

Neighbors



Our Neighbor's Photography

Words and photography by Joseph Szalay

In April of 2018, as I watched two big, beautiful birds building a nest atop a utility pole opposite the Ashford Post Office on Route 74, a passing motorist saw me rubbernecking and stopped. Luckily for me, she was a volunteer at Horizon Wings, a local raptor rehabilitation facility. She explained that I was watching a nesting pair of ospreys, a once endangered, fish eating species of bird whose population has steadily increased after the banning of DDT and PCBs in 1972 and 1979, respectively.

Mesmerized, I photographed the birds throughout the spring and summer. Despite some tragic setbacks, including an electrical fire and the electrocution of a chick that fell or was jostled out of the nest, they managed to raise two healthy offspring before the family migrated south for the winter.

I learned the basics of photography when, as a young man, I worked for Loring Studios, a chain of photo studios headquartered in Hartford. Days were spent in the lab and at night and on weekends I photographed a variety of assignments for Loring's customers. Several decades and careers later, my fascination with the craft of photography was renewed when I got the opportunity to illustrate a book authored by my partner, Suzy. Digital sensors have replaced film and electronic cameras with 'brains' have replaced mechanical, manual models, but most of the bedrock photographic principles remain the same.

As for the ospreys, Eversource dismantled the 2018 nest and erected a new pole and platform (without electrical wires and transformers) on the edge of a marsh near the old nest. When the ospreys returned in late March, 2019, they located their new home and quickly set about rebuilding their nest for the breeding season. They've produced four offspring that appear to be thriving thus far.



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Looking Up:

Busy as a Beehive

By Bob Grindle

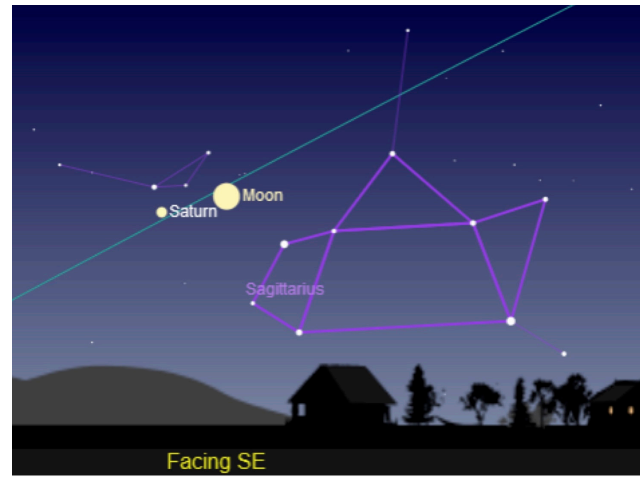
We recently added two beehives to our modest holding here on Clark Hill in this very quiet corner of Connecticut. It wasn't so much a plan as it was a spontaneous jumping into an addition to our lifelong love of gardening. No one in the immediate family here on the hillside is allergic to stinging insect—at least not so far—and we tend to prefer honey to other sweeteners, so it wasn't an especially earth-shaking decision, and these past few weeks have been a delightful getting-to-know-you time as we discover a much closer relationship with and understanding of several thousand bees. There are now more bees everywhere; on the sedum, on the flowers, on the tomato blossoms, on the weeds...they really like weeds.

I bring this up because I recently read that over the past few decades people are having a harder and harder time really enjoying leisure time, or, for that matter, even finding time for "leisure time." And what is meant by leisure time anyway? Before I retired a few years ago, it was getting rather trendy for organizations to insist that employees use up their vacation time because it was important to get away—enjoy some leisure time—and 'recharge' their batteries, presumably making one a more productive employee...hmmm! I tend to agree that time away from any task is a good thing but only on your own terms, not necessarily a prescheduled and required break away from the routine. Sometimes the brain or body tell you it's time to lay down the hammer, push the chair away from the desk, step out onto the porch, walk the dog, take a break...and it usually doesn't tell you why you need to step

away. It just tells you, and that's really where I'm headed with this brief piece. We are all the magician of our own personal traveling road show.

Just a few generations back, a hundred years ago or so, maybe a bit more, and completely dependent on the culture in which you lived and your own bit of planetary geography, if a person pursued an interest, developed a talent, learned a trade or skill, continued a family or tribal business, it was unlikely they'd question how to spend their leisure time because life itself filled up all available time. Paying attention to the sky above—looking up, as it were—and being concerned about the motions of the stars, Moon, Sun and clouds was more a function of being prepared for the days ahead than reconnecting with your world or a simply intriguing way to spend a few moments of otherwise unscheduled time. The casual craftsmanship of forging a life that comes when you need to be aware of everything around you just to manage the daily tasks of living is, I think, a highly underrated trait. Standing here by the pond in the twilight, after closing up the animals for the night and looking up into one of the cleanest, clearest skies so far this spring/summer, I wonder if our species, the self-anointed smartest animal on the Planet, will ever come to grips with our mind-blowingly rich endowment...or do we fiddle idly while it slips away like sand art on a beach?

Most of us have a bit of extra time lurking in unexpected nooks and crannies of our lives and here are a



1 hour after sunset, July 12-16...Figure courtesy of Sky and Telescope

few things to look for when the lights in the sky dim, and the radiant Universe spreads itself across the overhead screen. By mid-July Venus will disappear from the just-before-dawn sky until late summer, so any bright light overhead will NOT be our regal solar neighbor, at least not after about July 20th. So if you must give a nod of goodbye

to this third brightest light in the sky, look low, LOW in the East before dawn until about the third week of the month.

We can only hope that July's skies will be clearer than June's, but there will be nights that are perfect and, if one of those nights is July 3rd, crane your neck and eyes to West-Northwest just after sunset to catch an almost breathtaking glimpse of the thin whisker of a waxing crescent Moon just below Mars—just to the right of the elusive Mercury, and to

the left of Castor and Pollux in Gemini. A couple of nights later, on July 5th, a slightly increased crescent Moon in the western after-sunset sky is just barely above Regulus, the heart of the lion, Leo. This ancient star dates back to the Babylonians, and it is rather sobering to think that a quick look up can connect us to exactly the same image that cultures a few thousand years older than our own would look at and ponder the questions of their day.

A bit later in the month, pretty much mid-month, the waxing, nearly full Moon and brilliant Jupiter are close enough in the high south-southeastern sky to be an item, while a couple of days later the Full Buck Moon and Saturn are nearly joined in the low southeastern sky. That bright, slightly reddish star below the Moon—a bit hard to see with all that moonlight—is Antares, a monstrously big star that would nearly fill our solar system if it were in the neighborhood. But don't worry; it's about three thousand trillion miles distant (550 light years).

For the moment, it's back to the bees. We didn't expect this to be so involved and consuming. Perhaps leisure and not-leisure are not really so different and it's more in the way you look at it...sort of an attitude thing. Hmmm, it could be time to find a spot to sit and look up and try to communicate with the grandeur of our reality show.

Bob Grindle is a Windham Hospital Retiree who recently graduated from ECSU with a concentration in Astronomy.

Fabricating Fashion: Female Enterprise in Connecticut, 1692-1865

Submitted by David Landry

The Mansfield Historical Society's new exhibition focuses on the accomplishments of women in the early textile and clothing trades through to the time of the Civil War. The exhibition also reflects on Connecticut's vital historical role in textile manufacture and some of the inventions that improved the process.

Local handweaver Peggy Church will demonstrate the spinning of the four natural fibers on four Sunday afternoons this summer. June 30 - Flax/Linen, July 21 - Silk, August 11 - Wool, August 25 - Cotton.

The first part of the exhibit explores the many steps involved in processing the four natural fibers - wool, linen, cotton and silk - and follows their transformation into fabric and ultimately into clothing. A production process display has been created for each fiber showing how the women made their magic.

In the adjacent rooms, the production of woven material is examined.

Various coloring techniques are part of the display showing examples of dyed and printed material. A recreated 19th century Draper's Shop illustrates the wide variety of fabrics that were created.

The journey from fiber to fabric culminates with the creation of fashionable garments. A recreated 19th century Dressmaker's Shop emphasizes dressmaking tools and technologies and portrays the lives of the women fabricators before and at the very beginning of the sewing machine era.

Interspersed throughout the exhibition, a dozen garments are beautifully displayed on dress forms. The dresses and accessories range in date from the 1820s to 1860s and provide

examples of textiles made of wool, cotton, linen and silk. Most belonged to local women.

Textiles from all four of the natural fibers were made in Mansfield. However, the town is most recognized for its prominent role in the development of the American silk industry. Mansfield became the center of domestic silk thread production in the 1820s and '30s and was also home to the nation's first two silk thread mills, established in 1810 and 1828.



Peggy Church spinning flax. Contributed photo.

The knitting industry also developed from this small rural area. Established in 1838, the stockinette mill in the village of Merrow was among the first in the nation. The mill thrived during the Civil War years producing thousands of pairs of woolen socks, mitts and underwear for the Union Army. The majority of the mill employees were women and hand-finishing was also done by women doing piecework in their homes. Joseph Merrow's invention of a "crochet machine" mechanized the finishing of knitwear. A number of his patent drawings are on display, along with other local patents rarely seen that demonstrate the Renaissance of creativity and invention in the 19th century.

Laura Crow and Shaina Dombrowik are the co-curators of this exhibit. Laura is a Professor Emerita of Costume History and Design with the UConn Department of Dramatic Arts and was the curator of last summer's award-winning costume exhibit. Shaina has brought her perspective as a maker to this exhibit. She is a specialist in the creation of reproduction clothing, historic sewing techniques, and historic pattern making who has worked at Historic Deerfield, Plimoth

Plantation and other museums in Massachusetts. She also has practical experience working in the garment industry.

A second small exhibit examines the history of the two town-owned buildings that the Mansfield Historical Society occupies - the Old Town Hall, built in 1843, and the former Town Office Building, a WPA project constructed in 1935. These two buildings served as the center of Mansfield's political life from 1843 until the late 1970s when

the former Storrs Grammar School was renovated as the municipal center. They have been home to the Mansfield Historical Society since 1980.

The exhibit is open through September 29th. Saturdays and Sundays from 1:30PM - 4:430PM. Admission is \$5 for the general public, free for MHS members and children under the age of 12

Mansfield Historical Society Museum is located at 954 Storrs Road (Route 195) For further information or to arrange a special tour, please contact the Mansfield Historical Society at 860-429-6575 or mansfield.historical@snet.net. Or visit our web site at www.mansfieldct-history.org.

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

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The Purpose of Neighbors:

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

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Reminiscing Milestones 50, 75, 100

By Loretta Wrobel



As I write this, it is summer solstice and I am aware that Stonewall Inn is celebrating its 50th anniversary this June Pride month. It was on June 28, 1969 that the riots broke out in Greenwich village and the movement that would become LGBTQ commenced. With amazement, I recall that earthshaking event and still sober up, knowing I can remember a half century ago.

This May I passed a major hurdle, my 75th anniversary of my entrance into this magical and often maddening world. I say to myself I am three-fourths--only one-fourth to go--before completion of a century. A whole century is a long time to tread on this sacred earth. I feel the preciousness of each day. As I gaze at my three-month-old great nephew, I muse as to what kind of world he will inhabit when he is my age.

Then I jump to 2020 when we will celebrate one hundred years of women's suffrage. Presently, several women are actively running for President for election in November 2020. Will we see a women president in our Country on the one-hundredth anniversary of the passage of the nineteenth amendment? It was on August 28, 1920 that American women finally attained the right to vote.

I sit with these markers of 50, 75, and 100 years. Rather large numbers. How far have we come in all those many days, months and years? I feel honored to have lived long enough to remember what the world was like fifty years ago, and how the Stonewall Riots ushered in a revolution that certainly caught my attention.

I moved to NYC in 1970 to attend grad school, and was swept up in Gay Rights, Women's Liberation, and the Civil Rights Movement. It was a shock to transition from a small town in CT to the Big City. Living in Manhattan was similar to moving to another planet. The city was alive with protest, rebellion, and revolution. Diversity was celebrated and everyone was jumping out of the closet to shout out who they were. My Connecticut mind was totally blown.

Growing up in the fifties with all the rules and regulations, as the country recovered from the horrors of the Second World War, did not prepare one for the explosive shifts of the sixties. Families tried to find some stability in old roles and cultural mores, such as father knows best, mothers must not work, and patriarchy rules, all of which boxed people into rigid thinking. Is it any surprise that the sixties were a decade of unrest, political upheavals, instability, and demands for freedom and choices?

One night of fighting back in Greenwich Village threw open the doors, and Gay Pride was launched. The movement quickly picked up momentum, and soon Gay Pride Parades were drawing huge crowds of previously closeted lesbian, gay and transgendered folk. Imagine marching down 5th Avenue in 1971 with a multitude of queer people and supporters. Along the route from the Village to Central Park were tons of friendly allies shouting encouragement. For me as a young lesbian, this was transformative. It seemed like the world had spun around, and acceptance and inclusion were possible.

Blackbird

Photo and words by Christine Acebo

He was a bit scruffy with only two tail feathers. I don't think it was anything more serious than a seasonal molt but he had the look of a bird down on his luck. In fact, he was the head honcho of the bird crew that kept this restaurant crumb free and tidy and he clearly had first shot at anything they found. The waiter smiled when I noted how instantly the birds cleaned up any spill. When I asked for some sugar for my coffee he pointed to a covered bowl. "The birds have a sweet tooth and snatch the sugar packets", he said. I thanked him and sweetened my coffee, not really attending to his explanation.

The next day I returned for lunch and saw this same scruffy bird ripping open a packet of sugar and eating everything inside. Again, other



birds sat nearby, watching and hoping for a lapse in attention but not daring to move in on his prize.

I liked this guy. I took a number of pictures of him. I had the feeling it was expected of me.

Now, 50 years later, we appear to be sliding backwards. Much progress has been achieved, and legislation has been enacted to protect LGBTQ rights. Unfortunately, deep prejudice, violence, and cruel bullying towards the queer community exists in our world. In the early 70's, as I was riding the crest of Gay Liberation, I could not have foreseen that we would be struggling with acceptance of sexual diversity half a century later.

LGBTQ youth are more likely to contemplate suicide than hetero youth, and experience bullying and family rejection. Those who identify as bisexual or are questioning their sexual identity are at a higher suicide risk. Older LGBTQ people are at a higher risk of suicide. Along with ageism, senior LGBTQ people suffer discrimination because of their sexual orientation. And aging LGBTQ people frequently encounter negativity within the health care system.

Yes there is progress. Acceptance is wider than in 1969, but hatred of sexual minorities is strong in our world in 2019. Trump's relentless attack on diversity continues, whether it pertains to nationality, religion, orientation, skin color or misogyny. America must stand firm, embracing diversity and equal treatment for all.

Being seventy-five, I know that ageism does exist in our society, and often the person with the most wrinkles is invisible. We are a culture that believes we are young and will live forever. As an elder, I have much life experience to share and a rich history to impart. Ageism causes seniors to doubt their expertise and knowledge. As a nation, we are moving too fast, without taking time to examine our life and its impact on our body, our families, our planet and our relationships. By building alliances with seniors, our overwhelmed and stressed youth can become more balanced. We are social creatures and need community, connection, and attention to survive. Receiving texts and communicating through social media is not enough to keep us healthy. We humans require strength and resilience to work towards healing our planet.

What can be done? More women at the top and more diverse leadership is a start. Our leaders must be stable and innovative. This brings to mind the upcoming century celebration of the nineteenth amendment in America. It is a bit of a stretch for me to consider that it was only twenty-four years before I was born that women got the vote. Today I find that difficult to swallow. However, if I go back to my early years, it is more plausible.

