.

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 6/2)

Live Music: British Invasion: Benjamin Britten to the Beatles, 2:00p.m. - (See 6/7)

Live Music: Take Note!, 3:00p.m. Donations. First Church of Christ, 549 Storrs Rd, Mansfield Center. Info: take-note.org

Quilts: Opening Celebration: Sally Rogers Solo Quilt Show, 4:00p.m. - 6:00p.m. Info: sally@sallyrogers.com

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 6/2)

June 10, Monday

Yoga: All Levels Vinyasa, 6:00p.m. - 7:15p.m. (See 6/3)

Film: "The June 10, 1963 J.F.K. Peace Speech" and "Paul Jacobs & the Nuclear Gang", 7:00p.m. Free. Second Monday Film Series. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

June 11, Tuesday

Yoga: Becoming You Yoga, 7:00a.m. - 8:15a.m. (See 6/4)

Yoga: Sensational Yoga, 8:30a.m. - 9:45a.m. (See 6/4)

Meditation: Authentic Movement, 6:00p.m. - 7:15p.m. (See 6/4)

June 12, Wednesday

Yoga: All Levels Vinyasa, 7:00a.m. - 8:15a.m. (See 6/5)

Running: Trail Running Club, 5:30p.m. - 6:30p.m. Relaxed run. Route and pace decided by attendees. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Yoga: Gentle/Restorative Yoga, 6:00p.m. - 7:15p.m. (See 6/5)

Nature: Predator Series: Fisher, 6:30p.m. - 8:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Meditation: Write the Light, 7:30p.m. - 8:45p.m. (See 6/5)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 6/5)

June 13, Thursday

Nature: Identification Walk, 4:00p.m. - 6:00p.m. Bring a field guide and identify with the group on a short walk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Dance: EC-CHAP Social Dance Series with Kelly Madenjian (Ballroom, Swing, Latin). 6:30pm. 2nd Thursday of the month. \$10.00 at the door. Kelly Madenjian's evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson followed by a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast

Swing and everything in between. All levels welcome. Partner not required. The Packing House at The Mill Works, 156 River Road, Willington. www.thepackinghouse.us

June 14, Friday

Film: "Don't Worry, He Won't Get Far on Foot", 7:00p.m. \$5. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/upcoming

Singing: Songswap, 7:00p.m. - 9:00p.m. Vanilla Bean Cafe, Deerfield Rd, Hampton

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 6/7)

Hiking: Long-Distance Guided Hike, 10:30a.m. - 1:30p.m.

June 15, Saturday

Yoga: Advanced Yoga Practices, 10:00a.m. - 11:30a.m. (See 6/1)

Skill Share: Discover Your Authentic Voice Retreat, 1:00p.m. - 5:00p.m. \$75. Deep healing and innter transformation through the voice, harp and singing bowls. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Register: annbelliveau@gmail.com Info: bhakticenterct.com

Community Food: Storrs Farmer's Market, 3:00p.m. - 6:00p.m. Spring harvest and local artists and craftspeople. 4 S Eagleville Red, Storrs. Info: http://www.storrsfarmersmarket.org

June 16, Sunday

Yoga & Meditation: Sunday Sadhana, 9:00a.m. - 10:15a.m. (See 6/2)

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 6/2)

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 6/2)

June 17, Monday

Yoga: All Levels Vinyasa, 6:00p.m. - 7:15p.m. (See 6/3)

June 18, Tuesday

Yoga: Becoming You Yoga, 7:00a.m. - 8:15a.m. (See 6/4)

Yoga: Sensational Yoga, 8:30a.m. - 9:45a.m. (See 6/4)

Hiking: Women in Nature, 4:00p.m. - 6:00p.m. Free. Easy to moderate hike for folks who identify as women. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Meditation: Authentic Movement, 6:00p.m. - 7:15p.m. (See 6/4)

Ashford Farmers Market



Our 13th Season!

