

Neighbors



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Looking Up:

Dark and Deep

By Bob Grindle

The final chapter of Carl Sagan's most widely read book, *Cosmos*, is titled "Who Speaks for Earth?" and he ponders the question: should we who find it so difficult to put our own planetary home in order, dare to venture out into space? Carl Sagan didn't really question whether we should explore our solar system and our galaxy. He knew we couldn't help ourselves. He understood that we are a species of prospectors, panning our memories and experiences like the waterways of our lives for the minerals of knowledge, insight and 'aha-moments' that have shadowed us—or is it haunted us—from our very humble forest forager beginnings. Throughout humankind's history we have poked and probed the unknown, literally played with fire. On such occasions, as we burnt our fingers...or more, scorched our immediate surroundings...or more, and harmed other species, (as well as our own) sometimes on a colossal scale, we often have stepped back, paused, reflected, and, not quite understanding that our species is still in its cosmic infancy, attempted moving forward again. This regrouping has nearly always depended upon the many, or some, or few or occasionally just one among our ever-increasing numbers stepping forward to inspire us to action. We are an animal that loves to be inspired and to be active.

Standing on the porch this morning (it's about twenty after four), looking up into the southern sky, watching Orion in its silent passage ahead of the dawn, my mind starts to meander through the many bits and pieces that make up the story of this one constellation.

The ancient Sumerian civilization of Mesopotamia knew Orion as UruAnna, 'the light of heaven.' That was more than 5000 years ago. They called the neighboring Taurus GudAnna, 'the bull of heaven.' I find it endlessly



fascinating that a thousand years later and half way across the Mediterranean Sea, the Greeks also created an entire mythological series based on this easiest of star patterns to represent the human form. According to legend, Orion, the tallest and handsomest of hunters, was the son of Poseidon, the sea god, but was forever chasing after the beautiful daughters of one god or goddess or another and eventually had his eyes put out as punishment for his passionate pursuits. Orion promptly headed for the Sun, since apparently it was common knowledge among the elite of the time that the rays of the Sun restore sight. Allow me to pause for just a moment—What? That's a bizarre reversal of everything we've been taught about not looking at the Sun. Anyway, his sight was restored and he fell promptly in love with the daughters of the god Atlas... Long-story-short, he got in trouble again and Zeus sent the whole group into the sky...the seven daughters of Atlas are now the Pleiades star cluster and Orion is the brightest constellation, forever pursuing his last love of the seven sisters in Taurus. These people were story tellers of the first order!

Jump forward to the present. Orion really is the brightest of the constellations and, with the exception of Betelgeuse, an immense red giant at Orion's shoulder, every star in this storied constellation is a young blue giant or super giant. Rigel, Orion's left foot is more than 100,000 times brighter than our Sun, and Betelgeuse, one of the largest stars known to astronomers, is a red supergiant

more than a hundred times the size of our Sun that sometimes actually outshines Rigel. So, what's more fun, the old fantasies and legends of mythical exploits and adventures, or the science-based observations and measurements that often help to explain events and sometimes even predict the future?

I enjoy them both. Like a baby learning to walk and talk, to say nothing of potty-train and sleep through the night, our understanding of the world we live in is full of babble and bruised knees and soiled memories and night-marish episodes. Whatever spiritual totem you pause to commune with, a moment with the night sky and looking up to reflect can have a calming effect.

Mid to late month, peaking about the 21st-22nd, the Orionid meteor shower will be worth a shot of your attention. The Moon will be bright and the star showers not as easy to spot, but the Orionids last from the first week of October until nearly November so don't give up. While I doubt that many of Neighbors' readers believe in 'wishing upon a star,' I think there is a kind of noble humility in wishing upon or conversing with your surroundings that softens our humanity, rather like living pianissimo.

As the month begins and evening sets in, give a look up, and slightly west—that's Jupiter next to the waxing Moon on October 3rd and Saturn upstages Jupiter on the 5th, both shortly after sunset. Ten days later the Full Hunter's Moon passes through Taurus and wanes into Gemini by the 20th, before fading as a nearly transparent and incredibly delicate crescent just above the newly arrived Mars on the 26th.

Still on the porch as the Sun rises on yet another beautiful Connecticut Fall morning, I wonder who does speak for Earth. Surely it has to be us. The tumultuous, brash, sometimes abrasive and fearfully complex times in which we live—much like times that have gone before, but when we didn't have the ability to annihilate ourselves—only sharpen the sense that it is urgent to learn to deal more kindly with one another. It would be tragic if we screw this up. The Earth will go on without us, if it comes to that... To paraphrase a quintessential New Englander, Robert Frost: the Cosmos "is lovely, dark and deep." And I might add, there are promises to keep if we wish to preserve the only home we will ever know. Enjoy looking up as the season cools and colors itself and wish upon a star if you're so inclined.

On the cover: Photos by Dot Drobney of Willington. Farm is on Turnpike Road where Ashford and Willington mingle.

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

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HISTORIC VENUE FOR PERFORMANCE & EVENTS

October



JAZZ SERIES

THE STEVE DAVIS
CORRELATIONS BAND
Saturday, October 5th | 7:30pm



ACOUSTIC ARTIST SERIES
FOLK / AMERICANA

AN EVENING OF MUSIC &
CONVERSATION WITH
KATE TAYLOR
Saturday, October 26th | 7:30pm

November



SPECIAL PROGRAM
SPIRITUAL MEDIUM

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



JAZZ SERIES

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

SAVE THE DATES!

12/05: TOLLAND HS CHAMBER
CHOIR & JAZZ BAND (CLASSICAL /
JAZZ)

12/07: GRACE & GRIT - KALA
FARNHAM AND JEFF PPREZCH (FOLK /
AMERICANA)

12/14: SEAT OF OUR PANTS (FOLK /
BLUEGRASS)



JAZZ SERIES

JOE DAVIDIAN TRIO
Saturday, November 9th | 7:30pm

RECURRING MONTHLY EVENTS

"TALENT SHOWCASE"

2nd Wednesday!

Wednesday, October 9th, 7:00pm

"SOCIAL DANCE" w/KELLY MADENJIAN

2nd Thursday!

Thursday, October 10th, 7:00pm

EC-CHAP FILM SERIES

"Pink Floyd: The Wall" (R)

Friday, October 11th, 7:00pm

"EC-CHAP INFORMATION
EXCHANGE MEETING"

Wednesday, October 16th, 7:00pm

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Elders and Young Ones Together

By Loretta Wrobel



What does it take to wake up the humans? On September 20th thousands of people gathered all over the world to loudly sound the alarm. In Willimantic in the early evening, quiet corner residents screamed and pounded drums while carrying signs proclaiming the need to listen to the scientists and do something. In Hartford earlier in the day at our Capitol, young and old held up signs for more clean energy, less fossil fuel destruction, no Killingly gas-powered plant, and sane decisions regarding our fragile earth.

I was present at both of these strikes/protests/actions and saw how committed our young people are to stopping the madness. They are showing up and striking for continued life on our planet. These young beings are going into the streets because they are too young to vote. Are the powers listening? As the waters rise along with the temperatures, as the storms proliferate, becoming bigger and more destructive, and as flooding becomes a regular event in our country, how are the decision-makers responding?

I was pleased to hear folks in the quiet corner beeping their horns and giving a thumbs-up or a wave, and most importantly, a huge grin to those of us standing on the sidewalk! I am so proud of our piece of Connecticut, as there is a growing awareness of our need to constantly be vigilant to stop the shortsighted choices our Governor is making regarding our reliance on deadly fossil fuel. In view of our increasingly frequent climate catastrophes, moving full speed ahead with renewable energy such as solar, educating our citizens about using less energy, and being proactive about conserving our precious resources is of ultimate importance.

It baffles me how people still believe that there is no climate issue/crisis. In Europe this summer there were record-breaking heat waves. In our country cities such as Houston and New Orleans have had major flooding events more and more often. Roads are flooded, cars are trapped on highways, houses are flooded, people are killed, and what is being done? I find it difficult to comprehend, with all our readily assessable information, how the denial remains. Certainly, we have had major storms. Certainly, hurricanes have devastated areas. Certainly, floods have occurred. What is disturbing is the severity and frequency have mushroomed so that a 100-year flood can happen annually. This is a call for immediate action.

In the past I have looked at other states in America and asked myself, "What were they thinking?" Now I am horrified to ask the same question of our state. What is the thought process behind constructing a fracked-gas power plant in Killingly? This fossil fuel burning plant will emit 2 million tons of carbon dioxide annually. Our state has

mandated climate and clean energy goals which are not consistent with the building of a toxic fracked-gas power plant. What is going on here?

The fracked-gas power plant will harm local air quality and set back efforts to meet emission reduction goals mandated in state law. It will delay the transition to the clean, renewable energy sources, such as solar and wind. How did the Connecticut Siting Council and DEEP approve this project, when the state legislature banned transporting fracked oil and gas due to the health dangers to our people and our environment? In our town we have an ordinance banning the transport of fracked materials due to the health risks to our community. Why is this insanity happening?

We need the energy. This stupid statement is the craziest of all. Maybe rather than kill ourselves and destroy our natural resources with polluted air and waterways, we could consider using less power? Or switch to solar energy? Better yet, switch to shared solar! Or put more \$ into offshore wind energy?

There are numerous ways to address the problem, but to create more harmful emissions and run underground pipes with dangerous materials in our beautiful quiet corner doesn't appear to me to be a sensible solution. How about using our intelligence to think of less disastrous ways to provide for our citizens and not cause harm to them or our state. Again, why aren't we turning to science to come up with better ways?

The heavy hitters want to gobble up all the dollars by continuing to use fossil fuels to fatten their bank accounts. The truth is there are less of them than us. The masses, who have to cope with the fallout from all this, outnumber the big chiefs. We must stand up to the moneyed interests and not allow the "danger to life on our planet" projects to succeed.

This is what I experienced in both strikes on September 20th: The old and the youth coming together to use their strength in numbers to say No More. The young cannot vote, but they are rising up and striking to make strong statements. I hear voices saying, "Yes, it is up to the young ones. They will change it." More foolishness. It is not just the younger generation who need to get involved. It is all of us. We cannot leave the burden on the shoulders of our children. We can applaud them, support them, and we also must join them!

Our precious planet is in trouble, much of it because of our own shortsighted decisions. We want more. We want bigger. And we are obsessed with consuming. It will take a massive outpouring of concern for our planet, each other, and respect for the extraordinary world we inhabit to turn this devastation around. A world that has sustained us for generations is roaring at us to wake up and pay attention. Those on the streets on September 20th had their eyes wide open, and are now pleading with the rest of humanity to pay attention and do something. Not tomorrow but now. Can you hear us? And will you rise up for the sake of our planet? Or will you remain a fossil fool?

Repair Café

Submitted by Elisha Sherman

What do you do with a dress that has a tear? With a toaster that no longer works? Toss it? No way! The region's next Repair Café is Saturday, October 12th, 2019 from 10:00 am-2:00 pm at the First Congregational Church's Arnold Auditorium, 199 Valley Street in Willimantic.

A Repair Café is a free event during which volunteer "fixers" are available to help make all possible repairs free of charge except for the cost of replacement parts. People visiting the Repair Café can bring their broken items from home. Toasters, lamps, hair dryers, clothes, bikes, toys, crockery — anything that is broken that can be carried in is welcome and can more than likely be repaired. The fixers in the Repair Café almost always have the know-how.

Individuals handy at repair in the areas of book binding, sewing, furniture, electrical appliances, electronics, bicycles, blade sharpening, small engines, tools, ceramics, and more are welcome.

The Repair Café helps the environment by fixing manufactured

items and decreases the need to buy replacements. Organizers of the Repair Café include community members inspired by the Transition Town principles. These principles seek to build resilience in response to peak oil, climate destruction, and economic instability and promote the idea of community learning, assisting and relying on each other for goods and services. The Repair Café is a way to meet those means and to build community, skills and relationships.

