

Neighbors



11.24.19 The Grass Routes bluegrass band (above) performs at Willimantic's Bread Box Theater. At left is the man who makes it happen, Bruce John. Peter Polomski photos.

The Bread Box Mission (taken from the website):

The Bread Box is a group of individuals committed to fighting hunger and food insecurity by providing a folk music venue that is solely dedicated to collecting food and revenue for those in need in our local community. We are sponsored by The Covenant Soup Kitchen & Emergency Food Pantry - covenantsoupkitchen.org/.

We have transformed the sanctuary of St. Paul's Episcopal Church (located at 220 Valley Street, Willimantic CT) into a hundred seat theater with beautiful stained glass and a superb sound system. We are a completely volunteer operation and all proceeds always go to charity. The Bread Box has been an amazing endeavor.

We are now in our tenth year and have raised over \$60,000 by bringing local and national musical acts to Willimantic. There has been an eclectic mix of musical styles from folk and blues to sea shanties and gypsy swing. We have met wonderful people, from the musicians who play to the wonderful crowds that come out to enjoy the music. For more information go to our website: breadboxfolk.org

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Looking Up:

Cozying-In as Winter Skies Offer More Than Snow

By Bob Grindle

I'm sitting at the desk this rainy, gray, cold and blustery late fall day, looking up at the hillside of spruce and hemlock and cottonwood and maple branches and boughs which first shake a bit and then wave as the wind picks up, and finally oscillate wildly as the wind starts to howl, challenging their wind-worthiness. The smoke rising from our wood stove jerks one way, then reverses, then again and finally is lost as a hazy smear against the grayish fuzziness of the rain. This is the sort of day when it is fun to cozy-in if you can—watch something, read something, fix something, build something, cook something, design something...catch up on things not quite finished or start things that have laid waiting for just the right moment. Suddenly, a pair of deer lope past the window headed uphill and my mind shifts to the rather less cozy world outside where a squirrel scampers up to its rain shedding, bushel sized nest of leaves and twigs, or a cardinal hunkers down in the protective cover of a holly bush, or those deer head uphill to a patch of white pines that offer shelter from the rain on this first weekend of hunting season, and it occurs to me that cozying-in takes many forms.

We attended a seasonal meal of thanksgiving a few days ago put on by a group whose effort was primarily to give back to the community as a way of saying thank you. It was well attended. The outpouring of generosity and good will was so genuine in this setting of neighbors aged one to over ninety that it was our common humanity that shined. As we head into a season that can test all of our skills and patience with the

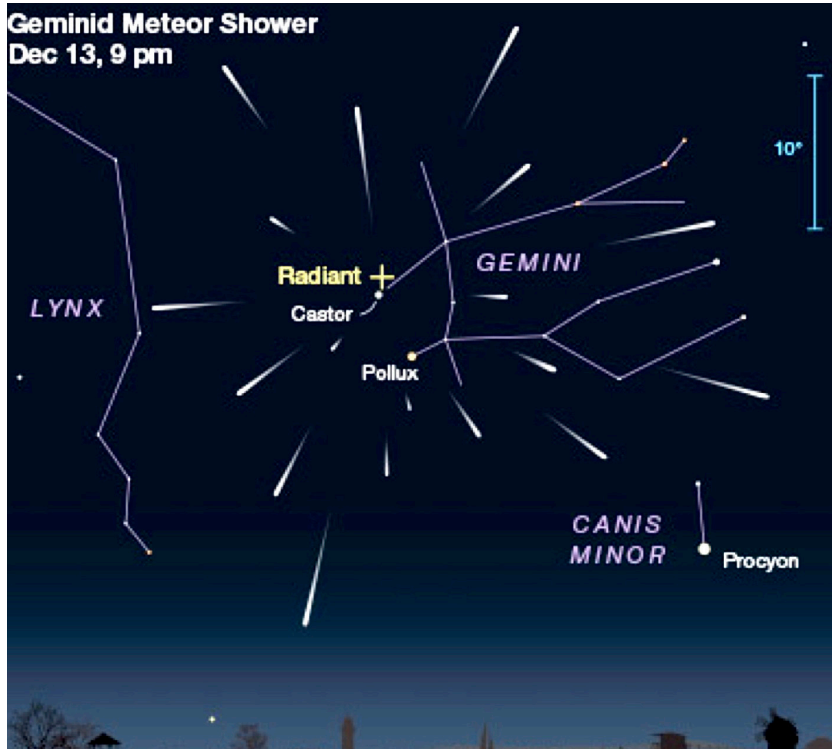
wiles of Mother Nature, and the net tangling complexities of navigating family waters, it was delightful to be reminded of the restorative power of simple neighborly good will. And it is worth remembering that good will must be backed up with a willingness to roll up our sleeves and help out ac-

Despite the challenges that weather and the many seasonal obligations bring, the winter sky is full of gifts worth spending a bit of time enjoying. Early in December, Saturn, Venus and Jupiter line up like a string of pearls in the Southwestern evening sky shortly after sunset. Jupiter will be low over the horizon before disappearing by about the 9th of the month, leaving Venus and Saturn to dominate the early evening skies until near the end of the month when Saturn also departs the night sky. Curiously, in this month of the Full Cold Moon—known to many Native American cultures as the Long Nights Moon—also on December 9th, the nights will actually start to shorten, minute by minute, a couple of weeks before the Winter Solstice of December 21st.

As winter strengthens its grip and the busyness of the holiday season gobbles up our time, it's likely we find less and less opportunity to spend appreciating what's happening overhead. Too bad, that. There is such a long night abundance of dark sky during December that it tends to be rewarding, even if only for a few minutes on your way out or in, paused just long enough to cast a lingering look Southwest and notice the Winter Triangle of Altair, Deneb and Vega. Higher than Venus, Altair, while not as brilliant, is nearly 100 trillion miles away and still competes with Venus for attention. If nights are not your thing, there is Mars during the pre-dawn hours playing tag with the waning crescent Moon or simply hanging in the Southeast sky above the equally reddish Antares, the heart of Scorpio.

Mid-month, the Geminid meteor shower will be largely washed out by the Full Moon, but a bit of prep might help you catch a glimpse of an earthgrazer, the slow, bright meteors that are totally unpredictable and always attention grabbing. Since the Geminid radiant is near Castor, in Gemini, which rises just ahead of the moon on the 14th, you might be able to see one of these bright showstoppers in the early evening in the low eastern sky. Have a great season and enjoy the pleasures of the night.

Bob Grindle is a Windham Hospital Retiree and 2017 ECSU graduate who concentrated in Astronomy.



cording to our individual talents and energies and insights. Everywhere we look, there are ways to help the communities we live in and near, and to discover that a helping hand offered can also help add meaning to our lives and is the ultimate cozying-in.

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

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

Neighborspaper LLC is a member of the Ashford Business Association.

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

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Hopeful in a Sane Climate

By Loretta Wrobel



Lucky for me, I was able to attend the CT Forum on Climate Change recently at the Bushnell in Hartford. Passing out small flyers about the Killingly Proposed Fracked Gas

Power Plant, I was delighted to encounter complete agreement. Many of the people attending this forum were not aware that a dirty energy power plant is being planned for our Quiet Corner.

In speaking with several people of all ages, everyone was eager to contact our Governor to express their dismay at yet another polluting plant in our State, especially when Governor Lamont ran on a clean energy platform. Many young people were unaware, and resolved to do something when they heard the news of this proposed plant.

Given this was forum was on Climate Change, it was understandable that this would be a receptive environment. However, there are many who purchase season tickets for the CT Forum series. The thrilling news is that the Bushnell chose Climate Change as a topic for their wildly popular series.

This topic attracted 2800 attendees, and the audience responded to the three presenters who spoke about the need for action now. When one of the panelists asked if anyone composted, there was a roar from the crowd. Gina McCarthy spoke of the importance of saving people, not the earth, as the planet will survive. The question becomes whether the human species will knock itself off the planet by continuing on the path of pollution, greed, and excessive consumption.

I live in a world where we have climate change deniers who act like nothing is wrong. It was such a pleasure to be with a large group of human beings who understood the severity of our crisis, and were wanting to learn more rather than shut their ears and eyes to the reality before us.

It sends me reeling to know that so many Americans are not aware of or concerned about the continual flooding of our shores. We have a large coastline in mainland America and have Hawaii sitting out there in the middle of the Pacific. I want to scream Look at the rising waters and pay attention! The Florida Keys regularly flood during high tides and full moons. We must pay attention and stop destroying our planet.

One of the presenters at the forum, Ayana Elizabeth Johnson, a marine biologist and conservation strategist, spoke of the acidification of the ocean and the ramifications of this dangerous phenomenon. We are at a tipping point with the rich diversity and marine life being compromised by the rising water temperatures and pollution. The marine life is threatened, and we humans are watching the water creep over our coastlines and reshape our country as our sister Americans lose their homes.

At the Climate Change Forum, I felt the attendees were courageous enough to face the hard facts and be open

to the innovative ideas and plans to reduce our footprint, live more sustainable lives, and work to force legislators to make smart choices about clean energy, pollution, and saving our natural resources.

To sit in a huge auditorium with enthusiastic Americans who want to make a difference, who accept that we must do something, and who are willing to take action to mitigate climate change is such a comfort to me. It is only through mass action that change happens immediately and monumentally, as it must in order for two-legged souls to continue to inhabit this planet.

It takes more than a village to save the people on planet earth. It takes everyone to make not only such minor changes as swapping lightbulbs and turning down the heat, but to let go of the consumer mentality that demands more, and then More. When asked what she wanted for her grandchildren, Gina McCarthy responded by saying a place for them to play, breathe healthy air, and have a full life enjoying the natural world. How much does that cost?

I was heartened to hear that nine out of ten Americans support clean energy. Why don't our policies reflect this preference? Climate change is one of the most polarizing issues in our country. What could happen if both parties agreed to work together to examine the impacts of our rising temperatures, fiercer storms, increasing areas of drought, out of control forest fires, and diminishing land mass along coastal areas?

During the forum, several groups had displays in the lobby, giving folks options for taking action. These groups focused on four areas: reducing your carbon footprint, investing for climate impact, speaking up to impact public policy, and making an impact in your community. Sustainable CT encourages municipalities to register for their program, which commits them to take actions to make their towns more sustainable. Over half of Connecticut towns have joined Sustainable CT already. My town, Ashford, recently achieved Bronze Certification. Another group, CT Science Center, urged attendees to tour the Climate Change exhibit at the CT Science Center. CT Land Conservation Council suggested we plant a pollinator garden. For more information on the other exhibitors, go to <CTforum.org/climate challenge>.

The presenters offered solutions for us, which included mourning for what we have already lost, educating girls and empowering them as leaders (women tend to work together to achieve results), getting organized, and teaching kids so they can educate their parents. When faced with the reality of the fragile state of our environment, we can be overwhelmed with despair, or want to enter into denial. In spite of hearing the sobering truth regarding climate change, I left that night feeling hopeful. I knew I had a tribe with me that was eager to fight to make our environment healthier. And I learned that science can provide solutions for us, if we are willing.

I was impressed with two of the questions asked by the panelists: "What are we running towards?" and "What is our vision for the future?" I would add "What actions are you willing to take to stop the destruction of our home, and how wildly are you going to shout to end fossil fuel pollution and embrace clean energy?"

Common Sense Car Care

By Rick Ostien

This month I am taking a break from writing about vehicle care and instead I am looking back on the year 2019.

First, I would like to thank all of our new customers for giving us the opportunity to service their vehicles. It is often difficult to find a facility you can rely on when you are new to an area, and to those who put their trust and vehicle care in our hands; we really appreciate your business. To the many loyal customers that we have had over the years again a big thanks. Without your support, survival in these trying times would be very difficult at best.

The average customer may not realize the effort and the many extra hours that is put into the servicing and repair of the vehicles that come through our shop. I feel very fortunate for the great staff we have, as they make it possible to get the job done efficiently and effectively. It is

their commitment to professionalism and the quality of the work they do that helps keep things running smoothly. I also feel fortunate for the family I have. They often endure late dinners and working weekends with little or no complaint.

Most small businesses have to work cooperatively with other area businesses to be productive and successful. Their extra help and expertise when problems arise are another thing that is greatly appreciated and certainly something that I am thankful for. It really proves what is said about working together, good things happen and sometimes you can "move mountains."

I hope that this holiday season brings peace and love to you and your family. May it give you the time to reflect on all the blessings of the year 2019.

Happy Motoring and Happy Holidays, Rick, Matt, and the Staff at Franc Motors, Inc.

NY Post Likes Ashford Author's Book

By Carol Davidge

On November 23, the New York Post announced "27 awesome books to buy everyone on your holiday gift list!" Ashford Author Suzy Staubach's "A Garden Miscellany" is sixth on the list! Here's what writer Sara Austin says: "A Garden Miscellany: An Illustrated Guide to the Elements of the Garden," By Suzanne Staubach (Timber Press), \$27.50 is a sweet, alphabetical handbook to all things green, from arbors and arches to water features and yards. The painterly illustrations, quirky factoids and genuinely helpful tips make this an ideal gift for anyone who has a garden ... or just imagines escaping to one." This gardener / reporter's favorite fact from the book is that Cleopatra and George Washington were both composters, but it's a tough choice because every page has delightful - and new to me - insights about the world of gardens.

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Willimantic, Now and Then:

Bigelow Brook: Getting to Know a New Stream

By Mark Svetz

Coming to know Northeastern Connecticut over the last 50 years has, for me, been a matter of knowing its waterways. The beautiful rivers, lakes, marshes and bogs that criss cross and dot our countryside have taken me on many adventures.

