

Neighbors



7.25.19 Rick Ostien, Mike Kovarovics, Mickey Morgan and Terry Pelletier (left to right) discuss Mickey's '32 Ford Coupe at the Thursday Night Thunder Car Cruise in Ashford. Read Corey Sipe's article and see more photos inside. Tom King photo.



**BUY IN BULK AND SAVE!
A LITTLE OR A LOT - IT'S YOUR CHOICE**

552 ITEMS FROM NUTS, SPICES AND SOAPS TO KOMBUCHA!

SAVE PACKAGING - REDUCE, REUSE AND RECYCLE

GET 5¢ BACK EVERY TIME YOU REFILL YOUR OWN CONTAINER!

91 Valley Street, Willimantic

860-456-3611

www.willimanticfood.coop • Credit Cards Accepted

Open 7 Days A Week 8 AM - 8 PM

Looking Up:

Mysteries in the Night

By Bob Grindle

Something yelped in the woods last night. It had just gotten dark enough for the shadows to hide any hint of movement despite a full Moon, and the only clues to the drama unfolding beyond the safety of our porch were the muffled cries and the quickly receding rustling sounds as some creature's life came to an end. The three of us had been talking about a planned trip and about events of the day, but now we just looked at one another, each with a slightly different reaction to what had just happened: Where are the cats? How far away was that? Which direction was it headed? Could you tell how big it was? The revised conversation drifted on a bit until our son decided to head into the woods and walk back over the hill to his house. The full Moon lit the trail nicely, and we have lived here long enough to feel comfortable walking these hillsides; the critters have far more to fear from us than we from them. I recently read a study about sharks that compared the hundred or so attacks on humans annually, resulting in twenty or so deaths, with the millions of sharks killed annually for sport and food. Non-Homo sapien life on this planet definitely has more to fear from us than we from them. Though I'm not sure about microbes and gypsy moth caterpillars.

The trail over the hill from our house passes by a four-or-so acre field that borders a small pond under several massive white pines and then opens again into a couple of fields that are ideal for sky watching. Here and there along the way are patches of sky that create a kind of kaleidoscopic pattern of here a star, there a planet, then a portion of constellation, and a shot of Moonlight.

I vacillate back and forth between wanting to be the seriously precise astronomy guy and enjoying simply being charmed by the beauty of our cosmic canopy.

August promises lots of charming moments. The darkening skies of early August will beckon you to grab your binoculars—or telescope, if you have it—and take a look at Saturn and Jupiter around 9pm or so in the South-Southeast moon-free sky. Both planets will be around all month, and high and bright enough to find easily, with Saturn on the left and Jupiter a bit higher and to the

best chance to catch a naked eye view of tiny Mercury. Half an hour or so before sunrise on Saturday the 10th of August—but who gets up at quarter of five on Saturday? Oh well, if you do...—Castor and Pollux, the storied twins of Gemini, will be about mid-sky high in the Northeast and Mercury will be just below them and a bit East. There will be another star, Procyon (the Little Dog Star) farther to the East and a bit closer to the brightening horizon. Between the setting nearly full Moon and the rising Sun, it's a trifle difficult to find what you're looking for or even know what you're looking at, but it's always worth the chance that you might see something you've not seen before.

Starting around the end of the first quarter Moon on the 7th of August until the end of the month the Perseid meteor shower becomes the team to beat. The Perseids will peak around the 12-13th this year, but since the Sturgeon Moon will be full on the 15th, this season's star shower will lack the impact that usually makes it the hottest ticket of the month. Still, I've been amazed to see some stunning meteors at times totally unpredicted, so if you've got the time and an open patch of sky why not take the chance at watching cosmic dust be made. Anyway, the Moon and Saturn will be noticeably close on the night of the 12th and it's a summer evening in August, so grab a friend or two, or more, and something you enjoy imbibing...or inhaling, probably depending on whether or not you have to work next day...and enjoy the greatest video game of all. That would be reality.

I'm always amazed at how long summer days can feel, whether lazing through some vacation days or sweating through some work days, and yet how summer always seems to pass in a split-second. Here is hoping that however much or little time you may spend looking up into the immenseness that spreads over our planetary home, you see or hear or smell or feel or think something that connects or reconnects you the magic of our humanity. This morning dawned bright and beautiful, the cat returned home unscathed, and the sounds of the night are history. Stay well and enjoy our New England season.



August 12-13; despite a Full Moon, the Perseids offer enough bright meteors to be worth the time, and as the night deepens into early morning they become more frequent. Lay on your back so you can see nearly the whole sky.

right. Without Venus around to shame the gas giant, Jupiter is easily the brightest light in the sky these nights—except for the Moon, of course—and Venus won't show up again until the mornings of early September. By August 9th the waxing gibbous Moon and Jupiter will almost touch and the very next morning of the 10th will probably be your



THE PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

Save The Dates!



JAZZ SERIES

GREG ABATE QUARTET
Saturday, September 14th | 7:30pm



JAZZ SERIES

STEVE DAVIS QUINTET
Saturday, October 5th | 7:30pm



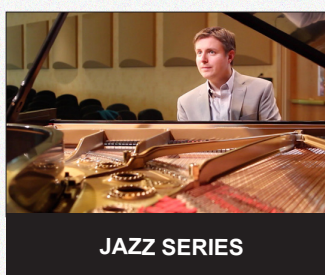
ACOUSTIC ARTIST SERIES
Folk / Rock

KATE TAYLOR
Saturday, October 26th | 7:30pm



SPECIAL PROGRAM
SPIRITUAL MEDIUM

MAURA GEIST
Friday, November 1st | 7:30pm



JAZZ SERIES

MATT DE CHAMPLAIN TRIO
Saturday, November 2nd | 7:30pm



JAZZ SERIES

AUSTIN MCMAHON TRIO
Saturday, November 9th | 7:30pm

RECURRING MONTHLY EVENTS

"READINGS AT THE MILL WORKS"

1st Tuesday!

"BLUEGRASS PROJECT"

1st Wednesday!

"TALENT SHOWCASE"

2nd Wednesday!

"SOCIAL DANCE w/KELLY MADENJIAN"

2nd Thursday!

EC-CHAP FILM SERIES

"EC-CHAP INFORMATION EXCHANGE MEETING"



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

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

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

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

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

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

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

Neighborspaper LLC is a member of the Ashford Business Association.

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

WWW.THEPACKINGHOUSE.US

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

Surviving the Trumpian Era

By Loretta Wrobel



These are the times that try my mental well-being. I feel like a bouncing ball. One minute I am feeling all is well, and the next I am smoking with rage, anger, disgust or depression. Seems when I feel it can't get any worse, it does!!

Any of this sound familiar? These chaotic and unpredictable times are like trying to drive a car down Mount Washington without any working brakes. You see the cliffs and curves and know you are not in control. We are functioning in destabilizing times. Someone is always campaigning for President, someone is always resigning, and someone is always being charged with abusive behavior. How do we negotiate these dangerous upheavals and assault to our senses?

The constant threat of our federal government planning another attack on immigrants looms large. We are a nation not used to this type of behavior in our democracy. We are bombarded with threats that the raids are coming. This keeps us on high alert and concerned for those who came to America to flee this type of behavior.

A few weeks ago, I rushed to the Protest Corner in Willimantic Friday night to attend the rally in support of immigrants. In the shadow of the Frog Bridge stood Miss Liberty. I stopped and took a deep breath. Yes, we live in a county made up of immigrants and now we are being told immigrants are bad people. Others felt the same, as there were about 75 people attending this particular rally with Miss Liberty. A diverse group of concerned souls--young, old, black and white--gathered to proclaim that America is not a land that rejects people because they come from a different country, speak a different language, or look different. What a relief to see others who are filled with love, acceptance and humanity.

Next I hear at a Trump rally the chant, "Send Her Back!" I am appalled at such behavior from our chief executive. However, I see that when Representative Ilhan Omar returned to her home state of Minnesota, her constituents chanted, "We Have Your Back!" She responded to her being accused of hating America with the tweet "True patriotism is not about blindly supporting a single Administration. True patriotism is about fighting for our country and its dignity."

True patriotism means making sure people of our country and our Constitution are uplifted and protected." That is the kind of legislators I want in our country. Those who stand up for the basic tenets of our constitution and understand our nation allows for criticism and freedom of speech. Our legislators should not have to face death threats or intimidation because they are expressing their right to speak.

I found myself continuing on this merry-go-round, until I began to see that this is a very effective technique. Get people all fired up with outrageous tweets and outlandish statements, causing us to focus on what was said and how terrible it is. Then we are not paying attention to what is happening in our country. We are distracted by our anger and rage and the hateful rhetoric. We are not addressing our energy to what is happening behind the elaborate performance.

What about our trade agreements? How are we decreasing our use of fossil fuels? Rising healthcare costs? Gun violence and the safety of our children? How are we interacting with other countries? We need to be aware and responsive to the policies enacted and the business of our federal agencies.

The immigrant situation gets more and more tense. This is fear tactics to the max. Keep groups of people concerned about when will the knock on the door come and they do not have any energy to oppose you. This administration employs this method frequently. Zeroing in on a particular group--for instance, transgendered people--and threatening to cut back on all their hard-fought rights. We are moving backwards at a faster rate than the rising sea levels!

I want to spend my energy on addressing the issues that are important to me and not on the latest insult, attack or slam against someone or some group that may disagree with him. Since he is the President, he commands a large share of media attention. Every insulting tweet gets full media coverage. In this manner, our chief gets lots of publicity and stays in the limelight.

As a nation, we are now forced to reexamine our basic form of government. What kind of country are we? What beliefs do we hold close to our hearts? Are we a nation that shouts America is made up of a certain group and

everyone else must leave? Do we believe in freedom for all or only for the white, rich and male? Who is an American? What kind of person gets to stay in America?

As I listened to the first round of Democratic Party debates, I was fascinated and elated by the diversity among the 20 debaters. I liked seeing so many women and minorities, articulate and competent, discussing their plans for America. I was impressed by the Governor of Washington, Jay Inslee, a white male, talking about climate change and the importance of addressing this critical issue.

Since I don't possess a crystal ball, I have no knowledge of what will happen in 2020. I am struck by the number of candidates who are wanting to run for office because they believe our country needs to go in a different direction. Regardless of what party you resonate with, I trust that as Americans we do champion equality and justice. We may disagree on how to achieve this, which is the merit of a democratic form of government. Our system is designed to work on making compromises after hearing different approaches.

My wish for our country is that we focus on how to make it reflect the values found in the Constitution. By using our resources to slow down climate change and work towards more equal distribution of wealth, we can be a leader that other countries respect. Focusing on inclusion, and working together can create a country that is a safe haven for everyone. What is your wish for your country?

CT Approves Another Gas Plant

Plant not necessary for energy demand and will compromise state's climate goals

Submitted by Samantha Dynowski, Sierra Club

On July 18 the Connecticut Siting Council reaffirmed its June 6 approval of another fossil fuel power plant without enforceable limits on its greenhouse gas emissions. The 650 MW gas plant, slated to be built in Killingly, will emit 2.2 million tons of carbon dioxide each year, releasing 5 percent of Connecticut's total greenhouse gases. Connecticut's Global Warming Solution Act statute requires an 80 percent reduction of 2001 level greenhouse gases by 2050. It will be the third large gas plant built in the state since 2018.

Sierra Club Connecticut, along with Connecticut Fund for the Environment and Not Another Power Plant, demonstrated in testimony that the plant is not needed to meet the state's energy needs, and, without enforceable limits on greenhouse gas emissions, will impede the state from achieving its own mandated energy goals. The Connecticut Department of the Environment previously declined to include enforceable greenhouse gas limits into the plant's air permit despite a request from the applicant. In response to today's decision, Samantha Dynowski, State Director of Sierra Club Connecticut issued the following statement:

"Adding more carbon dioxide-emitting fossil fuel power plants to our energy mix isn't going to help us meet our climate goals. It's moving us in the opposite direction. We have shown time and again that this gas plant isn't needed for energy in the state and will continue to pollute our communities. CT Siting Council's decision allowing the construction of another fossil fuel plant reveals serious flaws in how decisions are being made about the kind of energy the state wants and needs. We call upon the Governor and the Department of Energy and Environmental Protection to oppose construction of new fossil fuel generation and turn instead to clean and renewable energy."

About the Sierra Club

The Sierra Club is America's largest and most influential grassroots environmental organization, with more than 3.5 million members and supporters. In addition to protecting every person's right to get outdoors and access the healing power of nature, the Sierra Club works to promote clean energy, safeguard the health of our communities, protect wildlife, and preserve our remaining wild places through grassroots activism, public education, lobbying, and legal action. For more information, visit www.sierraclub.org.

The Neighbors paper
Locally Written
Locally Wread

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

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

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

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

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

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

LANDON TIRE
Tires • Brakes
Wheel Alignment

LANDON TIRE... DOES MORE THAN JUST TIRES!

We specialize in...

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

YOKOHAMA GENERAL TIRE TOYO TIRES KUMHO TIRES HANKOOK
BFGoodrich Firestone
UNIROYAL BRIDGESTONE
Cooper Tires
GOODYEAR
IRELLI
MICHELIN

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

SERVING YOU SINCE 1951

Largest Selection of Sewing Machines and Vacuum Cleaners in Eastern CT

Sales • Service • Parts • Accessories

Schillers SINCE 1951
HOME TO ALL YOUR SEWING & VACUUM NEEDS

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

WE TAKE TRADE-INS!

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

"All Work Guaranteed-Free Estimates"

VISA
MasterCard
DISCOVER
AMERICAN EXPRESS

TRANSFER YOUR VIDEOS TO DVD

Update your audio to CD, and photos and video

COME AND SEE US!

THE GALLERY RECORDING STUDIO

ALL WORK DONE ON PREMISES
860-528-9009
GALLERYAUDIOVIDEO.COM

Please visit us at our new address - effective May 5th
8 Meadow Trail, Coventry
One block off South Street Behind the convenience store
(cow painted on front)

MasterCard VISA

Willimantic, Now and Then:

Camping in the Backyard: The Fantasy Starts at Dusk

By Mark Svetz

It was a night of bioluminescent adventure, full moon wonder and the joy of living when our granddaughter Miriam went camping in our backyard with us the other night. I think it was Miriam's first time sleeping outside. We all decided to give it a try on what turned out to be a perfect night. The moon was nearly full and very bright while the fireflies were dancing in the woods behind us. The spirit of imagination was in the air.

Miriam had been away for most of the summer so far, traveling with her parents and we were so excited to have a sleepover again. For "Mima" and "Nonno" the key ingredient for adventure in our lives had been missing the last few months, so we were primed for a good time. Sleeping outside in the tent would be icing on the cake. Miriam was up for it; she had been talking about camping lately and it started to take shape as a great adventure. Our backyard seemed a great place for Miriam to experience the wonderful, exotic world at night.

The adventure started when Sarah and I dragged a piece of foam outside and spread the tent out on the back lawn. The three of us got the poles in and the tent up. Then I held the corner tabs in place and Miriam pushed the metal pegs through the grommets. She had a hard time with one, and before I could help, she grabbed a rock and started whacking the peg.

The tent was ready in no time. We had to spend some time snuggling and wrestling in the tent, which we all loved. Soon, Sarah started a fire, and I went inside to get the hot dogs, cantaloupe soup and various items (apple wedges, carrot sticks, bunny crackers, figs, etc.) for our smorgasbord. Miriam loved finger food since she was old enough to want peas but too young to wield a spoon. Our smorgasbord is one of her favorite meals.

The fire made everything more exciting, especially as Miriam began to indulge her curiosity, trying to toss a stick on the flames from a couple yards away. I was pleased that she was respectful of the fire. She asked me how she could get the stick into the fire without getting burned. I thought silently how many times that essential 'moth to the flame' question had come up in my life and wondered how many times Miriam would face it.

The smorgasbord eventually took her mind off the fire, and she ate happily, sitting on the table, munching and talking. She grew thoughtful when she saw the broiler pan I have been using over the fire for many years. "Are you going to put the hot dogs right on that thing Nonno?" she asked. I thought Miriam might object when I told her yes, that's just what I was planning to do, but she quietly watched. We had a nice meal as the sun went down.

After we put the foam in the tent and covered it with sheets, Miriam wanted me to go and get her stuffed animals inside. Miriam had been outside all afternoon and she was reluctant to go inside the house for anything. When I told her my knee hurt and asked if she could go and get them, I could see her struggle, but she ran inside none the less and came out with a basket full of her "stuffedies." We had great fun getting them all settled in the tent before the bioluminescent adventure began.

When we sat snuggling at the edge of the lawn, looking down the hill into the dark woods, Miriam saw the fireflies. We were ready for all this because she had watched a documentary on bioluminescence with her dad, but it must have been a little different in real life. She watched quietly for a while before she got up and ran in her bare feet down the hill into the woods where she could barely see the ground in front of her. It didn't seem to matter. She ran to the bottom of the hill then zig zagged up more slowly. When she got to us Miriam was saying how the fireflies look different from the different places in the woods.

Miriam stopped mid sentence when she saw the light in the grass right in front of her. She peered at where



the light had been, trying to see the insect, when the light glowed several feet away from her. She ran to it and looked for the bug again. We had so much fun following that firefly around the grass. I'm happy to report Miriam's knowledge about the science of bioluminescence took nothing away from the enchantment of the fireflies. It was during the excitement of trying to see the fireflies that I noticed the big, beautiful moon had risen in the southeastern sky.

"Holy macaroni!" I called. "You guys have to see this moon!"

We looked through the branches and saw the moon. It looked so big and close, I wondered aloud to Miriam whether we could jump from our neighbor's roof and get to the moon.