Contact organizer Virginia Walton at 860-429-3333 to learn more about the Repair Café.

Ashford Senior Center Fall Fair

25 Tremko Lane, Ashford, CT
Saturday, November 2, 2019
9:00am-3:00pm
Crafters, Jewelry, Stained glass, Soaps
Silent Auction and more!!!
Senior Lunch and bake table
Six foot tables - \$25
Second table - \$20
Call Pauline for information:
860-428-6502

Harvest Dinner

November 2, 2019, 5-7 pm
Hampton Congregational Church
263 Main Street, Hampton, CT

Meal includes Roasted Pork or Vegetarian Stuffed Squash with rosemary roasted potatoes, apple glazed carrots, green salad, drinks and delicious home-made desserts.

Tickets are \$12 adults; \$6 children, and under 5 are free

If you would like to reserve or purchase your tickets in advance contact Kelli at 860.455.9677

Book Launch for Ashford Author

A book launch and tea for *A Garden Miscellany: An Illustrated Guide to the Elements of the Garden* by Suzanne (Suzy) Staubach of Ashford will be held on Sunday, October 13 at 3:00 pm at the Lodge at Crandall Park, 120 Cider Mill Road, Tolland, CT. 06084. The event, hosted by Nikki Mutch, is free and open to all gardeners and those who love them. Filled with revelations and fanciful illustrations by Julia Yellow, *A Garden Miscellany* promises new discoveries with each reading—a book to be returned to again and again.

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Willimantic, Now and Then:

Miriam's Treehouse: Vision to Reality is a Trip!

By Mark Svetz

My mind has been dancing with visions of a treehouse for much of the last year. In recent weeks this quest – I might call it a preoccupation – has begun to move from the ‘anything is possible’ regions of my mind, to the more restricted realm of reality. That is quite a trip, I can tell you.

My granddaughter Miriam went traveling with her parents at the beginning of this year, and to cope with her absence from my life, I began to plan a treehouse for her. The last time Miriam was away, I used our grape trellis to build a swing and gymnastics rings for her. In Miriam's absence, I feel close to her when I am busy doing something or making something for her. Love and service are closely connected in the complex wiring of my emotions.

At one point I chose three trees to support the treehouse. They are near the bottom of the wooded hill, at the edge of a tiny meadow, which the treehouse will overlook. It all seemed very Romantic. I could imagine Mima and me sleeping out there in the woods, with the light of a full moon dappling the forest and meadow. You see, I never built a proper treehouse for myself when I was young. Mmm. Another dimension to the fantasy?

This dream of mine has been fed from many small streams of energy. Early this spring, we had a catalpa tree taken down by experts. It was a twisted tree, leaning over our neighbor's house, so we hired out. We were left with a 15-18 foot trunk, about two feet in diameter, that was bent into a shallow S curve. I used wedges and managed to split it right down the middle. I was left with a plank 20 inches wide, forming an S. This curvy plank, my imagination could see, would be the ramp leaning up to the low side of the treehouse.

In the late winter and early spring this year, we cut a few dead and dying trees in our back yard. I then made into posts that would eventually support the triangular platform on which Miriam's treehouse would emerge. I could support the posts on rock foundations and tie them to the living trees with rope. This allowed me to use the three trees – a white oak, a red oak and a black oak – to support the treehouse without having to hurt the trees. In my imagination, these posts were sculptures in which the twisted trunks and branches became gargoyles decorating the sides of the treehouse.

The fantasy continued throughout the spring and early summer. Miriam stoked the fires when I told her on a video call about the treehouse and she asked if it could have a bowling alley in it! I thought that was a great idea. Remember, all things are possible in the wonderful play-scape of my mind.

This was not a solitary fantasy, I am very pleased to say. My friend Leigh Duffy told me about a man with lumber to give away; Chris Jordan wanted to give me some of the new plastic wood that is made from recycled products. Many others had advice and kind words for me. All of which served to move this treehouse from my mind to reality. I needed all the help I could get since this is quite a jump.

I spent a lot of time talking about this treehouse to anyone who would listen. I am a yapper and I tend to process all things in my life by talking about them. Of course, as I talked, the fantasy became more involved. How many levels would it have? A rope ladder at the point of the triangle would be cool! Could I build a ‘crow's nest’ Miriam could perch in? Meanwhile, I was stripping bark off the posts and figuring where I might find lumber.

Come July and Miriam, Gregory and Liz were back in town. I don't know what Miriam thought about the fantasy, but she spoke of the treehouse as though it were already a reality. It delighted me that her Nonno's fantasies were so accessible to Miriam; that she could share in this one with very little tangible evidence.



In August, I made plans with Gregory to work together on the project. We borrowed a van from our friend Dave and got some lumber. In different sessions we managed to get some posts in place and start to construct the triangle that would support the treehouse. Working with Gregory was a wonderful consequence of my fantasy. It was very satisfying for me.

Now, we have a sturdy triangle in place. It is about five feet off the ground on one side and perhaps 10 feet at the point of the triangle. The posts rise four or five feet above the platform; I used the natural shape of the wood to cut notches at the right height to support the framing boards. I will attach railings to the part that extends above. On one of the posts, the end divides into two branches that look to me like a large bird with its beak open. Not exactly a gargoyle, but it looks pretty cool.

I laid some sturdy boards across the point, making the first part of the platform. I also framed out the floor joists for the rectangular end of the platform. I am waiting only for a way to get some plywood. The squared-off base of the triangle will have an A-frame roof, and I left the very point open for access from the rope ladder I will make over the winter. Fantasy and reality are coming together.

The real fantasy – I guess I mean dream come true – came the other day, when Sarah had the idea that we should mix some of the old paint in the cellar and paint the boards like camouflage. Miriam could help, Mima said. Well, a few days later Daddy brought old painting clothes for Miriam and we did paint the boards. I built a scaffold so she could reach the five-foot end, and Miriam spent a couple hours standing on the plank, slopping paint on the boards, the ground and herself. It does look like camouflage!

The first time Miriam climbed the ladder to the small platform on the point, she stood and looked around. “I like this Nonno!” she said. “I really like this!” That is when the whole thing – Love and service; fantasy, reality and family – came together for me. Now, I just have to decide where the bowling alley will go.

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

Joshua's Trust October Events

Submitted by Angelika Hansen

Saturday October 5 at 10 am – Tobiassen Memorial Forest (Tolland) “Talking to Trees” Join master naturalist Deb Field as we explore this varied forest habitat. Moderate difficulty; kids over 12; no dogs. Dress appropriately – suggest sturdy shoes. Hard rain cancels. Limited to 15 participants. Please, sign up at activities@joshustrust.org.

Sunday October 6 – noon – 1 pm – Allanach-Wolf (Windham) “Concert at the pond” (title may change) Bring a picnic, your family and friends to enjoy choral music presented by a local choral group. After, enjoy the trails or simply soak in the atmosphere of this beautiful preserve.

Saturday October 19 – 2-4 pm Atwood Farm Bring the kids and come enjoy cider as your great grandparents did, and watch and help with the pressing of the apples. After, enjoy self-guided tours of the farm out-buildings and orchard. Rain or shine.

Sunday October 20 10:30 am Josias Byles Sanctuary (Ashford) Join local historian Marian Mathews on a walk to learn about the natural and human history of this area. Enjoy refreshments after at the Henrietta House B&B. Moderate difficulty, kids welcome, dogs on leash. Hard rain cancels. Limited to 15 participants – please sign up at activities@joshustrust.org.



By Tom King

The above graphic was created in the summer of 1984 by Penny Guerin who was living in South Windham. She did the layout and graphics for some of the first issues of this publication. She has lived in Storrs for the past 20 years. I had not seen Penny since that summer. Until a recent Saturday.

It was wonderful to have her stop at our Neighbors canopy at the Willimantic Downtown Country Fair on September 28th. Thirty-five years in ten minutes.

Penny has retired from her career at UConn and now has time to paint. See some of her work at the Dye & Bleach House Community Gallery in Willington. Read about the gallery on page 15.



9.28.19 Dennis Pierce, Tom King and Loretta Wrobel (l-r) at the Willimantic Downtown Country Fair. Jim Wheeler photo.

I want to thank all the folks who stopped and talked to us at the fair. A lot of people have put a lot of work into what this paper has become. It's wonderful to hear the community appreciates our efforts.

It was also good to talk to folks at other booths representing non-profits trying to make positive changes in our community and our planet. We cannot let national and global headlines distract us from our grassroots efforts. It is through these grassroots groups, well organized and staffed or just a small group of individuals, that positive ‘baby steps of progress’ can be achieved.

Love your neighbor. Show kindness to the stranger. Wait...that's too complicated.

Simplify.

Love. Be kind. Every living thing.

Canterbury Old Home Day

Submitted by Ellen Wilson

The Canterbury Historical Society welcomes visitors to its Canterbury Old Home Day on Saturday, October 12, 2019. The event is from 10 AM to 4 PM. Rain or shine. This popular old-timey community fall celebration brings together a

lively mix of historical reenactors, pliers of traditional trades, friendly animals, local farmers, a few antique vehicles, and a variety of nonprofit groups and other exhibitors. The restored 19th century one-room Green District Schoolhouse will feature exhibits on the town's past; area musicians will perform throughout the day; and of course there will be lots of good food.

Come and embrace fall with us. Catch up with old friends and possibly make some new ones.

Admission and parking are always free. Handicapped parking with permit only on the event grounds. General parking at the Dr. Helen Baldwin Middle School, 45 Westminster Road (Rte. 14), Canterbury. Free shuttle all day or a short 5-minute walk.

The event takes place on the grounds of the First Congregational Church of Canterbury on Route 169.



A New Revolution in Music

What are the kids listening to?

By William Rood Jr.

What are the kids listening to?

You may turn on the radio sometimes and ask yourself this exact question. It's an age old question. Your parents wondered the same thing. Today, however, we have reached new levels of impropriety of content, baseness of message, electronic automation, tuned vocals, fake instruments and lip syncing performers.

Wait.

It's too easy to think this. Let's try to look at this from a different perspective. From our grown-up frame of reference we may be imagining the kids listening to the radio and memorizing these terrible songs. We used to listen to the radio, records, or tapes. Maybe sometimes you even used a tape recorder to copy a song from the radio and then you'd play it back in your walkman? A tape recorder held up to the speaker, really? Oh, you had to go through so much trouble to memorize those songs of your youth and today you have an unbelievable emotional and mental connection to those songs. They were the soundtrack to the best years of your life!

First, I work with children and they really don't listen to the radio. It's basically background noise to our frantic lives. They listen to music on YouTube. Today, children have more access to more music from more time periods and more parts of the world than ever before. While you are appalled by the song you just heard driving home from work they are listening to songs about baby sharks and ducks that go to the lemonade stand to buy grapes. That's right. They are children and they actually have more access to children's songs now than ever. This may be hard to believe but as a school teacher I've recently been surprised by how appropriate "their music" actually is. When a child wants to sing a song that they found on the internet I am, of course, skeptical and I need to properly vet the song before they sing it in class. The majority of the songs they pick are cute, nice, annoyingly catchy or sometimes surprisingly sophisticated.

Next, video games are huge and this is not necessarily a good thing. However, gone are the bleeps and bloops of Atari or the 8 bit low fidelity of the Nintendo Entertainment System. Many of today's games operate with high quality orchestral scores that somehow change and react as the scenes change. Other games use classic jazz recordings that sound like they came right off the old 78 and there are mobile games like "Piano Tiles" where players have to complete classical works such as Beethoven and Mozart sonatas to advance a level.