It is a delight to me that my son Gregory, who was my first hiking buddy in this area, is one of my current companions. One of the first things I noticed when he was little is that the state roads out of Willimantic followed the streams. If we went out to Chaplin on Route 198 to the Natchaug Forest, we were also following the Natchaug River. If we went toward Stafford Springs on Route 32, we were following the Willimantic River. Likewise Route 89 follows the Mt. Hope River; Route 6 West follows the Hop River; Chaffeeville Road follows the Fenton River.

I have had my favorite swimming holes in each of those rivers over the years. When I was in my 30s, my friend Tony said I had “motion sickness,” by which he meant I couldn’t sit still. I don’t know about that, but I used to jump on my bicycle and ride a big circle, out on Route 6, through Bedlam Four Corners and home on Route 89. At the middle of that bike ride is the Mt. Hope River in Atwoodville, where I would jump into the cold water, sit under a little waterfall for half an hour then ride like crazy back to happy hour.

Our wonderful streams are almost always flanked by footpaths. There are informal paths to favorite fishing holes, and the network of organized and connecting hiking trails in our area. The Nipmuck Trail, for example, is the main Blue Trail through Northeastern Connecticut. It runs from Puddin Lane in southern Mansfield to the Massachusetts border. It follows the Fenton River through most of Mansfield, giving us easy access to ten miles or more of beautiful riparian landscape. Through this magical dance of highways, trails, footpaths and the rivers, I have come to know the major streams in our area pretty well. I have many secret, and not so secret, places where I have rested my body and mind while healing my spirit over the years.

For a couple of months now, Gregory and I have been going for weekly walks to one place or another. On



a recent walk, we found ourselves beside Bigelow Brook, just a little north of Route 44. This lovely brook is kind of between those highways I was talking about. It runs from Bigelow Hollow State Park in Union to right behind the Charlie Brown Campground in Eastford, where it joins the Still River and forms the Natchaug River. By car it is rarely visible, and mostly from a few back roads that cross it. The best way to get to know the Bigelow Brook is from the Natchaug Trail.

The Natchaug Trail is a spur off the Nipmuck. Also blue blazed, it splits off from the Nipmuck in Ashford and ends in the Goodwin State Forest at Pine Acres Lake in Hampton. Although I have hiked the entire length of the



Nipmuck Trail – Sarah and I did it in one day in the 90s; we had to run to finish before dark – I am unfamiliar with most of its companion Natchaug Trail. Much of the northern sections of the trail run along Bigelow Brook. Gregory and I have undertaken a quest to walk and learn more about this trail and especially this captivating brook.

We were both struck by the rugged, rocky terrain at one point with its tree cover of mostly hemlock and oak. It reminded us both of the banks of the Lead Mine Brook in Northwestern Connecticut, near Torrington where I grew up. Gregory also spent much of his childhood playing in and around that brook when his grandparents were alive. For myself, I never feel quite as at peace with my surroundings as when I am sitting on a rock in the middle of a

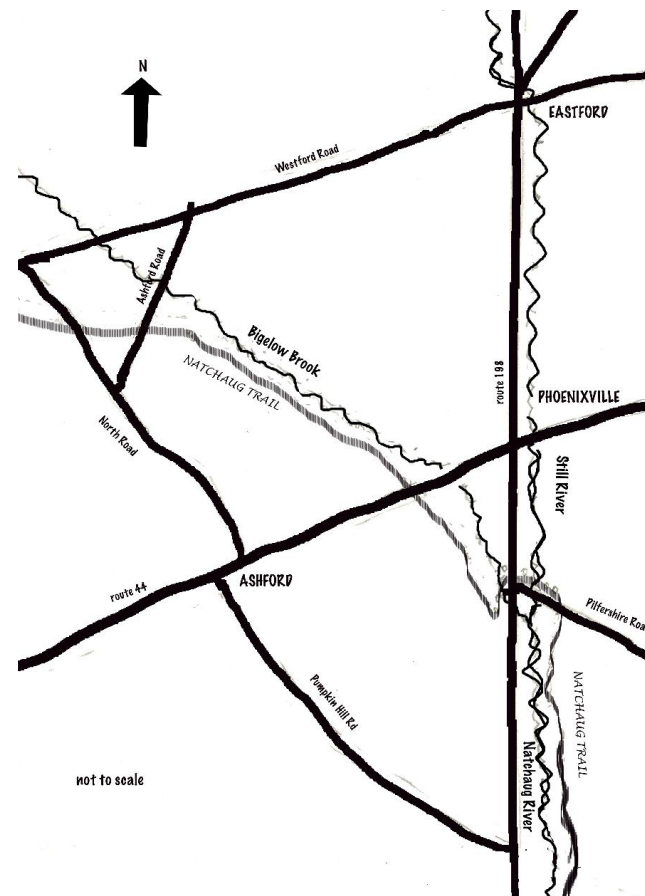


Photo of Bigelow Brook at left and drawing of map above by Sarah Winter.

clear, rocky stream running through that rugged landscape. I joke with Sarah that it is my native habitat. Apparently, my son shares that feeling.

Next week, Gregory and I hope to start farther north on the Natchaug Trail and walk south to the place we stopped on that recent morning. We are hoping to spend some time walking, sitting and talking along the Bigelow Brook. I find each of the streams I have come to know has its own character. The quality of light, the color and texture of rocks and gravel, as well as tree cover and general terrain give each stream an unmistakable look. When I look at photos taken along these streams over the years, these qualities reach out like the faces of an old friends. I can’t wait to get to know this lovely brook.

So far, Bigelow Brook has been a good companion for us. Its babbling accompaniment has encouraged conversation and provided background music while we consider what we’ve heard. I am looking forward to our quest, getting to know this good-natured, laughing brook. I’m excited to be making a new friend.

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

The Trail, That Janibeth Took

By Russ Darling

Didn’t really go very far, but far enough so she didn’t hear the traffic or the noise of the world beyond
 The trail passed by evergreens and a rock outcrop, skirted a wet area, meandering through
 A quiet woods and small meadow, to end at a stream
 That soothed her soul, in it’s quiet way, not in silence, but in solitude
 The sun shining bright through the trees, offering warmth, and her own place in the sun
 The birds flittering about, offering her a song
 The squirrels and chipmunks scurrying and chattering about offering reasons to smile
 At their antics in the course of their daily life, lived in the woods they shared with Janibeth,
 When she came to the path’s end in their little part of the world in the wilds
 And quiet woodland setting by the stream, whose beauty lied in the quiet way it
 Meandered through the wood’s and people’s lives
 Offering moments of quiet and peace, in a then and now ever changing world
 The path that Janibeth followed in morning mist, or after noon sun,
 Or in the silence of snow falling, to a place of rest, to lie back and watch the sky change,
 To listen to the sounds of the forest, the breeze flowing through the trees
 Sometimes staying till the stars came home and the owl asked his question,
 And the stars would shine their light upon the girl as she wandered,
 Her way home, on the darkened path she traveled,
 All these years later, the trail still meanders through the world Janibeth walked
 In good times and bad, and ends by the stream’s edge
 Offering what has always been there, to those wise enough to understand,
 To stop and sit by the trickling stream, or lie back in the grass of the meadow
 To be lulled by the heat of the sun, and the sounds of the forest that quietly sing,
 Along this path that Janibeth walked, to find herself and a bit of peace,
 The path, not found on any map, clearly etched in Janibeth’s memory,
 She started walking there as a girl, and now years later,
 The woman, still walks this path of peace and solitude, never lost, always found,
 On that trail, that Janibeth took.

Climate Change Group Organizing

Submitted by Bev York

In response to the unprecedented global emergency of climate change a group is organizing locally to raise awareness and education. The group will be a local division of Extinction Rebellion. Groups are organizing worldwide to educate the public and politicians about the climate crisis and demand action. Extinction Rebellion is a global movement that uses non-violent disobedience in an attempt to halt mass extinction and minimize the risk of social collapse.

On December 6, the group will participate in the nationally held ‘Fridays for Climate’ protest. The local protest is at the corner of Main and Jackson Street by the Frog Bridge in Willimantic from 5 to 6 p.m. Everyone is welcome to come and stand up for the environment.

The group invites the public to view the movie “How to let go of the World & Love all the Things that Climate Can’t Change” produced in 2016. The movie will be shown on Sunday, January 5 at 3 p.m. at Dugan Hall at the Mill Museum. Entrance is on Union Street. Admission to the movie is free, refreshments will be available.

The group meets weekly on Tuesdays at the Willimantic Library at 5:30. For more information look for Extinction Rebellion Willimantic on Facebook or contact Randy McMahan at randymcmahan@protonmail.com.

Neighbors
a little paper big on community

Perfect Timing

By Delia Berlin

When my only daughter was just seven, she announced that she would never have children. Upon probing, she revealed her well thought-out reasons, based on environmental degradation and climate change. I was convinced that her position was firmly established and braced myself for a future without grandchildren. It was important for me to avoid communicating disappointment or exerting any pressure over this very personal choice. Plus, having stepchildren, I knew that at least step-grandchildren were possible and that seemed quite good enough.

Many years later, while in college, my daughter mentioned, surprisingly, that due to her positive experience having had young parents, she wanted to have her own children while she was still young. I had been so intent on blocking any desire for grandchildren, that I tried not to show much enthusiasm. I asked my daughter how she had changed her former position on this matter, but she had absolutely no recollection of that conversation that I so vividly remembered.

Years went by with few signs of progress on the revised family plan. But eventually, my daughter married her long-term partner and, during her mid-thirties, they decided to have a child. By then, I was fully ready to become a grandmother. But... I was still working, had older pets, and lived quite far from the prize.

Research shows that the average age for becoming a grandmother in the US is rising. In 2002, it was 47, while now it's closer to 50. Men are a couple of years older by the time they become grandfathers, but the range of variation is huge. Since I was in my mid-to-late 50s when my granddaughter was born, I was an older-than-average grandmother, in spite of having had my daughter at the young age of 24.

The most positive part of becoming a grandmother at a later age, was that I could consider retiring early to help with the baby. That decision didn't take me long. I wanted to help for many reasons, including enjoying myself, providing stimulating interaction and building a strong bond with my grandchild. But another important motivation was to speak Spanish with my granddaughter, to give her the advantage of bilingualism as an effortless gift.

I had raised my own daughter bilingually. At the time, research was mixed and there was fear that simultaneous exposure to two languages could confuse, delay speech development and introduce other learning problems. My daughter's development obliterated that hypothesis. Always verbally precocious, she eventually got a perfect score on the verbal part of the SATs, was the first student in her high school to be admitted to Princeton, and proceeded to collect many degrees and board certifications. She also continues to speak, write and read Spanish with native fluency, and uses it almost daily at work with her patients.

My son-in-law learned Spanish as an adult, but has excellent spoken command. His facility allowed him to speak mostly Spanish at home during his daughter's infancy. Although they also had a nanny, she didn't speak Spanish and communicated with my granddaughter only in English. So, my regular involvement with my granddaughter's care was important to cement early bilingualism.

My daughter and her family live near the northern tip of Manhattan. Over almost 20 years, I'm sure I've driven to their home hundreds of times. The drive is no fun, to put it mildly. So, I've also tried every possible alternative to get there, including Uber, buses, trains, and their combinations, to and from several ports. But because most of the transportation hubs in New York city are in the southern part of Manhattan, nothing is as direct as driving door-to-door. With good luck, I can make it there in less than two and a half hours, even when making a quick stop along the Merritt Parkway. Every other means of transportation takes at least four hours from door to door.

Given the physical distance, helping to care for my granddaughter on a regular basis was going to require frequent overnight stays. I wanted to be helpful without being in the way of the new family. I also wanted to have some comfort and independence during my stays. So, I decided to look for a nearby studio rental. Parrots had to be



allowed, since at times I would have to bring one. I soon found the perfect tiny apartment, right around the corner from my daughter's home. I set it up as a cheerful and comfy grandma pad and kept it in good use for four years, until my granddaughter started preschool. It was a blissful decision that I have never regretted.

During her pregnancy and year-long lactation, my daughter was a surgical resident. The demands of that position are nothing short of grueling, even without any other responsibilities. My son-in-law has always been a dedicated and devoted dad, providing lots of hands-on care, but he also needed to work with some discipline as a composer and taught evening classes. There were plenty of opportunities to help.

While my daughter did, just after my granddaughter's birth, take a special academic "leave" to earn a Master's in Public Health, she still worked long hours. Many of her weekends were spent in intensive classes at Columbia. I would set up camp with my newborn granddaughter somewhere nearby in the building, bringing the baby to my daughter for nursing, right in the classroom, on demand.

Like my daughter, my granddaughter was also a precocious learner. Curious and easily engaged, she showed unbridled enthusiasm about almost everything. Happy and good-natured, she was fun and a real joy to care for. But also like her mother, she was ahead of the growth curve for height and weight. Being a relatively small person myself, it wasn't always easy to do all the physical work that her care demanded. Going to parks and museums, particularly in winter, required virtually all my strength. Carrying strollers, diaper bags, bottles, supplies, extra clothing and toys, in addition to a big baby, and getting in and out of buses, elevators, parks, restaurants and museums, fell on the limit of what I was physically capable of doing.



So, even though I became a grandmother late, I was thankful that it wasn't any later, particularly when I realized that "too late" may not have been very far ahead. I was still able to do everything it took to have fun, feed, change, carry and cuddle, play on the floor, and, when night came, open our magic sleeper couch with great theatrical fanfare, to the spells of abracadabra and shazam.

When my granddaughter was just months old, she reliably pointed excitedly towards the building of my studio, as they frequently passed it on the way to the park. An early babbler, she always uttered "Ta-tee! Ta-tee!" as she pointed towards the entrance. Soon, her steady use of the same vocalization in other contexts made us realize that I had been so renamed. To this day, she always calls me Tati and that's the happiest of my names.