The belief that women are competent and bright is more accepted now than it was when I was a child. And the acknowledgement that women are capable of performing traditionally male-dominated jobs has expanded opportunities for women. During a lifetime, change occurs that shifts thinking. Remembering how things functioned in the past is a wake-up call. When I was a young girl, the image of a woman as President was foreign and outrageous, as was that of a women doctor, lawyer, or head of a company. I am proud that in 2019 this has changed.

So, we continue to move forward and try to minimize the stepping backward. I am excited to be celebrating Stonewall, grateful to have reached 75, and looking eagerly toward 2020 for a Change!

Photo taken in Scottsdale, Arizona. For more of Christine's work go to: www.flickr.com/photos/lightlypainted-pixels/albums

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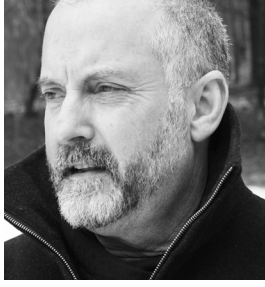
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From the Ground Up - Buying Local in Connecticut

A Flashback to Early Childhood

By C. Dennis Pierce



This month's column not only gave me the opportunity to meet an amazing couple (and two great children), walk a farm with a lot of history, but also provided a flashback to my early childhood. Several weeks ago, under an overcast sky, I was shopping at the Willimantic Farmers market where I met Jenna Aldrich, "Chief Farmer", at the Brown Farm in Scotland. I was not familiar with Brown Farm so inquired if I could interview her at a future date. This past Saturday, which was a perfect "ten" weather wise, I headed up to Scotland, specifically, 537 Devotion Road. The weather was amazing and the smell of new cut grass permeated the air. Several miles in, I saw the sign stating Brown Farm. Pulling into the well-worn drive I found a spot to park and as I opened my car door I was welcomed by the crowing of a rooster and was hit with a breeze that brought me back to my childhood. The sound and the farm and the weather reminded me of the days when my parents brought us out of the city and up to a farm in Pennsylvania. Our family lived in New Jersey until I was five and the annual summer trips to the farm was one that I remember vividly, despite a young age. Wow, was this a great homestead! I was eager to have the garden tour by Jenna and John, her husband.

Brown Farm has quite the history, as I found out. Brown Farm has nine acres of lush, fertile land. The property was first settled in the early 1700s and has been used for agriculture continuously since that time. Originally the property consisted of 100 acres before the road was put in place in the 30's. Currently the land across from the farm is part of Joshua's Trust, of which John and Jenna are stewards. For the past 30 years, Sarah Pappenheimer, current owner of the farm, following the ways of three generations who have actively produced fruit, vegetables, poultry, goat meat, and goat fiber from the farm and sold their products at various local farmers markets and fairs. Sally began the Scotland Farmers market sixteen years ago. The market is held on Wednesday from 3:00pm to 6:00pm, in Scotland Center. (<https://www.facebook.com/ScotlandCT/>). In 2017, Jenna and John Aldrich, both Connecticut natives, found out about the farm through CT Farm link, an organization that links farmers that want to connect their farms with new farmers. They took over farm operations from Sally and as I witnessed, they are doing a fine job of carrying on the farm's tradition.

Brown Farm offers a CSA with a limited number of members. A share this year sold for \$280 for the season and has sold out. But have no fear, Brown Farm sells at the Willimantic Farmer's Market held Saturdays and also at the Scotland Market on Wednesday. So, despite roaming chickens, sheep, goats and pigs, Jenna grows a whole array of vegetables. When she was younger, she always had a garden and when asked kiddingly, "What do you want to be when you grow up?" Jenna replied without hesitation, "A farmer". And what is amazing Jenna and John are self-taught farmers. Jenna states, "everything is an experiment". By my observation a pretty successful experiment it turned out to be. Garlic, peas, green onions, storage onions and various greens ran in neat and tidy rows. Jenna is a true believer in the "no till" theory as not to disturb the soil. She also has a strong opinion of where she purchases her seeds from. She favors Fedco because they use a rating system that shares where the seeds originated from. She also purchases seed from OSSl, the Open Source Seed Initiative (<https://osseeds.org/about/>). Additionally, the farm produces a variety of pumpkins, squashes, eggplant, tomatillos and this year they are trying out sweet corn. Jenna and John are also members of the New CT Farmers Alliance, the National Young Farmers Coalition, and CT's chapter of the Northeast Organic Farmers Association. More information about Brown farm can be found on their

website: <https://brownfarmct.com/>

If you are ready to try something different when you are at your local Farmer's Market and truly Connecticut grown? Try the following recipe using another great, and very different, early summer item, garlic scapes. Scapes are the shoots that grow out of the ground from hard-neck varieties of garlic. When they're young and tender, they look like curly green stalks with tightly closed buds on top. Farmers and gardeners harvest them at this time of year so that they won't drain nutrients from the garlic bulbs that will be dug up in a couple of months. Scapes take on many roles as part of their "taste" profile. They are a vegetable, aromatic, and even herb all in one. They have many uses. Last week the Willimantic Farmer's Market offered a recipe for a scape pesto on their Website. This pesto can be made and frozen for the winter. You can make the pesto and put it in an ice cube tray, freeze it and drop the pesto cubes in a freezer bag and pull them out as needed to serve over pasta for a quick meal. The following is a simple recipe for grilling scapes. First toss them with a little olive oil, salt, and pepper, over direct heat on the grill for about two minutes. If you have one of those vegetable grill pans you might use one of those as they will not fall through the grids. Flip them once, halfway through, and finish with an extra sprinkle of flaky salt and maybe a bit of lemon juice and zest. They'll be charred in spots and just soft enough, and their flavor will have sweetened and mellowed dramatically. Grilled scapes are surprisingly reminiscent of asparagus, and surprisingly different from raw scapes.



Jenna and John Aldrich with their daughter Lila, son Euan and family friend. Dennis Pierce photo.

and just soft enough, and their flavor will have sweetened and mellowed dramatically. Grilled scapes are surprisingly reminiscent of asparagus, and surprisingly different from raw scapes.

Grilled Garlic Scapes (Makes 4 servings)

Ingredients:

1 or 2 bunches of garlic scapes

Directions:

Heat the grill to a medium flame.
Wash and dry the garlic scapes.
Trim the ends and leave whole.
Massage the scapes with olive oil and sprinkle them with sea salt and pepper.
Toss them on the grill and brown both sides.
Serve the garlic scapes hot off the grill with additional salt if needed.



I leave you with the following thought..." If you have a garden and a library, you have everything you need." ... Marcus Tullius Cicero. 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...

Fletcher Memorial Library News

Submitted by Deb Andstrom, Librarian

Top Shelf Gallery July & August

The Top Shelf Gallery's July-August show features portraits and action scenes of Grand Tour cycling and Cyclo-cross riders by local artist Janice Trecker.

2019 Summer Reading Program
Wednesday afternoons @ 1-2 p.m.
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!

continued in next column

At the CT Audubon Center

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

Evening Bird Walk

Thursday, July 11, 6 p.m.

Join us to look for a variety of species of birds. We might find newly fledged young birds. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$5 CAS members; \$10 non-members.

Mammal Tracking / Training Hikes

In Woodstock - Saturday, July 13, 9 a.m. - 3 p.m.

In Canterbury - Saturday, July 27, 9 a.m. - 3 p.m.

Our volunteers look for track and sign of fisher, river otter, mink, moose, black bear, and bobcat. Train to become a wildlife monitor by attending hikes that suit your schedule. Registration is required. For info contact Paula Coughlin, Coordinator at paulacoughlin@charter.net. Training fee per hike: \$50 CAS members; \$60 non-members.

Programs at TRAIL WOOD

93 Kenyon Road, Hampton, CT 06247

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

Using Nature as Your Inspiration! Art Program for Kids (age 7-11)

Saturday, July 13, 9 a.m. - noon

Kids will find inspiration from the natural world in a fun morning of engaging art projects lead by Artist In-Residence & school art teacher Jessica Yagid. Registration required. Contact Laura at lauratedeschi106@gmail.com Fee including materials: \$10 CAS members; \$20 non-members.

Haiku & Contemplation

Sunday, July 14, 3 - 5 p.m.

Sherri Vogt, former teacher, congressional staffer and US Army veteran, will teach Haiku writing to help you process life's many beautiful challenges. Followed by a walk to observe, write, and share your creativity. Meet at the Teale house on Kenyon Rd. Fee: \$5 CAS members; \$10 non-members.

Summer Writing Workshop

Sunday, July 21, 2 - 4 p.m.

Alison Davis will lead this workshop. Share the beauty of Trail Wood. Meet fellow nature lovers and writers of all skill levels. Bring a notebook and pencil. Space limited. Registration required. Contact Laura at lauratedeschi106@gmail.com Fee: \$10 CAS members; \$20 non-members.

Trail Wood Bird Walk

Tuesday, July 23, 8 a.m.

Join Andy as he finds various nesting birds at our sanctuary in Hampton. Hooded warblers, chestnut-sided warblers, indigo buntings, and blue-winged warblers should be found. Meet in the parking lot at 93 Kenyon Rd. Fee: \$5 CAS members; \$10 non-members.

Artist's Reception with Janice Trecker

Wednesday, July 10th 4:30 - 6:00 p.m.

Painting Demonstration @ 5:00

FML Book Discussion Group

Wednesday, July 10th @ 6:30 p.m.

We will be discussing Born a Crime by Trevor Noah. New members are always welcome!

Story Time, Song & Play

Every Friday Morning 10-11 a.m.

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

Knitting Group

Every Wednesday 12- 3 p.m.

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

Drop-In Adult Coloring

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Common Sense Car Care

By Rick Ostien

This month's topic is Air Conditioning-

This year marks 70 years and 4 generations of our family business. This being said, we have seen many or as I like to say riding the wave until the next one comes along. This month is a wave change in air conditioning in new cars being produced. The R134A Freon that replaced R12 is being replaced by R1234yf. The cost of this new Freon and the equipment to repair systems on new vehicles will again be more expensive. I'd like to share an air conditioning article I wrote in June of 2003 which begins in the next paragraph.

Well the weather is starting to warm up and it's the perfect time to talk about air conditioning. Car manufacturers have had to find an alternative Freon, something other than R12. R12 Freon has helped to deplete the ozone layer of the atmosphere. R134A has now become the Freon that is used in today's automobiles. The owners of R12 systems that are in need of service have two choices when it comes to Freon replacement. R134A can be retrofitted to an old R12 system or an alternative chemical can be used.

The main problem with old R12 systems is the age of the components. Metal and rubber fatigue can cause leaks or failures after systems are repaired. This happens because the system works under pressure. Bringing an old system up to specified pressures can overtax the old components and cause failure of the system. Some systems are better off not being repaired. This is a decision you will have to make.

The following are procedures that we feel should be taken in repairing or servicing an air conditioning system. The customer's complaint is that the air conditioner is not working. The first thing to check for would be the air conditioning compressor, is it engaging? If the answer is a No, then you check for all electrical fuses to be in working order. If the answer is yes, then the high and low service hoses are attached to the vehicle. This will tell the technician if there is pressure in the system, meaning there is still Freon present in your system. The gauges would show NO or LOW pressure in the system. We then try to identify what kind of Freon is in your system. R134A systems have larger service ports than R12 systems so they are easy to recognize. The biggest problem with R12 systems is the alternative chemicals that can be used or the worst scenario, R12 Freon that is cut with propane found to be present in the system. Remember that virgin R12 is very expensive and averages about \$40.00 per pound compared to R134A which averages about \$9.00 per pound. An average system runs on 2 to 3 pounds. The Freon identifier machine tells the technician what type of Freon is in the system. Alternative chemicals cannot be recycled, but they do have to be reclaimed and disposed of by a chemical company. R12 and R134A can be recycled and reused. Bootleg R12 was being sold when virgin R12 prices started to sky rocket. This R12 was cut with propane which made it highly flammable. Luckily most of this R12 was sold in Florida and Texas.

Once the type of Freon present has been identified, then it becomes clear what procedure will need to be followed, recycling or reclaiming. The vacuum pump is then turned on after the Freon is removed. This procedure removes moisture from the system and can also tell if a large leak is present. The vacuum gauge should reach 30 inches of vacuum and hold after vacuuming is done. If not a dye is injected into the

system. Air conditioning dye glows under a black light. The leak is found using the dye and the black light. If the gauge holds at 30 inches of vacuum for more than 30 minutes, the correct Freon can be added to the system with tracer dye. The vehicle is then started, the air conditioning is turned on and hopefully the compressor engages. If the compressor does engage, the pressure readings are correct and most importantly cold air is coming out of the air ducts, the car is then road tested and rechecked for leaks. Remember the system was low on Freon which means a leak was present. If no tracer dye is found then a future recheck is scheduled.

The next complaint is inadequate cold air. The technician uses roughly the same procedures as before, the difference is that pressure readings are present they just don't meet specifications. Gauge readings can tell the technician if a compressor is pumping correctly, if there is an obstruction in the system or if the system is just low on Freon. Freon does leak out of a system over the years so vacuuming and recharging a system is a very common service.

The air conditioning or comfort control systems of today entail more than what has been discussed here. Computer controlled systems have added a different twist to repairing a system. Air ducts controlled by servos can fail and the list goes on. Repairs could cost more than the vehicle's value. One thing we can be sure of is that future systems will be more complex as each vehicle manufacturer tries to improve upon their product. Lord, help us all.]

I will wrap this article up with a few facts for you on the new R1234yf refrigerant. This new refrigerant is slowly being phased in. The phase in process began with some 2014 model year vehicles. The new refrigerant is patented and manufactured in a joint venture between Honeywell and DuPont. There are others who are also licensed to produce R1234yf. R1234yf has cooling properties that are similar to R134A which has been used since it was introduced back in 1994-1995 to replace R12. R134A contains no CFC's which are harmful to the ozone layer of the atmosphere, but it does retain heat well and has a high GWP (Global Warming Potential) rating of 1300. R1234yf has a GWP rating of 4 which is 350 times less than R134A. R134A is to be phased out of domestic car production by 2021. R134A will still be available to service older vehicles. Vehicles that use the new R1234yf refrigerant will require a slightly larger or more efficient condenser and a more robust leak resistant evaporator. R1234yf also requires a new type of compressor PAG oil and new certified recovery and recycling equipment designed especially for the new refrigerant. R1234yf is very expensive. A 10 pound container is selling for as much as \$650. It is also very unlikely that R134A systems will be able to be converted to R1234yf as the materials and lubrication issues make them not compatible.

I hope this month's article has given you a little information on air conditioning. Remember to make sure that you understand the repairs that are being performed on your vehicle and if they will be the answer to your problem.

Happy Motoring,
Rick

Rick Ostien is the owner of Franc Motors in Willington.

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In My 80th Year

By David Corsini

Last year, when I was 78, I read a book by Daniel Pink called "When". The subtitle of the book was: "The scientific secrets of perfect timing." The book describes research on a wide range of topics concerned with the importance of timing.

For example, the best time to get married, to have a medical procedure in a hospital, to take a test or to lie down for a nap.

With respect to napping, it turns out that the best time is seven hours after waking up. Since I typically wake up at 5:30, my ideal nap time is 12:30. As I often lie down shortly after I have lunch, I was happy to learn this is my ideal nap time. The ideal nap duration is suggested to be 25 minutes. Since I have been setting my alarm for 20 minutes, I seem to be shortchanging myself. I believe I will add 5 minutes and await increased productivity.