"I don't think we can," Miriam told me, "because NASA doesn't send children into space."

"If we could get there from that roof that wouldn't matter, because NASA would have nothing to do with it,"

I said. Rules are important to Miriam. I wasn't sure how she would like my cutting NASA out of the picture. She remained silent on the subject, so I suggested we get a better view of the moon.

With that, we all ran out to the front lawn and beheld the full glory and wonder of the moon. Miriam jumped and rolled on the grass, laughing and calling out to the moon. I couldn't help recall the time, many years ago, when her father had first seen the full moon. He ran in circles and laughed at the moon. By now, it was almost fully dark and the light of the moon was beautiful; Miriam was giddy with the experience.

At one point, I had squatted on the lawn and Miriam came over to sit in my lap. She was quiet for a moment, hugging me and looking at the sky. "You know, Nonno, if we got a trampoline and put it on the roof," she said, quietly, "we might be able to bounce all the way up there. Maybe I could be the first kid on the moon."

When we finally got into the tent, Miriam couldn't decide where in the vastness of the foam floor she and her stuffies should sleep. She migrated around the inside of the tent for an hour before finding sleep cuddled against her Mima. As for Mima and Nonno, we didn't sleep quite as well as our Miriam. The foam is noticeably thin after some time, and while Miriam and her stuffies had plenty of room, we found ourselves a little crowded.

Nothing, however, could dampen my pleasure as I recalled Miriam's wonder, joy and flights of imagination during her first night of camping in the great outdoors. The fireflies, the moon and the powerful fantasy of the world at night are the same for me in my backyard in Willimantic as they have been in the wilderness of the Canadian Rockies. The best adventures are always in our minds; I was so glad to share this one with Miriam.

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

News From Hampton's Fletcher Memorial Library

Submitted by Deb Andstrom

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.

FML Book Discussion Group
Wednesday, August 7th @ 6:30 p.m.

Seed Saving with John Sokoloski
Saturday, August 24th @ 10:00 a.m.

Come to the library on Saturday,
August 24th at 10:00 a.m. for a Seed
Saving program with expert seed saver

John Sokoloski. This will be a hands-on program at the library, and will be followed by a tomato tasting at his farm.

Sunroom Addition Grand Opening Party!
Wednesday, August 28th, 5:30 – 8:00p
Ribbon Cutting at 6:30

Join us for live music and great food on Wednesday, August 28th from 5:30-8:00 p.m. to celebrate the grand opening of our new, spacious Sunroom. We will have a ribbon cutting ceremony at 6:30.

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

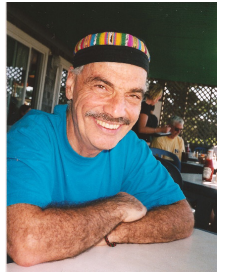
Story Time, Song & Play for children (ages 0-5) and their caregivers.
Knitting Group
Every Wednesday 12– 3 p.m.

Drop-In Adult Coloring

Experience the stress-reducing and meditative benefits of coloring. Unwind with creative coloring at the library. Coloring sheets and pencils will be provided, but feel free to bring your own. Free drop-in program. For more information, please call the library at 860-455-1086.

On 'Saving Our Democracy'

By Len Krimerman



Last week, Marian (my wife) and I vacationed in Cape Cod, a place we have enjoyed since we first met four decades ago. Besides the many public beaches and lakes, and the magnificent ocean and bay sunsets, we seem always to find something new, something unheard of, emerging from our visits to "the Cape".

This time what caught my roving eye was an article – actually an internal editorial – in the Cape Cod Times, entitled "Saving Democracy". Its key question: "Is Civility Dead?" Their main contention:

"Dysfunction, partisan gridlock, and incivility...are worse today than at any time since the Civil War. If we keep on this trajectory, we will witness the collapse of our democratic institutions.

People of goodwill will tune out of politics, turning over governance to...demagogues who provide only greater depths of hate and incivility."

Interesting, I thought, that a well established daily newspaper would take a wide open stand against "incivility". Risky, in that some or many of its readers might feel attacked for not being as civil or tolerant as a civil democracy demands.

However, on the other more skeptical hand, a single Cape Cod Times article does not take us very far, or reveal a genuine commitment to help make civility a community-wide priority. Maybe the paper just wanted to sell more copies by stirring up a controversial issue? But when looking more carefully at the newspaper, I found a second article on the very same page and topic. And this one did not just talk about civility and its virtues; instead, it invited its readers to engage with the paper and with other Cape Cod neighbors in an ongoing "civil political discussion". More specifically:

"We can talk about civility in politics all we want, but unless we practice civility, it will remain as elusive as nonpartisanship in Washington, D.C. As a result, the Cape Cod Times is organizing a series of three small forums this Fall to discuss, in civil terms, important national topics, such as immigration, and health care.

Are you interested in joining a small group of Cape Codders...to wrestle with some of the main issues facing our country? The "Pizza and Politics" group will meet once a week for three weeks in October...."

What a good idea! Made me imagine us doing something similar here, in this small corner of our imperiled and divided democracy. We don't need to precisely mirror the Cape Cod forums; we can devise our own format, with different issues, maybe including ones focused on our own local concerns, and are discussed in more than one language. The general aim would remain: to begin re-viving and reshaping our Democracy, in a practical, down to earth way.

Who, though, would fill the key organizing role that the Cape Cod Times took on? Right now, that's up for grabs. Maybe the Chronicle, maybe Neighbors; maybe both of these? Others?

In any case, let me (lenisageo@gmail.com) and/or Neighbors (neighborspaper@yahoo.com) know whether the idea of "Saving Our Democracy" attracts you — as I hope it does. If not, let us know why it doesn't, or what you think would be a better idea.



Mark and Miriam.

Sarah Winter photo.

Letter and Emails

An Open Letter to Political Candidates

Identity politics (tribal divisions) characterizes U.S. society today — you already know that.

Donald Trump has successfully created his own tribe, a collection of folks who have been persuaded their common enemy is ‘anyone not like us,’ specifically recent immigrants. The solidity of his following depends on keeping that focus; if that common enemy disappeared, the 30% of Americans who are glued to Trump would begin to notice how much of what he has done does not serve their basic interests.

We won’t succeed in defeating that strategy by focusing on the awfulness of it alone — as long as this specific enemy continues to be demonized, almost any behavior or policy will be justified by Trump’s tribe.

Those not in Trump’s camp are not sufficiently organized (bonded) to be effective in their opposition — his opponents are diverse and so far have no unifying purpose except to be against this administration. “Against” does not motivate nearly so well as “for.”

During the Great Depression and WWII the citizens of American were unified, single-minded. In those cases there was an obvious fight to be waged and most people were prepared to do their part for the common good. It was clear what the immediate priority needed to be.

Today, to come together, to get beyond our current impasse, we need to recognize a common enemy, one that is sufficiently life-threatening to bring us together. Iran is not that enemy, nor is North Korea, not even Russia, as unsavory as each may be. All of them are threatening, but we do not feel their threat as existential.

But climate change — that’s real and that’s huge and that’s looming on the horizon.

There are plenty of justice issues that need to be addressed. I applaud the publicity that keeps civil rights, human rights, reproductive rights, gun control, economic equity in full voice — none are insignificant. I appreciate that the candidates vying for the Democratic nomination have focused on these issues for public discourse; there is more on TV than Trump’s vilification of refugees and asylum seekers.

But, as important as they all may be, they pale in comparison to the threat of climate change — we have less than a dozen years to even have a chance to avoid massive disaster. The amount of human misery that the next decade promises is difficult to imagine.

I want to propose a strategy that addresses our stymied political process as well as the looming catastrophe on the horizon.

I am inspired by Sebastian Junger, author of *Tribes*. In the book, as a veteran himself, he describes the experience of veterans returning to the U.S. from active duty. He explains that the transition to civilian life is made stressful because the solidarity that is part of military life is absent from “normal” society. The loss of that bond is not always named, but it has a profound effect on service personnel who return to a culture riven with competing allegiances. It is not just dis-orienting — it can be traumatic.

The bond that soldiers forge is strong, in part, because they have a common enemy, but even more important is the sense of participating in an honorable, authentic common purpose. Junger reports that survivors of the London blitz during WWII felt a similar sense. Under the duress of attack, ordinary people came together for the common good, doing tasks that they would not have thought possible under “normal” conditions.

Belonging — being part of a community — is an inherent need for all humans. Purpose and meaning are essential for healthy societies. Our political fragmentation is a symptom of deep dysfunction and disconnection. We as a society don’t share a common purpose — each of us may belong to a tribe that is bonded around a specific grievance, but we don’t identify as citizens of the U.S. “Patriotism” has been “weaponized,” to use a current descriptor, so it is hardly sufficient as an appeal to common cause. We need something else.

A majority of our citizens are already convinced the climate is changing and that human activity is mostly responsible, but we are only beginning to realize just how rapid and dangerous the change is. We have not yet felt sufficiently threatened to take the measures we need to alter the path that we are on. The necessary tasks are daunting and require significant alteration of our personal and collective lives.

As we know from our own history, we can overcome both division and lethargy if we are motivated by a purpose big enough to inspire us. We need leadership — concerted, committed, convincing leaders who can re-frame our public discussion, leaders who can inspire us to meet the challenge of human survival, leaders who can move us to collective purpose and action.

We need this to make Trump’s agenda irrelevant.

We need this to save a decent future for our children and grandchildren, for humanity itself.

I do not wish to minimize all the other issues of justice — they all cry out for redress. But “unless,” as the Lorax said, we turn our attention to what is bearing down on all of us, in a decade or so, it won’t matter.

Lois Happe, Storrs

Seed Saving

Submitted by Janice Trecker

John Sokoloski presents “Seed Saving,” 10 a.m. Saturday, August 24, at Fletcher Memorial Library.

The free program will focus primarily on easy self-pollinated garden favorites like tomatoes, peppers, beans and peas. But he will also discuss techniques for saving the seeds of more difficult insect or wind pollinated plants and those that require isolation or hand pollination like squash, melons, cucumbers and corn.

Weather permitting, a tour of Sokoloski’s own vegetable gardens with some heirloom tomato tasting will follow the program.

Sokoloski has been seed saving over twenty years. He has grown around 300 varieties of heirloom tomatoes as well as beans and peas. As a member of the seed savers exchange, Sokoloski has sent tomato seeds to Russia and to Queen Elizabeth II’s gardeners to replace lost tomato varieties.

“With seed saving,” he says, “you get to eat wonderful vegetables not available in stores or even most farmers markets.” Fletcher Memorial Library is at 257 Main St., Hampton. Info 860 455 -1086.

advertise
in the
neighbors paper
locally written
locally read

Because Home is *Where the Heart is...*

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



COMMUNITY
Companion & Homemaking Services

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

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

Try Our Famous 16" or Half 8" Grinders

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

We Now Have Salads & Wraps

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

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

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

D & D Auto Repair

VOLKSWAGENS AND MORE

**Foreign
Domestic
Light Pickup**

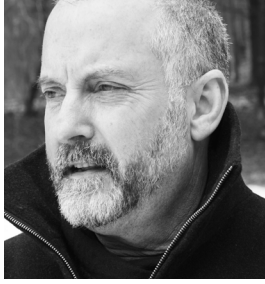
*Family Owned
& Operated
Since 1992*

860-429-7471
1733 Storrs Road/ Rte 195, Storrs, CT

From the Ground Up - Buying Local in Connecticut

Loving Bees and Honey

By C. Dennis Pierce



Dominic Shook was bitten at an early age. Well not really bitten, but as a student, while attending high school at EO Smith, he was part of the Future Farmers curriculum and part of his assignment was to begin a project at home. He had many choices and he chose bees. Ed Thorne was his teacher, and Ed encouraged Dominic to pursue his interest. Bees became a keen interest as Dominic started with just a few hives. His keen observation of his bees evolved to now, as an adult, he manages his hives without the normal bee keepers apparel. I first met Dominic at the Willimantic Farmers Market and asked him if I could arrange for a visit, listen to his story and then write this column. We arranged for a time and I spent some enjoyable time listening to Dominic, a very passionate beekeeper, share his bee keeping history and the future of Shook Apiaries.

Currently Dominic maintains a few hives on his property however, he explained that he has a total of 50 hives throughout the Windham, Canterbury and Scotland area where they are mostly at friend's and relatives' land. On the day that I visited the sun was going down but it was pleasant with a light breeze. The bees were actively coming and going and as I approached the hives, I was careful to stay out of the flight path to the hives entrance. If it were to be an overcast raining day, I would have been hesitant to approach the hives since on those days the bees are pretty cranky.

Growing up Dominic attributes his success to mentors, Adam Fuller and Henry Hansen. He also quotes, Randy Oliver, a renown bee keeper from California who stated, "You are not really a bee keeper until you are able to maintain hives throughout the winter. If you cannot do that, they you are only a bee-haver." Shook's hive are self-generating and that means that Dominic adds hives by splitting the queens and creating additional colonies. As the average reader may not know but the of the biggest challenge for any bee keeper are mites that can infect the hives and kill the colonies. Dominic treats his hives with organic miticide to prevent the infestation. I have some knowledge of beekeeping gleaned from a from an interview I did years ago with George Baily, another beekeeper from Mansfield. I asked Dominic if his bees had swarmed and what did he do to recover his hive. He confirmed that he had and his resident bees typically just move to a neighbor's yard which requires Dominic to capture them and reintroduce them to a hive. If you happen to find a swarm of honey bees hanging from a tree on your property Dominic is willing to schedule a time to come over and remove them. He does not take bees out that have found a way into your house or outbuilding and has begun to build a hive. Bees swarm because they need space in which to live their lives. They need a place to raise brood, to store honey and pollen and more. In the spring and summer, a colony can expand quite dramatically, both in numbers and in the space needed. When space starts becoming too limited, bees need a solution. Their solution is to swarm. But there is a broader reason why bees swarm, beyond simply needing more space. When we think of bee reproduction, we think about the queen laying eggs, the eggs emerging as adult bees and so on. This represents reproduction at the level of the individual bee. When bees swarm, a single colony may become two. This can be considered reproduction at the colony level and it is an essential element of the way bees live and survive. The most obvious and easy-to-assess reason bees swarm is simply to resolve a lack of space. While this happens in nature when a colony grows beyond the capacity of its home, it is particularly common in the small, purpose-built wooden boxes that is called a beehive. Beekeepers cater quite well for their bees, using structures that be expanded with relative ease. This allows the beekeeper to hopefully anticipate the potential for swarms and act accordingly. But that isn't always possible, and bees may eventually swarm.

During my visit Dominic removed a frame from the "souper" and showed be the amount of honey that the bees have already produced. He also pointed out the queen, which was significantly different in size and color from the other bees. He also shared that this was a great year for honey. He explained that this time of the summer he would experience a "dearth". To a beekeeper, a dearth is a shortage of nectar producing flowers. The most obvious nectar dearth is during the winter but it may also be experienced during the summer where there is a hot dry spell between spring flowers and autumn flowers. Dominic explained

because of the weather this summer he has not yet experienced a dearth and the honey flow was typically greater than it has ben in the past years. Shooks Apiaries typically harvests about 3,000 pounds of honey a year but expect more this year.

Dominic and his wife, Amanda have created a unique business from the honey that they get from the hives. They offer creamed honey, lip balm, candles and a new item, wax wraps which can be used for storage. Currently, Shooks Apiaries only sells at the Willimantic Farmers Market and at special events. Information can be found on their Facebook page - <https://www.facebook.com/shooksapiariesllc/> They can also be reached at 860.942.8447 or at Damshooks@charter.net.

As I was researching information on Honey Bees I found the following very educational and quite surprising:

- Honey bees must gather nectar from two million flowers to make one pound of honey.
- One bee has to fly about 90,000 miles – three times around the globe – to make one pound of honey.
- The average bee will make only 1/12th of a teaspoon of honey in its lifetime.
- A honey bee visits 50 to 100 flowers during a collection trip.
- A honey bee can fly for up to six miles, and as fast as 15 miles per hour.



Beekeeper Dominic Shook.

Dennis Pierce photo.

- The bee's brain is oval in shape and about the size of a sesame seed, yet it has a remarkable capacity to learn and remember things. For example, it is able to make complex calculations on distance travelled and foraging efficiency.
- Honey bees communicate with one another by dancing.
- A colony of bees consists of 20,000-60,000 honey bees and one queen. Worker honey bees are female, live for about 6 weeks and do all the work.
- The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength, and lays up to 2500 eggs per day.
- Larger than the worker bees, the male honey bees (also called drones), have no stinger and do no work. All they do is mate.
- Honey has always been highly regarded as a medicine. It is thought to help with everything from sore throats and digestive disorders to skin problems and hay fever.
- Honey has antiseptic properties and was historically used as a dressing for wounds and a first aid treatment for burns and cuts
- The natural fruit sugars in honey – fructose and glucose – are quickly digested by the body. This is why sportsmen and athletes use honey to give them a natural energy boost.
- Honey bees have been producing honey in the same way for 150 million years.
- The honey bee is the only insect that produces food eaten by man.
- Honey lasts an incredibly long time. An explorer who found a 2000-year-old jar of honey in an Egyptian tomb said it tasted delicious!
- The bees' buzz is the sound made by their wings which beat 11,400 times per minute.
- When a bee finds a good source of nectar it flies back to the hive and shows its friends where the nectar source is by doing a dance which positions the flower in relation to the sun and hive. This is known as the 'waggle dance.'
- Honey's ability to attract and retain moisture means that

it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.

-Honey is incredibly healthy and includes enzymes, vitamins, minerals. It's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.