I have many good memories of those days and, at times, I wish I had kept the studio longer. But after four years, not only was my granddaughter starting preschool, but our own situation at home was complicated by aging parents, moving and family health issues. It seemed extravagant to keep a place in New York that, at least for a while, was going to get very scant use. In that new stage, it made more sense for my granddaughter to spend extended time visiting us, during school vacations and summers. By then, she was firmly and fluently bilingual, to the point that she constantly corrected her father's Spanish.

For a few years, we had many transitions, including the passing of my centenarian mother-in-law, my husband's open-heart surgery, and downsizing from Windham Center to Willimantic. Maintaining a solid long-distance relationship with my granddaughter has been challenging. We have managed some cherished week-long visits and more frequent short gatherings at either place. But outside of that, her family's schedule is too full to allow for regular video or phone communication. Now that my granddaughter is a good reader and writer, we have also tried snail mail and email, with some success. But clearly, it doesn't feel like enough.

As my granddaughter approaches nine years of age, I find myself once again searching for a studio in her neighborhood to better take advantage of her remaining school years. I am keenly aware of the nine years that have passed since I set up that first grandma pad. I now feel much more challenged by the decisions, the physical tasks and the driving. And as I look at every member of my family, I easily notice how much we have all changed since. Although... I must say, the parrot still looks exactly the same.

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The Importance of Local Ingredients

By C. Dennis Pierce

Real food means, unpretentious cooking. Good local ingredients made into something worth eating. Just nice uncomplicated food. And yet through all this we take local food for granted. I am sure that many of you reach to the grocery shelf for an item because it is convenient. Convenience comes with preservatives to create a longer shelf life. Several years ago, you would not have found high priced vegetables that are pre-cut for you in the produce section but now we not only take it for granted but we have become conditioned to rely on these ingredients. As a consumer you are trading convenience for a less nutritious ingredient just for the sake of saving time. But back to the basics ... the simple ingredient. Yes, we take local produce for granted. In Connecticut there is a movement to preserve farming. As of July 2019 Connecticut, has preserved more than 44,500 acres on 370 farms. In the United States between 1992 and 2012, more than 31 million acres of farmland has vanished. The rural landscapes continue to vanish as farms are fragmented or being sold for real-estate. The long-term goal in our state is to preserve 130,000 acres of farmland.

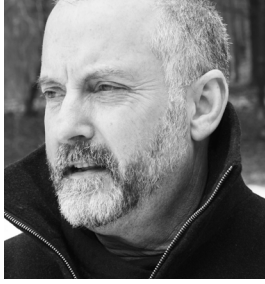
I am sure you have seen the bumper sticker, "No Farms, No Food"? In reality it is "No Farms, No Food, No Future". Without local healthy farms we don't have a promise of a healthy future. As we look to the future, we know that our population is growing and we are going to have more demands for food. Throw climate change into the mix and the future becomes staggering. So, as you can see this is my end of the year pitch to buy local. Many years ago, I was one of the market masters at the Storrs Farmer's Market. I saw first hand the work that our local farmers did to bring their products to market. It is hard work with the weather impacting their crops, insects taking over, but yet they continue to bring to market the best, freshest nutritious produce available. I have a deep respect for these farmers that decided to make farming their career. Good local ingredients are as important as the cook or their recipe. Think about it in local terms. There is a huge difference between a store brand ice cream and the ice cream that you can purchase at UConn's Dairy Bar. Don't believe me? Tell me when you ever went to the Dairy Bar and did not have to stand in line. Sure, local produce costs more but if you place a value on the actual ingredient then you understand that you not only are paying for that squash but you are supporting a family that lives locally and spends their earnings locally too.

I was recently asked to add a simple soup recipe with readily accessible ingredients. Since snow and colder weather will be upon us soon, I am suggesting you try this cauliflower soup with a different twist...mustard. You can still find local cauliflower at the local farmer's markets who have moved into their winter resting places. Coventry is back at the Coventry High school on Sundays and Storrs winter dates are on Saturday from 3:00pm to 5:00pm. Their winter market is on December 7 & 21, January 4 & 8, February 1 & 15, March 7 & 21 and April 4 & 8. The Storrs winter market is held at the Mansfield Public Library's Buchanan Center at 54 Warrenville Road in Mansfield Center.

Cauliflower, Cheese and Mustard Soup

Ingredients:

1/2 stick of unsalted butter
1 medium onion, peeled and chopped
2 cloves of garlic, peeled and chopped
2 small or one large cauliflower, washed and broken into florets. A floret is the small cluster of buds which are separated from the cauliflower head. Discard the thick base stems.
2 bay leaves
1 large potato, peeled and cubed. Not an Idaho baking potato
4 tablespoons of sour cream



At the Coventry indoor farmers market in 2015 from the Neighbors archives. Dennis Pierce photo.

I heaping tablespoons of a grain mustard. The stronger in flavor the better or you can use a Dijon mustard.
Black pepper
Topping:
2 slices of thick bread cut into cubes (the size of a crouton)
1/2 stick of butter
Grated sharp cheddar cheese

Directions:

Pre heat oven to 400 degrees
Melt the butter in a deep pan.
Add the onions and garlic and sauté until soft.
Boil water just enough to cover florets.
Add florets to the water and cover with a lid and reduce heat.
Steam until al dente or mostly cooked but not raw.
Add bay leaves to the sautéed onion

When florets are done add to the onion mixture
Add potatoes to the mix and simmer until potatoes are cooked (around 10 minutes)
Remove from heat and take out bay leaves.
Add mixture to a blender and blend
Pour back in pan and add sour cream, mustard and a grinding of black pepper
Heat and taste. Add salt and pepper to taste. Add more mustard if needed.
Toppings:
Sauté bread cubes in butter in pan that can be transferred into the oven.
Place in a pan in oven and keep a close eye on the pan, occasionally shaking it as the croutons turn golden

Take out bread, turn off oven and place the bowls that you are serving in, into the oven with the oven door partially open.

When the bowls are warm ladle soup into bowls and top with croutons and grated cheddar cheese.

This is a recipe for the "non-cook". It is a simple recipe that joins ingredients that get along together.

And this is the last column for 2019. What will 2020 bring? I hope a more promising future with civility, respect and a return to a wholesome lifestyle that respects the planet. And to put a smile on your lips I share the following: "I was walking past a farm and a sign said, "Duck, eggs." I thought to myself, "That's an unnecessary comma..." Take a minute...you'll get it.

Warm wishes for the holidays. There are busy days ahead for me with finding the perfect tree at the farm on Browns road, pulling out the decorations and getting reading for the clan to arrive home for the holidays. As always, 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...

Family and Friends Get Together Breakfast

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Saturday, December 14th
8:00A.M to 11:00A.M
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"C'mon people now, Smile on your Brother, Everybody get together. Try and love one another right now." Youngbloods, Kingston Trio, J. Collins

Breakfast Buffet Menu: Belgian waffles, omelets, eggs, toast, bacon, sausage, ham, potatoes, juice, milk, coffee, tea, fruits, homemade muffins & coffee cakes

\$10.00 per person; \$28.00 - 2 adults & 2 children

Unsung Heroes of Soul:

Brenda Holloway

By Dean Farrell



As host of "The Soul Express" on WECS, I play the biggest names in 1960s and '70s-era soul music. I also mix in the many great soul artists who did not make it big but were no less talented. This month's column is about one such act: Brenda Holloway, the first non-Detroiter to record a hit single for Motown.

She was born on June 21, 1946, in Atascadero, California. In 1962, Bob Keane signed her to his Donna label and released Holloway's debut single, "Hey Fool." Later that year, her second release appeared on Keane's Del-Fi imprint—the first of two versions Holloway would record of the ballad, "Every Little Bit Hurts."

In late 1963, songwriter/producer Hal Davis invited Holloway to a disc jockey's party that Motown's Berry Gordy, Jr., was attending. Gordy was impressed enough to sign the 17-year-old to his Tamla division. She recorded at Motown's fledgling L.A. studios. Her first waxing for the label was a re-do of "Every Little Bit Hurts." Released on Tamla in April 1964, it reached #13 on the Billboard Hot 100 and #3 R&B. The single's success earned Holloway a spot on the Motortown Revue tour. Her second single on Tamla, "I'll Always Love You," reached a modest #60 in Billboard, but her third release fared better. Written and produced by Smokey Robinson and recorded at Motown's Hitsville U.S.A. studios in Detroit, "When I'm Gone" reached #25 pop and #12 R&B in 1965.

At around this time, Holloway started to have issues with Motown. As one of the few acts not to attend the label's grooming school, she was chastised for dressing and performing "too much like Tina Turner." Some of Motown's Detroit staff considered Holloway a troublemaker and shunned her for the label's more successful acts (like the Supremes). Despite that, she gained a slot on the Beatles' U.S. tour and opened for them at Shea Stadium.

In 1967, Tamla issued "You've Made Me So Very Happy," which Holloway co-wrote with her sister Patrice. It reached #39 pop and #40 R&B. Two years later, a remake by Blood, Sweat & Tears got all the way to #2. Because Berry Gordy and producer Frank Wilson had added their names to the composer's credits, thus depriving Holloway of royalties, she sued the label in 1969 and won her case.

A disillusioned Holloway left Motown in 1968. She next recorded for Invictus—founded by the production trio of Holland-Dozier-Holland, who had also quit Motown in disgust. In 1969, Holloway married a preacher named Albert Davis, with whom she had four children. (They divorced in the '80s.) She and her sister Patrice did session work in the '70s, most notably with Joe Cocker. But for the most part, Brenda Holloway had left the music business.

She returned to performing after the 1992 death of her old friend and fellow Motown diva, Mary Wells. Holloway made appearances in L.A. and England, whose Northern Soul scene had embraced her as a musical goddess. In 1999, she received the Rhythm & Blues Foundation's prestigious Pioneer Award. Now 73 years old, Brenda Holloway sporadically performs and records. Her most recent single was "Same Page," a 2018 duet with Rags Moody III.

Charted singles:

"Every Little Bit Hurts" (1964) R&B #3, Pop #13
"I'll Always Love You" (1964) Pop #60
"When I'm Gone" (1965) R&B #12, Pop #25
"Operator" (1965) R&B #36, Pop #78
"Just Look What You've Done" (1967) R&B #21, Pop #69
"You've Made Me So Very Happy" (1967) R&B #40, Pop #39

Dean Farrell hosts "The Soul Express" on WECS, 90.1-FM, from 9:00 p.m. - midnight on Fridays. He plays vintage soul music of the 1960s and '70s—everything from #1 hits to long-lost obscurities. Dean archives his shows at <https://www.mixcloud.com/dean-fioral>. His e-mail address is soulexpress@gmail.com.



Willimantic Public Library's New Director

A Conversation with Dan Paquette

Submitted by Barbara Wright

Barbara Wright (BDW): Welcome to the Willimantic Public Library, Dan, and thanks for making time for our conversation. You've been here a couple of weeks now. What are your first impressions?

Dan Paquette (DP): First impressions? It's a very nice library, with passionate people and a terrific staff. Everyone is invested. Of course, support from local government is essential. Everyone's budget went down in the recession. Now times are better, but no one wants higher taxes. People need to understand that the library can't provide the same services for less money and with fewer staff. Never mind the new things that we'd like to offer and that people want.

BDW: You've been in the field for over 15 years now. What drew you to library science and a career working in a library?

DP: Well, it wasn't my first dream. I majored in accounting as an undergraduate at UMass/Amherst. During that time I worked in a library and I really liked it, especially working with kids. Then a co-worker at the library suggested that I think about it as a career, and that was a light bulb moment. So I went to Simmons University in Boston for my MLS –

BDW: -- one of the best library programs in the country –

DP: -- and worked for a few years as a librarian. Then I thought I was ready for a new challenge, so I went for a director's position. I do find my accounting background comes in handy.

BDW: I can definitely see that. Hopefully we'll have more funding one of these days for you to account for! The Friends of the Willimantic Public Library and the Board of Directors hope to do some serious fundraising in future. But in the meantime, what do you find most rewarding about library work?

DP: I like the idea of giving back, of offering important services for free, and being involved in the community. There's not enough of that in our world, and it's increasingly important as income inequality grows and opportunity gaps get wider.

BDW: Yes, and there's so much change today, in every area of life, and it's coming at us so fast, that keeping up makes not just formal education but continuing, informal education a necessity. The library offers that opportunity for self-improvement and education. On a related note, how would you say the mission and work of a public library have changed over the last 15-20 years?

DP: Well, the basic mission is the same: providing access to the widest possible range of information and knowledge, free of charge. But now there are so many new sources of information – not just books and periodicals but the whole range of new technologies. Something else has changed, too. It used to be that librarians were the authorities, curating information and making it available to patrons. Now libraries are seeing broader involvement of patrons, more collaborative creation of knowledge. And we're offering more hands-on opportunities: baking pans, tools, musical instruments, a "library of things" that patrons can borrow. You can experiment at no cost and decide whether something is really right for you before you invest in, say, a \$40 molded baking pan. Library programming has become more interactive, too. We're doing good things here already, but we want to build on that trend, find out what the community is interested in, and provide whatever guidance or help folks need to become engaged. We want to become a nexus for all kinds of community activities.

BDW: To do that, of course, you need to know your community. You've had experience in a number of different kinds of libraries: large and small, urban and rural. What have you learned from that experience? How can you bring it to bear here in Windham?

DP: Well, libraries are all different but they also share a lot

of the same problems: limited budgets, a perception that libraries are obsolete, outdated facilities, keeping up with technology, serving the full range of community members. Then there are unique local battles. All those challenges can be beneficial, though. They can stimulate useful changes, maybe not tomorrow but over time. Willimantic is also by far the most diverse community I've worked in, and I love that. Fortunately we have two staff members who are fluent in Spanish. I've started to learn the language several times, but now I have a real incentive. And I see tremendous potential here for greater involvement of the Latinx community.