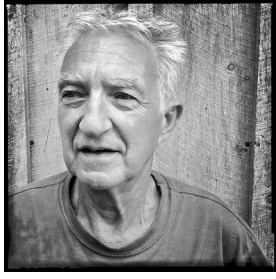
One topic in the book that captured my attention was the suggestion that the year that ends a decade in a person's life often holds particular significance. Thus, people in their 29th, 39th, 49th, etc. year of life do some things at a higher frequency than in the previous or subsequent years. One research study did an analysis of first time marathon runners. The results showed spikes in the 9th year of the 20's, 30's, 40's etc. That is, there will be more first time runners who are 29 than 28 or 30, and more first time runners who are 39 than 38 or 40. It is speculated that as individuals approach the end of a decade, there is an increased tendency to review one's life. People who initiated some significant change in the ninth year of a decade, sometimes are referred to as "9-enders".

What the 9-enders research shows is that, for some people, stepping into the next decade of life is a significant time for reflection about aspects of their life. Not all the 9-ender research is about positive changes, such as marathon training. For example, other research has shown that 9-enders are more likely to commit suicide or have an affair. I believe that as a decade of life ends, it is common for individuals to ask themselves questions such as: "If not now, when?", "Here I am about to become (some age), what have I accomplished?" or "Is this really what I want to do with my life?"

As I was reading "When", it dawned on me that my 79th birthday was coming up and that perhaps I should do something important for myself before turning 80. Since there was no way that I was going to run a marathon, commit suicide or have an affair, what could I do? It occurred to me that this would be the perfect year to reflect back on my time as a folk artist. Rather than just think back on my work, I would put together a show of it.

When I mentioned this to Delia, she was supportive and willing to help. This was a very good thing because I will need lots of her help, and that of others, to make an event like this work well. The first order of business was to identify a space.

We began to review possible venues in Willimantic. One possible venue was the ArtSpace gallery in the mills, where the Windham Regional Arts Council has its



annual member's shows. While this is a good space for a large show, I wanted a more intimate setting. In addition, for both the artists and visitors, this space is problematic with respect to parking and access to the gallery.

Last fall, Brian Cohen from Windham Arts and Stephanie Henderson from Quester's Way arranged, through a grant, to have the old Radio Shack and Hallmark storefronts in Eastbrook Mall opened as a gallery and an art emporium during the holiday season. I exhibited work in the gallery as a member of Open Studio and the Windham Regional Art Council. While Brian and Stephanie have made efforts to get the gallery open again, it was not going to be available in September, when I wanted to have the show.

Delia and I began thinking of other possible venues. We thought of the Kerri Gallery. I thought the space was too small for the amount and nature of the work I intended to display. Additionally, since I wanted to use a space for a month, my presence at the Kerri Gallery would be too disruptive.

Several people suggested the gallery in the new arts center at ECSU. I suspected that exhibits in that space had been planned long in advance. Probably major paperwork would be involved and I am not sure that my artwork would meet their idea of art.

We thought of the former Lily Pad where Claudette Marshall has her framing business. We had been to some shows in the small gallery there. We visited to explore the possibility, but it turns out we had been out of the loop. The former Lilly Pad is now Bliss Boutique. Claudette still does framing there.

From there, we went to Design Center East to see if they might have a space for rent. We talked with Mark Dressler who, while sympathetic to an artist wanting to show his work, did not have a space to rent. As we brainstormed possibilities, Mark mentioned the old Potpourri space on Main Street that had been vacant for some time and suggested we could talk with Joe Duval of Signs Plus, who owns the building.

We found Joe in Signs Plus and explained what we had in mind. He had been trying to rent the old Potpourri storefront without success. Eureka! He was willing to accommodate an aging artist for the month of September. The wheels are starting to turn. The show will be called: "A Retrospective in my 80th Year." Delia has put together a very attractive postcard. I have begun gathering and cleaning up some of my early pieces. Johnnie Walker has helped me design and construct pedestals. We have alerted our favorite handyman, Tim Bassett, that his services will be needed to hang the show. I have talked with my son, Andre, about having his group provide music for the opening reception.

I have been thinking back to the pieces I have made, the process by which my artistic ideas evolve, and various aspects of being an artist. There are several categories of my art that will be represented. There will be small centerpiece-type bouquets, larger outside arrangements for porches and gardens, a leg-hold trap series, a bra series, an imaginary animal series, wallflowers, pieces in a surrealist tradition, and more.

Mark your calendar. We hope to see you there.

Diary of a Customer

By Carl Swartz

Dear Diary:

8:40 a.m. Today is the first day of my vacation and I think I'll run into town and do a few errands.

8:45 a.m. The car starts roughly as it sputters and coughs before kicking over. Strange, I just paid to have a tune up. But that's O.K., it's not a big problem because I'll bring it back tomorrow and wait another three hours to have it fixed again.

9:15 a.m. I guess I'll have to get by without breakfast today. No one seems to want to wait on me. They are all over in a corner talking and laughing. But that's O.K. I guess people need to socialize. But I really would have liked to give this place my business, the menu looks so nice.

9:30 a.m. The bank seems quite busy and the line is so long. They call it "Quick Banking" but to tell the truth, I'm not so sure.

9:42 a.m. I am finally at the teller's window. "I need some blank checks, to use until my reordered checks arrive please", I say. The teller replies (somewhat distantly) "You'll have to go to the Customer Service Desk. We don't have those here." With a finger pointed in a northwesterly direction, she says dryly, "Over there." Once again, I cheerily bounce across the bank lobby to a vacant desk bearing the nameplate, "Customer Service" and wait.

9:56 a.m. A well-dressed, ready-for-business, young man sits down at the Custom Service desk without looking up at me. He stares at some papers for a while, darts a cold glance at me and says, "Yesss, may I help yoooo?" After explaining my plight, he sends me back to another teller's window.

Diary, I don't mind. Big banks have organizational problem like other businesses. But maybe I'll try my credit union instead. Oops, they don't open until noon today. I guess I'll find another branch bank that may have blank checks available until I get the reordered ones. ("They" promised 3 day delivery over the phone but it's been almost two weeks since I called in the order.)

I am right on time for my haircut. This hair salon has a great reputation for really fine work and I am looking forward to a great hair style. Appearance is important to me and I always try to look my best. No one is here to greet me and it is getting a bit late. The magazines here are at least a year old and aren't very interesting. To tell the truth, Diary, I am getting a little bored.

11:34 a.m. My hairstylist appears. He has a cold and he is breathing into my face. "Go right in, I'll be with you in just a minute". (He sneezes into his hand.)

"Hey get better," I reply. "We can do this another time". My old barber never had such a fancy-looking shop but he always seemed healthy and I never was unhappy with his work. Maybe I should give him another try.

4:14 p.m. The rest of the day has been punctuated by calls from telemarketers. One fellow who wanted me to change my life around by investing in penny stocks (funny, I always thought I had a pretty good life up to now) and another caller insisted that I claim my "First-Level prize" in the Puerto Gordo Condominium Sweepstakes. All I had to do was agree to spend the day with a sales agent and tour the facility. I took a pass on that one.

Diary, I used to get upset with all these petty annoyances but I don't any more. You know why? I always come out on top. I always win. I am the buyer, the source of the revenue. Poor workmanship sends me to a competitor. Rudeness is an invitation to seek out people who are "people-people" and care about my needs. Tardiness justifies my getting up and leaving.

Retail clerks, receptionists, travel agents, hairdressers, realtors, banker and anyone else who serves the public, take notice -I am the customer. I believe in receiving good service and quality, not incompetence, for my money. I can go elsewhere and I will.

The owners, managers and employees who know this thrive and prosper. The ignorant, the incompetent, the thoughtless soon have no place to work.

I go where people smile and care about my business, where Customer Service is on the top of their list. They know something the others don't: I always come in first; I never lose. . .

I am the customer!

David Corsini
A retrospective
in my 80th year

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Garbage in the Land of the Free

By Delia Berlin



I started writing a piece about perspective, but I placed it in the back burner to write about garbage. My office faces the street and I kept getting distracted by heavy action there today. The reason for all this activity is that several of my neighbors have placed large piles of items on their sidewalks, in preparation for an upcoming bulk trash collection. This, in turn, has attracted lots of pickers in trucks and SUVs. They drive by, slow down to check the items, and often collect a thing or two. When they find something they can use, it's a win for themselves, the town and the environment.

Our town offers weekly garbage removal and bi-weekly collection of single-stream recyclables. In addition, it schedules "bulk pick-up" days for large allowed items. At least one of these days is usually planned around the end of the academic year, when college students move out of dorms and apartments to return home, leaving behind lots of stuff.

The town takes great pains to communicate rules for these pick-ups but, invariably, many residents fail to follow them. Items frequently causing problems are mattresses, which are not allowed. Every person in Connecticut pays a mattress disposal fee when purchasing a mattress. This fee takes care of the expense of getting rid of the mattress, once the mattress is dropped off at an approved site. But most people can't transport a large mattress to these sites. When someone buys a new mattress, the old one can be taken away by the company that delivers the new one. But when students leave town, they are not in this situation. Often, they just pile up their mattresses with the rest of their bulk trash. This year, mattresses will not be collected by the town and offenders will be fined \$100 for each day that a mattress stays out. We'll see how this goes...

When one analyzes this problem from different perspectives, it's easy to conclude that it's frustrating for everyone. Even people strongly motivated to live by the rules have trouble following them if they are too onerous. If one pays a \$9 mattress disposal fee at purchase time, in order to drop off a mattress for free at an approved site, when the time comes, this step should be doable. And strictly speaking, it is. But what would it take? Since most people don't own a truck, the average person may have to rent a truck for \$30 a day, get help from friends for loading and unloading the mattress, find out where the closest approved site is and when it's open, drive the mattress there and return the truck. In a town where every resident is a Gandhi or a Mother Theresa, this should work just fine.

Since childhood, I have been taught that "el que cuida siempre tiene" ("he who cares for things is never in need") and I have internalized a strong aversion to wasting behaviors. When I no longer need something that is still in good condition, I try to find someone who may want it, even if it takes effort and time. I simply feel irresponsible if I throw something away without, at least, trying hard to put it to good use elsewhere. This practice can be burdensome in a society that doesn't embrace public policies to reduce wasting. Unfortunately, we live in such a society.

We are increasingly aware that garbage, in general, and single-use plastics, in particular, are presenting us with huge environmental challenges. But our policies lag behind our awareness and are rarely conducive to reducing the problems. Individuals alone should not be expected to shoulder the burden of optimal disposal, unless reasonably facilitated by policies and community resources. I can think of many examples to illustrate this point, but will focus on just a few.

Months ago, we replaced a pedestal sink in a bathroom with a vanity. I have been trying to give this sink away ever since. I've tried both gifting it and selling it for a very low price, with no results. Recently, I contacted Habitat for Humanity, hoping I could donate it. In fact, they have two second-hand stores for construction materials in eastern Connecticut. They will also pick up such materials on pre-set days and I successfully scheduled a pick up. But it took me almost an hour of phone calls and emails to get to this point. I will also have to pay \$10 to process the donation.

While I'm happy to give my sink and \$10 to Habitat for Humanity, it is undeniable that it would have been easier to put it on my sidewalk, like the rest of my neighbors are doing with their stuff. It may even have been better, if someone picked it up for free. But that would have meant taking the chance that, if nobody took it, it would have gone to waste. However, if instead of a retired writer I had been a working person, or a parent with young children at home, I may not have had an option.

Another example of institutionalized wastefulness involves couches and upholstered furniture. As most people know, it is much cheaper and easier to buy a new couch than to reupholster an old one. In turn, few couch manufacturers continue to build durable furniture that is worth reupholstering, resulting in a fully disposable couch society. For me it would be hard, if not impossible, to adhere to this mentality. My couches are made in New England from solid Vermont woods. They have followed me into three houses for almost 40 years. And they have been re-covered twice by local upholsterers. I feel good about these choices although, for sure, they were not made for economic reasons. It's more expensive and laborious to take this route, but money spent in this way stays local and pays unmeasurable returns.

I apply a similar philosophy to my shoes. I walk a lot and wear out many shoes. My feet are challenging, so when I find a particularly comfortable pair of shoes, I don't hesitate to repair them. Often, repairs cost more than cheap shoes on sale. But I much rather pay a local cobbler than fly shoes from China. I have some well-loved boots that have probably been re-heeled, re-soled and repaired ten times in over 30 years, and each time they come out looking like new.

Even when things can no longer be repaired for their original use, they may be repurposed. My husband, for instance, is one of many artists using discarded or found materials as a medium for art. While he mostly makes decorative objects, many others also make utilitarian ones, such as new clothing constructed from old sweaters, small furniture from wood scraps, or jewelry from colorful magazines.

And what about plastics? Even with full awareness of the environmental challenges posed by plastics, we are using them more every day. As we start to restrict single-use plastic bags and plastic straws, we may be fooled into believing that we are making a dent into this problem. But all we have to do is look around to realize that more uses for plastic are still emerging every day, particularly in health and personal care, where nothing beats the convenience of disposable, single-use gadgets and tools.

Just this past week I had a medical appointment that included (forgive the indiscretion) a Pap smear. I'm old enough to remember when the speculum, one of the main tools used for this test, was a sterilizable instrument made of stainless steel. Years ago, at least in the US, single-use plastic specula replaced metal ones. In addition to the plastic waste from the tool itself, each speculum came in a sealed plastic bag that also needed to be discarded. Usually, a specialized office lamp was used to provide the necessary light to collect the smear. Last week, however, my plastic speculum was a "new improved" version. It came with a built-in LED flashlight, eliminating the need for a self-standing lamp. The entire tool with all its components (plastic speculum, LED flashlight, battery and packing bag) is disposed after a single use.

I recall a childhood when my aunt, who was a dentist, washed, boiled, and placed all her steel instruments daily in an autoclave for sterilization. It didn't seem like a big deal. In those days, I can't remember any plastic bags either. Anyone who went shopping brought their own bags. How hard was that? Not very. But convenience is alluring and addictive. It won't be easy to change our habits and for sure it won't happen without some degree of compulsion.

As a society, we value individual freedoms and hate regulations. Certainly, regulation shouldn't be necessary to do the right thing. There is no need to wait for a plastic bag ban to start using reusable ones. But unfortunately, most people will wait. Smart and sensible public policy will be indispensable to get us out of a still-growing cycle of consumption and waste. And we'll need to realize that spending on local services, to repair or repurpose possessions, usually brings more happiness than accumulating cheap new things.

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A Woman's Voice: Understanding Autistic Needs

By Michelle Baughman

Tuesday, April 23, I attended the United States National Institutes of Health special event on autism. The purpose of this event was to bring about awareness of the need for better diagnostic criteria that considers the different ways in which females on the autism spectrum present. Females are being missed in the diagnostic process and therefore missing out on much needed services because the current criteria is based on pre-second world war criteria that was based on a very select group of little boys in Vienna. As Joshua Gordon, the Director of the National Institutes of Mental Health, said, "It is really important that we begin to discuss this issue because... recent studies suggest that we don't really understand much about autism in females."

John Elder Robison, national best-selling author who has served on several government committees on autism opened the event with these remarks:

"I'd like to just take a moment to remind all of you of the vital roles that women have played in autism advocacy... it is women who brought us the committees in government that serve you today...the very existence of the Interagency Autism Coordinating Committee is the result of passionate women advocating for their children...what we now see is that starting with the generation who advocated for their children, so many of those women saw the same autism in themselves. And we are now experiencing this fundamental time of transition where instead of women standing up here advocating for their children, they are now also standing up here advocating for themselves. And they...do so with the [lived experience]...of being a child [on the spectrum], then being a parent, and now...an autistic [self advocate]."