The world of music education has changed quite a bit over the years as well. There has been a huge resurgence in folk music as a primary vehicle for music literacy. Simply put there is much to be learned from the simplest of songs. Music classes today almost always include songs from around the world and these songs can be sung, played on instruments, listened to, watched and experienced in ways that weren't common in the past.

Finally, this may be the most controversial thing I'll say: The music today is actually of higher quality. It has to be to get people to listen to it. By saying this I realize that I'm hereby ensuring I'll never get to perform at Third Thursday. Oh well. In the words of Darth Vader during that famous unmasking scene, "Nothing can stop that now." Seriously, most of the music now is higher quality. As stated earlier this is really difficult to accept because we are so attached to the music of our youth. Yet, if you can put aside that emotion and nostalgia for just a few minutes and try to be open minded you can make some interesting observations.

Now on to the lightning round: What about the inappropriate content? - This is true and it really is a problem. It was also a problem in the 1990's. I don't think I'd want kids listening to my favorite works by Bel Biv Devoe and I've recently found out that some of the songs from the 60's and 70's were actually about drugs. Today's music also sounds inappropriate to our ears because of the style of singing. With the crystal clear modern electronic music production, automation and vocal compression techniques each and every breath is emphasized So much so, that it starts to sound like a 1980's prank call.

What about autotune? - Yes everything is perfect now. Maybe it is too high quality. Enough said.

What about "fake" instruments? - Good point. Here's a question to answer the question: Have you ever tried to program a "bass drop" or automate the filters for Dub Step "wobble bass"? I have. (I can program an okay bass drop but my feeble attempts at the wobble are less than pathetic.) This programming of "fake" instruments for (electronic dance music) EDM is extremely complicated and would dumbfound most people over the age of 33.

What about lip syncing performers? - I'd never defend that. It is very sad.

How about the strained and harsh way they sing? - This is of great concern to me as an educator! I do not want children copying Sia and hurting their young voices. I'm also worried if the little ones try to copy "Twist and Shout", "Born to Run" or "Girls Just Wanna Have Fun".

Flipping back and forth through the radio stations, you'll hear how music today is clear, perfect and thus might seem lifeless compared to your music. You'll also feel how the music from your past brings you back to good times even if the standards of performance, production or recording are lacking. Finally, when you hear a modern song that sounds very bad you can be comforted to know that today children have many more options for appropriate music available to them.

Coventry Arts Guild Hosts Fall Event

Submitted by Ruth O'Neil

The Coventry Arts Guild will hold a Halloween High Tea and Costume Fashion Show fundraiser on Saturday, October 26 from 3:30-7 at Mill Brook Place on Main Street in the historic Coventry Village.

Individuals interested in modeling original Halloween costumes are being sought.

Guests can sit at any of the eight specially themed tables to enjoy the fashion show.

Many "Take a Chance" items. Seasonal spooky music. Tickets are \$25 per person and includes food and drink.

Proceeds to benefit the Coventry Arts Guild. For modeling, ticket or donation information, contact Deb Comeau at 860-966-8047.

The Coventry Arts Guild is a non-profit organization committed to promoting and supporting the visual, performing and literary arts in Coventry and surrounding communities.

For more information on the Coventry Arts Guild, go to www.coventry-artsguild.org

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From the Ground Up - Buying Local in Connecticut

My Favorite Season

By C. Dennis Pierce

Fall is the perfect season. On Monday, this past week, summer bid us adieu. And as if taking its cue from Mother Nature, the trees took on the autumnal brush of color. As the days grow shorter and cooler, trees take on a new persona, ripening into warm gold, russet, and sepia tones. It does come as a quick surprise as I step out in the early morning to walk my dog and I am greeted with a nip in the air and the morning haze lingering waiting to be burnt off by the rising sun. I have noticed the leaves seem quick to leave the safety of the overhanging branches of a nearby maple. Gracefully they soar to the ground sending a reminder that they will soon need to be raked up and put on the compost pile. Fall is actually my favorite season. Fresh Connecticut apples, trips to local orchards, cider and the farmers market filled with the late season offerings. What is not to like?

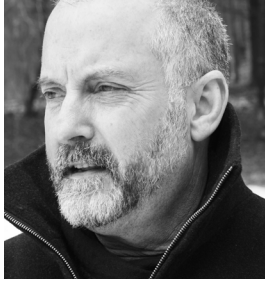
I am an advocate for Connecticut Agriculture. After spending nine years as one Market Masters at the Storrs Farmer Market and a member of several CSA's, I have experienced the benefit of Connecticut Grown. First and foremost an individual must realize that purchasing local has an inherent holistic impact. Not only are you purchasing fresh ingredients but you are decreasing the carbon foot print that is realized when products are shipped across the United States. You also are contributing to your community by helping the small farmers have an income derived from selling their goods at market.

Agriculture continues to be a significant industry in Connecticut. Farming in Connecticut adds \$4.8 billion to the economy each year and at least sixty percent of the state is farmland, forest and open space, providing an important natural resource, which enhances the environment.

Connecticut Grown is not all vegetables and farm products. The Constitution State shows off its green thumb with its leading commodities of nursery and greenhouse products. These top products – including ornamental shrubs, flowers, bedding plants, Christmas trees and more – account for forty five percent of the state of Connecticut's farm receipts. Farms in Connecticut include products such as dairy, chicken eggs, tobacco, fruits and among other agricultural products. But not all products come from the farm. Aquaculture plays a vital role as well thanks to the 70,000 acres of shellfish farms harvesting 450,000 bushels of hard clams and 200,000 bushels of oysters each year.

Getting back to fall and the home front, it is that time of the year to start thinking about getting your garden ready for winter. Now that you have reaped the benefits of the harvest you need to reinvest so that you will realize another successful year in your garden. A mantra of the serious gardener is never to leave bare soil. One of the simplest techniques for making sure soil is protected and enriched is using mulch. Mulch helps the soil biological activity and will provide better plant growth for the spring and summer of the following year. Another suggestion is to your soil tested. You can do that by contacting the Soil Nutrient Analysis Lab at UConn. You can find information here: <http://www.soiltest.uconn.edu/sampling.php>

Because it is fall, I would sense the Lab is not as busy as they are in the spring and it will give you more time to add any recommended amendments. Lastly, if you're more interested in improving soil fertility than in reducing insect pests, don't leave open, cultivated soil. Instead, plant hardy cover crops such as winter rye. Cover crops eliminate erosion, improve soil structure, provide spring compost material and keep nutrients from leaching down out of reach. Based on my research a thick planting of a fall cover crop is a special blessing if you're starting a new garden where grass or weeds have reigned supreme: It



can cut next year's weeding headaches in half.

I usually end my column with a quote but instead I thought I would leave you with some culinary tips: When sautéing with butter make sure you have all of your ingredients in place so you are not distracted. This is called, "Mise en place". If you are like me, I start melting the butter, turn away to do something else and end up burning the butter. Having everything within reach, enables your attention to be focused on the pan and eliminates the chance of the butter fats from burning.

Corn on the cob is still available at the Farmer's market. Buy some now to use this winter. You will be a hero when you serve it at Thanksgiving or Christmas and say that the corn came from a local farm. Once you have the corn home, husk it, wash it off, wipe own the cobs with a paper towel, cut off the kernels from the cob and put the kernels in a zip lock freezer bag. Add 2 tablespoons of sugar, shut the bag and toss the corn around inside the bag. Mark the bag with the date and the name of the farm it came from. Do not precook or blanch the corn. Freeze raw. Trust me it will taste like fresh local corn in mid-winter.

This past weekend I had the opportunity to visit two local Farmer's Markets and found an abundance of root crops. The following is a special treat that can add that autumn flair to your weekend dinner.

Roasted Vegetables

Ingredients:

2 large, sweet onions, peeled and cut into quarters

2 large, sweet potatoes, peeled and cut into 1-inch pieces

8 ounces of Brussel sprouts, trimmed and halved

1/2 medium butternut

squash, peeled and diced

8 ounces of carrots, peeled

and cut on the bias (cut diagonally) into 1- inch slices

8 ounces of fingerling potatoes, halved

1 head of garlic, cloves separated and left unpeeled

1/4 cup, extra virgin olive oil

1 teaspoon of salt

1/2 teaspoon of freshly ground black pepper

Glaze:

1/3 cup of vegetable broth

(or chicken broth)

1/4 cup of extra virgin olive oil

1/4 cup of balsamic vinegar

2 tablespoons honey

2 teaspoons of Dijon mustard

1 teaspoon of lemon juice

Kosher salt (or large grain)

and freshly ground black pepper

1 teaspoon of lemon juice

Directions:

Preheat oven to 400 degrees

In a large bowl, toss the onions, sweet potatoes. Brussel

sprouts, butternut squash, carrots, fingerling potatoes and

garlic with the oil mixture

Place in a roasted dish, Pyrex or a cookie sheet (if using a

cookie sheet line with foil).

Roast for 45 minutes. Stir half way through the roasting

period.

When done unpeel the garlic cloves

Directions for the glaze:

In a small pan, combine broth, oil, vinegar, honey, mustard,

lemon juice and salt and pepper to taste.

Cook until reduced by half, about 10 minutes.

When finished toss with roasted vegetables and serve.

Thanks to all that stopped by the Neighbor's tent at the annual Willimantic Co-op's Country Fair. I would say it was the largest fair ever, with crafts, produce, food options and many community services. It was nice not only to say hello to our readers but also introduce Tom, our Publisher / Editor and some writers to fair participants that have yet to read this great community paper. So, wrapping it up for another month, 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...



9.21.19 In the photo above: (left to right) an unidentified woman, Calvin and Erin Gordon and John G. at this year's 'Recovery Walks!' event at Bushnell Park, Hartford.

Pete Polomski photo.

'Recovery Walks!' at Hartford's Bushnell Park

Connecticut Community for Addiction Recovery (CCAR) began hosting the annual "Recovery Walks!" celebration in 2000. We are proud to say "Recovery Walks!" just keeps getting bigger and bigger. On Saturday, September 21, 2019 we celebrated our 20th annual walk in Bushnell Park, Hartford CT! We were also chosen by Faces and Voices of Recovery to be the National Hub event for the 2019 Rally for Recovery. We've extended our hours this year to give the Recovery community in our neighboring states the opportunity to come join us and make this the LARGEST celebration ever! We are delighted Shaded Soul performed again this year along with stories of recovery, advocates, exhibitors, and plenty of fun activities (face painting, caricatures, food trucks, etc.). www.https://ccar.us

They were their own death panels

By Christine Acebo

I was in a favorite little restaurant in Cambridge for lunch on a late summer day, sitting alone and enjoying warm and fragrant Portuguese cornbread as I watched passersby on the sidewalk outside the window. The door opened and a trio of older women, all with silver hair and all carefully dressed, came in and sat at the table next to me. The restaurant's tables were close to each other and I could easily hear their conversation even without leaning in their direction. The tall, thin, hollow-cheeked waiter, who could have been a model for El Greco, brought my pasta con marisco and then took their orders. After he left I ate slowly and listened.

They talked about the lovely sunny day outside. They talked about how nice the summer had been and that they hoped winter would not be too cold this year. They talked about themselves and about others they knew. Then the conversation turned more serious. A friend had killed herself. She was in her 80's, their age, had gotten very sick and had ended her own life. I ate my crusty bread quietly so I could listen better and hoped the waiter wouldn't bring their food too soon. They talked about their friend and how she had been suffering. They talked about what she had been like before the illness. Together they mourned her loss.

The conversation turned again as they each shared their fears of being ill and in pain with no end in sight but a painful death. They discussed ways to kill themselves: what methods might be quickest and least painful; what could be done without implicating others; where they could get help if needed. They talked like they might have talked about the best way to make a pudding, or a scarf, or about the kinds of roses that were most resistant to black spot. The conversation was dead serious, matter-of-fact, and grounded in the wisdom and common sense that can come with age. Although they came to no real conclusion, I had no doubt there would be other meetings, other conversations, and each would do some homework in the meantime. The end of my lunch came at the same time as theirs and I left the restaurant just behind them. I walked away as they gathered once more to say goodbye to each other. This is a true story.