BDW: Do you have any fun stories or anecdotes about library life? Your first days here?

DP: All I can say is every day in the library is different, wherever you are, and I've seen it all. I love it. It's what keeps me going.

BDW: So what do you see as the strengths and challenges of our library? How can your experience help us here?

DP: Well, in terms of strengths, we have a tremendously capable, dedicated staff and a lot of people willing to fight for us. We have pretty good space for the size of the library, though we could always make some adjustments to use it better. In terms of challenges, we absolutely need to get back to being open six days a week. I hope to be able to do that in January. Being closed on Saturdays is a real disservice to the community. We also

need to update the collection and make it more representative of the community. We have some new computers and I'm hoping we'll be able to set up the rest soon. But we also would like to be able to teach people how to use those computers – quick, focused lessons for small groups of people. Parking will always be a challenge. In terms of opportunities, I see room for more programming for kids, but also for teens and adults. We'd like to bring the library out into the community more, with collaborative programs, satellite libraries, and so on. There's a lot we could do, but we can't do it with the current level of staffing.

BDW: So clearly no lack of ideas. Along those lines, what's your vision of our library moving forward?

DP: My ambition for the library is to make it *the* cultural hub, the essential place in town, where people come for information but also learn about their neighbors, honor our differences, share our experiences, and together bring everyone to a new place. Are you familiar with *The Opposite of Hate: A Field Guide to Repairing Our Humanity* by Sally Kohn? It's about connecting to others, approaching them with openness, and learning to interact with compassion and generosity. Ultimately, it's about making the world a better place. I'd like our library to help make that happen.

BDW: That's an inspiring vision, Dan. I hope folks will take a little time to meet and talk with you directly. One way to do that is to attend our **open house on Thursday, December 5th, 5:30 to 7:30 pm**, in the library. In addition to live music, refreshments, and free books, it will also be a chance for folks to become official Friends of the Willimantic Public Library. The mission of the Friends of the Willimantic Public Library is to support our library through fundraising, outreach, and other activities, so the library can offer knowledge, learning, and engagement to the benefit of the entire Town of Windham.



Willimantic Library Director Dan Paquette
Contributed photo.

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By Phoebe C. Godfrey

“We have to create culture, don’t watch TV, don’t read magazines, don’t even listen to NPR. Create your own roadshow. The nexus of space and time where you are now is the most immediate sector of your universe, and if you’re worrying about Michael Jackson or Bill Clinton or somebody else, then you are disempowered, you’re giving it all away to icons, icons which are maintained by an electronic media so that you want to dress like X or have lips like Y. This is shit-brained, this kind of thinking. That is all cultural diversion, and what is real is you and your friends and your associations, your highs, your orgasms, your hopes, your plans, your fears. And we are told ‘no’, we’re unimportant, we’re peripheral. ‘Get a degree, get a job, get a this, get a that.’ And then you’re a player, you don’t want to even play in that game. You want to reclaim your mind and get it out of the hands of the cultural engineers who want to turn you into a half-baked moron consuming all this trash that’s being manufactured out of the bones of a dying world.”



Terence McKenna

This year, like last year, I am participating in Artist Open Studios (<https://www.aosct.org/>). My wife Tina and I have a studio at 31 Moulton Court in Willimantic, as do a number of other artists of various mediums. I do large scale oil paintings that explore a variety of social issues, with my latest theme focusing on a re-visioning of the

Story of Genesis through the lens of environmental destruction and species extinction. Given the size and content of my paintings they are basically un-sellable and challenging to show as most galleries have size limits that are well below what I produce. However, I think there is a cultural need for big paintings that address social issues as they invite the viewers to enter into a living, stimulating and tactile world that far exceeds the banality, intangibility and uniformity of our digital worlds. In fact, my latest painting is a commentary

on the relationship between our seductive digital cell phone worlds and the dire situation faced by so many of the planet’s other Beings. It is titled “Adam Re-Names the Animals” and is the partner to last year’s painting representing Eve in the Garden of Eden confronting the serpent and deciding not to eat the apple. It is titled “We Never Fell” and proposes that there is a correlation between our culture’s belief in being fallen and our on-going creation of ‘hell on Earth’, as in climate change.

As part of promoting AOS we were putting up posters from the Shop Small / Shop Local movement when I noticed that the poster had upon it the American Express (AmEx) logo. This surprised me as part of the ideal idea behind such a movement is to keep income within the local economy, as opposed to giving it to the large corporations who circulate it out into their global profits. However, upon looking it up it turns out that ‘Shop Small’ is registered and that the November 30th event was developed by AmEx in 2010. As a multinational corporation, AmEx had \$40 billion in revenue and nearly \$7 billion in net income in 2018, and this year its profits are up by 8%. Now I would be a hypocrite if I didn’t disclose that I have an AmEx card that I have used this year for various things (I earn miles as no doubt many try to do) but I would not use it to shop small / shop locally. In fact, ironically based on some internet research it turns out that AmEx had the highest merchant processing fees of the four major credit card companies which is why many merchants don’t accept it! And so here we have a feel good idea that turns out to be tainted and yet this offers us yet another opportunity to rethink some of our beliefs and behaviors.

The first is that if we do still want to support shopping small and locally we should make a concerted effort to use cash (hard to believe it still exists) so that merchants get the full value of their products. Second

we should try to not only buy small and locally but also produce small and locally weather that be actual grown food, cooked food, clothing, crafts, and even art and if you can’t produce all such items then support others who can supplement your production with theirs. As such, if you grow local food and someone gives you cash for some of say your vegetables, then take that cash and use some to buy someone’s locally made hot sauce (like Dragon’s Blood Elixir made at CliCK) and some more to buy some art ...etc. For as Terrance McKenna the American ethnobotanist, mystic, psychonaut, lecturer and author so astutely said as quoted above, “Create your own roadshow. The nexus of space and time where you are now is the most immediate sector of your universe...” as opposed to being constantly “shit-brained” “...worrying about Michael Jackson or Bill Clinton or somebody else, then you are disempowered, you’re giving it all away to icons, icons which are maintained by an electronic media so that you want to dress like X or have lips like Y”. And as part of ‘creating your own roadshow’ a third thing we can do is ‘shop not at all’, at least not in the usual sense. As mentioned above my paintings are essentially unsellable to the average person (few have room for a 10’ x 8’ painting in their house) and yet this does not prevent people from ‘shopping’ with and from me (and I from them) if we conceive of the act in relation to ideas, experiences and relationships as opposed to merely objects. We can gain support for this consideration in that as a transitive verb to shop means to “offer for consideration or acceptance” and although it is implied that the item under consideration or acceptance is an object it could well be an idea, a perspective or an opinion. Hence, this was what was taking place throughout the day in our studio and those of others,



Photo of “We Never Fell” painting. Photo and painting by the author.

people were ‘shopping not at all’ in terms of items but rather shopping for experiences and thereby we were doing what is most essential on the small and local scale and that is creating a vibrant and alive community, ‘reclaiming our minds’ and getting “...out of the hands of the cultural engineers who want to turn [us] into a half-baked moron[s]...” As one of the artisans from yesterday said to me, when we were reflecting upon the day, “When else do I get to talk to so many different people?” to which I replied, “Exactly, it’s a uniquely intimate social experience. In fact, I even met Santa today who came specifically to see me with a copy of my children’s book –*A North Pole Tale* (available on Amazon about Santa discovering climate change) asking me to sign it. When else would that have happened?”

So in the spirit of the holidays, take McKenna’s and my advice and ‘reclaim your mind’ by sharing some cash and conversation with your local small businesses, vendors, artisans and neighbors, for it is no exaggeration that we are ultimately we are “...consuming all this trash manufactured out of the bones of a dying world”. But it does not have to be this way if we make different choices. In fact, one woman who I spoke to yesterday proposed that I add to the title of my new painting the words “Tikkun olam” that in Judaism literally means, ‘Repair of the world’.

Amen.

Who Will Make Medical Care Decisions On Your Behalf if You Cannot?

By Attorney Kevin M. Tighe

Living wills, health care instructions and appointments of health care representatives fall squarely into the category of “better to have and not need, than to need and not have.” Where a will is a legal document which allows you to dictate how you want your estate to be distributed when you are deceased and who will be the person to do so, a living will, health care instructions and an appointment of a health care representative allow you to decide what medical care, if any, you will receive if you are unable to inform medical personnel of your wishes regarding such medical care and who you wish to make such decisions if you are incapable of doing so. However, those documents must be in place before you need them because you cannot sign those documents if you are deemed to be unable to make informed decisions for yourself.

A living will is a legal document that states your wishes regarding the types of medical care you wish to receive and/or to not receive. Should you be in a terminal condition or permanently unconscious, a living will can also tell your physician whether you want life support systems to keep you alive or whether you do not want to receive such extraordinary treatment. A living will is only utilized if/when you are unable to make or communicate informed decisions regarding your medical care. Health care instructions are similar to a living will.

A health care representative is a person (including a successor if that person is not able to act as your health care representative if the time comes to do so) which you appoint to make decisions about your medical care if you become incapable of making such decisions yourself. In most instances, a person will choose a family member or a close friend. The paramount considerations when choosing your health care representative are that: (1) the person is willing to undertake the responsibilities that come with this position; (2) you trust this person to carry out your wishes; and, (3) the person clearly understands your wishes when it comes to the medical care decisions which may need to be made. If you have a legally effective living will or health care instructions in place, your health care representative will make sure the directions and instructions set forth in your living will or health care instructions are followed. If you do not have a legally effective living will or health care instructions in place, then your health care representative will make medical care decisions (including end of life decisions for you) based upon his or her understanding of your wishes. However, a health care representative will not act unless you are deemed to be incapable of making informed decisions about your medical care.

If the need for decisions concerning the type of medical care you receive arises (including decisions regarding the withholding or withdrawing of life support systems) and you do not have a living will or health care instructions, or a health care representative, your physician will consult with your spouse (if you have one), next of kin, close relatives and/or your conservator (if you have one) to ascertain what you may have told them about your positions concerning such decisions. If your physician cannot ascertain your wishes from speaking with those persons, then decisions concerning your medical care will be made based upon what is in your best interests. Relying on discussions with or spoken instructions to the foregoing individuals is not recommended. If you do not have a legally effective living will or health care instructions, or have not appointed a health care representative, any such discussions or instructions, if not sufficiently specific, may need to be proven in a court.

You cannot be denied medical care or admission to hospitals or other health care facilities based on whether you have a legally effective living will, health care instructions and/or have appointed a health care representative. In addition, the lack of a living will, health care instructions and/or an appointed health care representative does not eliminate the requirement that your physician provide you with medication for pain and/or treatment solely intended to keep you comfortable. Your physician is required to provide that type of care.

The foregoing are just some of the benefits of having a living will, health care instructions and/or an appointed health care representative and some issues that may arise if you do not have one or more of those. This article is not intended to discuss all possible benefits or issues concerning living wills, health care instructions and/or appointed health care representatives. Further, this article and the information in it do not constitute legal advice and are not substitutes for legal or other professional advice.

If you are interested in having a living will or health care instructions drafted and/or a health care representative appointed, please call me at (860) 455-5207 or email me at AttorneyTighe@tighelawfirm.com

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Year-End Financial Planning Checklist

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



As 2019 draws to a close, this month we will be discussing year-end planning strategies and tips to begin organizing your finances for the new year. To help you get started, we've put together a list of key planning ideas to consider. At Weiss, Hale & Zahansky Strategic Wealth Advisors, we know how important it is to have a strategic plan in place for the new year as you develop, change, or achieve your unique financial life goals.

Savings and Investments

Revisit your retirement contributions. Review how much you're contributing to your workplace retirement account. If you're not taking full advantage of your employer's match, it's a great time to consider increasing your contribution. If you've already maxed out your match or your employer doesn't offer one, boosting your contribution could still offer tax advantages. Now is also a good time to ensure that your portfolio allocation remains in line with your financial life goals.

Take stock of your goals. Did you set savings goals for 2019? Realistically evaluate how you did, and think about your goals for next year. If you determine that you are off track, talk to your financial advisor to realign your investments to your financial life goals.

Health and Wellness

Spend your flexible spending account (FSA) dollars. If you have an FSA, those funds may be forfeited if you don't use them by year-end. (Some FSAs offer a 2.5-month grace period or the ability to carry over up to \$500 into the next year; check with your employer to see if those options are available.) It's also a good time to calculate your FSA allotment for next year, based on your current account excess or deficit.

If you're not using an FSA, evaluate your qualifying health care costs to see if establishing one for 2020 would make sense.

Taxes, Taxes, Taxes

Manage your marginal tax rate. If you're on the threshold of a tax bracket, deferring income or accelerating deductions may help you reduce your tax exposure. It might make sense to defer some of your income to 2020 if doing so will put you in a lower tax bracket. Accelerating deductions, such as medical expenses or charitable contributions, into the current tax year (rather than paying for deductible items in 2020) may have the same effect. In addition, reviewing your capital gains and losses may reveal tax planning opportunities—for instance, harvesting losses to offset capital gains.

Here are a few key 2020 tax thresholds to keep in mind:

The 37 percent marginal tax rate affects those with taxable incomes in excess of \$518,400 (individual), \$622,050 (married filing jointly), \$518,400 (head of household), and \$311,025 (married filing separately).

The 20 percent capital gains tax rate applies to those with a taxable income in excess of \$441,450 (individual), \$496,600 (married filing jointly), \$469,050 (head of household), and \$248,300 (married filing separately).

The 3.8 percent surtax on investment income applies to the lesser of net investment income or the excess of modified adjusted gross income over \$200,000 (individual), \$250,000 (married filing jointly), \$200,000 (head of household), and \$125,000 (married filing separately).

Consider the benefits of charitable giving. Donating to charity is another good strategy for reducing taxable income. If you'd like to help a worthy cause while trimming your taxes, it's worth exploring your charitable goals and various gifting alternatives.