The line-up of speakers included four very accomplished autistic authors and editors: Barb Cook, Dr. Liane Holliday Wiley, Dena Gassner, and Jennifer Cook O'Toole. Three of these women are also mothers.

These speakers represented two recently published books dealing with the female presentation of autism. Barb Cook, Liane Holliday Wiley, and Dena Gassner all contributed (along with thirteen other writers not present) to the new book *Spectrum Women Walking To The Beat of Autism*, and Jennifer Cook O'Toole wrote *Autism In Heels: The Untold Story Of A Female Life On The Spectrum*.

Barb Cook began by telling us how the idea for the new book *Spectrum Women*, a compilation of the works of sixteen autistic women authors reflecting on their various lived experiences, came about in a meeting with the contributing writers of *Spectrum Women Magazine*:

"We do have a lot to offer: we're all on the autism spectrum, plus we have...years and decades of experience...and it need[s] to be shared. We all give our personal insights, like [a] self-help empowerment book... for fellow autistic women. Within hours we had a proposal [submitted] to Jessica of Jessica Kinsley Publishers of how much the women who identify as being on the spectrum

needed a candid, honest and open-hearted book written by those who get them, live a life like them, and want to share with them that we don't need to navigate this life alone."

"We all have our insights and personal views which make us different. We embrace that. Keeping this in mind, [the book] encompasses a wide diversity of thought and writing styles...Information and personal journeys within this book are from our own unique perception and experience of the world around us. Each of us live in different circumstances, making no two stories alike. But we share a common theme, to give you, the reader, a glimpse into our lives...even the smallest amount of information, wisdom or insight can set you on a different path of personal happiness."



In the photo above: L to R (rear): Dr. Liane Holliday Wiley, Dena Gassner, Michelle Baughman. (seated): Barb Cook, Jennifer Cook O'Toole, John Elder Robison. Cont. photo.

Barb continued to share a touching, personal story that illustrated how this book is her way of "paying it forward" to help other autistic women, as she had been helped when she was in a time of personal crisis, living a life as an undiagnosed autistic. She emphasized the importance of late-in-life diagnosis and the life-changing impact it has on one's quality of life and self-understanding. She continued to point out that every woman on the spectrum can benefit from this book, regardless of what age they had been diagnosed. Each chapter of the book is complimented by Dr. Michelle Garnett, who provides a clinical perspective: "Dr. Garnett's unique gift of over twenty years of experience working in the field alongside Dr. Tony Attwood shines through with each chapter [as] she provides commentary... demonstrating strategies [for] creating a more fulfilling life."

Next, Jennifer Cook O'Toole, public speaker on autism and author of the popular ASPERKIDS series of books which have been translated into five languages, took the floor. She discussed the distinction between inclusion and being wanted, and how inclusion is not the goal, but rather only the starting point. She talked about how

difficult it was to get her daughter diagnosed compared to the ease at which her sons were diagnosed. She told us how her new book *Autism In Heels* arose out of her reflections on the conversations she had with women who attended her presentations who ambushed her in the ladies room and poured out their stories because these women, who came to hear O'Toole speak on autism because of their children or students, ended up recognizing themselves as they listened to her talk. She described the various risks to socially vulnerable undiagnosed autistic females:

"There is a 'We Too' in the Me Too Movement that is so desperately forgotten: Eating disorders, self-harm, cutting, depression, profoundly debilitating anxiety, huge disparity between academic potential and professional achievement or life satisfaction and terrible, terrible, repeated rounds of intimate violence...abuse [and] neglect. Because...when you are told from the very beginning that above all, you are just too much: You are too intense. You are too hard to take. You are tiring...then you will love for crumbs. And you will take it all."

O'Toole pointed out that social relationships among neurotypical females are particularly complex and as autistic females lack the social competence to seamlessly blend with that complexity they are readily ostracized, which is extremely damaging to their self-worth. She relayed a sad story of a grandmother that she met who was raising her autistic grandson after her 30-something undiagnosed autistic daughter died of anorexia:

"[She] had read that Scientific American article about me and said, 'Oh my gosh, this is my daughter, I recognize her, I think that she was on the spectrum.' The grand child was, but it had never been acknowledged or recognized with the daughter and her heart was broken to find

that it was too late. The mother had said if only they had known. If only they had known the stories that we can tell you, her daughter would be alive. But the experts don't see us because all they see and recognize are the patterns described by looking at little boys primarily in pre-WWII Vienna."

The event concluded with all the speaker panelists answering questions from the moderator and the audience. For an extensive list of female autistic traits please go to: <https://the-art-of-autism.com/females-and-aspergers-a-checklist/>

To read the Scientific American article Jennifer refers to go to: <https://www.scientificamerican.com/article/autism-it-s-different-in-girls/?redirect=1>

To view the video recording of this event go to: <https://videocast.nih.gov/summary.asp?live=31703&bhcp=1>

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: Our Community Calendar starts here and travels through the paper.

July 1, Monday

Kids: The Library's Littlest Learners, 10:30a.m. Ages 0-5. A guest performer with a fun, educational program. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

July 3, Wednesday

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

Kids: Write a Letter to an Astronaut, 3:00p.m. Learn about some of NASA's current astronauts and pick one to write a letter to. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

willimanticlibrary.com

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

July 4, Thursday

Parade: Willimantic Boombox Parade, a.k.a. "The People's Parade", 11:00a.m. Anyone allowed to walk for any reason. Line-up begins at 10:00a.m. on Jillson Square.

Immigration: Neighbor Fun Block Party. Gather at Memorial Park in Willimantic after the Boom Box Parade for food, music, company and solidarity. Info: theneighborfund.org

July 5, Friday

Kids: Story Time From Space, 2:30p.m. Watch a video of an astronaut, read a picture book, and do a space-themed craft. Willimantic Public Library, 905 Main

St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

July 7, Sunday

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

Skill Share: Needle Felting Demo, 1:00p.m. - 3:00p.m. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org

Music: Discussion about Puro Taya Shanti, 3:00p.m. - 5:00p.m. All ages. Listen to songs and discuss context. Willimantic Records, 75 Bridge Street, Willimantic Info: www.willimanticrecords.com

History: Trivia, 4:00p.m. Teams & Individuals welcome. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing.

July 8, Monday

Kids: The Library's Littlest Learners, 10:30a.m. Ages 0-5. (See 7/1)

Kids: Explore littleBits, 3:00p.m. Ages 8+ (6-7 with an adult). Try out this magnetic color-coded circuitry kit. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

Film: "Magic Trip: Ken Kesey's Search for a Kool Place" & "1964", 7:00p.m. Free. Second Monday Film Series. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

July 9, Tuesday

Kids: Make Your Own Planet Bouncy Ball, 6:00p.m. - 7:30p.m. Ages 8+. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

Proposed Legislation Signals Major Retirement Plan Changes

By James Zahansky, AWMA®.

The early months of 2019 have been busy for Washington lawmakers, with the introduction of several pieces of legislation that would create major waves in the realm of employer-sponsored retirement plans. Let's review some key provisions, the proposed timeline of these bills, and what their passage by Congress would mean to retirement plan sponsors and business owners.



RESA and the SECURE Act seek to enhance retirement plan access

Two nearly identical bills that would bring notable reform to retirement savings plans were introduced in the U.S. Senate and House of Representatives.

The Retirement Enhancement Act (RESA) of 2019 contains many provisions of a bill passed unanimously by the Senate Finance Committee back in 2016. The newly proposed act was reintroduced in early April 2019.

The Setting Every Community Up for Retirement Enhancement (SECURE) Act was proposed by a bipartisan group of House Ways and Means Committee. It combines many provisions of RESA and the Family Savings Act, which passed the House of Representatives in late 2018, with a few new ideas. The SECURE Act received a favorable vote from the House Ways and Means Committee in early April 2019.

The overriding themes of both bills are the expansion of retirement plan coverage and the easing of access to retirement plans for working Americans. A few important provisions that will affect employer-sponsored retirement plans are listed below. The list is not exhaustive, but its critical items signal the clear intent that Congress intends to push for major retirement plan reforms soon.

In regards to employer retirement regulations, the acts will allow "open" multiple employer plans (MEPs), permitting unrelated small businesses to band together in open retirement plan arrangements, provide more attractive tax credits to businesses that offer an automatic enrollment provision to their employees in 401(k) and SIMPLE IRA plans, and allow long-term part-time employees—who may otherwise be excluded—to participate in the retirement plan.

Together they: increase the automatic safe harbor deferral maximum from 10 percent to 15 percent (note: RESA removes the maximum entirely) and simplify safe harbor rules by eliminating various notice requirements; raise the age for required minimum distributions (RMDs) from 70½ to 72; and remove prohibition of retirement contributions after the account owner reaches age 70½ - making retirement account contributions allowable regardless of age.

The Saving for the Future Act would mandate minimum employer contributions

Recently, two senators introduced new legislation that seeks to make saving for retirement a universal feature of employment for working Americans. The Saving for the Future Act was announced in early April 2019. Days later, companion legislation was introduced in the House of Representatives.

The act aims to address the nation's retirement savings crisis. It looks to help ensure that workers can meet emergency expenses by requiring small business employers to make minimum contributions to an employee retirement savings plan. "Right now, a full third of non-retirees have zero retirement savings, and four in ten adults don't have enough cash savings to meet a \$400 emergency expense," said Senator Chris Coons of Delaware in a press release touting the merits of the legislation.

According to a summary of the bill, its most critical aspects call for a 50-cent minimum employer contribution per hour worked to a personal savings account for each employee who works at a company with 10 or more employees. After two years, the employer's minimum contribution would rise to 60 cents per hour worked. The minimum contribution would also rise with the employee's wage growth.

The first \$2,500 in employer contributions would go to the employee's universal personal account—called an UP-Savings account—which would be earmarked to pay for nonroutine (i.e., emergency) expenses. Subsequent employer contributions would be deposited into the employee's universal personal retirement account—called

an UP-Retirement account. Employees would be automatically enrolled in the employer's savings program to contribute 4 percent of their salary. But they could opt out of the plan or choose a higher contribution level, maxing out at 10 percent of their compensation. Small businesses who adopt the minimum contribution plans of the act would enjoy tax credits worth 50 percent of the minimum contributions made to the accounts of their first 15 workers and 25 percent of the minimum contributions made to the accounts of their next 15 workers. As an alternative, businesses with fewer than 100 employees could elect to have contributions deposited into a personal retirement account for each employee—called an UP account—which would be administered by the federal government.

Businesses with fewer than 10 employees would be allowed to opt out of the employer contribution requirement. But employees whose companies opt out of the program would still be given access to an UP-Retirement account and an individual tax credit to incentivize them to save. UP accounts, though managed by the federal government, would be portable and worker owned.

What these proposals mean for business owners

For retirement plan administrators and business owners who offer a workplace retirement plan to their employees, the signals are clear. Lawmakers are laser focused on improving the American retirement system through increased and easier access to retirement savings vehicles. Many provisions of RESA, the SECURE Act, and the Saving for the Future Act seek to lower the barriers to retirement saving for employees while placing the responsibility on employers to incentivize their employees to put aside money for the future.

Plan Well

On May 23, 2019, the SECURE Act was approved by the U.S. House of Representatives in a 417-3 vote. The bill now rests in the Senate, waiting for its second vote to take place before being sent to the Oval Office. We will be sure to keep you updated with the progression of the bill.

Getting ahead of the curve by reviewing your plan's provisions and features, and noting where enhancements can be made, is a good first step toward preparing for anticipated legislative changes. This proactive behavior and strategic approach to financial planning can have an important impact on the success of achieving your financial life goals and are key elements to our unique Plan Well. Invest Well. Live Well.™ process. To learn more about our process and to access additional informational pieces on the markets and topics regarding your financial goals, visit www.whzwealth.com/resources to sign up for our newsletter.

Presented by James Zahansky, AWMA®. Authored by the Retirement Consulting Services team at 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. Weiss, Hale & Zahansky Strategic Wealth Advisors www.whzwealth.com

July 10, Wednesday

Kids: Sun-Earth-Moon with NASA #1, 3:00p.m. Ages 8+. Use a special kit provided by NASA to learn about our solar system. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

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

Skill Share: Citizen Science Series: Wildlife Cameras, 6:00p.m. - 8:00p.m. Ages 7+. Learn the best way to set up a camera and how to sue your camera projects for science. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 7/3)

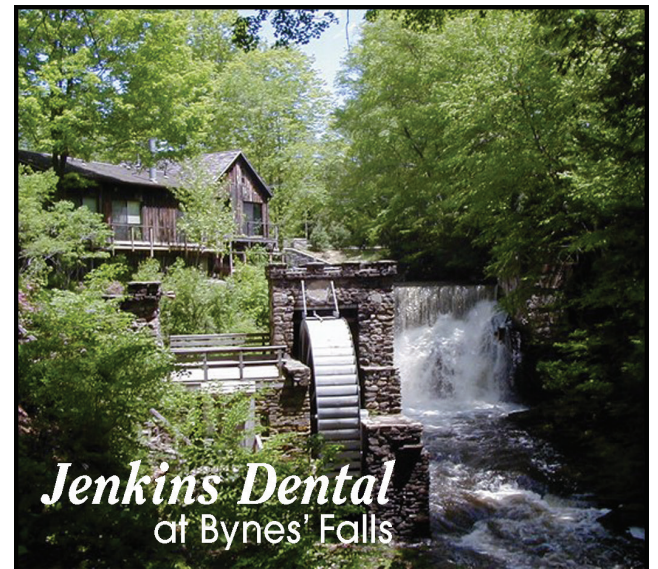
July 12, Friday

Kids: Story Time From Space, 2:30p.m. (See 7/5)

Skill Share: Natural Dyes, 3:00p.m. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org

July 13, Saturday

Skill Share: Repair Cafe, 10:00a.m. - 2:00p.m. Free



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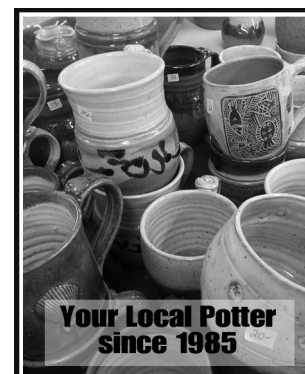
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“Performance Perspectives: Musical Myriad – Inception & Genesis”

By EC-CHAP

As we officially welcome “Summer”, and transition into our new Season, the EC-CHAP Board of Directors would like to thank our members, sponsors, volunteers and patrons for helping to make our 2018-2019 Season a success! Though you may consider our message to be redundant, we will never tire to convey our gratitude and appreciation... for without your continued support and belief in our mission, we would be unable to sustain our programming and fulfill your needs as your Regional Cultural Center. Thank you.

Our Performance Season at The Packing House will begin in September 2019 and will run through May 2020. We will be posting performances and programs through the summer, and encourage you to visit our website for upcoming events: www.thepackinghouse.us/upcoming!

Please join us for an “Information Exchange Meeting” Wednesday, July 10th; and an ongoing conversation: “Raising Historical Awareness Through Collaboration” Wednesday, July 17th. Both sessions will begin at 7:00pm in The Packing House.

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).

As we engage the summer months, we have invited a number of colleagues to share their creative journeys and stories as a part of our monthly Performing Arts column. This month, Arthur Rovozzo, Willington artist and host of WECS Saturday afternoon Jazz program, Musical Myriad, will begin a multi-part series describing the evolution of a radio program that began over three decades ago.