Guest Vendors

9am-1pm

Pompey Hollow Park, Route 44, Ashford

Across from Town Hall

Enjoy fresh Connecticut grown products

Meet your local farmers

Car Cruise Nights



Last Thursday of the month

May through September, 5-8pm

Midway Restaurant on Rt. 44 in Ashford

Please bring a non-perishable food item

for the Ashford Food Bank

Cruisin' Music Provided by the 'PO'M' Oldies

Presented by the Ashford Business Association

Saint Paul's Episcopal Church

220 Valley Street, Willimantic, CT

Rev. Jaclyn Sheldon, Eucharistic Celebrant

Weekly Happenings -

Sun: 7:15am - Reflective/Hebrew Chant service

Sun: 8:15am - Worship & Bible Service

9:30am - Celebration of Holy Eucharist

Tue: Yoga in St. Paul's Community Room 10:00am

Tue: Out to lunch bunch group - 11:30am-1:30pm

Every 2nd & 4th Sunday - Community Breakfast

served following 9:30 service

Every 3rd Sunday of each month - birthday celebration

with cake after 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

Where to find the Neighbors paper

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

Brooklyn
Brooklyn Post Office
Baker's Dozen Coffee Shop
The Ice Box

Bolton
Bolton Post Office
Subway-Bolton Notch

Chaplin
Chaplin Post Office
Pine Acres Restaurant

Columbia
Saxon Library
Columbia Post Office

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

Eastford
Eastford Post Office
Coriander

Hampton
Hampton Post Office
Hampton Library

Lebanon
Lebanon Post Office

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

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

Mansfield Depot
Thompson's Store
Tri-County Greenhouse

North Windham
Bagel One
Subway
No. Windham Post Office

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

Putnam
Antiques Marketplace
Putnam Library
Subway
Putnam Post Office

Scotland
Scotland Library
Scotland Post Office

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

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

Tolland
Birch Mountain Pottery
Subway
Tolland Library
Tolland Post Office

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

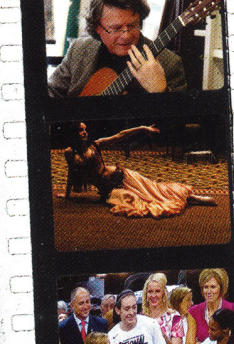
Windham/Willimantic
Willimantic Food Co-op
Design Center East
Schiller's
Windham Eye Group
Eastern Eye Care
CAD Marshall Framing
Clothespin Laundromat
Willimantic Pharmacy
Main Street Cafe
That Breakfast Place
All Subways
Super Washing Well
Willimantic Public Library
Windham Senior Center
Elm Package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

Windham Center
Windham Post Office



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

Visit us at our new River Plaza location:
75 Bridge Street, Willimantic
Weds. thru Fri. 12pm-7pm;
Sat. 11am-6pm; Sun. 12pm-5pm
Closed Monday and Tuesday
860-450-7000



Peter Polomski
President
860.786.8670

Third Eye Photography

40 Tower Hill Road
Chaplin, CT 06235
peterpolomski@yahoo.com

June 19, Wednesday

Yoga: All Levels Vinyasa, 7:00a.m. - 8:15a.m. (See 6/5)

Yoga: Gentle/Restorative Yoga, 6:00p.m. - 7:15p.m. (See 6/5)

Meditation: Write the Light, 7:30p.m. - 8:45p.m. (See 6/5)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 6/5)

June 20th, Thursday

Hike: Relaxed Ramble, 1:00p.m. - 3:00p.m. (See 6/5)

June 21, Friday

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 6/7)

Paddling: Summer Solstice Paddle, 6:30p.m. - 8:00p.m. BYO kayak or canoe and PFD. Meet at the Mansfield Hollow State Park Boat Launch, 287 Bassetts Bridge Road, Mansfield. Register: 860-774-3300

June 22, Saturday

Yoga: Advanced Yoga Practices, 10:00a.m. - 11:30a.m. (See 6/1)

Kids: Off-Road Adventure on Two Wheels, 10:00a.m. - 12:00p.m. Introduction to mountain biking on cart roads, single track trails, and the Airline Trail. Ages 8+. Helmets and bikes required. Register: 860-774-3300 Fran@tlgv.org

Skill Share: Gardeners Roundtable, 1:00p.m. - 3:00p.m. Workshop for experienced gardeners to share best practices and pitfalls. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

Community Food: Storrs Farmer's Market, 3:00p.m. - 6:00p.m. (See 6/15)

June 23, Sunday

Yoga & Meditation: Sunday Sadhana, 9:00a.m. - 10:15a.m. (See 6/2)

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 6/2)

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 6/2)

June 24, Monday

Yoga: All Levels Vinyasa, 6:00p.m. - 7:15p.m. (See 6/3)

June 25, Tuesday

Yoga: Becoming You Yoga, 7:00a.m. - 8:15a.m. (See 6/4)

Yoga: Sensational Yoga, 8:30a.m. - 9:45a.m. (See 6/4)

Skill Share: Peace in the Home, Peace in the Heart, 6:00p.m. - 7:15p.m. Free. Meditation sittings and tools for living a peaceful daily life. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic. Info: bhakticenterct.com

June 26, Wednesday

Yoga: All Levels Vinyasa, 7:00a.m. - 8:15a.m. (See 6/5)

Running: Trail Running Club, 5:30p.m. - 6:30p.m. (See 6/12)

Yoga: Gentle/Restorative Yoga, 6:00p.m. - 7:15p.m. (See 6/5)