Make a strategy for stock options. If you hold stock options, now is a good time to make a strategy for managing current and future income. Consider the timing of a non-qualified stock option exercise. In light of your estimated tax picture, would it make sense to avoid accelerating income into the current tax year or to defer income to future years? And don't forget about the alternative minimum tax (AMT). If you're considering exercising incentive stock

options before year-end, have your tax advisor prepare an AMT projection to see if there's any tax benefit to waiting until January of the following year.

Plan for estimated taxes and required minimum distributions (RMDs). When considering your taxes for 2019, be sure to take any potentially large bonuses or a prosperous business year into account. You may have to file estimated taxes or increase the upcoming January payment. If you're turning 70½, you'll need a strategy for taking RMDs from your traditional IRA and 401(k) plans.

Adjust your withholding. If you think you may be subject to an estimated tax penalty, consider asking your employer (via Form W-4) to increase your withholding for the remainder of the year to cover the shortfall. The biggest advantage of this is that withholding is considered as having been paid evenly throughout the year instead of when the dollars are actually taken from your paycheck. You can also use this strategy to make up for low or missing quarterly estimated tax payments.

Proactive Planning

Review your estate documents. To help ensure that your estate plan stays in tune with your goals and needs, you should review and update it on an ongoing basis to account for any life changes or other circumstances. If you haven't done so during 2019, take time to check trust funding, update beneficiary designations, take a fresh look at trustee and agent appointments, review provisions of powers of attorney and health care directives, and ensure that you fully understand all of your documents.

Check your credit report. It's important to monitor your credit report regularly for suspicious activity that could indicate identity theft. Federal law requires that each of the nationwide credit reporting companies (Equifax, Experian, and TransUnion) provide you with a free copy of your report every 12 months, at your request.

Get professional advice

Of course, this list is far from exhaustive, and you may have unique planning concerns that are not covered here. As you prepare for the coming year, remember to talk to your financial advisor to create a unique strategy that works best for your needs and financial life goals. Our unique and strategic Plan Well. Invest Well. Live Well.TM process will guide you as we work together to achieve your financial life goals. You can access weekly market highlights, along with additional information, on our website at www.whzwealth.com/resources. Make sure to check in next week!

This article has been authored in part by 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.

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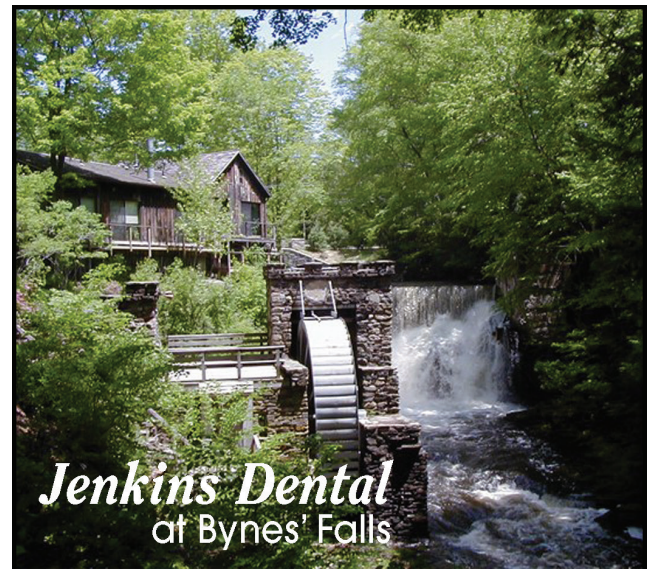
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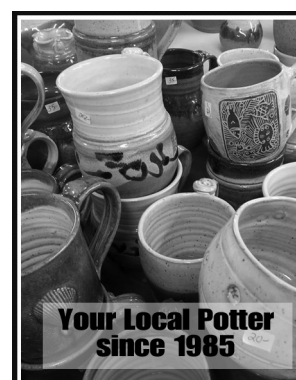
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In photo at left muralist Faith Satterfield describes the symbolism of the Windham Middle School mural, accompanied by Diana Linares, one of the students who cooperated in creating the project. Acting Superintendent Tracy Youngberg, far right, listens to the description of the mural's meaning. Above: In the spring of 2019, Windham Middle School students executed the concept and painted the 30-foot mural under the direction of Faith Satterfield of Norwich, CT. Contributed photos.

Windham Middle School Student-Created Mural Unveiled

Submitted by Margaret Chatey

Windham Middle School students and staff unveiled a hand-painted mural as part of the school's Cultural Heritage Celebration on November 7. Local artist Faith Satterfield, owner of Murals by Faith in Norwich, CT, worked with middle school students enrolled in the Enrichment program last year to conceptualize, draw and paint the 30-foot mural located on the first floor hallway.

The mural was unveiled by students, Ms Satterfield and Jennie Navarro, Before and Afterschool and Enrichment Programs Coordinator before a crowd of parents and staff members. Ms Satterfield described the message of the mural. "As a trained illustrator, you want to be able to tell stories with your art. The students who I worked with and I have created a transitional mural that tells a story as you walk through it.

"Our forest, at the beginning end, has all different types of trees, representing different nationalities, different parts of the world; different tastes represented by the different fruits. From there, the tree leaves and petals are transitioning into birds, and the birds turn into flower petals, and then back into the garden. It's like the circle of life." The mural is brightly painted, with the birds featured in shimmery gold flying toward fluffy pastel clouds in the sky.

Ms Satterfield described the students' talents that emerged during the process. She said, "The students didn't have any confidence in their artistic skills. This experience

at the wall, one on one, was very valuable. This process created some friendships, and brought out some qualities in students that I hadn't seen working here before as a teacher."

The mural also includes Aristotle's quote, "The whole is greater than the sum of its parts," and another quote by Margaret Mead, "You are absolutely unique, just like everyone else," which resonated with the students who created the mural. "Working together we're stronger than individuals. We're all unique. This mural celebrates the good."

Windham Middle School Principal Marcus Ware introduced the ceremony, and shared that he had told Ms Satterfield last spring when he watched her leading the Enrichment class that he wished she had been his teacher. "The Enrichment program attracts a lot of kids with different talents and different reasons. For the parents in this room, you'll be happy to know they participate in a program like this one."

Dr. Tracy Youngberg, Acting Superintendent, concluded the ceremony. She shared with Ms Satterfield, "Your clear connection with the students is powerful, even though you are very humble about it. And to the students who worked on this, this will live long after you've moved on from Windham Middle School. Thank you."

Windham Middle School students who participated in the mural project in 2019 include: Rubidia Antonio Giron, Brenya Archambault, Tatyana Colon Pedraza, Armani Crespo, Veronica Cruz, Xavier Cuevas, Caden Gluck,

Geronimo Gomez Jr., Abnerys Gonzalez Pellot, Emma Hill, Catalina Holton, Sanai Johnson, Diana Linares, Yamilex Lopez Ramos, Katie Martinez, Trinita Meakem, Hayley Morin, Rose Murray, Madison Olbrias, Chyla Ortiz, Joelle Ortiz, Jannayrie Perez Guzman, Ariana Portuguese, Telma Quiroz Torillo, Naisha Rios, Abigail Rodriguez Salazar, Ava Rooke, Kimberly Tripphahn, Camila Vazquez Serrano and Denisse Zamudio Reyes.

Students in grades 6-8 may elect to stay after school two days each week to attend an Enrichment class. Windham Middle School students select from a wide variety of classes in Enrichment, such as Martial Arts, Pottery, Social Justice Workshops, Theater, Cooking, the Spoken Word or Bike Safety and Repair. The winter session of Enrichment classes started again on November 19 offering a choice from among 10 different courses.

Faith Satterfield is a mural artist, an internationally trained Illustrator and teaching artist. Teaching people of all ages how to approach projects at any level, she believes the individual is a vital part of the creative community. Her projects range from 1000 square-foot murals to art class with kids and mobile painting parties across New England. Approaching creativity from all angles, Ms Satterfield promotes the production of imagination everywhere she goes. Ms Satterfield studied Art Therapy at the University of Connecticut, and Illustration at the University of Lincoln in the United Kingdom.

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: Our calendar starts here and wonders through the paper.

December 4, Wednesday

Kids: Preschool Learning with Jumpstart, 9:30a.m. - 11:30a.m. Ages 2-6 . Reading and hands-on play activities to gain skills needed for kindergarten. Willimantic Public Library,

905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

Walk: Relaxed Ramble, 11:00a.m. - 1:00p.m. Easy to moderate walk on forest trails. All welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Kids: Reading Buddies, 4:30p.m. - 5:30a.m. Grades k-12 . Get reading and homework support from an ECSU

student. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

Crafts: Wreath Marking Workshop to Benefit Toy Drive, 6:00p.m. \$30. Windham Center Fire Department, 18 Windham Center Rd, Windham. Register: 860-208-3649 or smileyjess1985@yahoo.com

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 986 Main St, Willimantic. Info:

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December 5, Thursday

Library: Open House, 5:30p.m. - 7:30p.m. Meet the new Director, Dan Paquette, and enjoy dulcimer music, refreshments, and free books. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org
Kids: Family Movie Night, 6:00p.m. Watch a family-friendly movie on the large screen. Light snack provided. Willimantic Public Library, 905 Main

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Ashford Angler Lands Big One

Fishing Report for Monday, October 28th

Submitted by Nord Yakovleff, Ashford

Two DEEP trophy fish in one day. That's a good day. The Connecticut DEEP awards a trophy for certain size fish. For Blackfish, any fish over 8 lbs is eligible for a trophy. My wife, Peg Rux, has been after a Tog trophy for a long time. Today she struck gold with an 11.8 lb Tog. When I netted it, the net handle broke in two! I grabbed the netting with my hands and wrestled it on board. It was a big tangled up mess, but we got it.

I caught a tog that weighed 8 1/2 lbs, also a trophy.

Our friend Dave has a good touch too, getting some 5-6 pounders.

What a day. All this happened before lunch.

We got one nice Black Sea Bass for Sushi-Sashimi for tomorrow. We filled up the cooler with fat fighting fish.

Water temp 59 deg, calm sunny. light winds

Depth 21' 4 oz sinkers

Green crabs for bait.

Chum with frozen chopped clams and frozen shrimp scraps from cleaning out our freezer.



Peggy Rux of Ashford and her 11.8 lb. tog (blackfish). Nord Yakovleff photo.

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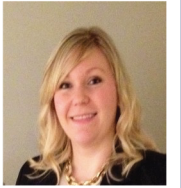
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Stay Curious

By Grace Preli

Stay curious. Stay curious. Stay curious.

When at the grocery store and someone pushes me out of the way without apology.

When sitting down at the end of the day and I think about how I might have liked to handle a difficult situation a little differently.

When driving to meet my boyfriend and girlfriend; will we, or won't we break up?

And what part of our changing relationship is 'my shit'? Stay curious Grace.

When worried about how I'm going to pay my rent on time.

When thoughts of wanting more; more money, more time, more freedom to do what I want to do come floating to the surface.

What do I want to do? I want to write, right? Stay curious. Stay curious Grace.

When digging through my past.

When in the middle of an argument. Or misunderstanding. Or discussion.

When discovering patterns and behaviors and ways of living that don't serve me anymore. You don't know until you know, you know? Stay curious.

What does it mean to grow up? What do I want out of this life? What do I have to offer? What do I want to receive? What lessons are here for me in the silence as I walk through the forest and sit in the fields? What lessons are here for me in the bustle of my day, the rush of my errands? Stay curious. Stay curious. Stay curious.

What does it mean to stay curious? This word came to me one day a few weeks ago and when it did I literally jumped up and said ohhhhhh this makes so much sense! It felt as though I had suddenly solved a really hard math problem I hadn't been trying to solve. I took a moment to reflect on the word. When I think about curiosity I think of children, I think of being creative, I think of imagination. I think of withholding judgment, gathering information, playing, innocence and being in the moment. I realized as I sat and reflected on the word that these are all actions I can add to my life. One simple word reminds me to withhold judgement AND think of creative solutions to my problems. Staying curious requires me to be present AND have a loving and tender appreciation for my past and future. The word curious reminds me to approach a situation with innocent perception AND with information.

I'm not a little kid anymore and nor are you but we still have a lot we can learn from the children in our lives and our own inner child that we carry with us in our heart. The goal, as I once thought it to be is not to remain an innocent child forever but to carry with me the lessons I learned then and the intuitive sense of the world I once had into my adult life. We often can and do lose the gift of imagination and innocence and ease we have as little earthlings but we can rediscover these traits and behaviors and apply them in a much more balanced way as adults. Imagination can be beautifully applied when coupled with a drive to affect great change in the world. Innocence coupled with life experience can help solve problems and resolve conflicts. Withholding judgement and accepting the reality of a situation can help propel me look at a disagreement differently than before.

What can staying curious do for you?

It can help you to stay present. If you are remaining curious, then you are gathering information, data, input... and in order to do this it's necessary to stay present. How do you gather information? Your senses? Intuition? That feeling in your gut? If you are in a moment where you are gathering information, not judging it or acting on it but simply being open to what the moment contains and is offering you then you free yourself to simply be. To act, not react. To observe.



By remaining free of judgement, this allows me/you/we to be more kind. I have noticed that being curious lets me be softer, more accepting and more understanding of myself and the people around me. If I'm not judging someone, or being harsh and critical of them (or myself) then I am free to again, simply be. I have particularly tried to remain curious during conflict... during an argument with my partners or during a conflict in my mind, where worry or anxiety comes up. When I remind myself to be curious, suddenly I don't feel the need to be super critical. Remaining curious lets my compassion, kindness, gentleness and desire to connect and help run free.