Enjoy.
EC-CHAP Board

My ‘Musical Myriad’

By Arthur Rovozzo, EC-CHAP Contributing Writer

In the first of my articles about “Musical Myriad”, I would like to present the story I’m often asked about: the origin of the radio program. The show is currently heard at noon to 3pm Saturdays on WECS-FM (90.1 or online at WECS-FM.com).



Arthur Rovozzo then...

Through the years of attending Windham High and then Eastern Conn. State University, I had listened to a tremendous amount of music, including diverse rock bands. Starting in 1979 I began to delve into the Blues, exploring any records I could find. Everyone from John Hurt & Sonny Terry to Little Walter, Magic Sam, Otis Rush & Howlin’ Wolf received study during my investigations. By the mid-1980s I expanded my quest to find out more by getting deeply into Jazz, as the digital age arrived.

The industry conversion from vinyl to CD was in full swing at the time, so I found many discounted albums on LP by Cannonball Adderley, Charlie Parker, Horace Silver, Thelonious Monk, Sonny Rollins & John Coltrane. These cornerstones of my growing record collection

sparked another revelation apart from learning about the music and its history. I developed the urge to get more folks listening to the artists I was discovering, a compulsion that was to be the foundation of Musical Myriad’s later inception.

By the time I graduated from ECSU, I started to make cassette tapes (remember them?) of my favorite artists for people to sample, accompanied by biographical sketches and recording information details for each musician, giving these to folks I’d met. Sometimes I’d have a portion of the tape featuring my voice, between songs, providing commentary on the players or stories about the artists I had uncovered. One of my “pen-pals” then was Tim Young, an aspiring singer/songwriter who I had met in high school. We started to talk a lot on the phone and debate about the music world trends. A few arguments took place!

It transpired that Tim had gotten the okay from ECSU teacher and radio engineer John Zatoski to do a show on Eastern’s WECS, called “The Saturday Folk Revue”. One day Tim said that I should consider putting the presentations from my “tapes-for-friends” project on the air as a radio feature in an attempt to reach more potential fans and enthusiasts.

While at first skeptical of the idea, Tim’s suggestion hit a target. I now had a kaleidoscopic range of performers I wanted to make others aware of and to foster greater appreciation of artists who had never won Grammy Awards or Gold Record status, but who deserved to be better known.

Among the performers who captured my imagination at that point were rather eccentric New Orleans pianists/vocalists Prof. Longhair & James Booker, sophisticated soulful blues man Fenton Robinson, vibraphone player Bobby Hutcherson, unusual guitarist from the Bahamas Joseph Spence, jazz pianist Cedar Walton & alto saxist Art Pepper. I realized that I wanted to tell the world about all of them, but doubts became a stumbling block for me: could I actually host a radio show effectively and present the artist information plus a very clear account of each musician’s unique appeal? I also had to create a format for the show that was open and loose enough to cover just about anything from John McLaughlin’s India-based Shakti to New England R&B horn honkers Roomful of Blues to straight ahead jazz or blues artists. It seemed almost impossible to find a method for conglomerating such extremely diverse artists into one radio series that people could follow from week to week and readily accept.

Tim Young’s idea to simply follow the approach I had used on my cassette tapes was the template. The WECS version of my tapes for friends idea would be very casual, akin to having conversations in our living room between playing some “you gotta hear this one” album cuts. But another problem was what to call the show; how do you create a title that gives some notion of categorization to a program that in essence, is un-calculated as far as classification and featuring artists who are often hard to pigeonhole?

I probably should have used a convenient show name such as Musical Profiles or a Musical History of Everybody. I wanted a term that was a catch-all phrase indicating a Feast-for-the-Ears, something that could incorporate and embrace the-many- miles-wide stylists I had enthusiasms for. One day I spotted the line “A Myriad Of” in a book and found the answer. The show would be a Musical Myriad including any artists of any sort who I happened to be listening to that week. The quality, individuality and intensity of the artist’s work, not the person’s accumulation of awards or wide acceptance, would take precedence over all other considerations.

With encouragement from Tim and from John Zatoski the show debuted in June 1989 on WECS. All was not smooth sailing, however. After an O.K. first season I started to encounter many problems that became worrisome over the next six years. One of my many drawbacks was that I was not quite “at ease” as a host. I found that I had no congenial manner that could have helped make me an entertaining, yet involving speaker, even though I had done some public speaking. I had to figure out what to do right on the job as it took place in real time. I also had not anticipated that I would be receiving harsh criticisms of

the show from some callers, so I reacted too strongly and bitterly to the nay-sayers for awhile. Following a long, very disappointing run of sub-par show episodes, I decided to restructure the program. A stricter framework with a second-hour artist biography, more scripted material and a tighter use of quotes from music experts and jazz journalists led the format of Myriad that continues in use today. Eventually I adopted a somewhat lighter tone of presentation with a bit of humor, although fully taking the artists, their life struggles, work and career stories quite seriously. That is still a high priority.

Some of the earliest Myriad listeners mistook the show as an exercise in nostalgia, which was not my intention or concept whatsoever. I am interested in evaluating all the music, whenever it was recorded, as if it were completely modern, contemporary – a living art form to be admired, not an ancient artifact. I want listeners to arrive at the music like I did, discovering its vitality, power and relevance as standing apart from any restrictions of time, era, politics, fads or cultural shackles. Latin jazz artist Jerry Gonzalez has said “you should become a music gourmet and never stop listening or learning from the great players of each style”. I entirely agree and can add that this statement is like a Musical Myriad reason-for-being, what I’ve tried to get across to listeners for 30 years, and it could serve as my motto.

It is heartening to see and hear younger artists carrying on the influences and approaches of so many Myriad performers; luckily, we can often experience this revelation locally at The Packing House. For example, jazz man Greg Abate continues a jazz lineage inspired and long maintained by Charlie Parker, Phil Woods, Paul Desmond and Art Pepper, all of whom have been extensively covered on Myriad episodes over the years. Alto sax phenom Sarah Hanahan is emerging as a bright new star with a style based on the methods of the late Jackie McLean. The stories of the music and the waves of possibilities continue ever on, endless ripples in the pool of artistry that defies time, race and gender.

repairs by community members of items you can carry in. No guarantees, but if our DIY experts can fix it, it stays out of the landfill. Bring toys, small electrical appliances, clothing, computers, dull knives, wooden products, etc. Learn how to do some repairs yourself. First United Congregational Church, 199 Valley St, Willimantic

Puppetry: Aesop’s Fables by Tuckers’ Tales Puppet Theatre, 11:00a.m. & 2:00p.m. Ages 3+. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

Community Food: Mansfield Public Library Teen Market Tours at Storrs Farmer’s Market, 3:00p.m. - 6:00p.m. Teens (along with a guardian) are invited to join Mansfield Library staff as we learn about the farmers and products at the market and then prepare a snack at the Library Express. 4 S Eagleville Red, Storrs. Info: <http://www.storrsfarmersmarket.org>

July 14, Sunday

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

Skill Share: Needle Felting Demo, 1:00p.m. - 3:00p.m. (See 7/14)

Skill Share: Edible Plants Walk, 2:00p.m. - 4:00p.m. Talk, hike, and taste test! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 7/7)



...and now. Contributed photos.

Mennonites in Hampton

By Angela Hawkins Fichter

In the fall of 2017 I saw a Mennonite family at the Hampton Fall Harvest Festival. I went up to the woman and introduced myself. She told me her family was buying a home in Hampton. I told her I looked forward to getting to know her. In the spring of 2018 I was in my flower garden and looked up the driveway to see a woman in a dress that went to the ground and a small white hat that tied under the chin. She was walking a Jack Russell terrier. I ran up to her and asked if she would let me show her my garden. She assented and came down the driveway. When I asked her what her husband did, she said construction, but he used to do landscaping. I asked if I could hire him to edge my garden and put mulch on it, since I had just had shoulder surgery. She said she would speak to him. Later I contacted him, and we set a date. Lo and behold, not only did he show up, but his wife did too, and her parents that were visiting from out of state. When lunch time came, I suggested that they come in for lunch. The men kept working, but the women went home and came back with cookies (Mennonite cookies are yummy), carrot sticks and peanut butter dip (healthy and yummy). I asked the women to strip my left-over chicken for me so we could have chicken sandwiches, because it hurt my shoulder too much to do that. They cheerfully did that, and we all ate, and the men went back to work.

Eight Mennonite families have moved to Hampton. Two more are committed to come here. The Mennonites rent the basement of the Hampton Town Hall to hold church services on Sunday morning and to hold school for their children. One married couple and one single lady teach children in the school. Mennonites are Anabaptists, which means they do not practice infant or young child baptism. To them the act of baptism requires someone mature enough to understand the difference between good and bad and old enough to have self-knowledge that he has sinned and wants God to forgive him. He is repenting. You cannot join the Mennonite church until you are baptized. A Bible passage supporting this comes from Mark 1: 4-8.

Many of us have seen Amish families. There are Amish colonies in many states. My grandparents raised me, and my early years were in a suburb of Philadelphia. On weekends we drove to Lancaster and went to Amish food stands. My grandparents bought, directly from Amish farms, fresh vegetables, fruit, homemade egg noodles and pies (pies are good for you!). The Amish and the Mennonites differ in dress and habits. In getting ready to do this first article on Mennonites I discovered that there is an entire spectrum of different types of Amish and different types of Mennonites. Of the eight Mennonite families that are here in Hampton, some of the heads of household were born and raised Amish, and some were born and raised Mennonites. This Hampton Mennonite church is the type known as Beachy, after Moses Beachy.

The old order Amish use a horse to plow. No tractor, no electricity, no cars are allowed to members, although if you want to hire old order Amish to build you a barn, they are allowed to hire someone to drive them in a car to a bus station or train station to get to where you live. The new order Amish allow tractors. Old order Mennonites use tractors with steel wheels, electricity, and horse and buggy (no cars). The Hampton Mennonites use cars, computers, phones, cameras, tractors, but no television and no radio because TV and radio are seen as showing a way of living that is sinful and inappropriate for believers (the conflict between Jesus' kingdom and the kingdom of this world). Amish and Mennonites are non-resistant. The current minister of the Hampton Mennonite church is Jonas Lapp. He explained that ministers do not get paid, do not go to a seminary. Mennonites study Scripture and get chosen for ordination by a combined

method of the congregation voting, then the use of lot. Both men and women vote, but only a man can be minister. The vote is by lot. Candidates who receive a pre-determined minimum number of votes choose a book, and the one who chooses the book that has a slip of paper in it is ordained. The one chosen by lot is then ordained by prayer while laying on of hands by other leaders. The use of the lot is found in the book of Acts. While there are no term limits, someone from within the congregation will eventually succeed him as a minister. They plan to ordain another minister within a year to form a leadership team. They will eventually have a team of three or more ministers.

Four churches in Lancaster, Pennsylvania are helping support the Hampton Mennonite school and Choice Books up here. Stop and Shop in Willimantic have some Choice Books, and the congregation is renting book storage for Choice Books in Pomfret. Choice Books are inspirational, wholesome reading materials. To learn more about Beachy Mennonites see beachyam.org on your computer.

The Hampton Mennonite Church has services every Sunday at 10 AM. The services last two hours. On most Sundays the service is followed with lunch in which people bring food from home. I have attended some services and found them meaningful (and the food yummy!). The feeling of fellowship is excellent, and the services have non-members attending plus visitors from other Mennonite congregations. A recent service I attended had a Mennonite family from Wisconsin, one from Massachusetts, and one from Pennsylvania.

Calling All Vendors and Artists for the Downtown Country Fair

By Susan Beauregard

The Downtown Country Fair has become a popular tradition in Willimantic. It's a free and fun family event for all to attend that features live music, local food, regional artisans and craftsmen, and imaginative children's activities. Every year the Co-op strives to provide a fun, creative, and environmentally sound event that promotes local skills and craftsmanship, and this year is no different.

The 2019 The Downtown Country Fair will be celebrating its 21st anniversary on Saturday September 28th and we are looking for vendors! Are you an artisan or craftsman looking for a unique event to sell your creations? Are you a local food vendor looking to get your name out there? Are you a non-profit that is looking for a well-attended event to do outreach? Then purchase a vendor booth by contacting Alice Rubin at the Co-op at alice.rubin@willimanticfood.coop.

Vendors and not-for-profit groups pay \$10 for a 10x10 space. Only items made in the Quiet Corner – Windham, Tolland and New London Counties – will be accepted. Food vendors pay \$50 for a 10x10 space, permits are the responsibility of the vendor and the Co-op requests that locally grown produce be used when possible. You can get an application by visiting the Willimantic Food Co-op or by going to the website at www.willimanticfood.coop/events/downtown-country-fair/.

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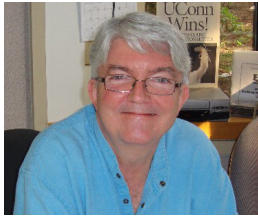
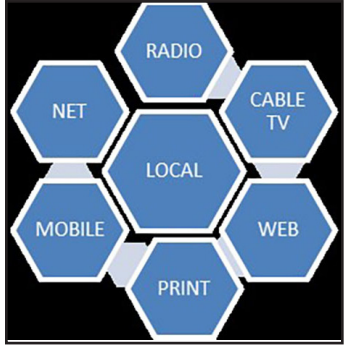
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Community Media and Regional Arts



By John Murphy

Happy Summer everyone, it's great to be back with you—and this month there is very good news to share about the arts in our region.

This series covers our arts community and the locally-based media channels and programs available across all distribution platforms—radio, TV, cable, print and web-based. Relevant and valuable content is out there looking for audiences of common interest and value. The expression and energy of the arts in action in all its forms is a well for creativity, connection and sharing a growing sense of unity in our community. We need it!

This month's highlights include:

Northeast Connecticut Arts launches on July 1, 2019—a new promotion/marketing service
 WECS Radio at Eastern celebrates new studios and new training opportunities
 A guide to finding local community media channels and resources

NORTHEAST CONNECTICUT ARTS A NEW MULTI-MEDIA MARKETING SERVICE SUPPORTING ARTISTS AND ARTS ORGANIZATIONS

On July 1, 2019, I will launch a new form of media and communication support for artists and arts organizations across our region—*Northeast Connecticut Arts*.

A unique marketing and promotion service will become available that is based in the heart of the arts community and a network of locally-based media channels, websites, and social media platforms. Radio, audio, video and print content can tell stories—small and large—about artists, special events, arts councils/guilds, related organizations and programs.

Material produced can be used for promotion and fundraising, for applications to win or renew grants, and for training or archiving. Funding sources increasingly require digital and media submissions with filings. Once created, digital content can be widely distributed and shared to increase the efficiency and range of outreach.

This effort has many goals and purposes for serving our arts community in the short and long term:

I want to provide free-lance and part-time work opportunities for media workers in our region, in all areas of creation and production to meet client needs. If you are looking for work, you should connect with me to possibly join the team I am organizing.

I am launching this organization as a new small business startup, to show the value and need for an arts communication network. But my goal is to transition into a nonprofit operating model and develop grant/sponsor funding. I plan to use this support to subsidize (match) the investments in their own work by individuals, groups and organizations, small or large, new or established, across our region.

WHAT IS THE NEED— FOR INDIVIDUALS AND ORGANIZATIONS?

After many years of outreach, radio conversations, TV interviews and other communications across our region two things are very clear to me: one is that many artists still work in isolation and apart from the larger art community and its resources. The other is that arts organizations usually work independently and rarely share resources or projects. The new media support system offered by Northeast Connecticut Arts can serve both sides of this relationship holistically and efficiently at small or large scales.