Meditation: Write the Light, 7:30p.m. - 8:45p.m. (See 6/5)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 6/5)

June 28, Friday

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 6/7)

June 29, Saturday

Nature: Summer Residents Bird Walk, 8:00a.m. - 10:00a.m. Trail walk to see what birds we can observe. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Yoga: Advanced Yoga Practices, 10:00a.m. - 11:30a.m. (See 6/1)

Skill Share: Summer Plant and Fungi Foraging with the 3 Foragers, 10:00a.m. - 12:00p.m. \$5. ID, harvest and prepare the wild foods of summer. Goodwin Forest

Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

Community Food: Mansfield Public Library Teen Market Tours at Storrs Farmer's Market, 3:00p.m. - 6:00p.m. Spring harvest and local artists and craftspeople. 4 S Eagleville Red, Storrs. Info: <http://www.storrsfarmersmarket.org>

June 30, Sunday

Yoga & Meditation: Sunday Sadhana, 9:00a.m. - 10:15a.m. (See 6/2)

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. (See 6/2)

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 6/2)

News from Hampton's Fletcher Library

Submitted by Deb Andstrom, Librarian

2019 Summer Reading Program
Wednesday afternoons @ 1-2 p.m.
June 19 & 26, and July 3, 10, 17, & 24

The theme for the 2019 Summer Reading Program is "A Universe of Stories". We will be exploring the Solar System, learning about the planets, stars, as well as Chinese Zodiac Animals. Hands-on activities, stories, and a snack will be provided. All ages welcome!


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

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

FML Book Discussion Group
Wednesday, June 5th @ 6:30 p.m.
We will be discussing *Gone So Long* by Andre Dubus III. New members are always welcome!

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

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




Hope and Wellness Center and Salon

Hope and Wellness is a complete wellness and salon facility specializing in a variety of services. We are here for your mind, body and spirit to help aid in a healthier and more peaceful way of life. Please come try our gentle care in a warm inviting environment.

Full Service Salon • Reflexology • Massage • Reiki
Biofield Tuning • Sound Therapy with Tuning Forks • Make-up
Body Waxing • LCN Gel Enhancements • Aromatherapy
Ion Cleansing • Natural Health Education and Products
Custom Spa Facials • Spa Pedicures and Manicures
Wedding, Prom and Princess Services/Parties - WE WILL TRAVEL

39 Nott Highway (Route 74), Suite 2, Ashford, CT 06278
www.HopeandWellnessOnline.com • 860-477-0994

Like us on Facebook  HopeAndWellnessCT

Acupuncture and Chemotherapy

By Nicole T. Smith, L.Ac.

Cancer is rampant today. It is estimated that 1,762,450 new cases will be diagnosed in the United States in 2019 (www.cancer.gov).

Future articles will delve into the causes of cancer in more detail, however, if you have already been diagnosed with cancer, are currently going through treatments, or are still feeling the side effects of treatments, acupuncture can help.

Studies show that acupuncture can treat the fatigue, pain, nausea, vomiting, hot flashes, and dry mouth associated with cancer treatments. (J Clin Oncol. 2010 May 20;28(15):2565-70.)

According to breastcancer.org, the Journal of the American Medical Association in 2000 reported that women who had acupuncture had significantly fewer nausea episodes than those who didn't. A study at Duke University compared acupuncture to the drug Zofran, used for anti-nausea, and found that the acupuncture treatment worked better than Zofran at controlling nausea. Further studies cited showed that those receiving acupuncture had a reduction in cancer-related pain, fatigue, and a reduc-

tion in hot flashes by half.

Peripheral neuropathy is an extremely common, and troublesome, result of chemotherapy, as the drugs used in treatment induce peripheral neurotoxicity. These effects can last even after treatments have stopped. Acupuncture can help alleviate or completely take away this symptom also.

Here is one patient's testimonial who came to see me at my practice:

"I had chemotherapy-induced peripheral neuropathy halfway through a 16-treatment regimen. After a three-month chemotherapy break and no improvement, I asked my oncologist about trying acupuncture, and he agreed. It completely took away the neuropathy and I was able to finish chemotherapy treatments. I maintain a weekly acupuncture appointment as maintenance and prevention."

And yet another reason to use acupuncture: it both strengthens and regulates the immune system, an essential component to antitumor therapy.


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.

The Pampered Porcupine Acupuncture, Inc.
Get Quills, Not Pills

Nicole T. Smith, L.Ac.
Board-Certified Acupuncturist

Acupuncture / Nutrition
Internal Medicine
Lose 9lbs in 9 Days Program

(860) 450-6512
P.O. Box 179
12 Palmer Rd., Scotland, CT 06264
www.thepamperedporcupine.com



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