Christine lives in Ashford.

Perspective

By Delia Berlin



Decades ago, while I was pregnant, I impatiently vented to my father that I couldn't wait till my baby was born. I distinctly remember his one-word reply, which he uttered with a smile, after a sigh: "Youth!" At the time, my father was only 47 – hardly old. But terminal cancer had already robbed him of his youth and we both knew that his remaining life would be short, so I understood what he meant. Less than a year later, when my daughter was only six months old, my father was dead.

That iconic impatience of youth that my father pointed at, induces a deceiving time warp. In those days, I remember rejecting the idea of planting certain trees because they would grow too slowly. Now, in my sixties, plantings labeled as "slow-growing" are appealing. It seems that every time I turn around, a perennial has to be divided, a shrub grew out of scale, a vine needs pruning. And this just in the gardening area...

Children also present us with another veritable timing mirage. I have a close childhood friend in DC who has three daughters. Although we talk or email once in a while, I haven't seen him or his family for a few years. Recently, during a phone conversation, I asked him if his youngest was still at home. He replied that she is already a junior in college. I couldn't believe it and was embarrassed by my poor sense of chronology – I easily could have sent her toys for the holidays!

In addition to this apparent acceleration of events, age gives us experience, and I often regret that when my father was facing his imminent untimely death, I didn't have enough knowledge and perspective to be more helpful to him. I'm not talking about "regret" as guilt, but as sheer sadness. I was only 24 and know well that I was doing my best – I don't need that reassurance. But I understand now, from my older-person's perspective, that premature death can be particularly cruel and lonely, and that experienced family members and friends are able to provide more comfort than I could at that time.

During his last few months my father often tried to give me things that were precious to him. I rarely accepted them. I erroneously thought that depriving him of something he could still enjoy would be wrong. I also felt that taking things from him too soon would make me a bit of a vulture. Of course, his timing wasn't premature at all, but I could neither accept that reality nor admit it to my father – as if he didn't know it already. I fully understand now that it would have given him much more pleasure to pass on his meaningful possessions during his lifetime, than to leave them behind in death.

Similarly, whenever my father tried to talk about his death, I stood in his way, as if even considering or accepting the possibility of his death, could hasten his end. Giving in or giving up were not permissible choices. But obviously, in spite of his will to live, my father was no match for his illness. My well-meant behavior probably made his defeat even more painful and difficult to accept.

When my father finally died, about one week before Christmas, my holiday gifts for him were already wrapped and under the tree. To top off my foolishness, the presents themselves were mundane items for care-free living, such as cardigans and socks. What was I thinking? Denial can be powerful.

In my defense, my father's doctors did not give us any idea of what to expect. After many months of interventions, events, near-misses and temporary recoveries, I could see no clear pattern that would necessarily lead to his end. Yet, this pattern does exist and experience has taught me to recognize it. In similar circumstances, now I would know if someone's death is near, but I had to learn this without help from the medical establishment.

Almost 18 years ago, I spent a few frustrating months trying to control symptoms usually associated with perimenopause. Coincidentally, I was 47, that same age my father was when we had the conversation about impatience and youth. My age at that time supported the theory that my problems were hormonal, self-limiting and normative. But they weren't. Soon after a routine procedure, I got a call from my doctor requesting to see me immediately. As I drove to his office, I was already bracing for bad news.

My doctor was even more surprised than I was by the unexpected results of my biopsy. I had endometrial cancer. Risk factors for this cancer are obesity, high blood pressure and fertility problems, none of which I had. Although it is the most common gynecological cancer, it's quite rare before age 60, making my case even more puzzling.

I had to process a lot of information in a very short time and shock masked fear for a while. My doctor

offered me a box of Kleenex long before I was able to react. Instead of comfort, this provided confirmation that my situation called for tears that I still wasn't ready to shed. Immediate radical surgery with a six-week recovery period was my only option to fight the disease. On the positive side, my cancer appeared to be in its earliest stages and was not aggressive. If the full biopsy after surgery confirmed that, I would have a 95% chance to beat it with surgery alone.

At the time of diagnosis, I was highly involved in multiple projects and committees at work, in preparation for an important accreditation visit. Taking six weeks off seemed unthinkable. But, amazingly, reality set in very fast. There was nothing I could do, except accept my situation and deal with it. Misery and self-pity were short-lived: these things can happen anytime and to anyone. I had many reasons to feel fortunate: I was very fit and in good shape, had great health insurance, plenty of sick time, wasn't planning to have any more children, and had a caring family to nurse me back to health. Life turned on a dime.

To add a surreal character to these events, the year was 2001 and all of this was developing against the background of 9/11. My daughter worked and lived in New York city but, fortunately, she had been at Woods Hole in Massachusetts at the time of the attacks, and could come to stay with us before returning to the city. The images of the planes, the towers, the collapses, played constantly as I prepared for my personal ordeal. At times, I felt selfish for worrying about my own situation in the midst of such horrors. And yet on other occasions, my self-preoccupation distracted me from that other nightmare.

I would have to lie to minimize the pain and difficulties of recovery, but all went as well as it could have been expected and without complications. And after six very long weeks, I felt like I had, miraculously, gotten my life back. I still needed to weigh the risks and benefits of hormone replacement, so I scheduled a consultation with a GYN oncologist in Farmington.

The consult was both encouraging and terrifying. On the one hand, the benefits of estrogen replacement probably outweighed the risks, in my case. Also, the oncologist confirmed that I had no more than a five to ten percent chance of recurrence. But, on the other hand, most recurrences happened within two years, and there weren't many effective therapies to deal with that eventuality. That was sobering.

As we drove back home quietly, I broke our silence with sobs, muttering that I may not even live to see 50. Quickly, I decided that if I did reach 50, we would have a big party. But just seconds later, I had an epiphany. It suddenly hit me that if I didn't reach 50, I would miss the party... That made no sense! I couldn't spend the rest of my life in fear of the cancer's return. Indeed, if it was to come back, there was even more urgency to celebrate the life I had left. Lesson learned: PARTY NOW.

Although it is much easier said than done, that day I made a point of working much harder at conquering fears, which are really the worst part of any nightmare. This understanding and determination were a small gift that I was able to extract from that ordeal. Reflection and assimilation of our difficult experiences are our only hope for emerging a little more prepared to face future problems, or to help others in similar situations.

On his deathbed, during one of his last conscious moments, my father shared with me his final acceptance and resignation. He expressed satisfaction with his accomplishments, particularly in regards to leaving his children educated and his family with sufficient resources to cope with his loss. I'm not sure that others in our family would have agreed with his assessment. But for me, his conclusion, accurate or not, was a little glimmer of light in a dark night. I was grateful then, for his capacity to make the best of a raw deal. And for any part of that capacity that I may have inherited, I'm thankful too.

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 about a family vacation or why you volunteer. Write a poem or a piece of flash fiction. These pages would be full of press releases without submissions from local residents who care about each other and their community.

T. King, Publisher

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The protection of Bull Hill, a block of forest land important for water quality, walking trails and wildlife, is dependent on local support. The Community Foundation of Eastern Connecticut awarded the Wyndham Land Trust, a local conservation organization, \$20,000 to assist with this effort. Photo Courtesy of Jim Wheeler.

Local Water Quality and Bull Hill Forest Project Get a Boost

Submitted by Michael St. Lawrence

POMFRET CENTER—Local wildlife, including the Whippoorwill, a species of special concern in Connecticut, just got a boost thanks to a grant from the Community Foundation of Eastern Connecticut to the Wyndham Land Trust.

The Wyndham Land Trust will use the funding to add to the protected property on Bull Hill in Thompson—part of a rare landscape of 3000 acres of unbroken forest. The 975 acres on Bull Hill owned by the Wyndham Land Trust offers sweeping views of Woodstock from an overlook, which is accessible from a trail managed by the land trust.

The protected forested lands provide important wildlife habitat as well as play a central role in helping to reduce area flooding and enhance local water quality. Bull Hill contains the headwaters of the Little River that provides drinking water to the town of Putnam.

“The goal of this local land protection effort is to ensure this remarkable block of forest remains unscathed by haphazard, sprawling development and provides recreational access to the public for hiking, birdwatching, and educational programs,” explained Andy Rzeknikiewicz, a board member of the Wyndham Land Trust and the land manager for the Connecticut Audubon Center in Pomfret.

“The Community Foundation was pleased to make a grant award of \$20,000 this year toward the preservation of the Bull Hill Preserve,” explained Jennifer O’Brien, Program Director. “Thanks to generous donors who have established environmental funds, the Foundation has made more than \$2.2 million in grants to help preserve natural resources in our 42-town region.

“With climate change increasingly a concern in our area, and the acceleration of extreme weather and rainfall, we understand the importance of maintaining the rural beauty, woodlands and wildlife habitats that are critical to the region. We look forward to working on more key projects with partners such as the Wyndham Land Trust in the coming years.”

Vocal Chamber Ensemble to Perform

Submitted by Sarah Kaufold

(Storrs, CT) – Eastern Connecticut’s newest vocal chamber ensemble, Voices of Concinnity, is pleased to present an inclusive, interactive, and innovative choral program titled called “Old, New, Borrowed, and... Long Overdue: an interactive tour of choral music by exploring the footnotes.” Our first performance of this program will be on Saturday, October 26, 2019 at 5:00pm at Storrs Congregational Church in Storrs, Connecticut. This performance is presented to benefit The Neighbor Fund and donations will be gratefully accepted.

Dedicated to incorporating the role of the vocal color into crafting exquisite choral music, Voices of Concinnity is a 12-voice chamber ensemble of dedicated, seasoned choral artists from diverse backgrounds

who are exploring the art of singing together. Through the experiment of vocal timbre and the arrangement of singers, Concinnity strives to maximize overtones and unity of sound to create a harmonious, artful landscape of voices. This chamber ensemble, founded in 2017 to help create affordable access for the community to experience professional-level, living music, performs choral music from the Renaissance to the contemporary.

Their sound described as being “like silky smooth butter in musical form” by an audience member, Voices of Concinnity is eager to present this new program “Old, New, Borrowed, and... Long Overdue: an interactive tour of choral music by exploring the footnotes” at three different venues around the state this season. This choral concert will explore the “footnotes” by including the interesting tidbits that

“It’s important that we provide recreational opportunities and conserve these critical lands for the long-term quality of life in our community, as well as balancing the tax base,” explained Carolyn Werge, Conservation Officer of Thompson. “To attract local businesses and maintain a strong tax base, research has shown that these types of projects are important to conserve our way of life and heritage.”

The Wyndham Land Trust has been working with local families who have donated land to the project to help conserve their family history and the history of the town.

“We find people love being part of this conservation project, with many expressing appreciation for what it means to conserve our town’s history and landscapes,” noted Ron Tillen, a board member of the Wyndham Land Trust and a long-time resident of Thompson.

Some landowners, however, find they need to sell their lands and would rather sell it to a land trust for conservation than see it developed. The Wyndham Land Trust is reliant on local donations and the generosity of businesses and grants to purchase lands, such as the \$20,000 gift received from the Community Foundation of Eastern Connecticut.

The foundation strives to preserve and protect environmentally significant land, waterways, and wildlife habitats for the benefit of the ecosystem and for the well-being, health, livelihood, and enjoyment of residents of Eastern Connecticut.

The Wyndham Land Trust was formed in 1975 and now protects over 4,300 acres in northeastern Connecticut. The work of the all-volunteer group is possible through the generosity and dedication of its volunteers, members, and donors and organizations like the Community Foundation of Eastern Connecticut.