Being curious also helps us to remain open to alternatives, to that third option, to that imaginative, creative way of doing something or solving a problem. By staying curious and not reacting to a situation or thought, I am able to see more clearly that I am free, that possibilities always exist and that often, a completely different and more benevolent solution to my problems is available. What can we humans create when we allow our creativity to come forth? How can we connect, change, grow and get ourselves more free when we use our imaginations? What magic can we create when we stay open to the present moment and the infinite number of possibilities contained within that single breath?

Staying curious helps me to not throw my shit around. Staying curious helps me be more secure in who I am and more confident of my position and existence within space/time/a situation/my current reality. It helps me let myself off the hook of constant criticism and self judgement. While remaining curious about others, I can remain curious about myself. How am I acting or reacting here? My friend is saying this right now, how is this making me feel? My partner is doing this right now, is this triggering me? Why? When I let myself stay curious about myself it is much harder for me to project or assume. If I'm focused more on remaining open, I focus less on closing myself off with an assumption or judgement. If I am focused on an understanding of myself and my process, I am less likely to be super critical of myself and those around me.

If I am curious to those around me and my life experiences, I approach people and situations with the idea that I have something to learn from everybody and everything. I get knocked right off my high horse if I stay open to my world around me. If I remain curious, how can I think I'm top dog? If I want to be on my high horse am I going to learn anything? Am I going to advance and let my life teach me what I need to be taught? Being guarded and entitled, being snobby and a know it all, this is the antithesis of staying curious. Remembering to stay curious is a gentle reminder that I don't have to have all my shit together, that I don't have to know everything, that I don't have to put pressure on myself to succeed, to be the best, to come out on top in everything. Staying curious in this sense relieves me of a tremendous amount of pressure I never knew I was under. Getting curious lets me breatheeeee and be for what feels like the first time in a long time.

Next time you want to make a judgement. Remind yourself to be curious. Next time you don't understand a friend, or partner or loved one, remain open and curious. If and when you start to worry or feel lost, remember that creativity and imagination depend on curiosity. I hope that you can, as I have been doing, find ways to be curious in your life. We're coming to the end of the year. Where will you go in 2020 if you let your curiosity guide you? How will you grow and continue to get free if you stay open to the present moment and the infinite possibility it contains?

Many blessings and much love to you dear reader. Until next time, stay curious!

Area Knights of Columbus give away more than 550 winter coats

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Article and photo by John D. Ryan

A warm winter coat. Most people take wearing one for granted. Some people can't afford to. That's why several of the area's local Knights of Columbus councils stepped in to help.

For the seventh year in a row, seven of Windham County's local K of C councils joined forces to buy or collect a total of more than 550 new and used coats for needy, local children and adults.

On Friday morning, November 29, Knights went to the Brooklyn Parks and Recreation Department's offices on South Main Street, to give away the coats, along with their collection of almost 100 used blankets and more than 100 sets of used baby clothes, all clean and in good condition, so whole families could be helped. As usual, the effort also included contributions to local homeless shelters, clothing banks and social service agencies.

Also, for the first time, this program also included more than \$300 worth of winter socks bought by the K of C councils and given to area veterans groups for distribution to needy local vets.

"The Knights of Columbus live by the principles of charity, unity, fraternity and patriotism, and we demonstrated that today, right here in this room," said Grand Knight Clifford C. Soucy, of Brooklyn, as he helped to pack up moments after the event ended. "It shows what Brother Knights can do when we work together to help people in our community."

Soucy is the elected leader of Mystical Rose Council 49, of Brooklyn. When area Knights decided to hold the second annual regional "Coats for Kids" program on the day after Thanksgiving, 2014, organizers picked the recreation department's offices on South Main Street, just off Route 6, because it's near a main highway and is centrally located in the region. Because Council 49 is headquartered in Brooklyn, it's co-hosted the annual event with the Brooklyn Recreation Department since then.

Working since this spring, the seven local councils, which cover an area from Ashford east to Thompson and south to Plainfield and Moosup, bought and donated specially-made, new, K of C children's winter "Coats for Kids." They also collected good quality used coats for adults, as well as baby clothing and blankets, to give away at the same time.

Recipients received coats, blankets or baby clothing solely on the basis of need, regardless of race, nationality or religion. In order to find recipients, K of C organizers contacted more than 100 local public and private schools, churches and non-denominational social service agencies located throughout Windham County, asking them to invite needy people to come to Friday's distribution event to be fitted for a coat.

And come they did. Families with children from towns throughout Windham County trooped in, with youngsters and their parents being fitted by Knights for coats and sometimes taking blankets, baby clothing, or both, to bring home. Most found the right sized coat and left wearing it happily, something Soucy said made it all worthwhile.

"The Knights are here to help people in our communities, and we certainly did that today," he said.

The program in Brooklyn was similar to other K of C regional coat distribution programs held in Bridgeport, Hartford, New Haven, Norwalk, Stamford and Waterbury during the Thanksgiving week. Such distributions have been an annual Black Friday event in Connecticut for several years. Throughout the U. S. and Canada, local K of C organizations spent \$3 million in 2018 buying coats for needy children through this program. Starting when the "Coats for Kids" program began in 2009, through 2017 nearly 500,000 coats have been distributed in 49 states and all 10 Canadian provinces.



A woman looks through the coats during the 7th Annual Northeastern Connecticut Knights of Columbus 'Coats for Kids' program.

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Windham High School students Jovan Almodovar, Eugene Galarza and Nevaeh Flores (left to right) enjoy their meals on biodegradable trays. Submitted photo.

Windham Public Schools Serving Up Biodegradable Trays

Submitted by Margaret Chatey

Windham Public Schools has taken a step toward sustainability in the school cafeterias by shifting from polystyrene trays to biodegradable trays.

Although many school districts are fighting Connecticut Senate Bill 229, An Act Prohibiting the Use of Styrofoam Trays in Connecticut Schools, Windham's Food Services Department has embraced the change and shifted to lunch trays that are made of 100% recycled paper or 100% sugar cane fibers.

Eric Volle, Food Service Director says, "We have used roughly 800,000 polystyrene trays each school year in our Windham School cafeterias, all made up of non-renewable fossil fuels. We, along with most other school districts, have been serving breakfast and lunches on trays that were made of polystyrene. When you do the math, over ten years we are depositing nearly 8 million trays into landfills or sending them for incineration into the atmosphere. This did not sit well with me, nor with many of our families."

The district's Food Services department is self-sustaining, and pays for all of its own food, supplies, and labor without any support from the school's general fund budget. Using his background in the restaurant industry, Mr. Volle carefully manages the food and cafeteria guidelines outlined by the federal government, and has consistently achieved a fiscal surplus through the department's practices.

"I have been looking at how to convert over to

biodegradable trays since I arrived six years ago, and now the time is right to make the move," says Mr. Volle. "It's the right thing to do."

The trays are very sturdy when in use. By being biodegradable, these trays are able to be tossed directly into the trash after lunch, and are compostable. Response from staff, students and families has been very positive.

According to Mr. Volle, a number of people have questioned him over the years about why schools do not maintain and wash reusable trays, dishes and silverware as used to be the norm. Manpower requirements to process dirty dishes, and concerns over how well dishwashers cleanse dishware, has caused cafeteria managers to shift away from this practice. Additionally, studies show that the amount of resources—water and heat—to wash is not efficient.

Windham Public Schools Food Services Department serves approximately 7,000 breakfasts and 14,000 lunches each week to students, at no cost to families, at seven locations across the district.

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The Neighbors paper
Black and white
And read all over!

Take Note! To Perform Benefit for No Freeze Project Winter Wonder Auction

Submitted by Cheryl Chase

The acclaimed a cappella ensemble Take Note! performs a benefit concert, "Music to Warm the Heart," to help the Windham Region No Freeze Project ensure that no one is left out in the cold. The vocal group performs in concert on Sunday, December 8, 2019 at 3:00 p.m., at St. Paul's Episcopal Church, 27 Plains Road, Windham Center. Tax deductible donations will be accepted at the door. The concert features music of the season in an eclectic mix of jazz, traditional, and multicultural selections.

The Windham Region No Freeze Project, Inc. is a not-for-profit agency dedicated to the survival of homeless adults who are in the Windham Region. They provide safe temporary shelter; they strive to address unmet needs including food, clothing, hygiene, case management, emergency and transport funding; and they facilitate regional community and social service agency collaboration to these ends.

Take Note! is a 21-voice a cappella ensemble



based in Mansfield, and is comprised of select, talented, local singers from diverse backgrounds who enjoy challenging, varied musical styles. Under the artistic direction of Linda Tracy, Take Note! performs without charge for the benefit of other nonprofit organizations. The ensemble's mission statement expresses its vision well: "Through performances in support of charitable endeavors, we are raising voices, raising spirits, raising hope." For more information, visit www.take-note.org, email take-note@earthlink.net, or call (860) 228-2390.

St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

Live Music: Tolland High School "Holiday Pops Showcase". Doors 6:30pm / Show 7:00pm. The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474 www.thepackinghouse.us

December 6, Friday

Dance: Quiet Corner Contra Dance, 7:45p.m. - 11:00p.m. Includes a 15 minute beginner workshop. Partner not necessary. BYO soft-soled shoes, lightly layered clothes and water bottle. Snacks welcome. Live caller and band. Patriot's Park Lodge, 172 Lake St, Coventry. Info: knowdj@charter.net or 860-742-9498

December 7, Saturday

Artisans: Christmas Craft Fair, 9:00a.m. - 2:00p.m. 40 crafters, bake sale, soup, sandwiches, pierogies. Philip's Church, Rt. 44, Ashford.

Artisans: Holiday Shop, 10:00a.m. - 4:00p.m. Shop local artisans at the Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Fair: Holiday Shop, 10:00a.m. - 2:00p.m. Holiday shop fundraiser at Christ Church in Pomfret. Info: 860-315-7780 www.christchurchpomfret.org

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

Singing: Holiday Singalong, 6:00p.m. - 7:30p.m. Free. Sing the songs of the season, enjoy refreshments, and hear live music before and after the event. Info: 860-208-8783

Live Music: Grace & Grit, Kala Farnham & Jeff Przech (Folk/Americana). Doors 7:00pm / Show 7:30pm. Tickets \$15.00 online / \$20.00 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

December 8, Sunday

Artisans: Holiday Shop, 10:00a.m. - 4:00p.m. (See 12/7)

Live Music: Take Note! Concert "Music to Warm the Heart", 3:00p.m. Donation requested. St. Paul's Episcopal Church, 27 Plains Rd, Windham Center. Info: note@earthlink.net www.take-note-org

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

December 9, Monday

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

Film: "The Biggest Little Farm", 7:00p.m. Free. 2nd Monday Film Series. Storrs UU Meeting House, 46 Spring Hill Road, Mansfield. Info: 860-428-4867.

December 10, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. Lake View restaurant, Coventry. Info: qcf.webs.com

December 11, Wednesday

Running: Trail Running Club, 4:00p.m. - 5:00p.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

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

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 12/4)

December 12, Thursday

Nature Conservancy: Woods Forum: The Future of Connecticut's Forests, 6:00p.m. - 8:00p.m. Get together with other woodland owners and natural resource professionals for a discussion. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

Kids: Winter Craft, 6:00p.m. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

Dance: Social Dance Series with Kelly Madenjian, 6:30pm. \$10.00 door. Enjoy a lovely evening out social ballroom dancing including a beginner ballroom dance lesson. All levels welcome. Partners not required. The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474 www.thepackinghouse.us

December 13, Friday

Hike: Full Moon Night Hike & Campfire, 6:00p.m. - 8:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

Film: "It's a Wonderful Life" (G). 1982. Doors 6:30pm / Film Showing 7:00pm. \$5. Classic holiday film. 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.

December 14, Saturday

Kids: Gingerbread Holiday Family Craft Workshop, 2:00p.m. - 4:00p.m. \$8. Make gifts, decorations and candy houses. Windham Textile & History Museum, 411 Main Street, Willimantic. Reservations: 860-456-2178 www.millmuseum.org

Submitted by Sheila Amdur

Temple Bnai Israel, 383 Jackson St., will present its biennial Winter Wonder Auction on Saturday, December 7, 2019 at 6:30 pm. Auctioneer Ernie Eldridge will present the live portion of the auction beginning at 8 pm. Weekend and week long vacation locations along the Eastern Coastline will be offered in addition to unique items such as jewelry from around the world, locally produced honey, hot pepper jelly and summer vegetables from a Mansfield CSA. Themed gift baskets, perfect for holiday giving, hand made items, restaurant gift certificates and Theater tickets and shows galore will be featured during the silent auction. Fine wines, catered dinners, pottery and gifts for the home will also be featured. A women's weekend in Vermont will include workshops, outdoor and indoor activities, food and lodging. This year there will be a separate section for original artwork from noted artists, and music will be provided by the Quiet Corner Fiddlers. Two featured items are a signed limited edition lithograph by Marc Chagall, and a signed Die Cast Car by Nascar Star Chase Elliott.

The price of admission is \$10 in advance or \$15 at the door and includes hearty hors d'oeuvres and drinks. To purchase tickets, send checks to Temple Bnai Israel, PO Box 61, Willimantic, CT 06226 or call 860 423-3743 for credit card orders.

Temple Bnai Israel is a welcoming and caring community and we encourage anyone who wishes to attend to join us in sharing the joy and fun of this holiday event.

Prometheus Theatre in Benefit Performance

Submitted by Gay Wagner

Prometheus Theatre of the Air returns to Hampton Community Center, 8:00 PM, December 13, to perform the 1940s radio adaptations of "The Shop Around the Corner." The show is a revival of performances done on the air by the Screen Guild Theater in 1940, and Lux Radio Theater in 1941.

Prometheus Theatre of the Air is a troupe of actors, playwrights, and technicians, mostly from Eastern Connecticut, which produces and performs live radio dramas. They perform both adaptations of classic novels and plays, as well as original works. Prometheus originated in 2012, with a performance of an updated version of the 1938 Mercury Theatre on the Air production of "The War of the Worlds" on WHUS, the UConn radio station.