Please take the time to visit the many vendors at the Willimantic Farmer's Market (<https://bestfarmersmarkets.org/place/willimantic-farmers-market-willimantic-ct.html>)held on the square in Willimantic on Saturdays from 8:00am to 12:00pm. There you can find Shooks Apiaries honey and their value-added products. So now you purchased some local honey try the following recipe to bring to that backyard party that you have been invited to....

Flourless Almond Meal and Honey Cake

Ingredients:

- 1 ¾ cup of almond flour (Almond flour can be found at Job Lot – Bob's Mill or at the Willimantic Co-op)
- 1 tbs. of grated orange peel
- 4 large eggs, at room temperature. (Separate eggs in two bowls. One yolks and one whites)
- ½ cup of local honey, plus 2 tbs for drizzling on finished cake – Try out Shooks honey from the Willimantic Farmer's Market
- ½ tsp of vanilla extract
- ½ tsp of baking soda
- 1 tsp of salt
- 3 drops of lemon juice
- ¼ cup of powdered sugar

Directions:

- Preheat Oven to 350 degrees
- Grease a 9-inch, spring form pan with butter and line the bottom with parchment paper or wax paper. Grease the paper as well.
- In a bowl, beat with an electric mixer, egg yolks, ½ cup of honey, grated orange peel and vanilla, baking soda and salt until well blended and light in color, about 5 minutes
- Add almond flour and beat at low speed until well blended, about 1 minute
- In a separate, clean and dry bowl, whisk the egg whites at a low speed until foamy. Add 3 drops of lemon juice and increase mixer speed.
- Continue to whisk until soft peaks form, about 10 minutes.
- Fold 1/3 of the beaten egg whites into the almond flour batter and hand, stir well. Fold the remaining eggs whites in gently, this time being careful not to compress the fluffy eggs whites.
- Scrape the batter into the prepared cake pan. Place in the mid-position rack in the oven. Bake for 25 minutes. Do not open the oven as this could cause the cake to fall. Rotate the cake gently and continue to bake for another 5- 10 minutes until the cake is a dark golden brown and it feels solid when tapped in the middle.
- Let cake cool.
- Brush the cake with the 2 tablespoons of warmed honey.
- Gently sprinkle powdered sugar over the cake.
- Enjoy!

I leave you with the following thought..."No living creature, not even man, has achieved, in the center of his sphere, what the bee has achieved in her own: and were someone from another world to descend and ask of the earth the most perfect creation of the logic of life, we should have to offer the humble comb of honey." - Maurice Maeterlinck, *The Life of the Bee*, 1924. 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...

Pond-erings

By Delia Berlin



We have a garden pond in our backyard that's been a source of enjoyment and wonder ever since we moved to our house, almost six years ago. We heard from neighbors that the previous owner, a herpetologist, dug it up to a depth of almost four feet. He installed a liner, large rocks to hold it in place, and surrounded it with native plantings from local woodlands. The pond is about ten feet in diameter and looks a little like a doughnut, with a boulder in its center.

When we bought the property, there were two huge senile oaks in our yard. These were 135 years old and towered 100 feet over the house. By then, a storm had already toppled their third "sibling" over a neighboring home, causing great damage. The remaining two trees still threatened four houses, including ours. Neighbors were so eager to get them removed that some offered to contribute

to the cost. We respectfully declined their offer, but agreed with their judgment. We took down the two oaks and replaced them with more than ten fruit-bearing and ornamental trees.

The removal of the oaks caused our backyard to undergo a big transition, from full shade to almost full sun. We were concerned about the impact this would have on the pond and its plantings. One of the immediate positive changes was the reduction in leaves and acorns falling in the pond each fall. As for the plantings, we had to wait a full set of seasons to see if they adapted to the new conditions.

Amazingly, although some plants did better than others, we didn't lose any. We still have 11 species of native ferns, wild geraniums, sedges, meadowsweet, Joe Pye weed, skunk cabbage, false hellebore, Jack in the pulpit, and many others, forming a luscious naturalized border around the pond. Cut to the ground yearly after the first killing frost, this border manages to reach up to five feet in height by the end of each summer.

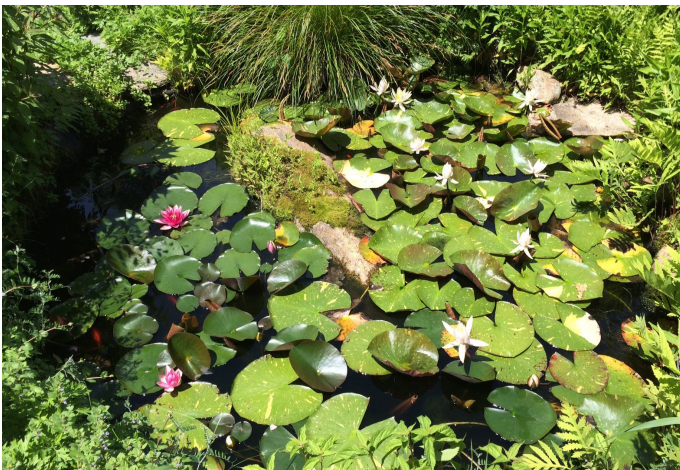
During our first year in this house, we read about garden ponds and learned that goldfish are hardy enough to survive Connecticut winters, as long as the pond has sufficient depth. Our pond was judged to be more than adequate, so we bought three goldfish. We also learned that water lilies are hardy perennials and can reduce algae growth. They provide shade that maintains the water cooler and also give shelter to fish. So, with our new fish, we also bought two water lilies.

Water lilies are sold potted in plastic hanging baskets. At the garden center they keep them submerged in "kiddie" pools, with the basket hooks sticking out of the water. We were instructed to simply drop them into the pond, baskets and hooks included. As soon as we arrived home with our new treasures, we headed to the pond. We dropped the baskets first and then the fish. To our dismay, everything sank quickly out of view, leaving no sign of existence. I thought we had permanently lost the lilies to the depths, while our boring fish did nothing but hide. Fortunately, I was wrong.

By the next day, we could already see the lily leaves growing up and nearing the surface of the water. And in just a matter of weeks, they started blooming. Beautiful scented blossoms in magenta, pink and white continued to appear until the end of the season. Each following year, the lilies have made a healthy come back, spreading and blooming all summer.

As for the fish, after a few days of hiding deep in the pond, they started venturing up. Soon, they accepted flaked food and even recognized me as their feeder. I made a point of calling them before each feeding and they quickly learned to respond to my calls. After a few seasons, they developed trust in me. Now, if I place my hand in the water as I call them, they rush to it and swim around it, rubbing their bodies against my fingers like cats. Who knew!

Although the fish reproduced abundantly and we have given away dozens of babies to friends, we still have about 28. Only Red, a male, remains from the original group of three. During a prolonged late summer heat wave, three years ago, when even wild fish were dying in natural ponds and streams, we lost many of ours, including Sylvie and Goldie, the other two original settlers. Heat depletes oxygen in water. Late in summer, as daylight hours shorten, plants don't get enough sunlight to replenish all the lost



oxygen. We now run a submersible pump during the warm season to improve aeration.

Surprisingly, fish are easy to tell apart. The vast majority of our fish have distinguishable markings and even distinct personalities, so I've named most of them. I can always notice if one doesn't show up to feed. It's not unusual for some to skip a few feedings before reappearing after a day or two. What they may be doing in the meantime, escapes me. Sleeping? Not feeling well? Tending to a group of eggs? I suspect I'll never know.

In addition to our plants and fish, the pond has been a magnet for other wildlife. Many wild birds use it to drink, take baths, and even collect mud from the edges for their nests. This very spring, we observed two species of warblers new to our yard list, Blackpoll and Nashville, bathing there. Frogs also have taken residence each summer. Their comings and goings are mysterious. One summer, for example, we had two resident frogs. They overwintered in the pond, but didn't make it: in spring, they floated up, semi-decomposed. Another summer, we

had three frogs, but they all left before the pond froze over.

I'm sure a lot is known about frogs' habits, but our own knowledge is very limited. We haven't been uncurious, and we know that our resident frogs are American Green frogs. We know this species by looks and calls, but there is much we don't understand about them. Not all of them sing – are the silent

frogs females or non-singing males? How do they find the pond? Why do they decide to leave it and, when they do, where do they go? We have read that males usually select a territory, while females "pond-hop" looking for the perfect pad in which to release their eggs. Supposedly, females are very selective and avoid laying eggs in ponds with fish, since fish love to eat them. Didn't our frogs get that memo? Have they been watching fake news? We don't know.

As to mammals, they use the pond too. For a couple of seasons, we regularly spotted a vole, making runs across the patio, from the stonewall to the pond and back, presumably just for a drink. Over time, we have seen possums, raccoons, skunks, fox and coyote in the area. Once, we even attracted a deer, unusual in our part of town.

Unfortunately, feral and domestic cats can also lurk among the pond's perennial borders, threatening our fish and birds. On a recent day, we counted seven different cats intruding in our yard. Although they haven't yet taken a fish, we can't say the same about birds. Cats persistently stalk our birdbaths and feeders, frequently making successful kills. According to a study published in Nature Communications in 2014, "domestic cats kill between 1.4 and 3.7 billion birds and between 6.9 and 20.7 billion mammals (mostly mice, shrews, rabbits, squirrels, and voles) each year" in the US alone. Cats are not native in our ecosystem and our wildlife remains very vulnerable to them.

Insects also delight us with their fondness for the pond. Butterflies and dragonflies, in particular, use it often. We purposefully allow a few clumps of "undesirable" plants, such as stinging nettles, because they are a favorite food of certain butterfly caterpillars, such as Red Admiral, Comma and some swallowtails. Other perennials around the border provide nectar for the colorful adults, luring them here in the first place.

This past spring, after owning our house for five and a half years, we finally decided to have the pond dredged and cleaned, early in the season, before water lilies and perennials got going strong. It involved catching all the fish and placing them in a large tank with pond water, pumping the rest of the water in several more huge tanks, baling out the muck from the bottom, refilling the pond with its original water, plus additional city water with neutralizing chemicals and, finally, adding back the fish. We counted 26 fish at that point, but later saw 28, indicating that at least a couple had remained hidden in the bottom during the entire process. Amazingly, none of the fish showed signs of stress from such a disruptive intervention.

At the time of the dredging, we had no frogs. But just a few days later, one appeared and still remains here. This handsome frog, presumably male, hasn't sung yet, but our ears are waiting. We have no way of knowing if he has been here in a previous season, but if I had to venture a guess, based on his calmness and familiarity (with both the fish and me) I would say he has. He simply looks as comfortable as a frog in his own pond.

YOU'VE GOT ENOUGH ON YOUR PLATE.

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

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

Please allow 24 hours' notice for Giant Sub orders. Subway To Go!™ Meals require minimum order of 8. ©2019 Subway IP, LLC. All rights reserved.

SUBWAY Catering

Franc MOTORS INC. Since 1949

ROUTE 32 WILLINGTON (860) 429-2614 • www.francmotorsinc.com

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

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

Cooper TIRES

SNOWPLOW SALES AND SERVICE

Lettering & Graphics

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

Signs Plus OF WILLIMANTIC, LLC

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

Noah King, Realtor, ABR, SRS, SFR

Find Out What Your Home is Worth Today!

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

The "King" in Real Estate

HST Home Selling Team

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

Preparing For a Retrospective Show

By David Corsini

This past month I have been working on tasks related to “A Retrospective in my 80th Year”. This retrospective, in the Potpourri building at 700 Main St, Willimantic, will present examples of my art work from more than 20 years. I have been identifying pieces and sprucing them up. In addition, I have made arrangements for entertainment at the opening and closing receptions. Preparing for the show has also caused me to reflect upon my experience as an artist.

I have been a collector all my life. In childhood I collected natural history artifacts. As an adult, I started to collect old tools and interesting metal objects from dumps, tag sales and flea markets. In my 40s and 50s I had artistic tendencies, but their expression was limited. For example, from the Hampton dump I once brought home the rusted bed of a wheel barrow. I turned it over and placed it on a platform on my back lawn and referred to it as “Horseshoe Crab”. There were similar things in my back yard which were essentially dump “treasures” I had placed on platforms and said “Voila.” This made mowing my back yard quite an adventure.

It wasn't until the late 1990's that I began to make things and morph from a junk collector into an artist. As I still have an unhealthy amount of junk, I am afraid it is more accurate to identify me as an artist, aka, a junk collector. There were several forces that directed me to become an artist.

One force was an ultimatum from Delia who told me I either had to start making art from my junk collection or get rid of it all. Delia is a force to reckon with and besides it was a lot easier to start making art than to get rid of my junk. I began making things I called art. Delia was correct that my collections were out of control. My treasures seemed to be promiscuous. Every time I turned around they had multiplied. I paid the consequences in 2013 when we moved from Windham Center.

Another impetus for developing my art was taking a course called “Planning your Future” taught by my friend Jock McClellan at Quinebaug Valley Community College in 2000. I recently found some notes I had made during the course about wishes for my future. One item was:

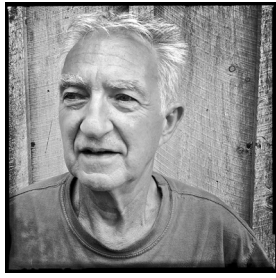
“Develop skills as an artist and craft person. Participate in art shows on a regular basis. For example, I want to have enough work available to participate in the Artists Open Studio, the Country Fair at the Willimantic Food Coop, and events sponsored by the Windham Region Art Council.”

Another wish was: “Develop a more difficult to return second serve.” Since several years ago I had to give up playing tennis because of back issues, the quality of my second serve is now a bit irrelevant. But, I found it interesting that I did pursue many of the goals I described about my art.

There was a show-and-tell at the end of the course to which I brought two assemblages. One was a leg-hold trap baited with a Barbie doll. The other was a leg-hold trap baited with a religious item. These two assemblages initiated an extensive series of leg-hold traps baited with different temptations. Several will be displayed in my upcoming show.

Then, following my plan to get involved with art organizations, I joined the Windham Regional Art Council and began to participate in their annual members' show. The good thing about such organizations for a beginning artist is that members' art shows are not juried. Anything that a member submits is included in the show, a great way to get your feet wet without fear of rejection.

In my first show I submitted a large horse-drawn plow mounted upside down on a railroad tie, with two metal feet. I had “liberated” the plow one night under the cover of darkness from the side of the road. The plow blade was large and reminded me of the hat of the flying nun from the TV series. So, I called it “The Plowing Nun”. The piece was heavy and unstable and I am lucky it did not fall over and hurt someone. It elicited a few chuckles. The feedback from people at the show was an important motivator to



continue to make art.

Then, in 2001, I joined Artists Open Studios and began to show some of my assemblages and ready-made art objects in my barn and home in Windham Center. I called my enterprise the Exuviae Workshop. Exuviae is a biological term referring to cast-off remains from insects, snakes and crustaceans. Examples of exuviae are snake skins, cicada skins, remains of crab moltings. I extended the term “exuviae” to include the cast-off things from humans as found, for example, in flea markets. So, I made things from both natural and human cast-offs.

My records show that I had 44 items on display in the first Open Studio. One piece was the first imaginary animal that involved an animal skull and an old tool. I priced it at \$100 and one person was very tempted to buy it. I am happy she didn't and it is now not for sale. Making this piece initiated what is now an extensive collection of imaginary animals utilizing skulls, bones and metal objects.

Most of these have tales about how the skull was acquired. I consider these animal assemblages my private collection and they are not for sale. Many will be on display in the show.

But in that first Open Studio I did sell several pieces. When someone likes your work enough to buy it, it validates that what you do is art. Well, at least to a select few with very good taste!

The trap series and the “animal” series illustrate one way my work proceeds. As I look at, handle, rearrange and organize elements in my collection, an association between elements happens. When this occurs, I figure out how to assemble the pieces into something that has meaning to me. And once one piece is made, it tends to initiate others in the same vein.

Another kind of assemblage for which I am noted is elements attached to “stems”. The elements can be interesting pieces of metal or combinations of metal and glass. The scale of the assemblage can be small, for indoor display or large for outdoor display. This line of work was stimulated by observing a large assemblage outside a museum in Texas that involved wheels and large pipes. In my collection I had many wheels and interesting metal pieces and I was inspired to try to use them in a way similar to what I had seen.

It is probably a common feeling among artists, particularly early on, to be uncertain about the quality of their work. Sometimes I wonder if what I have made is really “art”. Early on, and even now, when I make a piece of art, I first show it to Delia. Because she is an honest critic, I often hold my breath. Delia does not like everything I make, but she likes much of it and often makes suggestions of how to make it better. So, before I bolt and glue things into final form, I check with Delia. When Delia likes it, that's good enough for me.

In a subsequent article I will describe some of the trials and tribulations encountered when displaying my work outdoors, submitting pieces to juried shows, selling pieces, and what motivates me to continue.

My show will run from September 12th to September 22th at 700 Main St. in Willimantic. There will be an opening reception on Friday, September 13 from 7-to-9 where The Andre Corsini Trio will perform and a closing reception Sunday September 22 from 3-to-5, when Ruth and Jim from the Song-A-Day Music Center will entertain.

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

T. King, Publisher

‘Arts on Main’ in Coventry

Submitted by Ruth O'Neil

Historic Coventry Village will be host to an “Arts On Main” event on Saturday, August 24. Taking place from 11a-3p, the day will include art workshops, art vendors, children's activities, musical performances, food vendors, a collection of sculptures by world renowned local sculptor David Hayes, free face painting, balloon art and more. Main Street merchants and restaurants will be open, showcasing their specialties. The several antique and collectibles shops will be a particular draw.