INDIVIDUALS

If an artist wants to explore the possibilities of moving her/

his art beyond the personal or hobbyist experience and pursue the business side of making a living through art, then a higher level of communication about the work is essential to success. It is a matter of scale, starting with small basics and progressing as opportunities develop. But you must invest to grow!

ORGANIZATIONS/VENUES/MUSEUMS

A rainbow of arts councils, guilds, venues and museums across our region are always looking for new members, but they struggle to make the new connections with the public as well as emerging artists. As organizations develop, their need for internal and external communication increases. Larger fundraising efforts require even more concentrated and controlled promotion and public outreach. This media toolbox can help you succeed.

The charts below provide an overview of media options and possible frequencies of need for the types of media support available from Northeast Connecticut Arts:

Regional Arts Media Services Potential Clients

| Potential Clients | Frequency of Need (est.) | Scale of Need | Menu of Services |
|---------------------|--------------------------|-----------------------|----------------------|
| Art Councils/Guilds | Events—1 or 2 per year | <i>Package Option</i> | Based on client need |
| Art Galleries | Events—6 per year | <i>Package Option</i> | Based on client need |
| Art Venues | Weekly | <i>Package Option</i> | Based on client need |
| Museums | Monthly | <i>Package Option</i> | Based on client need |
| Art Businesses | Monthly | <i>Package Option</i> | Based on client need |
| Individual Artists | As needed/on-demand | <i>A La Carte</i> | Based on client need |

Menu of Available Media Services

Distribution Options Include: radio, website, cable TV, YouTube, email/newsletter and print

| Service | Frequency |
|--------------------------|---|
| Video—15 minute story | Once |
| Video—5 minute story | Once |
| Video—1 minute story | One or two times/year |
| Radio PSA or Ad (60 sec) | As needed—can be date/event targeted or evergreen |
| Radio interview—15 min | As needed—can be date/event targeted or evergreen |
| Radio interview—5 min | As needed—can be date/event targeted or evergreen |
| Print Ad | As needed |
| New web site | Once for setup |
| Update existing website | As needed |
| New Facebook Page | Once for setup |
| Update existing FB pages | As needed |
| Regional FB Group Posts | As needed |
| Event photography | As needed |

The service can provide custom media packages, or a la carte service based on client needs and available resources. As with most media productions there is no single or standard way to create stories and messages. There are many aspects involved, including location or studio recording, scripting, client presence, photo inserts, and whether the purpose is informational or persuasive. Production costs can vary widely. The beauty of this media model and operation is that it works well at any scale of need and resource base.

You are invited to learn more about this new media service and how it may serve your efforts by contacting me directly. We can explore all options based on your specific needs and circumstances. Check my website for updates and media grant opportunities in the Northeast Connecticut Arts tab at www.humanartsmedia.com.



NEW STUDIOS AND PROGRAMS AT WECS RADIO EASTERN CONNECTICUT STATE UNIVERSITY

WECS-FM at Eastern Connecticut State University has been on the air for 33 years! On the good old FM at 90.1 and on the web anywhere at www.wecsfm.com.

Currently featuring 48 local programs and 53 DJ's, this unique regional radio service features a creative and challenging mix of student and community program

hosts—and selected NPR national programming, including Morning Edition and All Things Considered.

The radio station is celebrating the opening of brand new radio/audio and TV production studios in the new Communication Building. To learn more about the programs and possibly joining the staff use this email: weclistens@gmail.com. As a staff producer, you can also contact me at john@humanartsmedia.com.



OTHER COMMUNITY MEDIA RESOURCES FOR OUR REGION

A great deal of programming about the spectrum of local life in our region is available throughout the year. Watch, listen and read—and let us know you are out there. Connect for cooperative action!

Neighbors Newspaper/Magazine.
 Monthly print version distributed throughout 22-town region in the Quiet Corner
 Available online in color at www.neighborspaper.com with full archive
 Contact Tom King, Owner/Publisher, at neighborspaper@yahoo.com

To all our contributors— Thank You!

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

Send calendar/event listings to "Attention Dagmar Noll" in Subject Line

Local Radio Programs
 Windham Arts Radio Review, Wednesdays 5-6 pm on WILI AM 1400 and FM 95.3
 Contact producer/host Dirk Fecho at Windham Arts in Willimantic
 The Pan American Express, Tuesdays 12—3 pm on WECS 90.1 FM and www.wecsfm.com
 Guests always invited! Email john@humanartsmedia.com

Charter Public Access TV Channel 192/NE Connecticut Area/North Windham Studio

For 24/7 on-demand access to CTV192 programs on the Internet:

1. Go to the website = www.ctv192.com
2. When you open you will see a display listing current shows
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4. On the Homefront airs on Channel 192 Tuesdays 2:30 pm, Thursdays 8:00 pm and Saturdays 2:00 pm.

Remember the Charter Public Access Channel moved from channel 14 to channel 192. Make it a "favorite" on your cable channel remote control and take a ride with community TV—it's free!

Thanks for reading *Neighbors* and for letting others know about the work of this special collective of writers who are dedicated to serving our community.

Keep the faith for a peaceful and happy summer, I'll be seeing you at the Shaboo Stage!

John Murphy
 john@humanartsmedia.com



Let's Make Some Joyous Noise in the Quiet Corner!

Maria Sangiolo in Concert

Submitted by Janice Trecker

This summer's garden concert at The Fletch features singer, guitarist and songwriter Maria Sangiolo, July 17, 6:30 P.M. on the library side lawn. Along with other songs from her repertoire, Sangiolo will be singing Songs of the Wood, written and recorded after her 2016 stint as Artist in Residency at Trail Wood Sanctuary in Hampton. Sangiolo has eight solo albums to her credit including Maria and Friends – Planting Seeds that was chosen for the 2011 Parents Choice Gold Award. Her voice has been praised by the Boston Globe and Sand Diego Union Tribune, and she has received an Artist's Grant from the Connecticut Commission on Culture and Tourism, as well as national recognition for her songs for children.



The Hampton venue is especially appropriate for songs inspired by the local sanctuary, as Sangiolo calls Trail Wood "a life changing experience."

"One week on the old farm brought me back to myself after parenting two children for twenty years," she says. "My creativity flourished and I began to write again, both in prose and poetry."

The concert is free although donations are always cheerfully accepted. A limited number of chairs are available so patrons are encouraged to bring lawn chairs or blankets to sit on. Refreshments will be served. Rain date is July 24, same time.

Fletcher Memorial Library is at 257 Main St, Hampton. For more information: 860 455 1086.

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Dear Reader-
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T. King, Publisher

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Is Your Love Tank Full? On Getting Your Needs Met

By Grace Preli



Hello readers and happy summer! I hope everyone is relishing in all that our little corner of the world has to offer, everything is lush and green and I am very happy to be alive!

I recently feel like I've unlocked a super power that I didn't know I could have and it is the ability to determine what I need and then work together with the people in my life to meet my needs. Doesn't sound like much of a super power right? But over the last few months I have realized that I, you, we as human beings absolutely have the ability to meet our needs, whatever they are and to do so with help from those around us. Advocating for your needs and wants and desires means that instead of feeling helpless or like a victim, we instead feel empowered and capable. It's amazing what can grow and change when we humans come from a place of empowerment as opposed to feeling unworthy and incapable.

A few months ago I read Gary Chapman's book: *The Five Love Languages*. This book is what really got me started thinking about needs and how it is so important for my needs to be met in all relationships. Most of the difficulties within our relationships arise out of feeling like we are not valued, honored, appreciated, loved, supported or cared about. The root of these feelings is often grounded in the very basic fact that we might not be getting our needs met, or, as Gary Chapman says: our love tanks are not full.

If you feel completely satisfied and fulfilled in all of your relationships, with yourself and everyone around you then please, stop reading and email me and tell me your secrets! However, dear reader, if you're like me and feel like your relationships could benefit from a little thought and attention, then please keep reading for some of my recent thoughts.

It's great when someone in your life can meet your needs without you asking. Parent's often do this for children when they take the responsibility to meet their children's needs though the child might be unable to express what it is they do need. In a similar sense, you might have a partner or friend who always seems to know exactly what you need, after a long day of work or when you're feeling upset and need some help or advice. However even the most well intentioned help and care can feel unwelcome if it's not actually what the recipient needs. I'm reminded of a time when I was a teenager and had to sit my parent's down and say "hey, I know you mean well, but actually I need this, not that."

We can get ourselves into trouble here when we think someone needs something that they don't. When I took care of my friend with Alzheimers, after only a few tense days I realized I needed to let her guide her care and that we would have a very difficult time if I took care of her from a place of assuming what her needs were instead of listening to what she actually needed and wanted. Sure, I did my behind the scenes work to make sure she was fed and her home was safe and clean but I let her guide me and I responded to her expressed needs and desires as best I could. Not meeting the needs of someone when they are expressing them can lead to us getting frustrated, feeling like our efforts are unwelcome or not appreciated, why aren't they feeling supported and cared for when I am doing my best to meet their needs... and it can lead the recipient to feel confused and frustrated as well, thinking, why aren't my needs being met? Why don't I feel supported and loved and cared for? Not realizing that the person is very much trying to meet their needs as best they can. This misalignment of action and reception is what leads to confusion within any relationship and it leaves people feeling hurt and confused.

We also can run up against other barriers to expressing our needs if the relationship doesn't feel like a safe place to do so. In order to feel comfortable expressing your needs and desires within a relationship there must be a sense of safety and trust and vulnerability. If you don't feel secure or heard within the relationship, how can you expect to advocate for what it is you need?

We might feel insecure within a relationship for a few reasons. First, we might not actually know what our needs are and therefore expect our partners to be mind readers. This they are not, no matter how good they might be at intuiting our needs without us first asking. Let me tie this back into Gary Chapman's book. He has determined that there are five primary ways of expressing your love or receiving love within relationships. They are: gift giving, words of affirmation, acts of service, physical touch and quality time. He suggests taking the time to determine what

your primary love language is so that you can begin to know how it is you need to have your needs met.

Take some time to think about how you like to be treated in your relationships. How do you feel most loved, by your friends, your family or your partners? How do you feel most supported and appreciated? Whatever your answer it might be an indicator to your love language and the way in which you most want your needs to be met. If you're still unsure, think about how YOU demonstrate love and support to those around you and how you meet the needs of other people. Often times how we treat other people is how we ourselves wish to be treated. If you find yourself constantly affirming your friends and loved ones with random texts or phone calls, letters and love notes than words of affirmation very well may be the way in which YOU desire love and affection. Finally, it can be helpful to think back to your childhood. How did you love to receive love from your parents and the people in your life? It is in our childhood that we often solidify many of our beliefs and behaviors. Think about what made you feel nurtured and supported as a child. How were your needs best met?

Once I determined what my love language was, and had a better idea of how I needed my needs to be met, I felt invincible. I looked around at all of my relationships and I realized that many of them had elements that could be cleaned up and ironed out and it all had to do with one or both of us not feeling like our needs were being met. The realization that people are not mind readers was profound. If I was going to affect change within my relationships I would need to be honest about what I needed, what I wanted and be willing and comfortable and open enough to share this with the people around me.

I realized too that the majority of the people in my life are willing and wanting to love, support and help me. Me not taking the time to get clear on my needs or feel confident and comfortable expressing those needs is a disservice both to myself, the other person and our relationship as a whole. I have plenty of people in my life who want to offer me love and support, work, new furniture, cool clothes, awesome advice and opportunities each and every day. This means that in order to honor and appreciate what these people have to share, I need to first get clear on what I need and get clear on how I wish to receive it.

There are of course some people who are going to be unwilling to help you meet your needs. There are people who are going to be unwilling to grow or change within the relationship and that's okay too because the majority of people DO want to help and support each other. It can be easy for us humans to put up walls and shut down after being hurt. Most of us at some point or another have not had our needs met or have been hurt in the process of asking for or trying to find support and love. Maybe as children we were shut down and denied. Maybe we had a partner who made us feel unsafe and unworthy of expressing what it was we wanted and needed. This is why it's important to begin to do the work of letting down the walls and letting people in. If you're not feeling supported, you won't feel like you can express your needs and desires, and if you feel like your needs aren't being met you won't feel safe and secure and able to express future needs and desires. Progress is like a snowball, if your relationships are spaces of trust and safety and security you will find it easier to express what your needs are, and if your needs are being met this makes you feel more safe and secure and loved... which in turn makes it easier to continue to express your needs!

Reading *The Five Love Languages* helped me see relationships as a dance. It takes two to tango and in every relationship honest, loving participation is required by both parties. I looked around me and realized that if my relationships were struggling I was fifty percent accountable for the disfunction but also fifty percent responsible for effecting change. Feeling empowered to communicate what my needs are to those around me has been a game changer. I've also realized that I can look out for the needs of my friends and family members and I can be aware of the fact that their needs might not be being met. I might have a good idea of what my friends or partners need but I also have the ability to ask them, to say hey, what might your needs be, and how might I better meet them?

Get help. Figure out what your real needs are, and make the changes. You will find far more satisfaction and meaning in your life if you do. Realizing that you're able to determine what your needs are and then express those needs to the people around you and doing so will have you feeling capable, confident and empowered! Much love to you dear readers, enjoy the beauty your life, your relationships and this exquisite summer have to offer.

Hike: Full Moon Night Hike & Campfire, 8:00p.m. - 10:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

July 15, Monday

Kids: The Library's Littlest Learners, 10:30a.m. Ages 0-5. (See 7/1)

Kids & Teens: NASA @ My Library Live Webcast, 4:00p.m. Live webcast celebrating the 50th anniversary of the Apollo 11 mission including a guided recreation of Apollo 11's voyage.

July 16, Tuesday

Teens: How Will the Universe End?, 6:30p.m. Ages 13-19. Listen to a TED talk by Venus Keus and discuss the three possible scenarios she presents. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

July 17, Wednesday

Kids: LEGO Fun, 4:00p.m. - 5:30p.m. Ages 6+. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

Health: Food Your Soul Wellness Event, 6:00p.m. - 8:00p.m. Free. Improve nutrition, sleep and genetics. Reservations: 860-840-1058 option 1. Integrated Neurology of CT, 39 Nott Highway (Rt 74), Ashford.

Nature: Connecticut's Natural History: Stories of the human-nature relationship, 6:00p.m. - 8:00p.m. Listen to stories of our relationship to the land over time with Harvard Forest Dioramas. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Live Music: Singer-songwriter Maria Sangiolo, 6:30p.m. Info: 860-455-1086 Fletcher Memorial Library, 257 Main Street, Hampton.