Since then, the troupe has performed five other radio plays: Dickens' "A Christmas Carol," Anton Chekhov's "Three Sisters" : a Halloween show, "Three Ghost Stories;" "Paradiddle" by Robert Dean Klein and Craig A. Singer ; and "Pride and Prejudice" by Jane Austen. In October 2017, Prometheus re-enacted "Three Ghost Stories" at the Hampton Community Center.

Mark Lowe is the founder and director of the company, and its chief writer. Rounding out the cast and crew -- some of whom are returning from "Three Ghost Stories" and some of whom will be newcomers to Hampton -- are Michele Abbazia, Vince Chaisson, Miriam Drew, Jim Hetrick, Zach Lewis, Jim York, and Jill Zarcone. Jim York will again be organizing live sound effects while Zach also returns to run recorded effects and music. All performers have speaking roles.

Admission of \$10 (children free) is a donation to the Covenant Soul Kitchen in Willimantic.

For more information contact Gay Wagner, Hampton Recreation Commission, 860-455-9875

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Emporium Open at East Brook Mall

By Dirk Fecho
Executive Director, Windham Arts

The Emporium is a collaborative opportunity for local artists, artisans, and businesses to display and sell their items in a mall during the busiest time of year.

Our goal as an arts support agency is to foster and help grow the artistic and business community in our beautiful Quiet Corner. We are open for business now through Christmas every Friday and Saturday 12 – 8 PM and every Sunday 12 – 4 PM as well as Monday, December 23 12-8 PM and Tuesday, December 24 10:00 AM – 2:00 PM.

Many thanks to our partner, East Brook Mall, for all their help as well as the Connecticut Office of the Arts, which is part of the Department of Economic and Community Development, whom we represent locally as one of nine designated regional service providers in Connecticut.

Here's your chance to support the creative effort while getting absolutely

unique works of art to give as a gift or to inspire yourself. As a community, it is important to support local artists. Without local citizen support the art they make would cease to make the great impact that it does. When you support the artist community, you are supporting all of our respective creative freedom. Once artists are able to express themselves creatively and freely, beautiful art is made that can be admired by the community and the world.

These art pieces reflect the artists' ideas and their hidden messages behind each work of art. Let's meet a couple of our artists, artisans, crafters and local businesses at the Emporium at East Brook Mall:

Bill Dougal, a multi-talented artist of DougalArt.com from Lebanon, is one of

our artists and he is also one of nine 2019 Arts Heroes as recognized by the Connecticut Office of the Arts. Bill's work is on display at the Emporium and available for purchase. He has original art, prints, books, videos and more. You may recognize Bill also as a caricaturist and he will be holding a special event on Sunday, December 8 from 12-4 PM where you can get a fun cartoon style portrait drawn. Makes a great gift or fun for yourself!

We also feature visual artist Scott Rhoades from Storrs and his wife, Ellie, who makes lovely baby wraps and blankets. A winner of numerous art awards, Scott is also a member of the Artists' Open Studios of Northeast Connecticut. Scott has original paintings and prints available for purchase.

A rising star, Kennedy Marshall of Kennedy A. Marshall Illustrations, is an illustrator of life, fantasy and everything in between. She has a passion to make scientific art both beautiful and approachable. With original art and prints available for purchase at the Emporium you need to see her work in person. She dreams of illustrating children's books. We think she's on her way!

Mansfield Art Center, a local business from Mansfield, offers unique handmade gifts from around the world, many made by indigenous people with fair trade that the owners have personally picked out directly from the artisans on location. Joining Mansfield Art Center is fine artist Maggie Kendis, also a member of Artists'

Open Studios of Northeast Connecticut and an experienced fine artist who has found her niche creating small hand-painted linocut prints.

Daniela de Sousa is a visual artist and educator. She is also the co-founder of Spiral Arts Studio on Young Street in Willimantic. She has the most amazing ceramics available for purchase at the Emporium. The way she uses color in her pots is just stunning. Daniela currently works as an adjunct Instructor in the Sculpture Department at ECSU. Also a member of Artists' Open Studios of Northeast Connecticut, Daniela is also responsible for developing and implementing a variety of

programs and projects related to Spiral Arts Studio mission, to provide arts education and studio space to a diverse demographic.

Browse Chiveflower Designs' booth at the Emporium at East Brook Mall. Ruth Sangree of Chiveflower Designs is an artist and an educator who likes to design her own jewelry using interesting stones to

create really beautiful pieces. She likes to find things in nature and incorporate them into her designs such as her line of acorn necklaces and earrings that are made with real acorn caps and beads. She has the most perfect gifts for the nature lovers in your life!

Gregory Cariglia of Cariglia-Art specializes in digital art with a classic 21st Century look. After a life saving liver transplant in 2010, he has devoted his life to his LIFE LONG LOVE: Creating Art! Being relegated to a chair or bed for his recovery years he began creating HIS ART. Gregory uses a portable iPad to create all his ART and prints and mounts every piece on wooden frames.

Showing his stunning drone photography for the first time at any Arts & Crafts show, photographer Michael Hughes of Veterans Aerial Media from Canterbury will amaze you with his unique views from above that explode in color and detail. Certified as a remote pilot by the FAA, Michael loves to capture images from the Quiet Corner to Rhode Island and Maine. He has cards and prints of various sizes available for purchase.

We also have the following artists/artisans/crafters in the Emporium: Caroline Redding as The Traveling Magpie, Marilyn Ulion as Crystal Bower, Jerry Redding, Elaine Duchaineau from Elaine n' the Sun, Wajiha Yasmeen, Chelsey Knyff of Always Thread Lightly, John Starinovich from Holes in the Woods, Laurie Lemeck with My Precious Stones and Barbara's Bow Ties, Kristin Stomberg from Castawayz Creations and Amy Murphy as Whitten Wood.



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“A Holiday Season to Celebrate”

By EC-CHAP

This is our favorite time of the year! The sounds, the smells, the images, and the spirit of the season simply bring cause for celebration. It's a time for reflection and thanks; and a special time for gatherings of families and friends.

We are grateful for our members, volunteers, partners and patrons for all the support you have provided through the year. You continue to give EC-CHAP life, and the opportunity to continue to fulfill our purpose as your cultural center. Thank you.

In addition to our scheduled performances, we would like to remind you of our recurring monthly events: “Talent Showcase” (2nd Wednesday) – December 11th; “EC-CHAP Social Dance with Kelly Madenjian” (2nd Thursday) – December 12th; Our annual screening of the Holiday Classic, “It’s A Wonderful Life” PG (1946) – Friday, December 13th; and Monthly “Information Exchange Meeting” – Tuesday, December 17th.

Details for December’s events are included below and we 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 the Saturday afternoon jazz program, “Musical Myriad”, WECS 90.1FM, has submitted a timely article this month with a jazz perspective on the familiar holiday tunes.

All of us at EC-CHAP would like to wish all of you a safe, healthy and enjoyable Holiday Season!

Peace
EC-CHAP Board

EC-CHAP SPECIAL PROGRAMS

Tolland High School “Holiday Pops Showcase”. Thursday, December 5th, 7:00pm.

The Tolland High School Music Department will present a Holiday Pops Showcase on December 5th at 7pm. The evening will feature the THS Chamber Choir under the direction of Noah Fields and the THS Jazz Band under the direction of Megan Kirwin.

Students will be performing some holiday favorites such as Sleigh Ride and Hot Chocolate and well-loved popular tunes, Hey Jude and Sweet Caroline. We hope you join us for an enjoyable evening of music. Admission is free to the public. This is an alcohol free event.

EC-CHAP ACOUSTIC ARTIST SERIES

“Grace & Grit” – Kala Farnham and Jeff Przech (Folk / Americana). Saturday, December 7th, 7:30pm.



Grace & Grit is the musical pairing of Connecticut songwriters Kala Farnham and Jeff Przech. The combination of Kala’s beautiful, folk-tinged melodies and Jeff’s broken-in, country/rock tendencies yields a wonderfully harmonious union of distinct styles and voices.

After talking about the possibility several times, the two finally came together at the 2019 Rose Arts Festival and their partnership was born. Though the two come

from very different places, their interpretations of each other’s songs, as well as a number of duets, make Grace & Grit a true collaboration.

Each of these talented musicians have graced (no pun intended) The Packing House stage several times since 2016. They have performed individually or with other accompaniment. This Holiday season brings them back as “Grace & Grit”. We’ll let you figure out who the “Grace” is and who’s the “Grit”. Tickets \$15.00 Advance / \$20.00 Door.

“Seat Of Our Pants” (Folk / Bluegrass). Saturday, December 14th, 7:30pm.



For more than 8 years, Seat Of Our Pants (SOOP) has been treating audiences throughout the state to their very own style of Americana, described as a “sweet soup of blended harmonies, uplifting lyrics and...fun vibe”, by Anne Marie Cannata McEwen, Director at The Buttonwood Tree in Middletown, Ct.

Come and see for yourselves what all the buzz is about as Carolyn, Jeff, Mark, and Mike bring their music to The Packing House for the 4th year in a row. The distinct all-American tone of the Appalachian mountain dulcimer, the visual intrigue of the electric upright bass, the energetic beat of the cajon, the impeccable intricate harmonies, and the melodic play of the fiddle and guitar distinguish Connecticut’s one-of-a-kind SOOP. Their cornucopia of folk instruments and rock-infused songwriting are a contagiously fun experience. Tickets \$15.00 Advance / \$20.00 Door.

EC-CHAP Film Series:

“It’s A Wonderful Life” (PG). 1946. Friday, December 13th, 7:00pm



Join us for the 4th annual screening of this Holiday Classic “It’s A Wonderful Life” (1946) at The Packing House. Starring James Stewart, Donna Reed, and Lionel Barrymore. “An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed.” (IMDb).

Make this a Holiday tradition in our intimate historic setting! 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

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Jazz Alternatives to the Same-Old Holiday Tunes

By Arthur Rovozzo, EC-CHAP Contributing Writer

Seems like every December when I’m out shopping I overhear people who grumble and complain about the prevalence of those favorite holiday tunes piped over store sound systems. Yes, people love the couple of dozen holiday songs, pop tunes and carols associated with the Christmas season; they just don’t always love being bombarded by the same songs in every store, each day for over six week! The relentless repetition encountered can make some normally calm shoppers rather surly. One guy last year who I heard loudly growling to his wife was at the holiday-tune breaking point: “Can’t they turn this stuff OFF?” he wailed.

Jazz artists are as “guilty” as those from any other style of music in that each performer with any mainstream appeal has recorded a Christmas album of the same-old tunes. Many artists have done multiple Christmas albums! But jazz can also offer different compositions having reverent moods displaying sensitivity to the winter and holiday seasons, occasionally referencing aspects of church music, yet taking the melodies in another direction (apart from simple holiday cheer) entirely – with lots of swinging rhythmic euphoria – and away from simply repeating another run – through of the favorites that every ear is already familiar with. These jazz alternatives to “listening fatigue” have to be searched for diligently and carefully, yet will offer respite to open-minded music fans anxious for a change of pace.

One of the rather unusual albums from the legendary Blue Note label that seems to be season-appropriate is “Band and Voices – A New Perspective” by trumpeter Donald Byrd (1932-2013). As of the early 1960’s, Byrd was firmly established as a rising star instrumentalist in jazz whose academic achievements were substantial, opening the door to a university professorship. The son of a Methodist Minister, Byrd wanted to try an experiment merging Hard Bop, the influence of Gospel music and involvement of a vocal chorus doing wordless (non-lyric) singing in an adaptation of the jazz “scatting” approach. Since Hard Bop already featured the blues and spirituals as essential ingredients, there were no barriers. Byrd enlisted the aid of a friend to serve as choir master/conductor for the project, Coleridge Perkinson, adding an 8 – person choir to the 7 – man group including Byrd’s trumpet. The music was not intended to be, in any way or form, a Christmas album, which is probably why the blend of soul, bop, and spiritual influences so successfully provides an antidote to seasonal song overdoses, not to mention over familiarity.

Following the opening “Elijah” and a misty, ethereal blues piece, three songs provide the core of “A New Perspective”: the Languid, prayer-for peace “Christo Redentor”, dedicated to the giant statue of Christ which stands atop a mountain peak in Brazil; “Black Disciple”, a driving tune in honor of one of the Three Kings, and “Chant”, a revamp of an earlier Byrd composition that is wonderful



in its variation between quiet, jaunty, and happily jamming passages. Guitarist Kenny Burrell and tenor saxist Hank Mobley's contributions help make the album a minor classic with their perfect solos.

Donald Byrd attempted to get lightning to strike the same spot twice when he recorded a sequel to the Band and Voices session (the album "I'm Trying to Get Home"), but the first recording is the pick of the two. Byrd went on to cut another dozen albums for Blue Note, while his associate Hank Mobley recorded 25 leader albums for the label, appearing as a sideman on numerous LPs as well.

Hank Mobley's album "A Slice of the Top" is another of my favorite recordings that has the "wintertime" association, without being a specifically holiday-themed project. Recorded in March, the octet-size mini-big-band on the album packs a lot of punch, vigor, and dramatic soloing into five lengthy tracks. The song with the most "seasonal" feel is "Cute'n Pretty", which sounds as if the tune was based on an age-old carol from Great Britain. The perennially-under-rated tenor giant Mobley, a former Miles Davis sideman, was one of the foremost saxophone stylists of the Hard Bop era, with early career ties to Art Blakey and Horace Silver. Mobley, trumpeter Lee Morgan and alto sax/flute player James Spaulding deliver solos that are sensitive, gutsy or high-intensity, by turns. They are so great and so consistently on-target, it makes one wish that this album had enjoyed wider distribution. Thankfully, "A Slice of the Top" is now set for re-release as part of a new Hank Mobley boxed set produced by Connecticut's own jazz reissue company, Mosaic Records.