To learn more about the Wyndham Land Trust visit wyndhamlandtrust.org. You can also follow them on Facebook and Instagram.

lend to the incredible journey some of these songs have taken, such as Allegri’s “Miserere”, as well as the inclusion of choral composers who may have been relegated to the footnotes due to their gender, race, or otherwise. This performance will be green by having the concert program available digitally and the audience will have the opportunity to engage with an app specifically designed for this program. The result will be an eclectic mix of artfully crafted choral music, compelling stories of the songs, and a little trivia fun. Voices of Concinnity is sponsored by Consonare Choral Community, a non-profit organization in Mansfield to help cultivate consonance and build community through choral music in Connecticut through affordable and accessible programs. Admission is free, but donations are gratefully accepted and will benefit The Neighbor Fund, a local organization that provides financial assistance to our neighbors facing deportation.



9.21.19 The Shaded Soul Band performs at CCAR’s ‘Recovery Walks’ event at Bushnell Park, Hartford.

Pete Polomski photo.

Potters’ Market at the Coventry Farmers’ Market

Submitted by Suzy Staubach

Potters from throughout Connecticut will offer their finely crafted bowls, mugs, serving and baking dishes, garden ware and other handmade pottery at the annual Potters’ Market at the Coventry Farmers’ Market at Hale Homestead on Sunday, October 6, 11 am to 2 pm (2299 South Street, Coventry).

Working in a variety of styles and methods, the potters’ works range from intricately decorated to elegantly simple to whimsical to sleekly modern or traditional. This is an opportunity to meet many potters in one place and learn how they each create their pieces and to choose something special for yourself or as a gift.

Handmade pottery can go from oven to table with your favorite gratin or frittata. Handmade bowls are perfect for eating ice cream

or soup or mixing a batch of cookies. Many people begin each day with coffee in a treasured handmade mug. A bouquet of flowers in a handmade vase or pitcher enlivens any room. And as we try to cut down on plastic and disposable items in our lives, bringing handmade pottery into our homes becomes especially appealing. In addition to their individual booths, the potters will set a joint “buffet” table with serving pieces.



Each of the potters will be happy to chat about their work and how they make it. Potters include Heather Abel of Purring Pottery, Colchester; Aatreyee Eitland of Skunk Cabbage Pottery, Glastonbury; Grace Epstein of Grace Epstein Paintings & Ceramics, Simsbury; Brett Hillman of Raising Wallz Pottery, Coventry; Sharon Kehmna of SB Kehmna Pottery, Vernon; Charlene Li of Summer Green Pottery, Bloomfield; Elizabeth Lindorff of Station Road Pottery, Hampton; Carol Mann of Mellifera Pottery, Montville; Holly A. Shaw and Richard Evans of Meadowpoint Studios, East Killingly; Daniela de Sousa of Spiral Arts Pottery, Willimantic and Suzy Staubach of Willow Tree Pottery, Ashford.

For more information go to coventryfarmersmarket.org.

Submitted photos: Pitcher by Elizabeth Lindorff of Hampton, serving dish by Suzy Staubach of Ashford.

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The Hale Homestead in Coventry.

Photo by Bruce Caisse.

Our Community in the Calendar

Compiled By Dagmar Noll

Ed. note: Our calendar starts here and winds its way through the paper. All photos taken on Saturday, September 28th at the Willimantic Downtown Country Fair by Pete Polomski of Chaplin.



Pleasant people from Pleasant Pizza.

October 4, Friday

Tidy Up: Willimantic Trash Mob, 5:00p.m. - 5:30p.m. Clean Willi on-the-spot with other volunteers! Bring gloves, grabber sticks, a bag, and a buddy! Meet on Riverside Drive. New location = mess!

Halloween: Nightmare on Main: Madness, Mayhem & Murder, 7:00p.m. through 9:30p.m. \$12. Dramatic performances about famous crimes and criminology. Tours leave every ten minutes. Not appropriate for young children. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org



Maggie Kendis

October 5, Saturday

History: Walk around Windham Center Green by the Mill Museum's Bev York, 1:00p.m. Free. Park at Windham Center School, Windham Center. Info: 860-456-2178 www.millmuseum.org

Live Music: Original & Acoustic Open Mike, 2:00p.m. - 5:00p.m. Original poetry, storytelling, and music

encouraged. Sound system provided. Arrowhead Acres LLC, Franklin. RSVP: balconyprojectstudio@gmail.com

Community Food: Storrs Farmer's Market Harvest Fest, 3:00p.m. - 6:00p.m. 4 S Eagleville Rd, Storrs. Purchase meal tickets at: <http://www.storrsfarmersmarket.org>

Live Music: The Steve Davis Correlations Band (Jazz). Doors 7:00pm / Show 7:30pm. Tickets \$25.00 online / \$30.00 door. Senior & student discounts. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474 www.thepackinghouse.us.

Halloween: Nightmare on Main: Madness, Mayhem & Murder, 7:00p.m. through 9:30p.m. (See 10/4)

October 6, Sunday

Live Music: Patty Larkin, 4:00p.m. \$25. Proceeds benefit the Covenant Soup Kitchen & Emergency Food Pantry. The Bread Box, 220 Valley St, Willimantic. Info: 860-429-4220 www.breadboxfolk.org



Mark Drobney

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

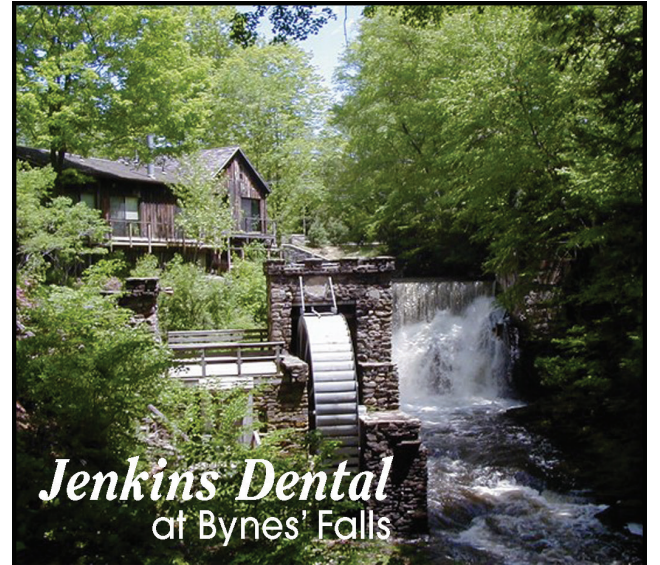
October 9, Wednesday

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

Meditation: Meditation, 6:00p.m. - 7:00p.m. \$10-20. Bhakti Center CT, 750 Rear Main St (Riverside Drive), Willimantic.

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, 986 Main St, Willimantic. Info: 860-423-8331

Live Entertainment: "Talent Showcase" – Come share your talents! Doors 6:30pm / Showcase 7:00pm. Free and open to all ages. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road,



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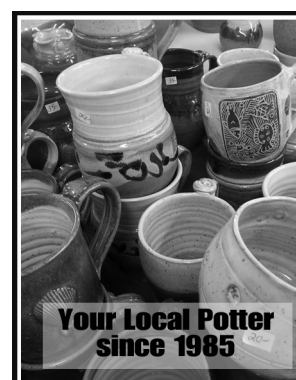
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Special Concerts for October

By EC-CHAP

October brings two new and very special artists to The Packing House! These two Benefit Concerts represent EC-CHAP's fall fundraising efforts. In an effort to improve our patron experiences, proceeds after expenses will be used to expand programming, and support improvements to The Packing House, our Dye & Bleach House Community Gallery, and the Gardiner Hall Jr History Museum. Your support through attendance, donations, and sponsorships are greatly appreciated.



Saturday, October 5th, we are pleased to have international jazz trombonist **Steve Davis** and his **"Correlations Band"** join us for an evening of original works and arrangements as part of EC-CHAP's Jazz Series. Joining Steve will be joined by Josh Bruneau - trumpet/flugelhorn; Wayne Escoffery - tenor sax; Taber Gable - piano; Dezron Douglas - bass; and Jonathan Barber - drums.



As part of EC-CHAP's Acoustic Artist Series, we are very pleased to host a special **"An Evening of Music and Conversation with Singer Songwriter Kate Taylor"** on Saturday, October 26th. Coming from a rich musical family of songwriters and performers (brothers James, Livingston, Alex, and Hugh), you may remember Ms Taylor's 1971 debut album "Sister Kate" with Peter Asher. Come listen and meet this outstanding artist!

If you haven't participated in our recurring monthly programs, please visit us this month for: "Talent Showcase" (2nd Wednesday) - October 9th; "EC-CHAP Social Dance with Kelly Madenjian" (2nd Thursday) - October 10th; Monthly Information Exchange Meeting - Wednesday, October 16th. For those Pink Floyd advocates, our

Film this month, "Pink Floyd: The Wall", written by Roger Waters, will be screened on Friday, October 11th.

We've included additional details about October's events below and encourage you to visit our website frequently for additions and updates, artist bios, soundbites, videos, and additions: www.thepackinghouse.us/upcoming. Ask at the door about our "Frequent Flyer Program" for additional savings!

We have invited colleagues to share their creative journeys and stories as a part of our monthly Performing Arts column. Arthur Rovozzo, DJ and founder of Saturday afternoon jazz program, "Musical Myriad", WECS 90.1FM, will add to his multi-part series this month with a look at trumpeter Art Farmer.

Happy Fall!
EC-CHAP Board

EC-CHAP JAZZ SERIES



"The Steve Davis Correlations Band". Saturday, October 5th, 7:30pm.

Born in Worcester, MA in 1967, STEVE DAVIS was raised in Binghamton, NY and graduated in 1989 from Hartt School's Jackie McLean Institute. It was with McLean's guidance and recommendation that Davis landed his first major performance with Art Blakey in NYC. In 98' Steve winning the TDWR (Rising Star) Trombone Category and later named consecutively as Trombonist of the Year by The JJA - (2010-2013). Widely regarded as one of today's leading voices on the trombone. His lyrical, hard-swinging style first gained him broad recognition with 20 albums to his name.

He leads his groups All-Star quartet Larry Willis (Alone Together/Mapleshade 2006) and his exciting, Outlook Quintet featuring rising stars Mike DiRubbo (alto sax), David Bryant (piano), Dezron Douglas (bass) and Eric McPherson (drums) regularly performing at Smoke and Smalls Jazz Club (NYC); The Greater Hartford Jazz Festival, Baltimore's Eubie Blake Center, The Richmond Jazz Society, Hartford Jazz Society.

Steve performs internationally with Dizzy Gillespie's All-Stars, Jimmy Heath, Ron Carter, Chick Corea & My Spanish Heart Band, Origin, he has appeared at The Jimmy Fallon with Steve Wonder, at the White House Tribute to Ray Charles (PBS) and records with the collective unit One For All (Eric Alexander, Jim Rotondi, David Hazeltine, John Webber and Joe Farnsworth), Larry Willis, Harold Malberen. Widely regarded as one of today's leading voices on the trombone. His lyrical, hard-swinging style first gained him broad recognition.

Steve Davis - trombone, will be joined by Josh Bruneau - trumpet/flugelhorn; Wayne Escoffery - tenor sax; Taber Gable - piano; Dezron Douglas - bass and Jonathan Barber - drums.

Tickets \$25.00 Advance / \$30.00 Door. This concert is partially funded through the generosity of Arthur Rovozzo. Exterior signage fixture designed, built, and donated by Jack Van Cedarfield.

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EC-CHAP ACOUSTIC ARTIST SERIES



"An Evening of Music and Conversation with Singer/Songwriter Kate Taylor". Saturday, October 5th, 7:30pm.