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

July 18, Thursday

Hike: Relaxed Ramble, 11:00a.m. - 1:00p.m. (See 7/3)

July 19, Friday

Kids: Story Time From Space, 2:30p.m. (See 7/5)

July 20, Saturday

Nature: Exploring Pond Life, 10:00a.m. - 12:00p.m. Families encouraged to attend. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Puppetry: A Woodland Cinderella, 11:00a.m. - 2:00p.m. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

Skill Share: Weave a Mug Rug, 12:00p.m. - 4:00p.m. \$5. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org

Kids: Family Woods Walk, 1:00p.m. - 2:30p.m. Slow ramble. Kids of all ages encouraged to attend. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

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

Skill Share: Talk: Playing with Colors and Embellishments when Planning Quilt, 2:00p.m. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org

July 21, Sunday

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

Skill Share: Paint a Barn Star Quilt on a Board, 1:00p.m. - 4:00p.m. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 7/7)

July 22, Monday

Kids: The Library's Littlest Learners, 10:30a.m. Ages 0-5. (See 7/1)

Kids: Explore littleBits, 3:00p.m. (See 7/8)



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Decade Late, Sand Dollar Short

By Donna Dufresne

It's been years since I've been to the beaches in Southern Maine. Perhaps even decades, and more than half a century since I peddled sand in a bucket as a child. We rarely went to the beach when I was growing up in the fifties & sixties. My mother didn't drive, and my father worked all the time trying to piece together a living to make ends meet. My parents weren't really beach people to begin with. Didn't like the crowds. Certainly didn't like the amusements and the ruffraff that spilled out of the boardwalks in Salisbury or Revere. So, it was a rare occasion that I got to go to the beach until I was old enough to tag along with the neighbors or ride my bike to Plum Island. But on those rare occasions that percolate from my memory, we would visit a long stretch of fine-grained sand and I would find sand dollars bigger than silver dollars, and moon snails by the bucketful. They would inevitably stew in a corner of my room until the stench drove my mother to toss it all in the garbage heap down by the brook.

It seems there was a yearly pilgrimage to Old Orchard Beach with Great Aunt Rose, and an excursion with the Whittiers, who owned the farm where we lived. On those occasions, there would be crabmeat sandwiches, potato salad, and tart plums picked up at one of the many farm stands along the way. No matter how hard I tried, I couldn't keep the grit of sand out of my mouth or my crotch. In those early days of little tin beach pails and their matching shovels, I could understand why my parents didn't particularly like the beach. But oh – the sand dollars were worth the trouble.

Excursions to the beach were for picnics, not for sunbathing. My mother, who must have been very lonely, stuck out on the farm with a toddler and without a car, seemed to have an endless gift for gab. She plied Aunt Rose and the Whittiers for tidbits of family lore and legacy that might explain the moods of her dark horse husband. Had she been born into a more educated class, she would have become a psychologist. Or a detective, trying to unravel the mystery of why my father was the way he was, even though he wasn't much different from any other man of his time. At any rate, the bits and pieces I've retained about family history on my father's side, have a peculiar musical backdrop. The cadence of waves crashing on the beach, the clicking of tongues and shaking of heads to the tempo of the fading Yankee vernacular of my childhood. Pretending to be asleep on the scratchy wool beach blanket, or sprawled on the back seat of the car, I learned a lot about my family. Things my mother certainly would not have wanted spread around town as she steadily climbed that pretentious ladder, grasping for dreams. Some of those one-way conversations are still quite vivid in my memory:

"Cousin Peggy's grandmother ran a cat house in Portland, Maine, and her mother killed herself by sticking her head in a gas oven," I heard her whisper when she thought I was asleep. I had images of a fading Victorian house with cats in every window, and thought it must have been wonderful to live with all those cats.

Aunt Rose boasted that her mother was an "Indian Princess" from the Micmac Tribe, but my mother would later whisper to my future sister-in-law, as we sat on Crane's Beach, that "she was really black". And didn't I tuck that little tidbit of information away as fuel for my righteous indignation for all things unjust?

"I don't know why they sent him to work on the farm when he was only eight-years old," my mother prattled on to the backdrop of swishing waves, "Dr. Lee said Henry had a nervous breakdown when he lost his job. Then Bob was born with something wrong with his legs and had what they used to call fits. They must have been seizures, because Dick remembers him writhing on the floor and having to put a stick in his mouth so he wouldn't bite his tongue. It must have been hard during the depression. I wouldn't know, because my father always had a job. It used to irk me that my mother took in so much of the family when they couldn't find work. There was Uncle Barney, Aunt Eleanor and Uncle Roy, Archie, Junior, and Georgie, my half-brother, and not one of them offered to pay room and board. Then, of course, when Aunt Hazel, my mother's sister up in Maine, died of TB, we took in cousin Hazel who spent the first two years of her life in a sanatorium. All my mother did was cook and clean up after them all. I used to get so mad at them boys. Not one of them ever offered to do the dishes. But other than that, I didn't know anything about the Depression. My father would go on business trips and always brought me back a present, or a pretty dress. One time he brought me the most beautiful plaid coat with big black buttons.

Dick's family had a hard time, though. Henry used to go to the breadlines in Lawrence. I guess they couldn't take care of Dick and Bob at the same time. First they sent him to live with Grammy and Grampy Dunham. But then Fred Whittier said he needed a boy to help around the farm, and offered to take him in. They used to show up every Sunday and collect the money he'd earned. Fred treated him like a son. At one point there was talk of adoption. We'd all be better off if our last name was Whittier..."

The harsh sunburns and suffering the long car rides were worth every penny for the information I tucked



Photo Credit : Sharon Mooney / Wikimedia Commons

away about my family. Of course, the sand dollars were also part of the deal.

It baffles me that there aren't any sand dollars left. I have spent the last three days combing Wells and Ogunquit Beach, trying to find one. The broken remnants are mere shadows of the ones I found as a kid. The size of a dime, rather than a silver dollar. I know there are a gazillion people on the same mission as I, and they might know the secret to finding a whole sand dollar. But I stopped and chatted with many treasure hunters, and not one of them had found one. I don't think my memory is deluded. I distinctly recall digging in the sand, or waddling along the water's edge and finding sand dollars bigger than the palm of my hand. On Hampton Beach, they were as white as snow. At Rye, they were almost black, matching the shiny boulders, beached like whales.

Sand dollars aren't the only scarcity in the natural world. My liberal sensibility wants to blame climate change, which means you can blame Trump and Prewitt for waging war on the environment. After all, when your adaptation is so delicately fine-tuned to a specific habitat, you succumb to the slightest change in temperature, acidity, and pollution. Deregulating and eroding environmental protection laws is a slippery slope toward environmental disaster. I guess the people who voted with their pocketbooks don't remember the rivers running blue or red depending on the dye in the mills, or raw sewage floating past you while your dad fly fished for the elusive trout. In fact, the beach seems eerily devoid of life, other than seagulls, sandpipers and an occasional plover. The crabs have been pushed out by a gentrified Japanese species which has taken over all the crabby neighborhoods in New England. Periwinkles dominate the gastropod world, and rarely do you see a whelk or moon snail. Slipper shells, which are hermaphrodites, have easily surpassed other populations with that quirky little habit of changing sex for convenience. But the most heartbreaking victim brought to near extinction is the green sea urchin.

I used to keep baskets full of them around the house to remind me of kayak excursions off the coast of Port Clyde, where I would find piles of them tucked in the rocks and nestled in the blueberries on the islands. Unfortunately, my Mini Schnauzers thought I had put those tantalizing snacks out for them, because they managed to get to every one of them, no matter how I tried to hide them or how high up on a table or mantel. There was a lot of ingenuity, standing on hind legs, and climbing on furniture to reach those odorous morsels. They even managed to crush the spiny ones. Gone are the beautiful sage green shells. Gone the little Native American grass basket, a family treasure, which held them close. So you can imagine my disappointment when I returned to Maine a few years ago and couldn't find any sea urchins. Not one! I crawled into spruce tangles on my hands and knees hoping to find one cushioned by reindeer lichen. I scoured the deep crevices

of the rocky shore. It was downright eerie. Not even a broken shell could be found. It was as if they had suddenly disappeared from the face of the earth. Or worse, that they had never really existed. I was determined to discover why the sea urchins had disappeared, and heart-broken to learn it was yet another symptom of the economic turn. When other fisheries dried up, Maine fishermen turned to the Japanese and sushi market. Sea urchins became the next gold rush. In fact, the demand was so great and the price so good, they were totally fished out within ten years.

According to Marina Schauffler in her article *Absence of life on Maine shoreline brings grief and hope for action*, sand dollars are not the only species rapidly disappearing. Periwinkles, those hardy and somewhat invasive inhabitants of the tidal zone, are now washing up on the shore – their empty shells bleaching in the sun. Mussel beds are abandoned, and one would be hard pressed to find a sea star close to shore. Although it seems as though it happened over night, the mass die-off of marine life has been an accumulative effect of climate change for 30 – even 50 years. But the acceleration in the last ten years is alarming. It's not just the marine life, but the very threshold on which everything depends. Extreme weather, fierce winter storms and beach erosion have put further stress on coastal habitats.

Sand dollars and sea urchins are not the only victims of climate change and erosion. When I was a child, a trip to the beach was both rare and sacred. The water was ferociously cold, and there wasn't a jellyfish in sight. I was warned about the undertow, constantly (which I thought was an "undertoad" monster living in the water). But the habitat was rich and fecund, not like the barren wasteland we find today. And another climatic change has taken

place. There is a wall of silence when you walk down a beach on a hot day in July. Although there may be throngs of people, the chatter and the gossip that so delighted me as a child, seems to have gone the way of the sand dollar. Rather than prattling on about some juicy tidbits from the family past, mothers are glued to their cellphones, chatting via text. I suppose they think they are protecting their children from inappropriate information. But I can guarantee there won't be one imaginative, creative mind raised in such a brood, and probably no future writers either.

Scotland Recreation News

The Scotland Recreation Committee meets each month to plan our 2019 event schedule, and we welcome any Scotland residents to join our meetings. We always welcome new members, and folks who are interested to being a part of our Music on the Green series, Road Race planning and other fundraising events. All monies raised through our efforts go to support the Scotland Recreation Committee and benefits Scotland residents directly.

2019 Music on the Green:

We have several music events set up throughout the summer, with all music happening on the Town Green on Saturdays unless otherwise indicated. Any inclement weather moves music to the Grange Hall at 37 Devotion Road:

Fuse – June 29 (Funk)- 6 to 10 pm

Quiet Corner Fiddlers – Tuesday July 9 from 7 to 8:30 pm

Route 2 - July 27 (4-piece oldie and classic rock)

Hard Luck Aces - August 10 (country music) - 6 to 10 pm

Blackburns - August 24 (classic rock) - 6 to 10 pm

Pete the Grillmaster will be cooking up some grill food, and snacks & drinks will be available again this summer, so bring your appetite!

2019 Road Races:

Our 6th Annual Scotland Scoot is scheduled for November 24, 2019. This past Scoot was a huge hit, and our best one yet! Speaking of road races, we are doing some planning for our **Inaugural Half Marathon**, so stay tuned for information on "**The Highland Half**"! **Stay Informed!** Check out our Facebook Page "Scotland Culture & Recreation" to stay informed about upcoming events!

The Dye & Bleach House Community Gallery

By Rebecca Zablocki

Community - The key word in the title of EC-CHAP's new effort, The Dye & Bleach House Community Gallery. Located in a communal space on the first floor of The Mill Works historic facility, it is the pathway for tenants and guests. We would also like for it to become a stepping stone on the journey for patrons and participants of the arts. Though the town in which we reside lacks a formal "downtown", as your Regional Cultural Center, we hope to revitalize our historic location, and to once again become Willington's "Main Street" as was the case a century ago.

Commercial, for-profit galleries are of the utmost importance in the art world, a gathering place for the artistic community and representing and showing the world talented artists, and those that have dedicated their lives to the arts. Even with the ever-changing landscape of the art world and gallery models, we would like to recognize the importance of these spaces and participating in the patronage of elite and local galleries that represent professional artists and provide opportunity for those that have practiced and trained in the arts.

Our Community gallery, while lucky enough to have some very talented artist's works on display, is not a sales gallery. Artist selection may be curated to create a group of complimentary artists for each show, however we welcome all artists to display their works here. We would like to become a place where people of the greater New England area can come together, on the pathway of their career or hobby. You may step into our space and be surprised to find the works of a professional artist that resides in your community, or the work of a young person that is just beginning their journey in the arts, you may even find community members who only use art making to relax or create in their spare time. These artists may have works in renowned galleries, for others this may be the first stop before they take the leap into the professional art world, or they may have created a few pieces that they are proud of and do not plan on picking up a paintbrush ever again. The possibilities are endless and we would like to highlight the importance of art for everyone, especially within our regional community.

Even patrons of the arts have a journey to make, you may witness parents bringing their little ones to a Jiu Jitsu class in the building and hear the little "OOHS & AHHS" as they pass by a colorful painting or intricate sculpture. Perhaps visiting our community space will inspire someone to venture to other area galleries. We would like to be a little reminder to the community that art is all around us and that fostering art making could mean something different to everyone.

While it is possible that sales may be conducted as a result of this space, such transactions are done directly with the artists themselves. We invite the community to check out these shows, visit us every few weeks to see the artwork on view. Open hours are overseen by the artists themselves, so you may be lucky enough to meet the artist of the works you are viewing.

The Dye & Bleach House Community Gallery is open on Saturdays, 10am-2pm during exhibitions; we are closed for installation between shows. Beginning this summer, you may also have the chance to visit the Gardiner Hall Jr. History Museum during your time here, and take a look at the history of our building and the surrounding town.

The Community Gallery will be closed for the month of July, the current exhibit, THREE will be on view August 3 to August 24, 2019, featuring the works of Randall Nelson, a professional Willington sculptor whose wooden animals fill the space with personality, Marilynn (Lynn) Lacoss another local Connecticut artist whose pastel works and watercolor paintings express the undulations of color and light in nature and Lily O'Brien a talented high-school student, whose small works speak loudly, expressing emotion and character through color and mark making.

Keep an eye out for the next exhibit, which will be on view September 7 to October 26, 2019. If you are an artist that would be interested in participating in future shows, or have a group that would be interested, please send images of artwork and brief info to communitygallery@ec-chap.org



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

Visual Arts

By Tyler Hall

It is a great honor to serve our community as the Curator of the Gardiner Hall Jr. History Museum at The Mill Works. With this role I have been given a platform to share the rich history of South Willington, the Gardiner Hall Jr. Company (founder of The Mill Works facility), and the subsequent innovators that followed. With this opportunity I hope to illuminate the unique qualities of this historic site. As a historian I have learned that perhaps one of the greatest and most effective ways to share the past is through story. Through this medium we can visualize a time much unlike our own.

It is easy to think of today's companies as singular entities that simply exist to produce goods. Look into the not-so-distant past, however, and it is clear that the manufacturers of the mid-19th and early-20th centuries were responsible for the creation of thriving, vibrant communities. Many manufacturers of the industrial era provided tenement housing for their employees, and the company store sold necessities such as food, clothing and medicine. Often, rent and other purchases would be deducted from weekly pay, or bought with company currency. As private investors purchased land around these manufacturing centers, communities would grow. New factories were constructed, towering storefronts would adorn the thoroughfares, and wealthy managers and entrepreneurs would construct ornate mansions overlooking the city.

The Gardiner Hall Jr. Company was a dynamic organization that influenced nearly all aspects of community life in South Willington. Unlike this organic development that took place in larger cities such as Willimantic and Norwich, Gardiner Hall Jr. visualized his own picturesque New England village that would satisfy the financial, recreational, educational and spiritual needs of the community he wished to create. Through countless hours, and the labor of hundreds of men and women, his vision was realized.

Built upon company land, along privately maintained streets, stood brilliant white tenements, each with its own two-story wraparound porch. Employees would meticulously maintain the village grounds. A crew of workers would sweep the sidewalks every Saturday morning, grass would be kept short, and daily inspections would ensure that every window blind in the village hung at the same level. Evenly spaced maple trees decorated the streets. "Gardiner Hall Jr. Painting and Decorating" painted the tenements, schools, barns and shops, never letting a building fall into disrepair. Those that needed it got fresh wallpaper. A pig, chickens, and a garden plot were given to each family. In the gardens they grew a wide array of vegetables; common were corn, potatoes, asparagus, and cucumbers. A communal underground storage bin was provided where they could store their harvest. Peddlers on horse drawn wagons sold fresh meat, ice cream, and clean rags. Workers filed to and from the mill between shifts. The village was bustling with many cultures and languages, yet a shared a unified sense of community.