Following major renovations along Main Street (Route 31), this day-long event is meant to bring public attention to Main Street's new look and to find ways to continue to support the local business community as well as showcase visual and performing arts. The Town of Coventry, along with the Coventry Arts Guild, and the recently formed Coventry Village Partners, have become a collaborative team that is planning this Day of Arts for the community.

A special highlight of the day is a juried exhibition, reception and awards program for the Coventry Plein Air Festival, which has been ongoing since spring. “Plein Air” artists have been and continue to set up easels throughout Coventry Village and the town creating works that reflect the area's beauty and character. Coordinated by the Coventry Arts Guild, The Plein Air exhibit will be set up in the renovated Mill Brook Place (formerly known as the historic Tracy Shoddy Mill). Mill Brook Place is located in the rear of the parking lot at 1267 Main Street. The gallery will also be open to the public the weekend of the 24th along with the following weekend, ending September 1. See details online at: <http://coventryartsguild.org>

Another feature of the day will be musical performances and a food court in the parking lot of the First Congregational Church on Main Street. The First Congregational Church will also hold a BBQ throughout the afternoon.

Many art activities are planned on the lawn of the Booth Dimock library. Sidewalk chalk art will be being created on the sidewalks lining Main Street. A second performance stage on Main Street will focus on entertainment for children, including a magic show, and interactive music and dance offerings.

The Coventry Village businesses are also a focus of the event. A “Business Passport” will be available for attendees of the event to bring to a business they visit in the Village to have “punched”. Attendees can enter their passport into a drawing, to win prizes donated by local businesses, individuals and companies.

“Arts On Main” is free to attend and open to the public. Shuttle buses will be available at the GH Robertson School and the Captain Nathan Hale Middle School. Arts Vendors are currently being sought (<http://coventryartsguild.org/artfest.html>). For more information on being a vendor, or to volunteer to help, contact the Coventry Arts Guild at: info@coventryartsguild.org.

Please visit the “ArtsOnMainCoventry” Facebook page for more details leading up to the event as well as the day's schedule of events. For further information and/or to find out ways to be involved, contact Eric Trott at 860-742-4062.

WTG Wins Readers' Poll



Submitted by Robin Rice

Each year the Hartford Courant polls their readers for the Best of Hartford in scores of categories covering bars, restaurants, shopping, health, entertainment and more. Thousands of people voted and this year, the Windham Theatre Guild was voted the Best Community Theatre by Hartford readers. Happy representatives from the Guild went to Hartford to accept the award...Board Secretary/Office Manager Annette Bradstreet and Costume Designer/Board Member Debbie Warren (in photo above).

Since 1985, this nonprofit has been producing quality community theater, with six annual main stage productions that range from comedies to dramas, from murder mysteries to musicals, drawing an average of 6,000 people to its over 60 yearly performances. Check out the guild's current season at www.windhamtheatreguild.org.

A Case Study on Financial Planning

By James Zahansky, AWMA®,
Principal/Managing Partner
& Chief Goal Strategist



How this family met their financial goals following the Plan Well. Invest Well. Live Well.TM process

This month, we have walked through our unique and strategic Plan Well, Invest Well, Live Well.TM process. Each stage of the process offers important insight into how your life-long goals may be achieved. This week, we are going to take one more look into that process, this time through the eyes of a married couple with long-term goals for a comfortable retirement. Reaching your goals may seem difficult at any step in the process, but with a thorough strategy and holistic plan, they just might be attainable.

The challenge of finding the right wealth advisor

We received a referral from the attorney of a married couple who had an investment portfolio in excess of \$2 million and had pension and social security income. Dissatisfied with their previous financial advisor and the lack of personalized attention to their needs and goals, the couple wanted to reassess their financial strategy as they approached retirement. They also needed to understand where their sources of income would come from in retirement and what adjustments needed to be made to continue with their current lifestyle and how to implement strategies to achieve their goals. Typically, as regular income fades away, people on the cusp of retirement should consider having a detailed outline of their goals and budget so they can be prepared for what is to come. Without these important considerations, they did not have a dynamic financial plan and their experience felt more like a transaction that a partnership focused on their goals and values.

Holistic & strategic financial planning can support achieving goals

Once the couple came to us, we first sat down with them and had a conversation about their financial life goals, time horizon for each goal, assets to help fund their goals, and ensured alignment. Then, as the first part of our financial planning process suggests, together, we built a plan to capture their financial situation and their retirement goals. They helped us understand their big picture, and with their specific goals as a foundation, it was easier for us to create a strategic financial plan in accordance with their time horizon. This plan is unique because it considers the client's individual situation; its strategic because it takes a long-term view of their goals, income, need, and investments. Their goals specifically included: saving for retirement, continuity in their lifestyle, buying a second home in Florida, and helping with their grandchildren's college tuition.

Plan Well: Understanding and outlining your goals may lead to a successful financial portfolio

The first step to the Plan Well, Invest Well, and Live Well.TM process is consciously setting your goals and a time horizon for achieving them. This couple had an idea of how they wanted their assets allocated, and how that might help them in their upcoming retirement. As you read earlier this month, the development period is all about focusing on your specific wants and needs, as well as the big picture when it comes to a plan for achieving them. The Plan Well stage of our process harnesses your expectations, while promoting guidance in decision making, timeline expectations, and asset allocation.

Investments tailored to specific goals may help you live the life you want

Following goal development, we moved onto the second step in our financial planning process, Invest Well. This allowed us to review their risk tolerance and investment strategies to ensure it aligned with their financial goals. After retirement, their pension and social security income would be enough to cover a majority of their annual expenses. We then assessed their portfolios to figure out how best to align their investments to sustain stability and growth. Not only did this plan include investment options, but carefully thought-out ideas for how to best manage their assets in retirement as well.

Upon analyzing their portfolio, we recommended a more balanced strategy reflecting the couple's need for greater diversification among asset classes. Their portfolio was previously over weighted in individual U.S. stocks, and was too aggressive for their situation, ultimately reducing their risk as they approach retirement. Diversification can have a positive effect on the portfolio; sometimes as stock rise, bonds fall, and vice versa. Due to significant unrealized capital gains in the portfolio, we retained a number of existing stock positions to avoid any significant capital gains taxes and established a tax efficient strategy to diversify out of the existing concentrated stock holdings. The couple appreciated this strategic approach to portfolio rebalancing, and our careful consideration of their unique goals.

Invest Well: Align your investments to your goals to help achieve greater success

Goals and values discovered in Plan Well, inform decisions and strategies in the Invest Well phase. The second stage of our process is where the strategy is put into place and chances of return are improved. The most effective way to determine asset allocation is by having specific goals and a plan determined. This way, advisors will be able to strategically distribute assets where they may have the best effects. An important note to remember is your time horizon expectations. When making decisions about where and how to invest, it is best to recall whether your goals are short-term or long-term. This is how the Plan Well and Live Well stages come together.

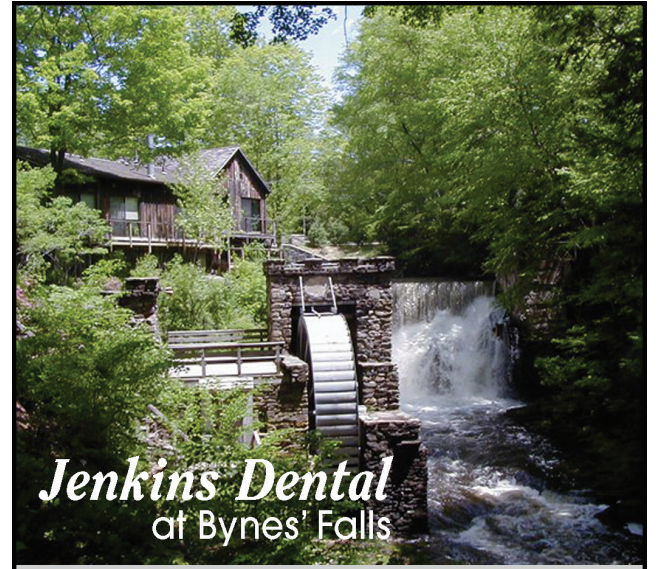
The key to a smart investment strategy is leveraging what we know from research and experience to create a dynamic portfolio to support your plan. The Invest Well strategy utilizes proven academic research in constructing portfolios that are diversified, cost-effective, and tax-aware, with the aim of achieving your individual goals over time. Combining the efficiency of the market with proven research is at the heart of our unique strategy to minimize controllable risks and to achieve competitive, long-term, risk-adjusted returns.

Live Well.TM

The final stage of our strategic approach, Live Well.TM is where you may see your goals and plans come to fruition. The couple in this case study knew that they wanted to be able to retire, buy a home in Florida, and support their grandchildren's education, so they made their decision to switch advisors to one who might not only help meet financial goals, but who will work harder to create a unique and strategic plan to better understand their life goals. This is arguably the most important stage of our strategic process, and definitely the most satisfying. You have worked so hard to prepare for and reach your goals, whether it be owning a new home, starting a business, or retiring comfortably. Not only is our Plan Well, Invest Well, Live Well.TM process evidence- and academic research-based, but it is meant to be adaptable to all of life's unexpected bumps along the way, reassuring you throughout the journey. 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.

Authored and presented by James Zahansky, AWMA®. 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

The preceding are hypothetical case studies and are for illustrative purposes only. Actual performance and results will vary. These studies do not represent actual clients but a hypothetical composite of various client experiences and issues. Any resemblance to actual people or situations is purely coincidental. These case studies do not constitute a recommendation as to the suitability of any investment for any person or persons having circumstances similar to those portrayed, and a financial advisor should be consulted. Asset allocation programs do not assure a profit or protect against loss in declining markets. No program can guarantee that any objective or goal will be achieved.



Jenkins Dental at Bynes' Falls

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

860-742-6665

2991 A South St., Coventry, CT 06238

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

Eastern Eye Care

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



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

www.easterneyecare.com

Office (860) 423-2111

Optical Shop (860) 456-8889

1120 Main Street, Willimantic



Gary Lawrence

LAWRENCE REAL ESTATE
"We Care"
860-429-7240

email gary@lawrencesells.com

Confidential Counseling Services Offered

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

glawrencesells.com

126 Storrs Road, Mansfield Center, CT 06250

TERRY'S TRANSMISSIONS



WE KEEP YOUR REAR IN GEAR
Ashford, CT (860) 429-6571

WEB ADDRESS:

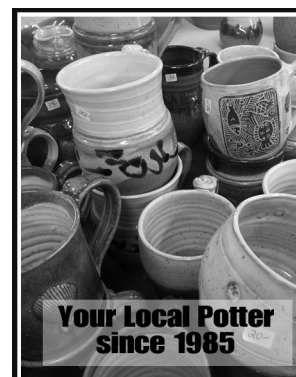
www.terrys-transmissions.com

EMAIL: terrys.trnsmssns@snet.net

860-429-6571 Phone

860-429-0246 Fax

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



Susan Gerr

Birch Mountain Pottery

Studio- Gallery- Classroom

www.birchmountainpottery.com

Rt. 195, 223 Mellow Rd.

Tolland Shopping Plaza, Tolland

(860) 875-0149

Tues. 10-5, Wed/Thurs. 12-5, Fri./Sat. 10-5,
closed Sunday/Monday

Your Local Potter since 1985

Neighbors - a little paper, big on community.

Thursday Night Thunder Car Cruise Brings Community Together



6.27.19 Ralph Lisena, of Tolland, (at left) won the 1st place prize for the evening, stands with his vehicle in the Midway parking lot. Bruce Gaffney, of Tolland, (center) won the 2nd place prize for the evening, stands with his vehicle, parked in front of Midway Restaurant and Pizza. Frank Tantillo, (at right) of Tolland, won the 3rd place prize for the evening, stands with his vehicle. Corey Sipe photos.

By Corey Sipe

Summer is heating up in Connecticut's Quiet Corner and we are in the middle of season five of Thursday Night Thunder Car Cruises. It's hoped that the only thunder heard those nights comes from classic vehicles and not from the skies above. People of all ages enjoy the cruises as they can check out cars of yesteryear, help support locally owned businesses and organizations, listen to oldies, enjoy delicious food, and converse with neighbors. The fun happens on the last Thursday of each month, from May to September, 5 p.m. to 8 p.m. Future car cruises are slated for Aug. 29 and Sept. 26. Rain dates are the following Thursdays, Sept. 5 and Oct. 3. They take place in the parking lot of the Midway Restaurant and Pizza at 174 Ashford Center Road, also known as Route 44, in Ashford. It is located about midway (hence the name) between Hartford, CT and Providence, RI. The cruises are sponsored by the Ashford Business Association, ABA, whose members live and do business in communities throughout Northeastern Connecticut.

June 27 was the second Thursday Night Thunder Car Cruise of 2019 and the first one not to be postponed. Rain forced the May 30 cruise to be moved to June 6. However, sunny skies and temperatures in the high 80's greeted about 100 folks on June 27. As display vehicles arrived, Gary Lawrence, of Ashford, one of the original ABA founders, passed out "look, but don't touch" flyers to car owners. He owns Lawrence Real Estate Associates in Mansfield and Pet-Law Farm in Ashford. Lawrence noted that it only costs \$60 for a business card sized ad on the back of these flyers, which are handed out throughout the year at various car events in Eastern Connecticut reaching between 7,000 and 10,000 people. He said that Thursday Night Thunder Car Cruises are "very family oriented." Helping direct cars in the lot for the second year was Hank Dobrinski, of Ashford, "It's good camaraderie (at cruise nights). I'm part of the ABA and it's a great atmosphere," he said. Dobrinski owns Hank's Lawnmower Repair Service, of Eastford. Rick Ostien, an ABA member and owner of Franc Motors Inc., in Willington, explained that the cruises are primarily attended by people who have "been car enthusiasts all their lives, they know a lot of history," and there are "a lot of vehicles from the late 1950's and early 1960's." Vehicles at the cruises range from newer vehicles made in the early teens (2013-2015) to a Model T (1908-1927). Each month, there are prizes with special plaques which include first place with a miniature old-fashioned gas pump, second place with a miniature piston, and third place with a miniature spark plug. Photos of many of the 2018 winners are in the 2019 Thursday Night Thunder Memories monthly calendar available for free, courtesy of ABA. While some might think that cruise vehicle owners are all retired, Ostien said that there are several younger people who have taken up the hobby of restoring old cars. Those non-retired people who brought vehicles to display included two local couples. Brett Chmura, and his girlfriend, Sara Audette, both of Thompson, were seen examining restored interiors of some of the older vehicles. Chumra brought his 1983 Chevrolet Monte Carlo. He said



Elle and Matt Benzie, of Mansfield, stand in front of Matt's '67 S.S. Chevelle Convertible. Corey Sipe photo.

that at Ashford, he sees "a different group of cars than what I usually see (elsewhere), more variety." This is their second year attending. Matt and Elle Benzie, of Mansfield, stood next to their 1967 S.S. Chevelle Convertible. Matt enjoys coming because "everybody's so nice. It is small and simple." Elle added, "We get to see other people we know which is nice."

Echoing those sentiments was Pam Purvis, who said, "I find the cruises more relaxing than the (car) shows as the shows tend to be way too long." She stood next to a



The raffle tables are a busy spot at the Car Cruise. Deb Ostien photo.

1956 Chevrolet Corvette owned by her and her husband, John Purvis, both from Ashford. Car shows typically are large events which charge vehicle owners and guests a fee, are restricted to specific vehicles, and tend to last all day. Car cruises, like Thursday Night Thunder, are usually small, informal, free events, last a few hours, allow all vehicles to be displayed, and take place in business parking lots. Rashpal Singh, also known as "Lucky", owner of Midway Restaurant and Pizza, said "The community and the ABA businesses enjoy it because we get to know people in our area and outside our area. It's about the community coming together. That's the way I see it. Everybody is so busy with business that there is no communication with people anymore. It's important for us to talk to people." In a world where it seems most everyone is constantly on their cell phones; car owners and attendees were seen checking out the classics and talking to friends sitting in camping

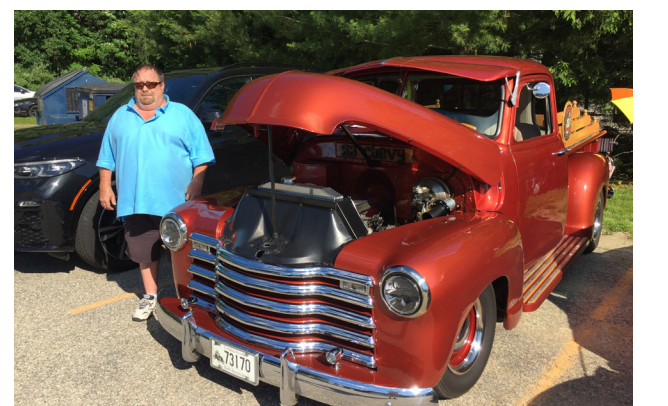
chairs under the shade of trees just beyond the parking lot. Singh said that the restaurant's parking lot is the ideal location because many other cruises have no food or beverages. One attendee told him that she loves buying slices of pizza the restaurant sells outside during the cruise. Cheese, pepperoni, and sausage pizza slices along with soda and water are available. Additionally, the air-conditioned restaurant and lounge at Midway offers a full food menu and bar service during the cruises. At the Sept. 26 cruise, the ABA will celebrate the end of the season by selling chicken barbecue dinners inside the restaurant. Singh sees many residents from Ashford, Brooklyn, Chaplin, Eastford, Tolland, Vernon, and Willington. "There are a lot of families and everyone enjoys their time. There are no complaints," he said. To learn more about Midway, visit eatatmidway.com.