Hailing from one of America's best known musical families, KATE TAYLOR has shared a love for music since she could remember. "Sister Kate" first brought Kate Taylor's joyous rockabilly, country, Appalachian folk, rock, blues, gospel and R&B roots to the stage in 1971. Her breakout Atlantic/Cotillion debut album, Sister Kate, was produced by Peter Asher.

She kept busy throughout the decade with two Columbia releases: "Kate Taylor", produced by her brother James, and "It's In There and It's Got to Come Out", recorded at Muscle Shoals and produced by Barry Beckett.

After dedicating the ensuing years to motherhood, Kate re-emerged in 2002 and has been releasing new songs ever since. Her warmth, elegance and spiritual passion are well known, and audiences delight in her stories as much as her songs.

In addition to her musical talents, Kate is also a visual artist, with a series of paintings to her name. Her passion for the arts is refreshing! We hope to feature a solo show of her art work in EC-CHAP's Gallery in the near future.

Tickets \$30.00 Advance / \$35.00 Door. This concert is partially funded through the generosity of Larry Grasso and Cindy Moeckel.

EC-CHAP Film Series:



"Pink Floyd: The Wall" (R). 1982. Friday, October 11th, 7:00pm

"Pink Floyd: The Wall" was directed by Alan Parker and written by Roger Waters, stars Bob Geldof, Christine Hargreaves, James Laurenson.

In short, this film is about a confined but troubled rock star who descends into madness in the midst of his physical and social isolation.

"The movie tells the story of rock singer "Pink" who is sitting in his hotel room in Los Angeles, burnt out from the music business and only able to perform on stage with the help of drugs. Based on the 1979 double album "The Wall" by Pink Floyd, the film begins in Pink's youth where he is crushed by the love of his mother. Several years later, he is punished by the teachers in school because he is starting to write poems. He slowly begins to build a wall around himself to be protected from the world outside. The film shows all this in massive and epic pictures until the very end where he tears down the wall and breaks free." Written by Harald Mayr <marvin@bike.augusta.de> - IMDb

This film is a part of the EC-CHAP Film Series hosted by the Eastern Connecticut Center for History,

Art, and Performance (EC-CHAP), a 501.3.c non-profit membership-based cultural organization. To learn more and how you can become a member, visit www.ec-chap.org. Suggested donation \$5.00.

Tickets, Reservations, CANCELLATIONS, and Contact

Tickets for all shows and program registrations can be purchased online at www.thepackinghouse.us/upcoming or at the door. Unless otherwise specified, doors open 30-minutes prior to show time. Senior, student, and member discounts available.

Table reservations and cabaret seating available. Unless specified otherwise, all performances will feature Bring Your Own Beverage & Food "BYOB&F"™ - wine & beer ONLY (Not applicable to Meetings, School Programs, and First Sunday events). Snacks and soft drinks will also be available. You can also bring your paid ticket to Wellington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase. If you're feeling sassy, SPECIFICALLY ask for "The Packing House" pizza! You won't go wrong. Visit www.thepackinghouse.us for the secret recipe.

Program cancellations will be listed on the EC-CHAP website (www.ec-chap.org), and The Packing House website (www.thepackinghouse.us). If you're unsure, just call (518-791-9474).

The Packing House is located at The Mill Works, 156 River Road, Wellington, CT 06279. Parking is free and located onsite and across the street. For questions, program or rental information and table reservations, please call 518-791-9474. Email EC-CHAP (info@ec-chap.org) or The Packing House (info@thepackinghouse.us).

Art Farmer: Man with a Flumpet

By Arthur Rovozzo, EC-CHAP Contributing Writer

Many of the heroes of Musical Myriad's jazz presentations have been players who are somewhat under-appreciated at home even after they had attained fame and acclaim in Europe. One of the best examples I can use to support that contention is when I tell people about the trumpeter Art Farmer. Later in this story I will clarify the reference to the "Flumpet", which is an important part of the Farmer biography.

Born in 1928 in Iowa, Art Farmer's family moved several times without ever being completely at ease. Race relations during the time that Art and his brother Addison were growing up were such that they never felt particularly at home where they found themselves. Art was drawn to the trumpet at an early age and tried to learn as much as he could by ear, while his twin Addison began to play acoustic bass. An unhappy combination of antagonistic, unhelpful (or just plain lousy) music teachers and the ongoing prejudicial social climate led to Farmer having incorrect, insufficient technical instruction on his instrument at an important, formative juncture. When he later discovered his mistaken ideas, Art had to go back to square one and re-learn all the trumpet-handling techniques over again, checking with jazz players to make sure he was correct in his methods at last. The arduous process paid dividends when Farmer began to play the trumpet with a maturity and assurance beyond his years.

The Farmers kept moving west and eventually went to live with relatives in California in order to attend a high school of their choice. Art studied piano and several other instruments, but his talents were readily evident on the trumpet. He began to play in jazz bands along Central Avenue in Los Angeles, which was a booming cultural and entertainment zone up through the World War II period. Art and Addison became regular, familiar group members in a succession of bands holding forth in L.A.'s then bustling night clubs. Art shared stages with Johnny Otis, Jay McShann and Wardell Gray, and was a member of the big bands of Lionel Hampton, Benny Carter, Roy Porter and Gerald Wilson, even getting to travel to Europe.

As post-war economic changes began to hit Central Avenue, Art and Addison decided to move to the east coast, which turned out to be a good strategy as of 1954. Farmer really made his mark and became a young "name player" over a short span of time when he starred in the bands of Gigi Gryce and Horace Silver from 1954-1958, also making many recordings with various artists and getting featured spots in the large bands of Quincy Jones and George Russell. He played with large ensembles and even orchestras with strings. The ever-adaptable trumpeter formed a number of strong alliances with higher profile musicians, leading up to his quartet work with baritone saxist Gerry Mulligan. Art's hard-swinging approach, using



a mellower-than-most, attractively nuanced trumpet tone, provided competition for the well-established jazz figures of the day such as Miles Davis.



A sextet, the Jazztet, was Farmer's next project, a group now suffused in the golden glow of jazz legendry although the real story of the band was not quite as rosy as some assume. Art and saxophonist/composer Benny Golson put together a fantastic group featuring trombonist Curtis Fuller and pianist McCoy Tyner (McCoy was soon to leave to work with John Coltrane) a super-powered talent line-up. Instantly, the Jazztet began recording many soon-to-be-classic songs that were catchy yet substantial—Along Came Betty, Blues March, Killer Joe, I Re-member Clifford, Whisper Not. Great songs played in ways that grabbed listeners and wouldn't let go. The only problem was that the jazz economy was starting another of its upheavals in the early 1960's, while young listeners were being drawn away to pop and rock music more every month. Farmer and Golson had one of the era's greatest bands, yet they could not find enough club and concert work to keep the money flowing in and sustain the group. Many jazz clubs were dropping their former performance strategies and were moving into presenting pop singers and rockers instead.

The history books make it sound like the Jazztet was a group on a par with the very successful Art Blakey's Jazz Messengers. Creatively and artistically—yes; economically—no. After only a few albums the Jazztet, as fine as they were, had to reluctantly break up. Benny Golson went to Hollywood and became one of the vanguards of African-American composers to write soundtrack music for films and television. Farmer struggled on, no longer a group co-leader, with his next bands. Back-to-back Art formed a quartet with guitarist Jim Hall and a quintet with saxophonist Jimmy Heath. As in the case of the Jazztet, two wonderful bands full of promise both rapidly crashed due to financial woes. Even the strongest critical recommendations could not save these groups as rock music's popularity delivered a nearly fatal punch to jazz and musician's wallets.

Understandably embittered, Farmer took off for Europe and the life of an American expatriate artist. He had plenty of company among jazzmen who also fled the USA because of opposition to the nation's policy on Vietnam, extending into the 1970's.

Europe was the gateway to career rejuvenation for Farmer. He married, moved to Austria and began to work in the state-sponsored radio orchestras on the continent. Time off phases allowed the musicians to pursue their small group and recording ambitions. The combination of regular pay, steady work and periods of satisfying artistic freedom (without the racial tensions often encountered back home) was ideal. On all fronts, Farmer at last found success and stability. His rising international stature even brought him back to the USA to tour, but not to remain as a resident.

With a change in his playing preferences in the early 1960's, Farmer had started to switch instruments, going quickly through a conversion from his signature trumpet to the more mellow-toned, less metallic and brassy-sounding flugelhorn. Along with Clark Terry, Art helped to introduce the flugelhorn to other trumpeters in jazz. But after years of specializing in playing the flugelhorn, Art wanted to create a hybrid between the two instruments he had been associated with. The result was the flumpet.

Although the name sounds jokey and bizarre, the flumpet is a real entity! Custom-made and designed to Farmer's tough specifications, the instrument combining aspects of the trumpet and flugelhorn was built by an expert in the field, David Monette. Art Farmer experimented with his brainchild instrument through the early 1990's and used it on his latest series of recordings. The man who done so much to popularize and extend the use of the flugelhorn in jazz ended-up a master of its offspring, the flumpet.

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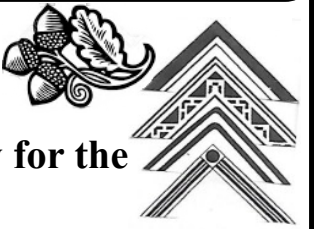
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Setting Financial Life Goals and Aligning Investment Strategies

By James Zahansky, AWMA®



This month, we are going to be discussing the basics of financial planning so that you can be prepared to Plan Well. Invest Well. and Live Well.TM Now imagine this: go out into your yard and dig a big hole. Every month throw \$50 into it, but don't take any money out until you're ready to buy a house, send your child to college, or retire. It sounds a little crazy, doesn't it? But that's what investing without setting clear-cut goals and developing a unique strategy is like. If you're lucky, you may end up with enough money to meet your needs, but you have no way to know for sure.

How do you set financial life goals?

Setting investment goals means defining your dreams for the future. When you're setting goals, it's best to be as specific as possible. For instance, you know you want to retire, but when? You know you want to send your child to college, but to a distant university or a local college? Writing down and prioritizing your investment goals is an important first step toward developing a strategic investment plan. Meeting your financial goals is one part of the process but using those achievements to continue to live well is what the unique and strategic process is all about. At Weiss, Hale & Zahansky Strategic Wealth Advisors, we know the important of meeting your goals is more than attaining a certain amount of money, it's enjoying the life you've created.

What is your time horizon?

Your investment time horizon is the number of years you have to invest toward a specific goal. Each investment goal you set will have a different time horizon. For example, some of your investment goals will be long term (e.g., you have more than 5 years to plan), some will be short term (e.g., you have 5 years or less to plan), and some will be intermediate. Establishing time horizons can help you determine how aggressively you may need to invest to accumulate the amount needed to meet your goals.

How much will you need to invest?

Although you can invest a lump sum of cash, regular, systematic investing is another way to build wealth over time.

Start by determining how much you'll need to set aside monthly or annually to meet each goal. Although you'll want to invest as much as possible, choose a realistic amount that takes into account your other financial obligations, so that you can easily stick with your plan. But always be on the lookout for opportunities to increase the amount you're investing; participating in an automatic investment program that boosts your contribution by a certain percentage each year, or by dedicating a portion of every raise, bonus, cash gift, or tax refund you receive to your investment objectives are all common strategies.

Which investments should you choose?

Regardless of your financial goals, you'll need to decide how to best align your investment dollars in the manner that is right for you. One important consideration is your tolerance for risk. All investments involve some risk, but some involve more than others. How well can you handle market ups and downs? Are you willing to accept a higher degree of risk in exchange for the opportunity to earn a higher rate of return?

Whether you're investing for retirement, college, or another financial goal, your overall objective is to maximize returns without taking on more risk than you can bear. But no matter what level of risk you're comfortable with, make sure to choose investments that are consistent with your goals and time horizon. A financial professional can help you construct a diversified investment portfolio that takes these factors into account. At Weiss, Hale & Zahansky Strategic Wealth Advisors, our advisors are dedicated to creating an investment plan that you are comfortable with and is tailored specifically to help you meet your goals.