At the end of the village street, abutting the factory was Lake Beauty, a man-made reservoir that served as source of recreation and relaxation. A crescent shaped beach provided a much-needed place to cool off in the summer months, and a two-story Victorian gazebo offered



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History

a sweeping view of the water. A steam boat took passengers on short excursions around the lake. In the winter months, ice was harvested from the pond with large, horse drawn saws.

Hundreds of acres of farmland surrounded the village, plowed and cultivated by company employees. This left the village encompassed by rolling green hills. Black and white spotted Holstein cattle dotted the landscape, prized animals that provided the village with fresh milk each morning.

Separate of the company, Gardiner Hall Jr. and his children devoted their time and resources to the betterment of the community. Gardiner Hall Jr. constructed the Clara Hall Elliott Memorial Church, which served as the center of the community. Charitable functions were often held, employees enjoyed free dinners as an eight-piece orchestra provided entertainment. Owners, management and employees came together as equals to enjoy the festivities. Hall Memorial School and an adjoining athletic field were built by Fannie Parker and Alice May Holman, wife and daughter-in-law of Gardiner Hall Jr. The school represented a substantial upgrade from the traditional one-room school houses that had served the town of Willington.

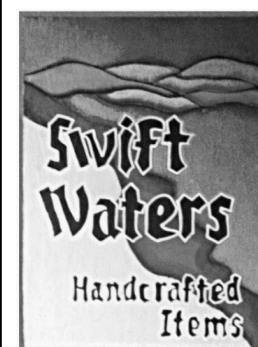
Though trees have grown in the fields, and machines no longer tick away in the mill, you can still visit this wonderfully preserved site. The vision of one man and the labor of hundreds of men and women have steadfastly resisted our ever changing world.

Please join us for an ongoing conversation: "Raising Historical Awareness Through Collaboration" Wednesday, July 17th at 7:00pm in The Packing House. Refreshments provided.

PLEASE NOTE: Effective Saturday, July 20, 2019, the Gardiner Hall Jr. History Museum will be changing our hours from Wednesdays, 9:30am to 11:30am to Saturdays, 10:00am to 2:00pm to align with open hours for the Dye & Bleach House Community Gallery. For more information, please visit: www.ec-chap.org, email: curator@gardinerhalljrmuseum.org, or call: 518-791-9474.

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

the Neighbors paper
a little paper big on community



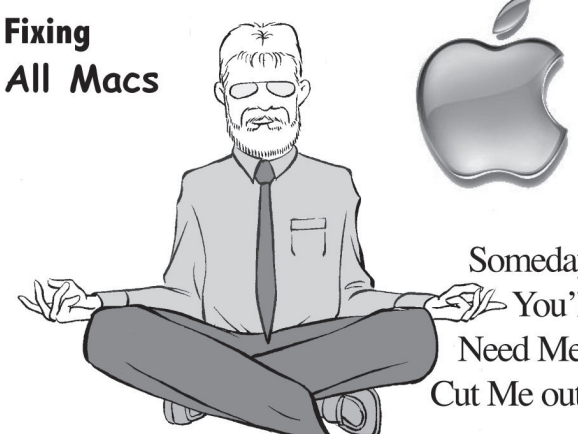
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Singing the Blues

By Tom Woron



Domination in sports by one team. Never cared for it. It's not just me but many fans of major league sports feel the same. But it seemingly happens in each of the four major league sports in North America: Major League Baseball, the National Football League, the National Hockey League and the National Basketball Association. Domination in each of these major league sports typically means that one franchise has won far more championships throughout the history its respective sport than any other team in that major league. Whether it was a hundred years ago, fifty years ago, five years ago or whenever, the franchise that has won the most championships in its sport no doubt was made up of a blend of extremely talented players but very often was able to "catch the breaks." This could mean that these dominant teams got the advantage of fluky bounces of the ball or puck, timely mistakes by their opposition, or questionable calls by league officials on their way to championships.

We all know that the New York Yankees have won more World Series championships in Major League Baseball than any other team. Historically the National Basketball Association was once dominated by the Boston Celtics who still have more championships than any other team in the league. In the Super Bowl era of the National Football League, the Pittsburgh Steelers have won the most Super Bowls (6) but it isn't necessarily a runaway as a few teams have won five.

For years it seemed like no team other than the Montreal Canadiens of the National Hockey League was to win the Stanley Cup, the ultimate trophy signifying hockey supremacy of each hockey season. Yes, the Montreal Canadiens have won the Stanley Cup more times than any other team. No other team is even close in total Stanley Cup wins.

For years the Montreal Canadiens were the team that just seemed unbeatable. They had super talented players over the many years and always seemed to perform very well under the greatest pressure. When it looked like the opposition had them on the ropes, suddenly something would happen in the Canadiens favor. A quick outburst of three sudden goals scored in within a short couple of minutes, a fluke rebound or change in direction of the puck, or a controversial penalty called on the opposition often

turned the momentum around resulting in a victory on the way to another Canadiens Stanley Cup win. Granted the Canadiens did not win the Cup every year but they were usually a heavy favorite.

It's always nice to see new teams, especially one that never won a prior championship, prevail as their sport's best team in any given year. In 1993 I was watching the Stanley Cup Finals between the Montreal Canadiens and the Los Angeles Kings. It appeared that the Kings were going to win the second game and have a two games to none advantage in the best of seven series. However, in a strange call, a Kings player was given a penalty for using an illegal hockey stick. Montreal capitalized on the penalty by scoring the tying goal. Momentum shifted right then and there. From that moment on, the Canadiens rolled to the championship. The Kings were to be denied their first Stanley Cup win, which would have been nice to see.

But guess what! That was in 1993. Things do change. It would have been unheard of back then but the Montreal Canadiens have not won the Stanley Cup since! Twenty-six years and no Cup for the Canadiens in all that time!

In what is probably good for the sport, since 1993 a variety of NHL teams have won the Stanley Cup. The Pittsburgh Penguins, Detroit Red Wings, Colorado Avalanche, and the New Jersey Devils have each won the Cup two or three times. And yes, the Los Angeles Kings have won two Stanley Cups in recent years. One would never have guessed that the Washington Capitals were going to win their first Stanley Cup for the 2017-2018 NHL season. Still another surprise was to follow. From 1942 to 1967 the National Hockey League consisted of only six teams. These teams were referred to as the "Original Six." For the 1967-68 NHL season, the league doubled in size adding six expansion teams that are sometimes called the "Second Six."

One of the new teams added to the NHL in 1967 was the St. Louis Blues. The Blues made it to the Stanley Cup Finals in each of their first three seasons of existence. However, each time the Blues lost the best of seven Stanley Cup Final series four games to none. Since 1970 the Blues have accomplished nothing...UNTIL NOW! The Blues won their first ever Stanley Cup for the 2018-2019 NHL season.

Just like a year ago, hockey fans have to become accustomed to a team that never won the Stanley Cup before being the champion of the NHL. The Washington

Capitals as the Cup winners for 2017-2018 and the St. Louis Blues, the Stanley Cup champions of 2018-2019, would hardly have been believable just a few years ago. It would have been nice to have seen the Boston Bruins win the Cup for 2018-2019 and have New England win the championships of three major sports in one year but in my personal opinion it was good for the NHL and the sport of hockey to have the St. Louis Blues win the Cup.

Fun at the Storrs Farmers Market

By Diane Dorfer

On August 3, the Storrs Farmers Market is hosting a Kids' Day at Market. Free farmers market snacks for kids, music from Echo Uganda, visit a fire truck and other cool vehicles, fun kids' activities, plus the KIDS' COOKING CONTEST. Kids, high school and younger, can submit their original recipes for a chance to win a pair of tickets to the Storrs Adventure Park and have their recipes featured in next year's school lunch menu!

Recipes should highlight locally grown produce, meats, eggs, etc., listing the source farms or your own garden. Recipes should be for a dish that could be served as part of a school lunch. Kids will submit their prepared dish & written recipe at the market tent, next to the band, between 3:00 & 3:45. Judging begins at 4:00, participants must be at the judging to be eligible to win a prize. There are three age groups: kids entering 12th - 9th grade, 8th - 5th grade, and 4th grade and younger. Kids from any town are eligible.

As a prelude to the Kids' Cooking Contest, the Mansfield Public Library is running Teen Market Tours on July 13 & 27, starting at the market at 3:30. Teens (along with a parent or guardian) are invited to join Mansfield Library staff as they learn about the farmers and products at the Storrs Farmers Market. They'll choose fresh, local ingredients from the market and walk over to the Library Express to prepare quick, delicious snacks.

Library staff will meet participants at the market for 3:30 - they'll be the ones with the big library card - and finish at the Library Express, 23 Royce Circle, for 5:00.

The Storrs Farmers Market is every Saturday, now through October, 3-6 pm, on the lawn in front of the Mansfield Town Hall. For the winter, we are indoors at the Mansfield Public Library.

Our Neighbor's Photography

Words and photography by Peter Polomski

Thread City Classical Dance presents an annual recital by their students at Lyman High School.

This year featured a poetic theme, with music either associated with the poems, such as Mendelssohn's Midsummer Nights Dream and a verse from Shakespeare's play of the same name, or compositions that expressed a tone or theme of a selected verse.

My favorite lyrics were "meow, meow, meow, meow...meow!" Which I found quite amusing as the dancers, costumed as cats, danced and clawed their way through the set.

Lots of wonderful dancing and beautiful, graceful dancers. Innovative choreography and costuming, excellent sound and lighting.

Please friend TCCD to keep in touch with their news, events and classes!

www.facebook.com/ThreadCity-ClassicalDance/
www.threadcityclassicaldance.com



July 23, Tuesday

Kids: Space Rock Magnets, 6:00p.m. - 7:00p.m. Paint your own space rock magnets and take them home when dried. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

July 24, Wednesday

Kids: Sun-Earth-Moon with NASA #2, 3:00p.m. (See 7/10)
 Running: Trail Running Club, 5:30p.m. - 6:30p.m. (See 7/10)
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 7/3)

July 25, Thursday

Kids: Star Jars, 6:00p.m. - 7:00p.m. Ages 8+. Make a calming star jar to take home. Register: Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.com

July 26, Friday

Kids: Story Time From Space, 2:30p.m. (See 7/5)

July 27, Saturday

Kids: Summer Fairy Homes, 10:00a.m. - 12:00p.m. Ages 4-12. Materials provided. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov
Hiking: Long-Distance Guided Hike, 10:00a.m. - 1:30p.m. 5-6-mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Puppetry: A Woodland Cinderella, 11:00a.m. - 2:00p.m. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs.

Info: 860-486-8580 bimp.uconn.edu
 Community Food: Mansfield Public Library Teen Market
 Tours at Storrs Farmer's Market, 3:00p.m. - 6:00p.m. (See 7/13)

July 28, Sunday

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
Skill Share: Traditional Rug Hooking Demo, 1:00p.m - 3:00p.m. Info: 860-456-2178 Windham Textile & History Museum, 411 Main St, Willimantic www.millmuseum.org
 Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 7/7)

July 29, Monday

Kids: The Library's Littlest Learners, 10:30a.m. Ages 0-5. (See 7/1)
 Skill Share: Identification Walk, 4:00p.m. - 6:00p.m. Bring a field guide or borrow from our collection to identify plants along the trails. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

July 31, Wednesday

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



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 July 9th, 7:00 p.m.
 Scotland Town Green

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

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


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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.
 Changs 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
 Grounded Coffee Shop
- Windham Center**
 Windham Post Office

Love Animals?

Come Volunteer at the Sanctuary!



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.





Ospreys in Ashford.
Photographs by Joseph Szalay.

Be Healthy – European Style

By Nicole T. Smith, L.Ac.

Today, I am writing to you from Sardinia, Italy. As someone who loves pure, simple, organic food, satisfying work, daily physical activity, and adequate time for rest, vacation, and appreciation of nature, I feel right at home here. I have traveled all through Europe, but I chose Sardinia for a specific reason: it is home to the Sardinian centenarians – people that live to over 100 years old. Healthy and robust, they don't take medications, and continue to be strong and enjoy life.

Their diet is comprised of whole-grains, including barley, beans, garden vegetables, and fruits, with only 3% of sugar, and 5% of meat. Compare this to the typical American intake, which has upwards of 15% of sugar. As for meat, Americans are "set to eat more meat in 2018 than ever before...222.2 pounds..." - not a regimen followed by the healthy centenarians! (www.globalagriculture.org)

I have been eating the cherries, peaches, and strawberries here nonstop!

Imagine walking through an outdoor marketplace on a sunny morning, buying directly from the farmers. In Connecticut, in the summer months, there are many local, organic farms that have CSA programs you can join, with vegetables direct from the farm, full of nutrients. In the cold months, there is the Willimantic Coop, where you can find organic produce and other items throughout the year.

Nothing can replace the artisanal bread of Paris, the sundried tomatoes of Italy, the biologique wine of Bordeaux, the salt from Croatia, or the lavender from Greece, but it is far better to buy organic, locally when possible, and avoid the aisles of worthless, processed food that abounds in supermarkets. Otherwise, jump on a plane, and head to Europe. You'll be glad you did!

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

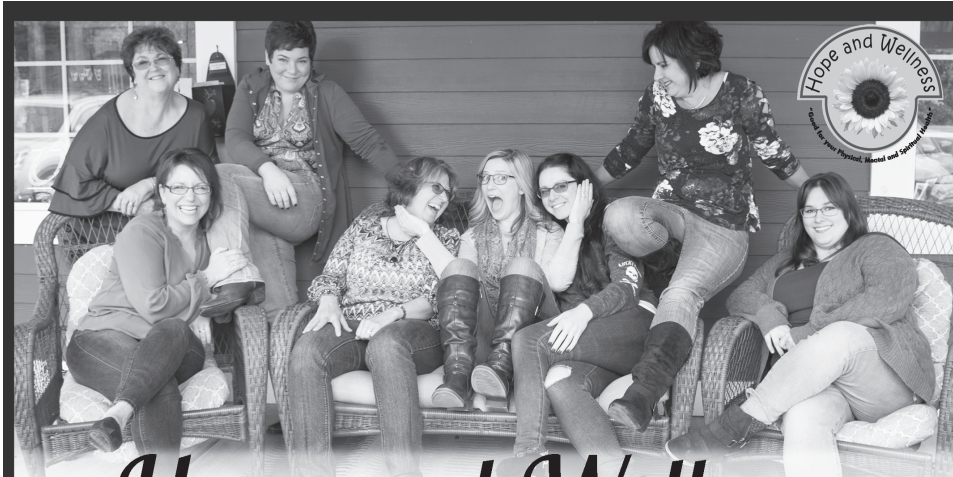
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Feed Your Soul Wellness Event

Optimize your health this summer and learn how to improve your nutrition, and sleep and even your genes!

Wednesday, July 17, 2019
6:00p.m. to 8:00p.m.

Integrative Neurology
39 Nott Highway (Rte. 74)
Unit 4
Ashford, CT 06278

Mingle, Relax, Eat and Drink
Free to Attend! Refreshments to be served!

Meet Misty Doering, APRN of Integrative Neurology
Dr. Thao Doran, DO of Greenstem Clinic
Jennifer Hirschberg-Wise, OTR/L, CLT of Radiant Journey LLC
Christine Yantz, PhD of Nutmeg Neuropsychology

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