One of the most unique guests looking at vehicles was a young man with a short-sleeved white t-shirt and jeans. Think "The Fonz" from the hit TV-show "Hap-

py Days," without the leather jacket. Nicholas Vera, of Willington, was celebrating his 21st birthday by coming to the Thursday Night Thunder Car Cruise. "It's something I look forward to every summer," Vera enthusiastically said. He works down the street at Hole in the Wall Gang Camp, holeinthewallgang.org, in Ashford, as a program counselor and in their workshop making small wooden cars for the campers. "I should have been born 60 years ago. I just like everything about the '50's and '60's style: the drive-in's, the food, the cars, everything," he said. Vera was checking out a 1968 Dodge Charger, his favorite classic car. Those who want to support Hole in the Wall Gang Camp should consider attending the 12th Annual Cruise for the Camp Car Show held on Sept. 15 (rain date: Sept. 22), from 9 a.m. to 2 p.m., with all proceeds benefitting the camp. There will be top 30 trophies and 5 specialty awards at 1 p.m. The event will be held at Scranton Motors in Vernon. For more information, search for "Connecticut GTO Club" on Facebook. Nicholas' mom, Kim Vera, also of Willington, said that the Thursday Night Thunder Car Cruises have "beautiful vehicles, it's fun reminiscing and I like to see how the men and women take care of their vehicles."

Two younger people also attended the cruise as spectators. Checking out restored car engines was Mansfield resident Jesse Lavigne. This was his second year attending. He called cruise nights "excellent, full of atmosphere". Some of that atmosphere included signs next to their respective cars like a framed full-page color advertisement for the 1969 Dodge Coronet Super Bee, a "by the numbers" on the 1956 Chevrolet Corvette, along with photos and a caption on the 2008 Ford Mustang Saleen Dan Gurney Signature Edition. Being a mechanic for the past 15 years, Lavigne said that he likes "making sure the past stays alive," adding that "a car will last as long as you maintain it." Shannah Holmes, from Putnam, said she enjoys "looking at the beautiful cars and how they redid them." Holmes has been coming since the cruises began.

Older adults also enjoy bringing their vehicles to the cruise. Bryan Whipple, of Vernon, sat behind his 1953 Chevy Pickup 3100. He said he has been coming to cruise nights since they started too. Whipple has owned his vehicle for nine years. He likes going to events all over, including third Wednesdays at the Colchester Green organized by the Good Times Motoring Club, goodtimesmotoringclub.com. Some of the other Eastern Connecticut car events that folks at the cruise enjoy going to are on Friday nights at CT Golfland in Vernon sponsored



Bryan Whipple, of Vernon, stands next to his '53 Chevy Pickup 3100. Corey Sipe photo.

by Tri-Town Cruizers, tritowncruizers.dyndns.org, and third Mondays at the Willimantic Elks Lodge, ctelks.org/local-lodges/80-local-lodges/154-willimanticlodge1311. "I just like getting out and talking to people. I like seeing what everyone else has," Whipple said. Ralph and Sandy Fletcher, both of Ashford, brought their 1946 Ford Coupe. Ralph usually goes to a car event about once a week and mostly in Eastern Connecticut. Complimenting organizers, he said



A beautiful night for a car cruise in Ashford. At right, Pam and John Purvis, of Ashford, and their '56 Corvette.

Corey Sipe photos.

"The Ashford Business Association does a great job. They collect food for the food bank and that's a good thing." At each cruise, there is a box underneath the raffle table for non-perishable food items for the Ashford Food Bank. There is also a jar for monetary donations. According to a statement on the website of Living Proof Church, ashford-church.org/COMMUNITY_OUTREACH/Ashford_Food_Bank, who runs the Ashford Food Bank, "We are presently helping 60 to 90 families providing groceries for between 3,600 to 5,400 meals a month." The food bank helps those in Ashford, Chaplin, Eastford, and Willington. Financial and non-perishable food donations are accepted at the church in Ashford.

Terry Pelletier, an ABA member and Mansfield resident who started and still runs the cruises, said that each month local businesses donate items for the raffle. Attendees can purchase tickets for \$1 and put their tickets in buckets next to items they would like to win. Michael Kovarovics, also of Ashford, is a builder, remodeler, and general contractor, who serves as ABA Vice President. He said that "most who donate are regular donors. Ed Nelson from NAPA (Auto Parts) of Tolland is a big sponsor and always gives stuff for donations." Karry Balogh, owner of Mansfield Tree Service in Ashford, said that her business donated an air conditioner as part of the June 27 raffle. This is Balogh's third year supporting the cruise. When asked what she likes most about cruise nights, Balogh said "the sense of community is my favorite part and seeing familiar faces." Funds from the item raffle help pay for the disc jockey, trophies, and other cruise expenses. Additionally, \$1 tickets can be purchased for the 50/50 raffle with the winner receiving 50% of that collected while the other 50% goes toward a different cause each month. Those who purchase tickets must be present when winners are announced at 7 p.m. On June 6, toiletries were collected for veterans staying at the Veterans Base Camp Community Training Center in Chaplin, veteransbasecamp.org. Funds were also donated to the center. On June 27, funds were collected for Our Companions Animal Rescue and Sanctuary, ourcompanions.org, which has its sanctuary in Ashford. On July 25, attendees brought in toys for the Christmas in July toy drive to benefit children in Ashford, Eastford, and Willington. Toys and collected funds were donated to municipal social services departments in those three towns. At the Aug. 29 cruise, funds will assist the Willington Hill Fire Department, facebook.com/WHFD49, as it hopes to build a new and larger firehouse across the street from its current facility. According to The Chronicle, the department placed a deposit on the former St. Jude Roman Catholic Church property, at 25 Old Farms Road in Willington. The department's current firehouse reportedly does not have enough bays for its vehicles, has storm drains that need to be replaced, has a cracked parking lot, is not ADA-accessible, and its property is too small for necessary renovations. At the Sept. 26 cruise, attendees will be asked to bring in school supplies to benefit students at local schools. Funds are also used for that purpose.

Pelletier said that Thursday Night Thunder Car Cruises typically feature 75 to 90 vehicles on display

and that the events are "about community and supporting each other's businesses. We have over 200 mom and pop businesses in Ashford." He owns Terry's Transmissions in Ashford. Pelletier has a red 1932 Plymouth Coup which he sometimes brings to cruise nights.

To help set the mood, Windham resident Gary Pomo, also known as The Po'm, is the disc jockey playing rock-n-roll music from the 1960's. He said that those attending cruises "appreciate the music of the past and I have always played oldies. It's a great group of people. They enjoy music that doesn't exist on radio except for satellite radio." Pomo sang in the "Oldie but Goodie Duo" at the July 25 cruise and will play as a member of Pomo's Tribute Band at the Aug. 29 cruise. A live band will play for the Sept. 26 cruise. He also is a disc jockey for the car cruises at the Willimantic Elks Lodge. Pomo will be the master of ceremonies for a special Woodstock 50th Anniversary Celebration Concert Aug. 2-3 at Foxwoods Resort Casino. Performers will play hits by Crosby, Stills, & Nash, Jimi



Gary Pomo, of Windham, is the disc jockey for the Thursday Night Thunder Car Cruise. C. Sipe photo.

Hendrix, Jefferson Airplane, Janis Joplin, and more. All proceeds will benefit the St. Jude Children's Research Hospital.

June 27 cruise night festivities ended with 1st, 2nd, and 3rd prizes being awarded. Ostien, Pelletier, and Kovarovics, all three knowledgeable car owners, judged 80 vehicles that night. "It's not just the car. Sometimes the story behind the car and its owner make for a winning vehicle," said Pelletier. Tolland resident Frank Tantillo, won 3rd place. He said it is "one of the best" car cruises, adding that "I've been to a lot of car cruises, but I enjoy this one because I can go in (to Midway) and get something to eat." Bruce Gaffney, of Tolland, won 2nd place. He called the award "awesome, these are very special trophies. The car cruises are laid back, a lot of fun, and great to have." Gaffney said that he appreciates the hard work of the Ashford Business Association. "They work very hard to do it and I appreciate the folks who put it on," he said. The 1st place award went to Tolland resident Ralph Lisena. "This was great. I was not even expecting on winning anything," he said, adding, "My friend said, 'Let's go to Midway', and I felt it was a nice night to take a ride." Lisena admitted that he never heard of Thursday Night Thunder Car Cruises before or even knew where the Midway was located. He said that "It's great to see guys you haven't seen in a while and cars that you have not seen for a while or have



Ralph Fletcher, of Ashford, stands next to his '46 Ford Coupe. Corey Sipe photo.

ever seen before."

ABA President Tom King explained that "Although the Ashford Business Association mission statement reflects an emphasis on promoting and supporting local businesses, I believe our most important purpose is to seek out ways to improve our communities. We have been discussing a possible name change for our association to better reflect our membership. We have members from many northeastern Connecticut towns. I think a more regional name will result from our discussions, possibly early next year. Anyone interested in the ABA can visit our website: ashfordbusiness.org or call me at 860-933-3376." Information on ABA can also be found at facebook.com/AshfordBusinessAssociation.

HOLIDAY SPIRITS

Liquor • Beer • Wine • Lotto

HOLIDAY MALL

1733 Storrs Road
Storrs, CT 06268

860-429-7786

Visit us on Facebook

CAD Marshall Framing

Creative Custom Picture Framing

STAYCATION SOUVENIR SALE

30% off

All in-store matted and pre-framed ART (except some consigned pieces). Florals, landscapes, still life and figures, old and new.

So much to choose from it is like  CHRISTMAS in August. 

860-617-5422 or 860-942-8589
34 North St. Wmct., CT 06226
Summer Hours: Tue-Fri 10-5:00 & Sat 10-4
www.facebook.com/Cadmarshallframing

Introducing the HSTimate

Local data and experience is our algorithm

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

HST

Home Selling Team

452 Storrs Road, Mansfield 860-456-SOLD (7653)
info@homesellingteam.com
homesellingteam.com

SENIOR HOUSING

NOW TAKING APPLICATIONS

Willington Woods
25 Senior Way – Willington, CT 06279

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

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

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





SUBSIDIZED HOUSING

Local Gardeners-

We want to write about YOU!

Let others be inspired by how you practice home fruit and vegetable production.

Please contact us: 860-933-3376
neighborspaper@yahoo.com

Musings On Travel and Trash

By Phoebe C. Godfrey

Just because you have a piece of trash and you throw it away and it gets hauled away, it doesn't mean that it's not affecting someone else.

-Majora Carter, environmental justice activist and MacArthur Fellow

In June I had the opportunity to accompany UCONN undergraduate students on a National Science Foundation (NSF) project to Ethiopia. The purpose of their trip to add to and assist in some research already being done by several UCONN faculty and a number of graduate students from engineering and sociology. The focus of this interdisciplinary research was on the different ways of looking at farming in relation to irrigation and rain fall, as well as the affects of climate change. A critical analysis of the project itself could well serve as the topic of an additional article, but suffice it to say here that when the US government gives \$4 million to academics for such a research project one needs to ask the unsettling question as to why. Setting that aside for now, it did present me with another opportunity to go to Ethiopia (I went four years ago for another UCONN project) for two weeks, visiting the capital, Addis Ababa, as well as a provincial capital in the north, Bahir Dar. Additionally, since the research projects were taking place in rural areas, I was able to visit a number of small villages and be driven along miles of rural paved and unpaved roads, giving me a great overview of how farmers in that area of Ethiopia live and make their livelihoods.



Ethiopia, as a so called 'developing country' (in terms of modern Western standards), spans from one extreme, with agricultural life being based on direct animal and human power (farming and transporting all materials with oxen, donkeys and horses, family built houses, water from wells, food grown by hand...etc), to another extreme with city life consisting of the best and latest from the world's most modern and technological achievements. Since this research project was focused on how to help Ethiopian farmers address changes in rain fall patterns due to climate change, I was curious to theorize about the overlap and challenges presented between concepts of 'sustainability' and the variable realities of material 'poverty' and 'underdevelopment'. I use the word 'variable' in that both poverty and underdevelopment are relational, culturally specific and therefore difficult to properly measure. As such, from the perspectives of sustainability, farmer self-sufficiency and knowledge Ethiopia has extensive 'wealth', in contrast to its impoverished image. By this I mean that although when it comes to global and measurable consumption, as in the statistic that one American consumes as much as 250 Ethiopians, the Ethiopian farmers I saw and visited have an abundance as a result of still using their own local resources (wood, mud, animals, crops...etc) and their own labor (as said, most build their own houses, grow their own food, collect their own water, compost their food waste, creatively reuse many materials ...etc) to make their livelihoods. As such, they should be seen not primarily as 'poor' and 'underdeveloped' but as models for on-going ingenuity and consequently sustainability. However, this is not to overlook the reality that many in Ethiopia (and around the world) still lacks modern benefits, which could fundamentally further improve their lives, such as running water, plumbing, electricity and adequate health care. Rather I seek to recognize that ultimately sustainability must mean using / having less, while also doing and producing more in our communities, by our own labor and ingenuity, such as food, shelter and even clothing. Ethiopia, (and many other countries around the world) presents an opportunity for the global community to learn from their sustainable practices, while also helping provide what they currently lack (perhaps a partial answer to the question about the NSF funding?), without compromising the strengths and knowledge they already have. For example, by sharing (as opposed to selling) the latest in green technology in manner that would also recognize that global sustainability must also mean global equity, Ethiopians could ideally gain access to basic resources such as clean running water and adequate health care, while still holding onto their land and their sustainable livelihoods.

However, in reality capitalist development is happening in rapid and disruptive ways. For example, the lack clean running water and health care has ironically lead to one of the main area in which the overlap between the two development extremes (traditional [mostly sustainable] and modern [currently highly unsustainable]) became most apparent to me. This is in the abundant use and result-

ing inadequate disposal of plastic water bottles. All over the cities and rural areas I visited there were the visible remnants of plastic beverage bottles used to compensate for the lack of clean running water and to no doubt preempt the subsequent need for health care (as in our own use of them). Used plastic water bottles were so abundant that their blue-white color collectively filled and floated down rivers (see photo), bounced along roadsides, got caught in hedge rows and piled up in markets and other central locations. Perversely I found that in some locations they were so abundant that they looked like piles of old dirty snow that for some imperceptible reason was refusing to melt. This situation challenged my previous idealistic musing on sustainability and made me question how sustainable the average Ethiopian's everyday practices really are. Additionally, this lack of plastic recycling totally unnerved me.

As an obsessive recycler, I have since coming home become further unnerved as I have come to recognize that even here in the wealth laden USA we have failed to apply our ingenuity to solving the problem of what to do with all our plastic water bottles. Given that our tap water is clean and in many cases cleaner than bottle water, drinking bottled water should be the exception for us not the habit it has become. Of course, most other bottled drinks come in plastic (as opposed to the traditional glass), as do so many other items (everything?) but here I am only focusing on plastic water bottles. Globally over 1 million plastic bottles [of which many are from water] are used per minute, and 91% are not recycled and so this remains a universal problem and one that is only predicted to get worse (<https://www.forbes.com/sites/trevornace/2017/07/26/million-plastic-bottles-minute-91-not-recycled/#402cedc1292c>). For example, as many may know, one of our ideas as to how to get rid of our plastic was to ship it off to places like China, Vietnam, Cambodia or Malaysia. However, this unsustainable 'solution' is being challenged as these countries are saying they no longer want our waste due to their own environmental reasons and no doubt their own unlimited supply. As a result, the costs of plastic disposal is skyrocketing, leading many American towns to stop recycling, resorting back to burning, burying or stockpiling, even as they may claim to still be recycling (see <https://www.theguardian.com/us-news/2019/jun/21/us-plastic-recycling-landfills>). And so despite our wealth and our technology (evident in our military capability and spending) we have in no way yet solved what to do with our plastic bottles. Of course, the obvious solution is to reduce their use and ultimately to stop making them by finding other materials that are biodegradable and globally accessible, lest we continue far into the future to turn this planet—be the exact location Ethiopia, the USA or elsewhere—from the blue-white of the oceans and snow to that of plastic bottles.

Until we achieve this goal of developing a replacement for plastic bottles, there are however some innovative ideas as to what to do with the vast amount that already exists, such as turning them into fuel. This idea is being developed by a company based in Utah called Renewlogy founded by Priyanka Bakaya. Their idea, as Bakaya explains, is to, "... chemically recycle the plastic by taking the plastics back down into their basic building blocks". As a result, "...70 percent to 80 percent becomes a liquid fuel product" ..that can be turned into "...diesel, kerosene, and light fuels..." then "... about 20 percent becomes natural gas, which is used to heat the process" so that, "...less than 5 percent of the material is wasted". And the best part is that, "... no toxic emissions are created from the process" making it viable from both "...an environmental perspective and from an energy perspective" (<https://www.deseretnews.com/article/900014582/utah-based-renewlogy-offers-solution-to-plastic-waste-problem.amp>). The cost is \$4 million for its 10 ton per day modules, a price that could easily be funded by the government both for national facilities and international ones (we could tap into our military budget or even Trump's wall budget). We just need to begin to think and act like a single species in a serious global crisis and use our resources to actually work together to solve the problems like plastic trash that Western culture has created and exported around the world, rather than to further perpetuate them. For as Marjorie Carter said, just because you 'throw something away' 'doesn't mean that it's not affecting someone else' because chances are it is, especially if included in being someone are other living beings. Now that could be a future NSF grant, be it focused on Ethiopia or anywhere else in the world as the problem of plastic bottles is now everywhere!