Investing for retirement

For some people, retirement may seem like it's

a long way off, but it's never too early to start planning, especially if you want to Live Well.TM in retirement.

For example, let's say that your goal is to retire at age 65. At age 20 you begin contributing \$3,000 per year to your tax-deferred retirement account. If your investment earns 6% per year, compounded annually, you'll have approximately \$679,000 in your investment account when you retire.

But what would happen if you left things to chance instead? Let's say that you're not really worried about retirement, so you wait until you're 45 to begin investing. Assuming you contributed the same amount to your retirement account and the rate of return on your investment dollars was the same, you would end up with approximately \$120,000.1

Making the most of your retirement is about creating a portfolio that will support your goals for retirement. Maybe you want to buy a second home, travel, take up a hobby, or spend more quality time with your friends and family. Our unique and strategic Plan Well. Invest Well. Live Well.TM process takes every aspect of your financial life goals into consideration, so you can make the most out of retirement.

Investing for college

Perhaps you faced the truth the day your child was born. Or maybe it hit you when your child started first grade: you have only so much time to save for college. In fact, for many people, saving for college is an intermediate-term goal — if you start saving when your child is in elementary school, you'll have 10 to 15 years to build your college fund.

Of course, the earlier you start, the better. The more time you have before you need the money, the greater chance you have to build a substantial college fund due to compounding. With a longer investment time frame and a tolerance for some risk, you might also be willing to put some of your money into investments that offer the potential for growth.

Investing for a major purchase

At some point, you'll probably want to buy a home, a car, or even that vacation home you've always wanted. Although they're hardly impulse items, large purchases are usually not something for which you plan far in advance; one to five years is a common time frame.

Because you don't have much time to invest, you'll have to budget your investment dollars wisely. Rather than choosing growth investments, you may want to put your money into less volatile, highly liquid investments that have some potential for growth, but that offer you quick and easy access to your money should you need it.

Assess, revise, Plan Well.

Over time, you may need to update your unique investment strategy. Get in the habit of reviewing your plan with your financial advisor at least once a year to make sure it still aligns with your goals — more frequently if the market is particularly volatile or when there have been significant changes in your life. You may need to rebalance your portfolio to bring it back in line with your financial life goals and risk tolerance. A financial advisor from Weiss, Hale & Zahansky can help you decipher the progress toward meeting your goals and any other questions regarding your portfolio. Make sure to check back next week as we continue to discuss financial planning! 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.

This article has been authored in part by Broadridge Investor Communication Solutions, Inc © 2019 and James Zahansky of Weiss, Hale & Zahansky Strategic Wealth Advisors. Securities and advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. 697 Pomfret Street, Pomfret Center, CT 06259, 860.928.2341. www.whzwealth.com. Weiss, Hale & Zahansky Strategic Wealth Advisors and Commonwealth Financial Network do not provide legal or tax advice.

1(This hypothetical example of mathematical principles is not intended to reflect the actual performance of any investment. Taxes and investment fees are not considered and would reduce the performance shown if they were included. Actual results will vary).

Remnants

September is two-thirds gone. The garden blooms fewer dew-tender whites and yellows, slows in diminished sun; wet, wind-laden.

I pick pole beans, cucumbers, tomatoes; the feral grip of tangled knotted vine blooms fewer tender-dew whites and yellows.

Stems thicken, droop, air roots sprout. Pale coils twine, choke and climb. Handspan-wide leaves drop, rot brown. These tangled grips of feral knotted vines

hide bunched hard clusters, globed fruits sagging down. This profusion of dying green and breeze chokes and climbs. Handspan-wide leaves drop, rot brown

to cloak fallen seeds during thaw and freeze. The garden and I breathe in unison; our dying profusions of green and breeze

lift sweet rogue life into next spring's season. The garden and I breathe in unison. September is two-thirds gone; the garden slows in diminished sun, wet, wind-laden.

Claudia McGhee writes poetry and all sorts of prose. This poem came from a sense of wonder at how wild a garden can get at the end of summer even though it was originally planted in tidy raised beds.

Willington. Call in advance to sign-up (recommended) or sign-in at the door (time permitting). 518-791-9474. www.thepackinghouse.us/upcoming.

October 11, Friday

Film: "Pink Floyd: The Wall" (R). 1982. Doors 6:30pm / Film Showing 7:00pm. \$5. Join us for this indie film directed by Alan Parker and written by Roger Waters. Stars Bob Geldof, Christine Hargreaves, James Laurenson. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.



Vietnam Veteran Bill Potvin

October 12, Saturday

Skill Share: Mushroom ID for Beginners: Autumn Fungi Lecture & Walk, 10:00a.m. - 12:00p.m. \$5. Learn how to safely I.D. wild mushrooms. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov



Leigh Duffy (at left) and friends from CLiCK.

Festival: Canterbury Old Home Day, 10:00a.m. - 4:00p.m. Free. Reenactors, traditional trades, friendly animals, live music, handmade goods, historical exhibits. 6 South Canterbury Rd., Canterbury. Info: canterburyhistorical.org

A Reimagined Museum at The Mill Works

By Tyler Hall



The Gardiner Hall Jr. Museum at The Mill Works has seen a marked change over the past years. Generous donations, enthusiastic community support and a deeply invested board of directors have evolved the space from a brilliant concept into a truly invaluable repository of early American textile history. Active support from surrounding museums, historical societies and organizations has carried us forward, helping us to lay the groundwork for a spectacularly engaging, multi-faceted visitor experience. Over the coming months, the museum will be re-organizing and redesigning the space to lead visitors



through the engaging story of not only the South Willington manufacturer, but of the industry and critical historical events that were so instrumental to the growth and prosperity of America.

Incorporating elements from EC-CHAP's new Dye and Bleach House Art Gallery, the museum will be a refreshing hybrid of local artifacts and history-centered art. The museum team will be accentuating the distinctive industrial ambiance of this gorgeous brick and mortar space by enhancing the existing aesthetic with accent colors and elements of reclaimed wood, brick and steel. It is our goal to create a stimulating, sophisticated, and transformative historical experience saturated with both history and culture.

While these grand changes will take time to implement, it is our vision that the finished product will be both inspiring and educational. Follow our journey on

Facebook as this competent team of woodworkers, artists and historians realize the dream of a reimagined history experience.

Follow us on Facebook @TheMillWorksMuseum or search us at The Gardiner Hall Jr. Museum at the Millworks. If you would like to donate any company artifacts, or contribute your textile or industrial themed art, please contact the curator at curator@gardiner-halljrmuseum.org.

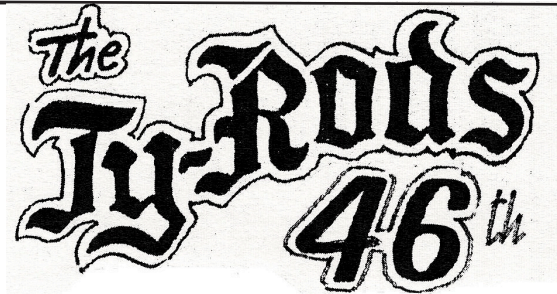
An integral part of EC-CHAP's mission is to raise awareness of local and regional history; and the preservation of historical assets. A legacy of manufacturing, innovation and creativity spans more than one hundred fifty years at this historic landmark. A true testament of hard work, perseverance, and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



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History



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David Corsini

Kids: Magical & Mystical Myths: Fairies, Unicorns and Dragons Doll Tea Party, 2:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Reservations: 860-456-2178 www.millmuseum.org

Kids: Newollah, 2:00p.m. - 5:00p.m. Free. Bounce House, concert, movie, and pumpkin painting on Jillson Square, Main St, Willimantic.

Community Food: Storrs Farmer's Market, 3:00p.m. - 6:00p.m. 4 S Eagleville Rd, Storrs. Purchase meal tickets at: <http://www.storrsfarmersmarket.org>

Walk: Moss Sanctuary Plant Walk, 3:00p.m. Free. Guided walk through nearby Albert E. Moss Sanctuary. 4 S Eagleville Rd, Storrs. Purchase meal tickets at: <http://www.storrsfarmersmarket.org>

Hike: Full Moon Night Hike & Campfire, 7:00p.m. - 9:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

Halloween: Nightmare on Main: Madness, Mayhem & Murder, 7:00p.m. through 9:30p.m. (See 10/4)



Randy McMahon

October 13, Sunday

Meditation: Kundalini Meditation, 9:30am - 11:30am. Donation. Kundalini Meditation, Chanting, Gong Relaxation & Fellowship. Bhakti Center CT, 750 Rear Main St (Riverside Drive), Willimantic.

Live Music: Basic Bitches/Johnny Cab/Hopper Pond/Driving Underwater, 2:00p.m. - 5:00p.m. Willimantic Records, 75 Bridge St, Willimantic. Info: www.willimanticrecords.com

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 10/6)

October 16, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/9)

October 17, Thursday

Puppetry: Opening of "Immortal Remains: Can you Preserve a Shadow?" & "Army Ants and their Guests: Works Inspired by the Carl and Marian Rettenmeyer Collection", 6:30pm. Ballard Institute & Museum of Puppetry, UCONN, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

October 18, Friday

Singing: Song Swap, 7:00p.m. Free. Vanilla Bean Cafe, Pomfret.

Kirtan: All Krishna Kirtan with Grace, 7:00p.m. - 8:00p.m. Donation. Bhakti Center CT, 750 Rear Main St (Riverside Drive), Willimantic.

October 19, Saturday

Kids: Goodwin Scout Day, 10:00a.m. - 2:30p.m. \$5. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP. Goodwin@ct.gov

History: Tour of St. Joseph Cemetery by Mill Museum's Jamie Eves, 1:00p.m. Free. Club Rd, Windham. Info: 860-456-2178 www.millmuseum.org

Community Food: Storrs Farmer's Market & Community Picnic, 3:00p.m. - 6:00p.m. 4 S Eagleville Rd, Storrs. Purchase meal tickets at: <http://www.storrsfarmersmarket.org>

October 20, Sunday

Meditation: Kundalini Meditation, 9:30am - 11:30am.

(See 10/13)

Live Music: Original & Acoustic Open Mike, 2:00p.m. - 5:00p.m. Original poetry, storytelling, and music encouraged. Sound system provided. Hearthstone Farm & Winery, Columbia. RSVP: balconyprojectstudio@gmail.com

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 10/6)

October 23, Wednesday

Running: Trail Running Club, 5:30p.m. - 6:30p.m. (See 10/9)

Meditation: Meditation, 6:00p.m. - 7:00p.m. (See 10/9)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/9)

October 24, Thursday

Puppetry: Forum: "Critical & Historical Investigations into Women and Puppetry" with Claudia Orenstein, Alissa Mello, and Theodora Skipitares, moderated by UCONN Puppet Arts graduate student Felecia Cooper, 7:00p.m. Free. Ballard Institute & Museum of Puppetry, UCONN, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

October 26, Saturday

Kids: Puppetry: "The Three Little Pigs", by Crabgrass Puppet Theatre", 11:00a.m. & 2:00p.m. \$6-12. Ages 4+. Ballard Institute & Museum of Puppetry, UCONN, 1 Royce Circle, Storrs. Info: 860-486-8580 bimp.uconn.edu

Kids: Family Woods Walk, 11:00a.m. - 12:30p.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

History: Mystery Cemetery Crawl, 12:00p.m. \$5-8. Meet at the museum at

noon. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Community Food: Storrs Farmer's Market & Farmer's Halloween, 3:00p.m. - 6:00p.m. 4 S Eagleville Rd, Storrs. Purchase meal tickets at: <http://www.storrsfarmersmarket.org>



Gay Touma

October 26, Saturday

Musician: An Evening of Music & Conversation with Kate Taylor. Doors 7:00pm / Show 7:30pm. Tickets \$30.00 online / \$35.00 door. Senior & student discounts. Join us for an intimate evening of music, stories, and conversation with this artist. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us/ upcoming

October 27, Sunday

Meditation: Kundalini Meditation, 9:30am - 11:30am. (See 10/13)

History: Villains: The Rest of the Story, 4:00p.m. \$5. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 10/6)

October 30, Wednesday

Hiking: Long-Distance Hike, 10:00a.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

Film: Horror movie screening, 7:00p.m. - 9:00p.m. Free. Not for kids. Willimantic Records, 75 Bridge St, Willimantic. Info: www.willimanticrecords.com

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 10/9)



John Murphy

Can children "get" God?