Common Sense Car Care

By Rick Ostien

The other day a friend of mine brought me a cleverly worded sign. The sign said, "Skilled labor isn't cheap / Cheap labor isn't skilled." I've been thinking about the sign for a couple of days and what it was really trying to say. I think it was directed to the prices a service oriented business charges for the work it does. Skilled workers should receive an adequate wage for the service they are performing. Each person possesses some sort of marketable skill. How that skill is developed and used is up to the individual.

The automotive industry is one that is rapidly changing. There are many new technologies that are being incorporated into the 2019 models that weren't even thought of 15 to 20 years ago. Matt and I are fortunate to have a blend in our repair facility. Richie and I are "old school", meaning that we've been repairing vehicles since the 1960's. Computers and electronics systems available today didn't exist then. Matt, Ky, and Bob are the new kind of technicians. They are computer savvy, but also have the skills necessary to repair older vehicles. No matter how computer savvy you are, you still have to be a lifelong learner. Many of the new systems require that you learn about them so you are able to repair them. We often send our technicians to seminars that update their knowledge and skills. The equipment and technical information we have available to us is only as good as the technician who performs the repair. Keeping current with new systems and technologies enhances and builds on the skills that a "skilled worker" has making them better able to perform their job.

The last few years I've had new customers coming in and saying that they "googled" the repair on their car or they had a friend read the codes on a check engine light. My favorite quote is: "I'd do it myself if I had the time." Google is a great tool and can provide lots of information, but it is no substitute for a skilled auto technician. WebMD, which is great for health concerns, states upfront that their website is no substitute for a real doctor. Our long time customers know that they'll get the best price and service we can provide. This goes for most state licensed repair facilities. Notice I said licensed by the state facilities. These places employ skilled workers, pay taxes to their local community, and are insured. This all costs the business money which is reflected on a customer's bill.

The generations before us contributed something to our country. I believe that future generations can do the same. The blend of the electronic world and the down to earth hands on skilled worker will always be needed. Skilled automotive, electrical, plumbing, carpentry, and other workers is how this country became what it is today. Their hands on skills blended with technology skills will help to move us forward as a country and make us able to compete in a global economy.

Rick Ostien is the owner of Franc Motors in Willington.

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/.

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: Our calendar begins here and travels through the paper.

August 1, Thursday

Kirtan: Community Sacred Space Party, 5:00p.m. - 9:00p.m. Donation. Light refreshments. Bhakti Center, 750 Rear Main St, Willimantic. Info: shantimaya108@ayhoo.com
Theatre: The Addams Family, 7:30p.m. - 10:00p.m. \$14-22. Windham Theatre Guild, 779 Main St, Willimantic. Info: 860-423-2245 www.windhamtheatreguild.com

August 2, 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
Theatre: The Addams Family, 7:30p.m. - 10:00p.m. (See 8/1)

August 3, Saturday

Puppetry: Sheldon Explains It All, 11:00a.m. & 2:00p.m. Ages 4+. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

Community Food: Kid's Day at Storrs Farmer's Market, 3:00p.m. - 6:00p.m. Kids' recipe contest with great prizes, music by Echo Uganda, free market snacks for kids, a fire truck and other cool vehicles, and fun kids' activities. 4 S Eagleville Red, Storrs. Info: http://www.storrsfarmersmarket.org

Theatre: The Addams Family, 7:30p.m. - 10:00p.m. (See 8/1)

History: Windham Center Green Walking Tour, 4:00p.m. \$20. A slow-paced, 90-minute tour with local historian Bev York. Architecture, Art and great stories, 6:00p.m. Park and meet at Windham Center School, 45 North Road, Windham. Info: 860-428-7662

August 4, Sunday

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

August 5, 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
Teens: Activist Art, 4:00p.m. Ages 13-19. What is your issue? Create a protest sign that is clear and eye-catching. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

August 6, Tuesday

Kids: Make Your Own Constellation, 5:00p.m. - 6:00p.m. All ages. Recreate an existing constellation or invent one of your own. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

August 7, 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: Glow Moon Slime, 4:00p.m. - 5:00p.m. Ages 7+. Recreate an existing constellation or invent one of your own. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.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

August 9, Friday

Kids: Story Time From Space, 2:30p.m. (See 8/2)

August 10, Saturday

Puppetry: Judy Saves the Day! 11:00a.m. & 2:00p.m. Ages 3+. \$6-12. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

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: Identification Walk, 3:00p.m. - 5:00p.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

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

August 11, Sunday

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

August 12, Monday

Kids: The Library's Littlest Learners, 10:30a.m. (See 8/5)

Kids: Expanding Your Senses #1, 3:00p.m. Ages 8+. Use a special kit provided by NASA to do fun space and science activities. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com

Skill Share: Mushroom Identification for Beginners: Summer Fungi, 10:00a.m. - 12:00p.m.. Join the 3 foragers for a discussion and walk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Film: "Taking Woodstock", 7:00p.m. Free. Second Monday Film Series. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

Song-a-Day Music Center 

Coventry, Connecticut
860-742-6878 or songadaymusic.com

Lessons in: **Guitar, Piano, Bass Guitar, Banjo, Mandolin, Ukulele, Dulcimer, Violin, Woodwinds, Brass & Drums**
Instruments New & Used - Books, Gifts, Accessories, Instrument Repair
Buying used instruments! We pay cash!
Band Instrument Rentals & Supplies


 Hebron • Mansfield

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

Lifelong Women's Healthcare
 Adolescence • Pregnancy • Menopause

860-450-7227 (phone) 860-450-7231 (fax)
 A member of 
 Find us on Facebook  www.mansfieldobgyn.com

ROOFING

New Construction ~ Replacement ~ Repairs
860-933-4529
 FREE SAME DAY ESTIMATES


 DoyleBuildsCT@gmail.com
 DOYLE ENTERPRISES, LLC
 CT LICENSE # HIC.0624179
 LICENSED AND INSURED

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

T. King, Publisher

HOSMER MOUNTAIN

BOTTLED IN THE LAND
 OF SWIFT MOVING WATERS

FINE SODA

FORMULATED WITH CANE SUGAR
 BEVERAGES & SPRING WATER TOO!

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

Ashford Farmers Market



Our 13th Season!
 Guest Vendors
 9am-1pm
 Pompey Hollow Park, Route 44, Ashford
 Across from Town Hall
 Enjoy fresh Connecticut grown products
 Meet your local farmers


Live your goals.

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

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



WEISS, HALE & ZAHANSKY
 STRATEGIC WEALTH ADVISORS

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

Visit our interactive website: **www.whzwealth.com**

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



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

Performing Arts



THE PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

Performance Perspectives: Musical Myriad Part-2: Elements of Henderson & Shaw at The Packing House

By Arthur Rovozzo,
EC-CHAP Contributing Writer

From the EC-CHAP Board-

Things have been heating up at The Packing House! When we open our doors to begin our performance season in September, we hope you'll be pleased... Period pendant lighting, full performance stage, and acoustic improvements are all planned to enhance your experience with us.

We have both new and returning performers joining us this fall and look forward seeing you all. Among the outstanding list of talent: Greg Abate Quartet (Jazz), September 14th; Steve Davis Quintet (Jazz), October 5th; and Kate Taylor (Folk/Rock), October 26th. Take advantage of our "Frequent Flyer Program" and Save the Dates! 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 consider joining us for our monthly "Information Exchange Meeting", 7:00pm, Wednesday, August 7th in The Packing House. These meetings provide an opportunity to obtain your input and suggestions regarding programming and how we may best meet your cultural needs. It also serves as a chance to learn more about our mission, creative initiatives, membership benefits, volunteer program and more. Refreshments provided.

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).

Beginning last month, we 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 will continue his multi-part series describing important jazz musicians that have influenced his programming at WECS over a span of more than three decades.

Peace!
EC-CHAP Board

Joe Henderson's career almost paralleled Woody's for awhile, then took a quite surprising turn. Joe had made really bold statements with his original songs on recordings for Blue Note plus sideman jobs on CTI. A young tendency towards the unpredictable lost him a job in the Miles Davis Group. Rapidly maturing, Joe evolved into a truly masterful jazz soloist. One critic wrote that Joe had gotten so consistent that he never gave a poor performance or "phoned-in" his solos; emotional and artistic involvement was continually in evidence.

Moving to the Milestone label, Henderson nearly had carte blanche to record anything from mainstream to post-bop, commercial to Latin-jazz to abstract. He quietly but firmly showed support for equal rights and African-American causes by giving socially aware, tie-in titles to a series of albums. Oddly, many of his best albums suffered from sales dropping to ridiculous lows. Following a promising return to Blue Note, Joe experienced a turnaround of his life and a financial upswing. An aggressive management/production team found the key to marketing Joe. The formerly unassuming Hendersonian character, ultra-private, wraithlike, a kind of phantom man of mystery, had to be adapted to a sudden onslaught of attention when his theme album "Lush Life: The Music of Billy Strayhorn" emerged as a huge hit! Within two years Joe had topped nearly every magazine music poll, received widespread media coverage and had won, amazingly, a Grammy award! Things looked up so fast that successes galore appeared on the horizon. But it was not to be. Years of hard effort and a long-term cigarette smoking habit had taken a toll on Joe, whose health and lung problems increased with



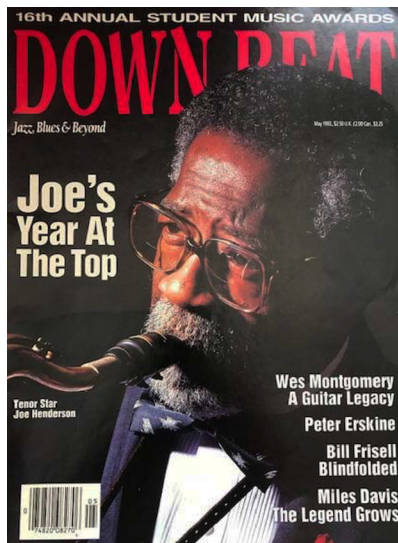
his workload. A stroke ended Henderson's playing career.

Although the stories of Shaw and Henderson are ultimately tragic, there is an element of profound artistic triumph in the legacies far outliving the two men. Joe's last theme albums have prompted a much deeper inquiry into his achievements for thousands of people. Woody Shaw's music has gone through several rediscoveries, and in the past year a wave of previously unissued Shaw recordings has emerged. Shaw's presence in jazz is being felt powerfully once again, reaching new ears. As with all the greatest artists, his work feels contemporary in every time, standing apart from fads and trends. Even though neither man was another Duke Ellington, they were not minor jazz figures, either; both were creatively and stylistically heavy-hitters.

Elements of these jazz legacies are today a common part of the lexicon of this music. At The Packing House performances, the impact of Woody and Joe keeps cropping up because so many musicians have cherished, learned from and assimilated their methods, sounds and fascinating compositions. Trumpeters who have played here such as Josh Breuneau have incorporated ideas, phrases and essences from Shaw, Lee Morgan and Kenny Dorham into personal conceptions, recognizing that these "unsung heroes" offer qualities notably different from the style of Miles Davis. Shaw's admired songs "The Moontrane" and "Sweet Love of Mine" have become modern standards and were played locally by Sarah Hanahan's group. Henderson's tenor style inspires, diverts and flavors the approaches of quite a number of players we've heard, from Don Braden to Jordan Pettay of the Nicole Zuraitis band to Allen Chase with Bruno Raberg's Dharma Trio. The highly celebrated figures who are best known (John Coltrane, Wayne Shorter, and Michael Brecker) are not now and never were the whole story of what's important in the Musical Myriad. The "less well known" musicians have entire worlds of artistry to bestow upon us.

I have been saddened whenever reflecting on Shaw's terrible fate or the irony of Joe's gigantic success followed by disaster. The upside for listeners is that, while not "household names", these jazzmen are no longer obscure. The eventual artistic impact of their change of status is incalculable.

Arthur Rovozzo is a Willington artist and host of WECS Saturday afternoon Jazz program, Musical Myriad.



To all our contributors- Thank You!

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

August 13, Tuesday

Kids: Make Your Own UFO, 6:00p.m. - 7:00p.m. Ages 10+. Build your own. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com
Live Music: Quiet Corner Fiddlers, 7:00p.m. Dog Lane Cafe, Dog Lane, Storrs. Info: qcf.webs.com

August 14, 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
Running: Trail Running Club, 6:30p.m. - 7:30p.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: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/7)
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

August 15, Thursday

Festival: Third Thursday Street Festival, 6:00p.m. - 9:00p.m. Food, entertainment, revelry. Main Street, Willimantic. Info: www.willimanticstreetfest.com

August 16, Friday

Kids: Story Time From Space, 2:30p.m. (See 8/2)

August 17, Saturday

Community Food: Storrs Farmer's Market, 3:00p.m. - 6:00p.m. (See 8/10)
Live Music: Slo-anne, daniprobably, Wild Yawp, 2:00p.m. - 5:00p.m. Willimantic Records, 75 Bridge St, Willimantic. Info: www.willimanticrecords.com
Healing: Sound Bath with Mantras and Guided Meditation, 6:30p.m. \$30. Bhakti Center, 750 Rear Main St, Willimantic. Info:

August 18, Sunday

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

August 19, Monday

Kids: The Library's Littlest Learners, 10:30a.m. (See 8/5)

August 20, Tuesday

Kids: Expanding Your Senses #1, 3:00p.m. (See 8/12)

August 21, Wednesday

Kids: Out-of-This-World errariums, 4:00p.m. - 5:00p.m. All ages. Create a miniature space, moon, or extraterrestrial planet scenes in a glass container. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.com
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/7)

August 22, Thursday

Hike: Relaxed Ramble, 1:00p.m. - 3:00p.m. (See 8/7)
Teens: Teen Movie Night: "The Hate You Give", 5:30p.m. Ages 13+. Pizza included. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.com

August 23, Friday

Kids: Story Time From Space, 2:30p.m. (See 8/2)

August 24, Saturday

Skill Share: Seed Saving, 10:00a.m. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086
Writing: Nature Writing Workshop, 1:00p.m. - 3:00p.m. Explore the creative connections between nature and writing. Walk, with writing prompts. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Community Food: Storrs Farmer's Market, 3:00p.m. - 6:00p.m. (See 8/10)

August 25, Sunday

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

August 26, Monday

Kids: The Library's Littlest Learners, 10:30a.m. (See 8/5)

August 28, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 8/7)
Running: Trail Running Club, 6:30p.m. - 7:30p.m. (See 8/14)

August 30, Friday

Kids: Story Time From Space, 2:30p.m. (See 8/2)

August 31, Saturday

Hiking: Long-Distance Hike, 11:00a.m. - 2:00p.m. 5-6 mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Community Food: Storrs Farmer's Market, 3:00p.m. - 6:00p.m. (See 8/10)

Part two: The New Testament

Is the Bible relevant today?

By Doug Paul

(Quotations are from The New English Bible)

In Part One of this topic, which appeared in the May issue of *Neighbors*, we discussed the relevance of the theme "God with us" seen through the lives of the Old Testament patriarchs and prophets. With the life of Christ Jesus taking center stage in the New Testament, this theme comes into even sharper focus. One of the names given to Jesus is Emmanuel, literally "God with us." In many respects the New Testament writings deal with the way in which Jesus' extraordinary life exemplifies the perspective that God is with us and that His presence can be tangibly felt.

In addition to the four Gospels, (Matthew, Mark, Luke, and John), the New Testament includes the Acts of the Apostles, 21 Epistles or letters written to individuals or to early Christian churches, and the Book of Revelation. What are the key messages and how can those of us living in northeastern Connecticut in 2019 relate to these New Testament writings?

To begin with, the entire New Testament can be seen as a sermon on love and how to experience life with love at its center. This view of life can be as challenging and rewarding today as then. Early in his ministry, Jesus set the tone in what has become known as the Sermon on the Mount, recorded in the gospels of Matthew and Luke; here we learn of Jesus teaching such ideas as:

How blest are those of a gentle spirit; they shall have the earth for their possession.

How blest are those who hunger and thirst to see right prevail; they shall be satisfied.

How blest are those who shew mercy; mercy shall be shown to them.

How blest are the peacemakers: God shall call them his sons.

You have learned they were told "Eye for eye and tooth for tooth." But what I tell you is this: Do not set yourself against the man who wrongs you. If someone slaps you on the right cheek, turn and offer him your left.

You have learned they were told, "Love your neighbor; hate your enemy." But what I tell you is this: Love your enemies and pray for your persecutors; only so can you be children of your heavenly Father, who makes his sun rise on good and bad alike, and sends the rain on the honest and the dishonest.

If you forgive others the wrongs they have done, your heavenly Father will also forgive you.

Pass no judgment and you will not be judged.

Always treat others as you would like them to treat you. (known as the Golden Rule)

Meekness, peacemaking, reconciliation, respect, self-restraint, universal love, forgiveness, reciprocal goodness. These teachings and the healing power that accompanied them turned the world upside-down. They map out a radical path today as well.

Jesus' disciples caught the message "love one another," which was continually reinforced by Jesus' parables and actions. The Gospel of John emphasizes the importance of brotherly love. It quotes Jesus saying: "I give you a new commandment: love one another; as I have loved you, so you are to love one another. If there is this love among you, then all will know that you are my disciples." The Gospel of Matthew tells of Jesus' restoring the ear of one of the soldiers that had come to take him to be crucified. (Peter, in anger, had cut off the soldier's ear with a sword.) Also, when on the cross, he prayed for the forgiveness of those who crucified him. Forgiveness can't be passed over if one's goal is to love fully. "How often does one forgive his brother if he continue to wrong him" -- seven times, asked Peter. "No, seventy times seven" replied Jesus. His parable of the Good Samaritan recorded in Luke's gospel, exhorts us to bestow practical love on strangers/ foreigners in hardship when we come upon them. His parable of the prodigal son, also in Luke's gospel, sets a high standard of a willing outpouring of forgiveness and compassion, of enormous value today to any who anguish over the willful and wasteful behavior of their children. And the Gospel of John reminds us of the woman taken in adultery and brought to Jesus, and of Jesus' response to the question "should such be stoned?" And his reply: "Let him that is without sin among you cast the first stone."

Awakening to the significance of this doctrine of love continued even after Jesus' ascension. In the book of Acts we read that Peter was opposed to preaching to the Gentile world, until in a dream it was revealed to him that

"God has no favorites, but that in every nation the man who is godfearing and does what is right is acceptable to him" -- a true moment of "God with us" -- opening Peter's heart to a more expansive love.

The letters to the early Christian churches tell a story of persistent and undaunted efforts to build a church society on brotherly love, where all support one. In The Acts of the Apostles, we read of the collective prayers of the church being made in response to Peter being put in prison, and of his miraculous escape. In the three letters bearing John's name, we learn that while in political exile on the island of Patmos, John enjoins the band of followers to walk in love. And, the first letter to the Corinthians contains the well-known, eloquent statement on the virtues of love -- "Love is patient; it is kind and envies no one. Love is never boastful, not conceited, not rude; never selfish, not quick to take offence. Love keeps no score of wrongs; does not gloat over other men's sins, but delights in the truth. There is nothing love cannot face; there is no limit to its faith, its hope, and its endurance. Love will never come to an end."

While the Book of Revelation includes obscure metaphors, making its meaning unclear to many, nonetheless it foretells the future of humanity. Most importantly, it foretells the end of all evil. Satan is cast out along with his angels. It says: "He (God) will dwell among them (men) and they shall be his people, and God himself will be with them. He will wipe every tear from their eyes; there shall be an end to death; and to mourning and crying and pain; for the old order has passed away!...I am making all things new!" God with us in its fullest expression. Love with us -- to the total exclusion of evil and suffering!

When people today have seen and felt in these New Testament writings, not just a historical record about a distant past, but provocative, powerful, practical ideas and ideals pertaining to a universal God and his people, they too have experienced "God with us" -- and their life stories have become new chapters in the record of the gospel of love. At our weekly Wednesday Testimonial Meetings at the Christian Science Church in Willimantic, attendees share how the ideas in the New Testament are gradually transforming their lives in very diverse and important ways. Broken relationships have been restored, moral and ethical issues have been resolved, character traits have been improved, physical healings have been accomplished -- all through various aspects of New Testament teachings.

If you would like to hear others' stories and to share how the Bible is giving direction and meaning to your life, we welcome your visits to our meetings on Wednesdays at 4pm, or our Sunday Worship services at 10 am, or our Reading Room, which is open Mondays and Fridays from 10-1 and Wednesdays and Thursdays from 1-4. We also strive to build our church on brotherly love.

Doug Lives in Canterbury.

Natchaug Hospital to Host Motorcycle Ride for Recovery

Natchaug Hospital in tandem with MFC East Connecticut Motorcycle Club will host the second annual Ride for Recovery Motorcycle Ride on Saturday, Aug. 10 starting at 10 am, with the last bike out at 11 am. The event starts at Natchaug's Rivereast location at 438 Hartford Turnpike, Vernon and will take riders on a tour of the hospital's adult outpatient treatment locations in Groton and Mansfield. Lunch and snacks will be provided at the final stop in Mansfield, t-shirts will be given to all participants on a first come first served basis, and prizes will be awarded for first, second and third place, with additional chances to win prizes at each stop.

The event costs \$20 per rider and \$10 per passenger. All proceeds from the event support Natchaug adult outpatient treatment for mental health and substance use and the Veterans Base Camp of Chaplin.

For more information, contact Kate McNulty at katherine.mculty@hhchealth.org or at (860) 465-5909. Natchaug Hospital is a Joint Commission-accredited, non-profit organization providing special education, mental health and addiction treatment for children, adolescents and adults through a network of community-based programs in Danielson, Dayville, Enfield, Groton, Mansfield, Norwich, Old Saybrook, Vernon and Willimantic.

Veterans Base Camp is a grassroots 501(c) (3) charitable nonprofit organization that is dedicated to providing resources needed by our Veterans, First Responders, Caregivers and those members of our community who are most vulnerable.

Organic Roots Farm at Popover Hill

Family Grown
Rooted in Love



Selling a variety of non-GMO/ Chemical free, in-season produce right off the farm. Large selection of heirloom tomatoes

Come join us on Saturday, Aug. 10th for food and giveaways.

Open 10-6, Saturday 8-4
closed Wednesday & Sunday
147 E. Old Route 6, Hampton

John A. McCormick CARPENTRY

- ALL TYPES OF SIDING -

Remodeling
Additions
Sheds
Licensed
& Insured



Windows &
Doors
Decks
Garages

SMALL JOBS
WELCOME

CALL 455-9215

Hampton

CONDO STYLE- AFFORDABLE- SENIOR HOUSING Button Hill



- ✓ Utilities included
- ✓ Heating and cooling
- ✓ Washer and dryer in unit
- ✓ Recreational area
- ✓ Pet friendly
- ✓ Easy access to the Senior Center

10 Senior Way – Willington, CT 06279
Applicants must be 62 or older and meet certain income eligibility requirements

For more information call the leasing office 860-429-8777
Visit us at www.buttonhill.com



CALL TO SCHEDULE A TOUR

AFFORDABLE SENIOR/DISABLED HOUSING

70 Proulx Street – Brooklyn, CT 06234
Salem Village is located in a wooded area of Brooklyn within walking distance to shopping and other services

- NOW TAKING APPLICATIONS**
- Applicants must be 62 years of age or handicapped/disabled (regardless of age)
 - Applicants must meet USDA/HUD guidelines

APARTMENT FEATURES

- *On site laundry
- *Garden Areas
- *Private entrances
- *Wall to wall carpeting
- *First floor patios
- *Pet friendly

For more information call 860-779-0504



¡Ricky Renuncia! ¡Afilando los cuchillos!

By Rose Reyes

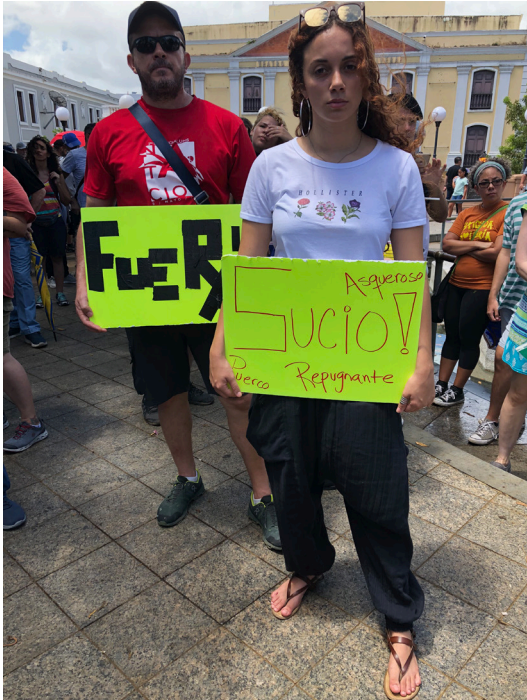
It started years before. Actually centuries before, but that fact is worthy of another stand-alone write-up. I am participating in a teachers Institute in Puerto Rico for most of July. It is a small cohort (8 teachers from NYC, Louisiana, Holyoke, MA and CT) eager to be immersed in the cultural sights and sounds of their public school students' first homeland. Most of us teach in Title One districts (districts that receive funding from State and Federal departments of Education). There was a Spanish immersion session introducing us to literature that went beyond the classical names; a geo-political class that taught us the concept of the state of being Puerto Rican; and a seminar in liberation pedagogy to compare and contrast our current teaching/learning situation. There are excursions to an alternative school run by a non-profit who held classes under a palm tree in the plaza of the city before she was funded; a visit to a community that works to become self-sustaining and off the grid; a tour of cooperative ecology school that reforested and reclaimed an empty quarry by standing vigilant in their efforts for twenty five years. This, in and of itself, was fine, exciting, but it was what happened shortly after our arrival that blew our minds and compelled us to make room for history in its making.

Contrary to some media representations, Puerto Rico has a long history of political action from the tactical efforts of the aboriginal people (my history teacher said it was the correct term to use in this case) when Ponce de Leon, acting on behalf of the Spanish Crown, went about making himself governor. This, too, is worthy of another stand-alone write-up. We were aware of the Federación de Maestros de Puerto Rico and U.N.E.T.E (Unión Nacional de Educadores y Trabajadores de la Educación) (two of the four education unions on the island, were sponsoring a rally and march Sunday, July 14 to protest the reductions in retirement plans as recommended by the Fiscal Board that the U.S. Congress remanded. Most of us were comfortable with participating in rallies, speeches, shut downs, etc., so we simply added it to our itinerary for that weekend. Little did we know that this situation was going to be the first topic of our discussions during our time here.

But then this happened on Thursday and Friday and we thought, "Hmmm it's gonna be an interesting weekend."

These read like New York Post headlines: "Tired of the Damn Corruption!"; "Recognizes he Screwed Up!" The Center for Investigative Journalism, in existence for eleven years in Puerto Rico and credited for exposing the calamity of aid distribution after Hurricane Maria, posted a segment of chats from a messaging app, "Telegram" between the Governor and eleven top officials and cabinet members. When the administration attempted to label this disclosure as "fake news" the Center then released all 889 pages of the exchanges that included profane language that reflected misogynistic, homophobic and classist thinking,

attacks on other governmental officials, mocked the deaths of 4,656 people in Hurricane Maria and suggested municipal misconducts. This was dubbed "Rickygate". Underneath the chatter was the arrest of, initially, five cabinet members, including the Secretary of Education (seen in first the photo), who had created her own drama with controversial decisions of shuttering schools, consolidating districts and handing them over to charter school vulture investors for a tidy sum (recall that I am a public school educator). The first roundup was about misappropriating Fifteen million dollars through, among other things, money laundering, wire fraud.



Protesters display homemade signs.

Contributed photo.

Puerto Rico has been in an economic recession for thirteen years and has been under austerity measures since the imposition of the Fiscal Board in January 2017. The minimum wage rate was reduced; university tuition was increased almost 200 percent; municipal services were cut down to the bone; and pension funds were being pilfered to offset the debt "incurred" within the last thirteen years. In addition, Puerto Ricans were becoming increasingly aware of the undemocratic, opaque processes of this Board filled with appointments that have ties with the actual banking and insurance systems involved with the bankruptcy and a debt of \$72 billion.

The Rally and march through Old San Juan adopted an additional tone: not only were the people there to support the pensioners of the education system and the public schools but they were also going to make a statement about how they felt about yet another corruption scandal and the governor's lack of decorum throughout. Puerto Ricans of all shades and ages have come out two weeks straight in the daytime, early evening, and on weekends to protest and demand accountability and the resignation of Governor Roselló Nevares. We were there for the rally, another march to Old San Juan, and the march on the Highway. Over one million people in the streets and more on the highway. More people protested than had voted for Roselló. The cabinet is vacating. His Chief of Staff has resigned. There is no Secretary of State. And as much as I shudder when I hear the words, "Fox News" it was Shepard Smith's question that resonated so "...You're a man on an island by yourself. How long can you stay there?"

As this goes to print, Roselló cannot deny the people of Puerto Rico and its Diaspora have been clear that it cannot be much longer. July 25 is Constitution Day in Puerto Rico.

¿Y dond é Ricky? ¡Ricky no está aquí!
¡Ricky está vendiendo el resto del país!
(And where is Ricky? Ricky isn't here.
Ricky is selling the rest of the country!)

¿Y donde está Ricky? ¡Ricky no esta aquí!
¡Ricky está llorando porque no vuelve pa'l país!
(And where is Ricky? Ricky is not here.
Ricky is crying because he will not return to the country!)

New Farm Stand in Hampton

Submitted by Sam Fisher

In the quiet countryside east of the town of Hampton; a quaint little farm stand has recently opened for business.

Organic Roots Farm at Popover Hill is the official name of the new produce stand at 147 East Old Route 6. It is operated by Sam and Rosetta Fisher and their four boys. The Fishers recently moved from Pennsylvania where they had leased land on an organic farm. It has been a dream of theirs for years to own a farm where they can sell their produce directly off the farm to the consumer. Although the farm is not certified organic, the soil tested clear of any trace chemicals, and they are growing all their produce organically.

The former owners had operated a tree farm for many years, and many of the locals remember going to Popover Hill for their family Christmas tree as a young child.

The Fishers are growing a variety of produce. Zucchini, squash, string beans, cabbage, eggplants, potatoes, sweet potatoes, sweet corn, peppers, and more. One of their specialties is heirloom tomatoes. This year they are growing 18 different varieties.

The Fishers are excited about meeting their neighbors and providing the community with quality, nutrient-dense vegetables fresh off the farm.

The farm stand is open daily from 10-6 and Saturday from 8-4. They are closed on Sunday. On Wednesday they are at The Brooklyn Farmers Mkt. in the Ocean State Job Lot parking lot from 4-6, and the farm stand is closed.

On Sat. August 10 there will be a promotional event at the farm stand. Come join them for food and giveaways and see the gardens where the food is grown.



Share Curiosity. Read Together.


www.read.gov


At the CT Audubon Center in Pomfret

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

Wednesday Noon Walks

August 7 thru August 28, noon
Join our volunteers for fresh air, exercise, and good company. Seniors and parents with babes in backpacks welcome. Meet at the Center, 218 Day Rd in Pomfret. Free to CAS members; \$3 non-members.

Evening Bird Walk

Thursday, August 8 at 6:00 p.m.
Join Andy in search of a variety of bird species. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$5 CAS members; \$10

non-members.

Evening Bird Walk / Nighthawk Watch

Thursday, August 29 at 6:00 p.m.
We'll hike around looking for birds, keeping one eye on the sky for nighthawks. Meet at the Center, 218 Day Rd in Pomfret.
Fee: \$5 CAS members; \$10 non-members.

Programs at TRAIL WOOD

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

Fascinated by Ferns!

Saturday, August 3 from 2:00 to 3:30 p.m.
Charlotte Pyle, retired ecologist will lead

an easy hour and a half walk, including fern ID, their unique methods of reproduction and more. Bring a camera or magnifier if you have one. Meet in the parking lot at 93 Kenyon Rd in Hampton. Fee: \$5.00 CAS members; \$10.00 non-members.

Nature Sketchbook Journaling

Saturday, August 10 from 9:00 a.m. to noon
Roxanne Steed will show you how to simplify what you see using drawing and watercolor techniques. Register at 860-928-4948 and for a list of materials to bring. Meet at Trail Wood, 93 Kenyon Rd in Hampton; (IF RAIN - Center at Pomfret)
Fee: \$10 CAS members; \$20 non-members.

Mindful Walk

Saturday, August 24 from 3:00 to 4:30 p.m.
(Rain date: Sunday, August 25)

Join Lisa Cohen, certified by the Kripalu School of Yoga and Ayurveda, for a mindful walk to enjoy nature and self-reflection. No prior experience is needed. Registration required. Contact Laura at lauratedeschi106@gmail.com Fee: \$10.00 CAS members; \$20.00 non-members.

Non-Fiction Book Club

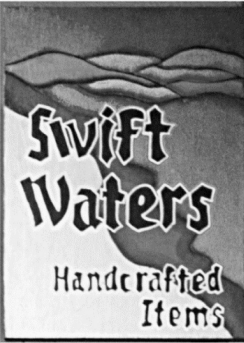
Sunday, August 25 from 2:00 to 4:00 p.m.
Join us for a lively book discussion lead by Jacqueline Jacobsohn. August book selection: "Every Man Dies Alone" by Hans Fallada. Meet at the Teale house on 93 Kenyon Rd in Hampton. Free - donations appreciated.



6.27.19 At the Ashford Business Association's Car Cruise

Deb Ostien photo.

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



There's always something new at Swift Waters
 Willimantic's Other Co-op.
 Supporting Local Artists since 2004.
 866 Main St., Willimantic
 860-456-8548
 Open 6 Days a Week
 www.swiftwaters.org

VETERANS
FREE MEDICAL RIDES
to CT and RI
VA Medical Facilities
860.317.1025



By Focus on Veterans, Inc.

Be Light as a Feather
 Loretta Wrobel • Feminist Therapy
 860-429-2629
 297 Pumpkin Hill Road, Ashford, CT 06278
 860-233-6076 (Office) Sliding Scale

TRANSFER YOUR VIDEOS TO DVD
 Update your audio to CD, and photos and video



COME AND SEE US!

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

UConn
 DINING SERVICES

The award winning Department of Dining Services at the University of Connecticut has an immediate openings for a full time, non-state, Kitchen and Chef Assistant, Chefs and Location Supervisors in its Residential and Retail Operations at the Storrs Campus. We offer a very competitive benefits package with health, dental, vision, short term disability and life insurance.


These positions require demonstrated experience in a high volume food setting. In addition, applicants should be team oriented individuals who are willing to work to get the job done.

Please visit our website at www.dining.uconn.edu to view the individual job descriptions.

Please send a cover letter, resume and the names and email address of three professional references to UConn Dining Services, Attention: Samantha Courtois, 3384 Tower Loop Rd. Unit 4107 Storrs, CT 06269-4107 or drop it off at our office between the hours of 8:00am to 5:00pm, Monday through Friday.

The Department of Dining Services is an Equal Opportunity /Affirmative Action Employer.