By Doug Paul

Have you ever read an account of a soldier, who in a moment of stark terror in the midst of battle, recalls the comforting words of a Bible passage from his youth, and he suddenly feels safe? Or, an account of someone at the lowest point in his or her life, facing insurmountable circumstances, who remembers some spiritual thought from childhood that breaks the spell of fear and opens the door to a path forward? If you have, you know that spiritual learnings can prove powerful in the most unexpected ways and times.

In the August 12, 2019 issue of the *Christian Science Sentinel*, a woman tells of how as a child learning about God in Sunday School, she prayed about her own hearing deficiency and experienced a full restoration of normal hearing by realizing that her relationship to God included perfect hearing. Many issues of this magazine have included accounts by children and young adults of prayer-based healings achieved by thinking about what they were learning of God in Sunday School.

I've loved reading of those experiences when they are printed in the Christian Science magazines. They're so inspiring. But I also love hearing of experiences close at hand from young people who attend our local Sunday School. For example, in recent years a teenager has visited our Sunday School several times a year whenever he visits his grandparents. That's the only time he attends a church. He enjoyed what he was learning from the Bible along with ideas shared by the teacher that made God's presence and power real to him. His grandmother was blown away on several occasions when he told her how what he had learned in Sunday School helped him deal with some difficult situations. In one case he had the intuition and the courage to take the lead in calming a very disturbed and frightened camper. In another situation he calmed other family members and displayed confidence and trust that a threatening circumstance of flooding in the home would be resolved without damage. In both situations he put into action something he learned in Sunday School — that he could reach out in thought and realize God's presence and care for himself and others, replacing fear and alarm with expectation of continuing harmony.

Similarly, when faced with a broken ankle his sister knew she would recover quickly because of her unbroken relationship with God - a concept she learned in Sunday School. And indeed it proved so; she was back on her skateboard very quickly.

Other young Sunday School attendees have also been able to comfort siblings with hymns they have learned and to realize quick recovery from accidents, accepting the immediacy of God's love.

It's natural for children to let go of fear and even of physical discomfort, and to respond to the idea of a loving, caring Father-Mother God, protecting them. It's also natural for children to expect good and to trust it. And the Bible provides so many inspiring accounts of people, including children, being protected and saved from danger, as well as examples of some who became the means of overcoming adverse conditions for themselves and others because of feeling close to God.

When I was a youngster in a family new to Christian Science I quickly learned that I could trust God as infinite Love to heal me and meet my needs in any situation. I was healed through Christian Science treatment of chickenpox, oak poisoning, fevers, extreme pain in my side, fear of meanness in others, poor performance in school, and other things. With such experiences the concept of spiritual healing, to me, was totally natural, and has led to a lifelong practice of spiritual healing.

The 10 Commandments, the Beatitudes, the 91st Psalm, the Lord's Prayer - all taught in our Sunday School - open thought to moral and spiritual dimensions of life, which provide a basis for responding effectively to life's sometimes difficult challenges. Confidence that honesty, humility, unselfishness, forgiveness, and morality are all practical building blocks with which to pursue life is established in inspired Sunday School teaching. Assurance that God is the giver of unlimited good provides a basis for overcoming obstacles to effective learning, satisfying friendships, as well as personal identity and family issues. Inspired Sunday School discussions can set young lives on a path of stability, health, and happiness.

So, can children "get" God? The answer is emphatically yes. And when they do their lives are running over with goodness and love.

Our Sunday School meets from 10-11 every Sunday morning and welcomes children and young adults up to twenty years old. Our teachers love sharing the inspiration and faith that is based in the Bible and the teachings of Christian Science that have blessed their own lives. We would love to welcome your children to our Sunday School located at 870 Main Street in Willimantic.

The Dye & Bleach House Community Gallery

By Rebecca Zablocki

This month in the Dye & Bleach House Community Gallery, immerse yourself in the imagery of five drastically different Connecticut artists. 'VIEW' will be on display until October 26, 2019, showcasing the works of Penny Guerin, Diane Diederich, Vilnis Atrens, Arpita Kurdekar and Steve Schumacher.

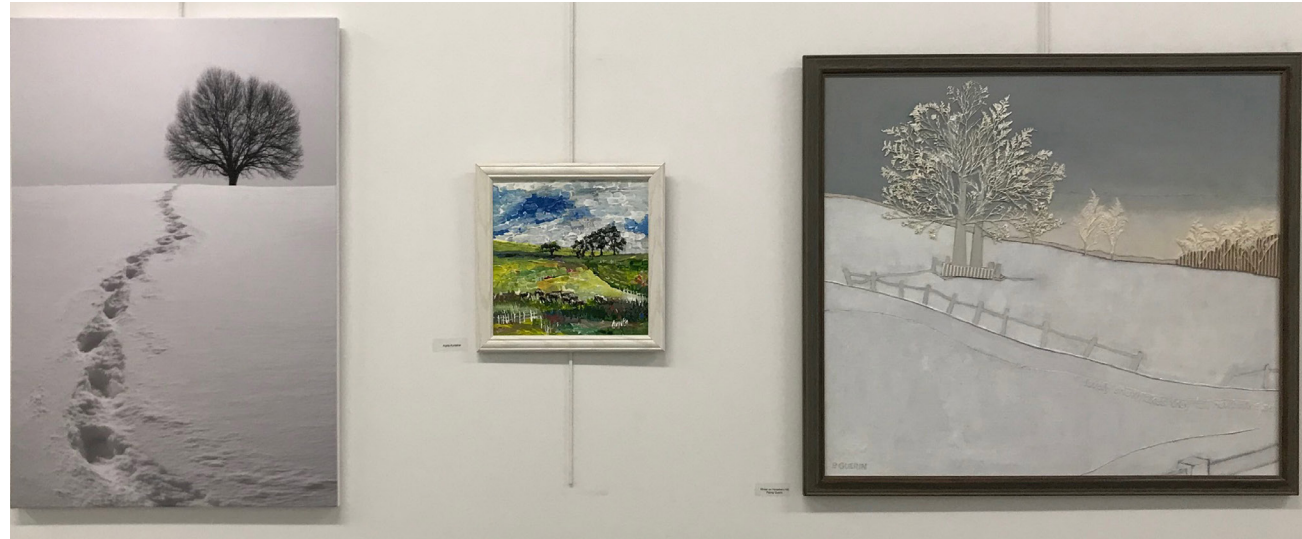


Penny Guerin, a UConn alumni has a wide array of large paintings, most of which reference her favorite subject - the human figure. Her smooth color palettes and use of shape to create form have a soothing effect on the viewer all while making their eye bounce around from shape to shape, and wonder more about the subject.



Diane Diederich, a professional commercial photographer has three large photographic prints on view. These black and white images illustrate Diane's ability to depict movement and utilize light and shadow to create stunning images and highlight details within her subject whether they are fashion models or landscapes.

Vilnis Atrens, a Lebanon resident depicts both realistic scenes and fantasy worlds within his paintings



and mixed media pieces. His favorite part of creating these pieces is bringing his images straight off of the canvas, sometimes literally, using 3-dimensional relief sculpture.



Visual Arts

Steve Schumacher creates satisfying but thought provoking scenes and images using washes and planes of color with layers of shapes and illustrations. While his images have a fun and lighthearted style and color palette, these pieces require a closer look, some a commentary on larger societal issues, creating a sort of window into a personal, historical satire.

Arpita Kurdekar's impressionistic paintings bring a fresh, modern touch to a classic style. Her use of color and brush strokes satisfies the viewer's eye and spark immediate joy. Her art is physical proof of the importance of art in life. Visit to find out more of her story and the amazing way she creates these pieces.

Step into the Community Gallery and find yourself surrounded by the works of these talented artists. Find out how different approaches and artists can create such vastly different artwork, even when depicting similar themes.

The Dye & Bleach House Community Gallery is located in The Mill Works facility at 156 River Road in Willington, CT.

The gallery is open on Saturdays from 10am to 2pm during each 8-week

exhibition. While we have been showcasing immensely talented artists, don't be intimidated or let your little artists be intimidated, we encourage artists of all ages and levels of training to participate!

If you or someone you know would be interested in displaying work in the community gallery, please feel free to email COMMUNITYGALLERY@EC-CHAP.ORG

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¡Pura Vida!

By Nicole T. Smith, L.Ac.

Greetings from Punta Uva, Costa Rica!

Pura vida (poo-rah vee-dah) is a phrase used daily here in the land of lush vegetation, warm breezes, and colorful flowers. I'm sitting outside, writing, as small creatures scurry by and hummingbirds zip through the air, thinking on this term that embodies the Costa Rican way of life. Ticos and Ticas (as Costa Ricans are called) are known for being some of the happiest people on the planet. Pura vida literally translates to "pure life," a simple life. It's the concept of enjoying and appreciating what you have.

Being an acupuncturist is part of being a pura-vidist (yes, I'm making this word up, but not the concept!). Good health is fundamental to enjoying life. Freeing any blockages of the energy and blood flow through acupuncture, eating a clean, pure

food diet, allowing time for relaxation and reflection, getting out into nature, making time for the things you enjoy – this is all part of pura vida.

Think of pura vida as a living, breathing element. It's found walking through the woods rather than sitting in front of a video game, biting into a crisp, organic apple rather than ripping open a bag of corn chips, and hearing the sound of the waves rather than the nightly news.

In my practice, I help people find the pura vida in their lives. Together, we evaluate what the problems are in their health, lifestyle, and diet, and work on correcting them, restoring vibrancy, energy, and vitality, no matter what the age or circumstances.

Yes, the pura vida way of life can be adopted, even in Connecticut!

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

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Susan Mauer (right) accepted the Gillard Award on behalf of Horizons from Jean de Smet of the Victorian Home Tour Committee at the opening reception for the 2019 Victorian Days in Willimantic Home Tour. Submitted photo.

Horizons Wins Gillard Award

Submitted by Claire Lary

The Willimantic Victorian Neighborhood has chosen Horizons, Inc., as the 2019 winner of its annual Gillard Award.

The Gillard award, a woodcut painting of Eastern Connecticut State University's Grant House created by local artist, Annie Wandell, is presented by the Victorian Days Committee each year to a business or group which has demonstrated an overwhelming commitment to historic buildings in Willimantic and has worked to ensure the continued success of the Victorian Home Tour and other projects. The award is named after Bob Gillard of the O. L. Willard Company, the first recipient of the award and a charter sponsor of the Home Tour.

Horizons was chosen based on their on-going preservation of the Judge John Manning Hall mansion, which they have operated as a group home for people with developmental disabilities and opened for the Home Tour this year and in several years past; for the Kerri Art Studio and Gallery, housed in an historic Willimantic Main Street storefront; and for their many contributions to the Windham/Willimantic community.



As We Go To Press

October 3, 2019

Dear Readers and Advertisers-
 I apologize for the late arrival of this edition. Unforeseen production problems, like none I have encountered in 16 years, prevented a more timely printing. I will make every effort to ensure it doesn't happen again. T. King, Publisher

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