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

Made in Willimantic



Clothworks
 Clothes, Hats & Bags
 www.SarahWinterClothworks.com
 available at: Swiftwaters Artisans' Co-op
 866 Main St. Willimantic

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



Peter Polomski
 President
 860.786.8670

Third Eye Photography

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

Grace's Gift
 Therapeutic Massage

Gail Marks Teevan, LMT, NCBTMB, AMTA

stress relief pain management
 relaxation and renewal cupping therapy

860-423-6426 CT License #002968

DR. MAC

Fixing All Macs



Someday You'll Need Me!
 Cut Me out!

Mac Running Slow??
 Your mac should be maintained every 6 months!
I'm your Apple/Mac "Guru"
 Repairs · Service · Equipment · Tutoring
If it's Apple/MAC, I do it!
 Call Steve for an appointment TODAY!
 (860) 871-9933 10am-6pm M-F
 Mac advice & info: DrMacCT.blogspot.com

FOR RENT

Retail/office space available at low rents.
900 Square feet available for Beauty/barbershop , water hook-up in unit.
Newly renovated space starting at \$350 per month.
 Also have 750 to 2,000 square feet starting at \$350 per month.
WILLING TO RENOVATE.

Call 860-729-6036 or 860-559-7432

What Is Polachrome?

By Paul Eric Johnson

Polachrome may be the most unusual color slide film ever produced. At the time, Polaroid flourished with over 13,000 employees for its many products and owned its niche of “instant” photography. But other camera and film manufacturers had high hopes too for the convenience of their new disc cameras in a shift toward the consumers of a mass market rather than the “amateurs” of photography. Yes, discs to easily load and unload the film. And automated processors to enable a plethora of 1-hour processing kiosks were close on the horizon.



Since Kodachrome’s invention in the 1930’s color film had employed a subtractive model where cyan, magenta, and yellow dyes were used to block their respective colors proportionally in exposure on the film layers. Essentially a B&W film adapted for color, Polachrome simply added a red, green, and blue filter layer to a negative, the additive mixing of these colors being much as our eyes work, actually with the potential too then of more accurate color representation. Indeed, this RGB model today is the basis for our TV’s, computer screens, and smart phones.



Unfortunately, Polachrome was also an extremely difficult film to print due to its density; very long exposure times especially with the only readily available photographic paper at the time with any hope for longevity were well beyond the bend of the then current technology. I know, I tried. In 1982, Polaroid asked me to shoot their pre-production Polachrome for a “Beautiful Images Project” to introduce their new “instant slide film” to the world at Photokina in Cologne, then West Germany. Collaborating with a theater director and three actors we shot a somewhat surrealist scenario in places like Jordan Marsh’s mannequin storage room, the Combat Zone, and my Fenway apartment in Boston. However the film was “processed” overnight at Polaroid as it was obvious that

not quite perfected yet was the famous “peel” part as it often was completely unpredictable. Eventually reasonably perfected, you would load the film and a processing pack into the box-like “Autoprocessor”, turn the crank one way to wed them, wait a bit, then hand crank back to return the finished film to its canister. I’ve held on to my Autoprocessor for the relic that it is.



The familiar branding of the Polaroid Color Spectrum is gone from the shelves now, and the color darkroom is pretty much done too. Very significant thresholds have been crossed in the last decade with digital printers that can print all the color subtlety available to it in a color slide, and pigment inks that achieve a 400 year life without significant fading when also using archival papers. For this series I have chosen a Legacy watercolor fine art paper, its slight texture to imbue the surface with a softness inherent in the original film, also matte rather than shiny at all for a greater appreciation of the unique richness of its distinctive Polaroid palette and tonality. The scans too of the original slides were made at the highest resolution to keep those additive color filter lines cleanly represented for interest at a closer inspection. Given the fugitive nature of color dyes, they all fade and relatively soon, by reprinting this work in a pigment based medium, I feel I’m contributing to the cultural archive of a rather remarkable time in the history of photography.

Indeed with technological fits and starts, that Kodak film disc has seen rapid evolution through a CD disc of digital images to now most usually a SD memory card and The Cloud. Intangible. Enter this age of the selfie; the image is ever more ubiquitous if ephemeral. So few pictures are ever printed. Communication en masse, diminished is the importance of the single image. And while the very meaning of photography may be malleable, its history is not readily so. We would wish that our appreciation and understanding become more penetrating. EC-CHAP has the good fortune to occupy a site on the falls at The Mill Works, that while the nature of the creativity within has changed greatly, and evolved, its setting and the village has not, it lends a welcome perspective. I see it as a completely appropriate site for exhibition to include this Beautiful Images Project, as well as all the visual arts. The future challenge with our activities here on Hall’s Pond may be in how to freshly bring meaning that includes all the churning waters.

All images: © Paul Eric Johnson 2019.

Paul Eric Johnson is an Elected Member of the Connecticut Academy of Fine Arts, a Guild Member at the Silvermine Arts Center in New Canaan, and a Board Member at EC-CHAP.

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

The First Spool Thread Producer in the U.S.

By Tyler Hall

The Gardiner Hall Jr Company has been cited as the first spool thread manufacturer in the United States (Demers, 1983). Cotton thread production during the industrial age was extremely labor-intensive work. Multiple departments, or shops, had to work in unison to ensure the seamless operation of the mill. This was a herculean task, considering that by 1915 the Gardiner Hall Jr. Company was producing 36 million spools annually. Air quality in these shops varied from boiling hot, to dense with cotton dust, to heavy with toxic chemicals. One former mill employee, Marion Pardus, recounted the sweltering conditions, “Up in the dressing room – the temperature was always around, well, I mustn’t lie, it was way over 100.” Hot and humid conditions were standard across all textile manufacturers, high temperature and humidity were essential to the production process. These conditions prevented the cotton fibers from drying out and encouraged fiber cohesion, among other benefits, which guaranteed a strong and resilient product resistant to breakage.

Conditions in the spool shop were much the same. While no cotton was involved in the production of wooden thread spools, employees in this department had to have immense strength and endurance. The Gardiner Hall Jr. Company relied on local farmers, many of whom needed a reliable source of supplemental income, to bring white birch logs to the mill for processing. An assemblage of Italian men, many of them immigrants brought directly from Ellis Island, would wheel the logs into the spool shop, wrestling them onto vicious saws that would quickly strip the bark and cut the wood into four-foot long wooden blocks. This was extremely dangerous work that required a combination of brute strength, focus and accuracy. These blocks would then be “reamed” with a center hole and lathed into the iconic spool shape. These blanks were then brought to the stamping room, where they were fed by the thousands into Gardiner Hall Jr’s patent 1870 “spool printing machine”. This revolutionary machine would use two metal dies to simultaneously impress the colored product logo and manufacturers mark into the opposing ends of the spool.

Thread spools are perhaps the most abundant and recognizable relics remaining of these industrial communities. They were sold to a broad range of individuals, businesses and government organizations. While they may have been tossed away in the past, these spools are tactile representations of America’s spirit of innovation, hard work and self-reliance. At each step of their existence they were physically handled by mill workers, salesmen, indi-

continued on next page



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



Stafford Library August 2019 Events

Submitted by Debra Galotto

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

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

Weekly Programs for August
Rhymetime: Mondays- 8/5 & 8/12 @ 10 (for children ages 0-2 years) - Enjoy stories, rhymes, songs, movement and activities followed by playtime.
Monday Movie Matinee@11:00 am- 8/5-Cowboys and Aliens (PG-13)
Monday Movie Matinee@11:00 am-8/12- War of the Worlds9PG-13)

Teddy Bear Time: Tuesdays-8/6 & 8/13 @ 10 am (for children ages 2 years and up)

Snap Circuits: Tuesday 7/6 & 7/13- @ 3pm-Snap together circuits to create with electronics.

Garden Club- Wednesdays- 8/7 & 8/14 @ 4 pm-Families will garden outside and do a garden activity each week.

Animal Storytime: Thursdays-8/1, 8/8 & 8/15 @ 10:30 am (for children ages 3 years and up) - Stories, rhymes, songs, and music followed by a visit from an animal guest.

Rocket Club: Thursdays- 8/1, 8/8 & 8/15@ 4:30 pm-Learn a science fact and build a rocket.

Movement: Fridays @ 10:30am-Come jump
Sensory Storytime: First Saturday @ 10:30 am-8/3 (for all ages & families) - Musical therapist, Renee Coro leads this storytime with music, movement, finger plays, & stories.

LEGO Club: Every Saturday @ 11:00 a.m. (All ages) - Build with LEGOs (provided).

Special August Programs

Pet Show: Sat. 8/3 @ 10 am
Bring your pet and show him/her off in our annual Pet Show! All pets must be on a leash or in a cage. Please call to register. (Rain Date 8/10.)

Sidewalk Art Show: Mon. 8/5 @ 6 pm
Families are invited to create space-themed art on the sidewalks. (Art paper will be provided inside if it rains.) Please pre-register.

Outdoor Movie: Thurs. 8/15 @ 8 pm
Watch How to Train Your Dragon: The Hidden World(PG) on the lawn!

Open Art Studio: Thurs. 8/1 @ 5:30 pm
Artist, Gregory John Maichack, will present his Vincent van Gogh inspired pastel class The Starry Night. For teens and adults. Must pre-register, space is limited.

Cosmic Bath Bombs: Wed. 8/7 @ 4 pm
Make cosmic bath bombs and other out-of-this-world spa products. For teens in grade 6-12.

Teen After Hours Movie: Fri. 8/9 @ 6:30 pm.
Enjoy some pizza and the movie Men in Black (PG-13). Please register by 8/8 for pizza.

Cookie Decorating: Sat. 8/10 @ 10:30 am
Debbie from Debbie’s Specialty Cakes will teach basic cookie decorating.

viduals and soldiers. The cotton thread held on these spools clothed men and women from all walks of life, mended simple rips and tears, protected soldiers from the elements, and saved countless lives by stitching together wounds. They are magnificent vessels of the American story.

The Gardiner Hall Jr. Company produced thread under an array of brand names. Each brand had a different finish, strength or use. Brands produced in South Willington included Willington Mills, Climax, Hall's, Hall's Best, Hall & Manning, H&M, Climax, Magnus, Rayol, Greylock, Crusader, Silcon, Shamrock, Willington Carpet & Button, NYCO, and Suture Cotton.

If you or your organization have any of these spools, or spool boxes, consider loaning or donating them to the Gardiner Hall Jr. History Museum at The Mill Works, where these precious yet dwindling artifacts can be preserved and admired by future generations.

All loans can be retrieved at any time, and artifact donations are tax deductible. To donate, contact the museum curator at curator@gardinerhalljrmuseum.org, or stop in on Saturdays between 10am to 2pm. Museum admission is free and offers a rich assortment of historical artifacts, photographs, maps and stories.

An integral part of EC-CHAP's mission is to raise awareness of local and regional history; and the preservation of historical assets. A legacy of manufacturing, innovation and creativity spans more than one hundred fifty years at this historic landmark. A true testament of hard work, perseverance, and creative thought. 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

Tyler Hall is the Curator of Gardiner Hall Jr. History Museum, Board member at the Windham Textile Museum, and History student at ECSU.

To all our contributors- Thank You!

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

SECOND MONDAY FILM SERIES

at Storrs/Mansfield Unitarian Universalist Meetinghouse, 46 Spring Hill Road (1/10th miles from Storrs Road./Route 195)

7:00 pm EACH 2nd MONDAY of EVERY MONTH since 2011

ADMISSION ALWAYS FREE • DONATIONS WELCOME

Documentaries to promote critical thinking

Find & Like Us on facebook • info: 860 428-4867

Free Entry

Summer Health Expo

Sunday, August 11th
12-4pm

174 Providence St., Putnam
@Therapeutic Enterprises &
Family Center for Natural Wellness

Workshops, Vendors, Raffles

860-963-0712


'Self Care Is The Best Health Care'

the meeting of the Happy Arthritics will come to order..


"Your Local Pool Dealer Since 1964"

Treats

POOLS & SPAS



'Papa's Buddy'




860-848-1268

or on the web at www.treatspools.com
or visit our showroom at

22 Avery Road • Uncasville
Exit 79A Off I-395 • Open 7 Days Year Round

Advertise in
The Neighbors Paper
Locally Written
Locally Wread



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

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

Quiet Corner Fiddlers



Join us for QCF playing out dates:

Dog Lane Cafe
August 13th, 7:00 p.m.

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

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

- | | | | |
|--|--|--|--|
| <p>Ashford
Terry's Transmissions
Hope & Wellness
Ashford Spirit Shoppe
Wooden Spoon Restaurant
Ashford Post Office
Babcock Library</p> <p>Brooklyn
Brooklyn Post Office
Baker's Dozen Coffee Shop
The Ice Box</p> <p>Bolton
Bolton Post Office
Subway-Bolton Notch</p> <p>Chaplin
Chaplin Post Office
Pine Acres Restaurant</p> <p>Columbia
Saxon Library
Columbia Post Office</p> <p>Coventry
Highland Park Market
Meadowbrook Spirits
Coventry Laundromat
Subway
Booth and Dimock Library
Song-A-Day Music</p> <p>Eastford
Eastford Post Office
Coriander</p> | <p>Hampton
Hampton Post Office
Hampton Library</p> <p>Lebanon
Lebanon Post Office</p> <p>Mansfield/Storrs
D & D Auto Repair
Holiday Spirits
All Subway shops
Bagel Zone
Storrs Post Office
Mansfield Senior Center
Starbucks
People's Bank
Storrs Comm. Laundry
UConn Bookstore-Storrs Ctr.
Chang's Garden Rest.
Liberty Bank
Spring Hill Cafe
Nature's Health Store
Mansfield Supply</p> <p>Mansfield Center
Lawrence Real Estate
Mansfield OB/GYN
Mansfield Library
East Brook Mall</p> <p>Mansfield Depot
Thompson's Store
Tri-County Greenhouse</p> | <p>North Windham
Bagel One
Subway
No. Windham Post Office</p> <p>Pomfret
Weiss, Hale & Zahansky
Vanilla Bean Restaurant
Pomfret Post Office
Baker's Dozen Coffee Shop</p> <p>Putnam
Antiques Marketplace
Putnam Library
Subway
Putnam Post Office</p> <p>Scotland
Scotland Library
Scotland Post Office</p> <p>South Windham
Bob's Windham IGA
Landon Tire
So. Windham Post Office</p> <p>Stafford
Stafford Coffee Company
Stafford Library
Subway
Stafford Post Office
Stafford Cidery
Hangs Asian Bistro</p> | <p>Tolland
Birch Mountain Pottery
Subway
Tolland Library
Tolland Post Office</p> <p>Willington
The Packing House
Franc Motors
Willington Pizza I & II
Willington Post Office
Willington Library</p> <p>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</p> <p>Windham Center
Windham Post Office</p> |
|--|--|--|--|



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.



Hope and Wellness Center and Salon

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

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

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

Like us on Facebook



HopeAndWellnessCT

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

Is Your Nutrition Nutritious?

By Nicole T. Smith, L.Ac.

Nutrition: substances from food that nourish our bodies. A certain amount of nutrition is required to keep us alive. Our internal body processes depend on it. However, do you ever wonder if you are just "getting by" when it comes to nutrition?

Do you feel energized after you eat, or tired? Do you feel heavy, or light? Is your head clear, or cloudy? Is your weight within a normal range, or are you above what you should be? Can you climb stairs easily, or do you get winded? We can eat, and stay alive, but is it really living if our bodies are not where they optimally can be?

An unfortunate thing that has happened in our society is the belief that nutrition should be measured in numbers. How many calories, what percentage of fat, the number of carbohydrates. What's been lost sight of is the quality of the food, the calorie, the nutrient.

There is a lot of misconception in labeling. Low calorie. High fiber. No fat. Whole grain. Does this mean the product is healthy? Oftentimes, no. In fact, it could very well indicate the opposite.

A good healthcare practitioner will spend time with each patient to review their diet, in detail, noting the exact foods their patient is consuming, and council the changes that should be made. Since many diseases are related to diet, or affected by diet, such as diabetes, chronic pain, autoimmune disease, emotional disorders, menstrual issues, digestion, and so forth, no practitioner would be doing a good job if they skipped this step. After all, there are many hours in the day where food can get us into trouble! Also, what needs to be discussed is how to discern if something is really healthy, or just a marketing trick.

At The Pampered Porcupine Acupuncture, every patient is given an assessment, not just on the first visit, but throughout the care of each individual, to ensure that through the proper combination of nutrition and acupuncture, lasting results can be achieved.

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

The Pampered Porcupine Acupuncture, Inc.

Get Quills, Not Pills

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

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

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



Columbia Congregation Church Breakfast

Saturday August 10, 2019
 8AM- 11AM

Breakfast Buffet Menu:
 Belgian waffles, omelets, eggs, toast
 Bacon, sausage, ham, potatoes,
 Juice, milk, coffee, tea,
 Fruits, homemade muffins,
 coffee cakes

Suggested free will offering: \$10 per person
 \$28.00 - 2 adults and 2 children

Dear Reader-

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

T. King, Publisher

PLAN AHEAD!

Schedule your Fall pool closing
 or
 Order your new pool for next Spring

Schedule Now!

Call 860-848-1268

We Fix Pumps & Motors and Replace Pool Liners!
 Schedule Your Professional Pool Closing Now!
 Close-outs on Hot Spring Spas!
 Low Factory Pricing - Order Now!

Local Pool Dealer Since 1964

TREATS POOLS & Spas

Route 32, Avery Rd., Uncasville, CT
www.treatspools.com

Layaway • Financing Available
 Visit Us • Open 7 Days • 860-848-1268

HOURS:

Mon. - Fri. 8-6, Sat. 8-5, Sun. 9-5



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