I can easily picture someone listening to "A Slice of the Top" while rocketing down a ski run or hitting the slopes with a sled; the record's sense of momentum would exactly compliment those winter activities – I believe. Or you could listen to the music while riding over the snow in a horse-drawn conveyance – provided you could find a particularly jazz-aware, hip horse! A sizeable portion of the credit for this album's musical achievements has to go to arranger Duke Person, who worked closely with Hank to craft the pieces for "A Slice".

Some years later, McCoy Tyner, the pianist on Mobley's album and also John Coltrane's former right-hand-man, did his own take on Byrd's "Group plus Chorus" concept for the album "Inner Voices". Tyner's set features his characteristically super charged, energetic tunes, full of the block chords and rumbling chordal sustains which were his stock in trade. With few quiet moments (like the opening and closing sections of the long, Brazilian-influenced "Festival") this is a far more aggressive set than Byrd's. The Tyner record is more suited to pushing your way through crowds, traffic, and obstacles at the mall as you contend with another holiday shopping season: a great soundtrack for our commercialized Christmas pandemonium.

McCoy Tyner's surging, wildly exuberant tunes are as boisterous as the Byrd songs are subtle throughout "A New Perspective". And Mobley's work has a one-two punch that is joyous and vitally swinging. For those of you who would like to dig deeper into the music and locate jazz works which deal more seriously or directly with religious matters, faith, and Christianity, be aware that there are indeed plenty of examples. A bit of detective effort would lead you to guitarist Grant Green's all spirituals album "Feelin' the Spirit", to John Coltrane's non-denominational "A Love Supreme", to Duke Ellington's various "Sacred Concerts" and the orchestral religious suite by Dave Brubeck, "The Light in the Wilderness", a classical/jazz fusion. And yes, there are scores of commercial jazz albums that cover holiday tune favorites in all manner of interpretations. Add some jazz to your Christmas and winter seasons, while trying to avoid having a music-repetition-related breakdown during shopping – like the fellow I overheard yelling "can't they make it stop? Can't they turn it OFF?" at a store's sound system.

There's a needle for that!

Submitted by Nicole T. Smith, L.Ac

Have you wondered if acupuncture can help with a medical issue or symptom you are having?

I hear this question a lot: Is there a needle for that? So, I thought I'd write this little poem as a fun way to reply.

Anxiety and worry
Making you feel less?
There's a needle for that!
You can be at your best

Need help with your diet
Have cravings galore?
There's a needle for that!
To keep you from eating more and more

Cough or snuffle
Don't want to get sick?
There's a needle for that!
Get over it really quick

Acid in your stomach
Bloating and gas?
There's a needle for that!
Receive relief and relax

Sinuses stuck
Headaches hurting your brain?
There's a needle for that!
No need to be in pain

Busy mind or restless leg
Affecting your sleep?
There's a needle for that!
So your slumber can be deep

Hurting from arthritis
Feeling older?
There's a needle for that!
To help your knee, hip, or shoulder

Have a difficult boss
Work making you scream?
Well, there's not quite a needle for that
Unless your boss also wants to be seen!

Blood pressure too high
Trouble with the heart?
There's a needle for that!
It's never too late to start

From allergies and asthma
Vertigo and Lyme disease
Colitis, bronchitis
Hypothyroid or hands that freeze

Diabetes, chronic fatigue
Neuropathy, epilepsy
Autoimmune, feeling out of tune
Stress, and even infertility

The list is endless
Of what acupuncture can treat
Start feeling great
From your head to your feet


I hope it's now clear
That it can be said
There's a needle for that!
Let the word be spread!

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.

Dear Reader-

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

T. King, Publisher



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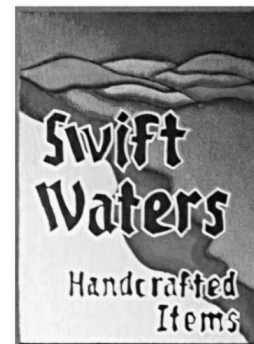
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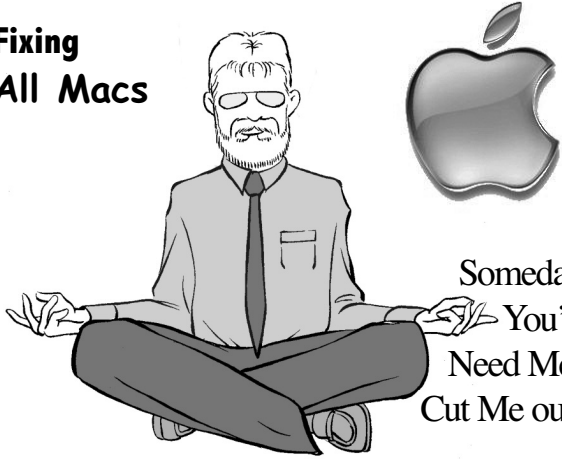
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What's New in mac OS 10.15 Catalina

Apple's macOS Catalina arrived October 7. This free upgrade lets you use your iPad as a second display, draw with an Apple Pencil in Mac apps, and run more iPad apps on your Mac.

Catalina is compatible with most Mac models released after 2012. If yours ran macOS 10.14 Mojave, it will almost certainly run Catalina.

Dropping Support for 32-Bit Apps

Apple has warned for years that 32-bit app support is going away, and this will happen when macOS Catalina arrives. Most apps should be updated by now, but if you have an older Mac app that shows you the "[App] is not optimized for your Mac and needs to be updated" message when you launch it, that app won't work at all in Catalina.

If an app you need occasionally displays this message when you launch it, don't upgrade to Catalina until there's a newer version of that app, or you find a replacement for it.

Music, TV, and Podcasts Get Separate Apps

Mac users have been begging Apple to break up iTunes for years, and in macOS Catalina, this finally becomes a reality. There are three new apps to handle media: Music, TV, and Podcasts. The Music app is where you go to stream Apple Music, manage your library, and purchase tracks from the iTunes Store.

The TV app is the new home of all things video. Here, you find all the TV and Movies you've purchased from iTunes, plus the iTunes Store to download even more. This is also where you stream content from Apple's new TV+ subscription service when it finally launches this fall.

The Podcasts app is nothing groundbreaking, but it's nice to finally be able to manage subscriptions, download episodes, and discover new shows outside of iTunes. All three apps use a very similar interface. And they're noticeably leaner and more responsive than their previous iTunes implementations.

If you miss iTunes, don't worry — on Windows, the classic iTunes app will live on.

Use Your iPad as a Second Display

An iPad being used as a second display with the

Sidecar app in macOS Catalina on a MacBook Pro.

With the new feature called Sidecar, you can turn your iPad into a second display. It works with any iPad that supports the Apple Pencil, although Apple hasn't announced which Mac models are officially compatible. From what we've heard, Sidecar should work on Macs released in 2016 or later.

You can already do this if you use a third-party app, like Duet Display, but now it's available in macOS and iPadOS.

To enable Sidecar after you upgrade your iPad to iPadOS 13 and your Mac to macOS Catalina, head to System Preferences > Sidecar, and then select your device from the drop-down menu. You can also enable a sidebar to access keyboard shortcuts, and a touch bar at the bottom of the screen just like the one on a MacBook Pro.

Some Old Apps Get an Overhaul

Photos: It gets a new look that matches iOS 13. It's also easier to browse your library by day, month, or year. And it's now smarter at identifying "moments," like trips abroad and celebrations.

Reminders: This app was rebuilt from the ground up and mirrors iOS 13. You can now add attachments, tag people, and browse your reminders via Smart Lists, with labels like, "Today" and "Flagged."

Notes: A new gallery view makes it easier to browse content, and the search is more powerful. You can now share entire folders of notes and collaborate with others on iCloud. Plus, there are bulleted lists and easy drag-and-drop reorganization options.

Safari: The browser received its usual yearly updates to improve rendering performance and web standards. There's also a new start page, complete with Siri Suggestions for context-relevant shortcuts to bookmarks, iCloud tabs, and links from Reading List and Messages.

Steve Woron is an artist and Mac technician and lives in Vernon CT. Contact him at (860) 871-9933 leave a message, or illstudio@snet.net. He also has been doing desktop publishing for 21 years. He also scans slides and negatives professionally. See his ads to the left. See DrMacCT.blogspot.com

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December 15, Sunday

Live Music: Hot Flashes Christmas Show, 4:00p.m. \$20. Proceeds benefit the Covenant Soup Kitchen & Emergency Food Pantry. The Bread Box, 220 Valley St, Willimantic. Info: 860-429-4220 www.breadboxfolk.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m.

(See 12/8)

December 17, Tuesday

Kids: Ninja Stress Balls, 6:30p.m. Ages 8+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

December 18, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 12/4)

December 19, Thursday

Walk: Relaxed Ramble, 11:00a.m. - 1:00p.m. (See 12/4)

Kids: Pajama Story Time, 6:30p.m. Ages 4+. Wear pajamas to the library for bedtime stories, craft and snack. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082

www.willimanticlibrary.org

December 22, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 12/8)

December 28, Saturday

Hiking: Long-Distance Hike, 9:00a.m. - 12:00p.m. 5-6-mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Nature: Forest Bathing, 1:00p.m. - 2:30p.m. Take in the forest and celebrate with a tea ceremony. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov

Kids: Nature Crafts: Birdseed

Ornaments, 2:00p.m. - 3:00p.m. Ages 4+. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

December 29, Sunday

Live Music: "Big" Al Anderson & The Floor Models, 4:00p.m. \$35. Proceeds benefit the Covenant Soup Kitchen & Emergency Food Pantry. The Bread Box, 220 Valley St, Willimantic. Info: 860-429-4220 www.breadboxfolk.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 12/8)

The Artistry in Art Therapy - an interview with Carol Mackiewicz

By Rebecca Zablocki

With 2019 coming to an end, we have the perfect end-of-the-year exhibition on view in the Dye and Bleach House Community Gallery. Works of the Mill, features artists that share EC-CHAP's home-base at 156 River Road in Willington. One of those artists is Carol Mackiewicz.



Carol has had a studio at The Mill Works since 2014. She was also a member EC-CHAP Board of Directors for a year. You can find her painting and drawing during EC-CHAP events such as our First Sunday at The Mill Works Open Houses. Her colorful and expressive work will be on view on Saturdays from 10am until 2pm, December 7-21, 2019. While Carol's personal studio space is located at The Mill Works, she has another creative hub in her life, which in this case, is her place of work, her Art Therapy office.

Rebecca: Carol was born in Dallas, Texas but grew up bouncing around Connecticut, settling down in Wales, Massachusetts. She was always interested in art.

Carol: "I used to draw pictures of animals, imaginary places, and write stories about them... I painted ceramics for many years, which helped me develop fine motor skills and learn about paint colors and glazes. Then in high school, I switched out of a computer programming class when I found a friend was taking a painting class at the same time, because I wasn't doing well in the programming class! Since then, it's been history! I loved the class so much and made it my intention to major in art in college."

Rebecca: When it was time for her to attend college, Carol made her way back to her place of birth, Texas.

Carol: "I attended the University of Dallas in Irving, TX and graduated in 2007 with a B.A. in Art and Painting. The school nurtured a classical art approach to education, drawing inspiration from masters of art in a variety of mediums to enhance our understanding of creating art with skill, intention, and our own personality."

Rebecca: Many, who do not have a career in the arts, do not recognize the options that are out there for a career path in the art world, assuming teaching or working in galleries and museums are the only options.

Carol: "I did not know I wanted to be an art therapist until after I graduated from college. I had this original intention of being a creative professional that wrote creatively and made art, but had no idea how that fit into making a living! My parents encouraged me to look at art therapy as an option, as I knew I did not want to teach art or work in a museum or gallery. They knew it fit my idea of being of service to others and using my creative process. I worked for a year after college and then attended Southwestern College in Santa Fe, NM in the fall of 2008 to start my Master's program in Art Therapy and Counseling."

Rebecca: In 2010 Carol graduated from Southwestern College and went on to work at an alternative behavioral school, moving on to work as a therapist in Arizona.

Carol: "I later made my way back to Massachusetts to work at Harrington Hospital in Southbridge, MA at the now closed, Intensive Family Services program, working with families of children with chronic mental illness. I stayed there until the Fall of 2017 when I took a position back at the alternative behavioral school as an Adjustment Counselor and part time work in private practice as an art therapist. I left the school during the summer of 2019 and have been doing private practice full time since then!"

Art therapy is the use of the creative process to address emotional, mental, and sometimes physical needs. We help the client process emotions, understand their own situations, develop their own solutions, and uncover feelings and thoughts that tend to be hidden or suppressed. There can be a directive given by the art therapist that gives parameters and simple instructions with the freedom for the client to interpret it as they feel is right for them. Sometimes with clients, I encourage them to make art in the session with the intent of finding materials that feel soothing to them as a way to explore their own decision making, preferences, and exercise autonomy.

Anyone can use art therapy...It is accessible to many, many populations and can be modified to fit the client's needs. Children, adolescents, and adults of all ages can enjoy the benefits of art therapy and for a variety of reasons, whether it's due to an adjustment period in someone's life with conflicting emotions, or chronic mental health needs to help manage symptoms."

Rebecca: Carol tries to bring the feeling and idea of an art studio into her office, offering a variety of media for clients to work with. From collage to markers, oil pastels to paints and sometimes clay, clients can get out of their comfort zone and find the right tools that suit their needs during each session. Knowing about Carol's work as an art therapist and seeing her personal artwork, full of color and shape and expressive marks that display the movement of the artist's hand, my first question was, can an art therapist practice art therapy on themselves? Touching on the meaning and definition of art therapy and Carol's practice as an artist, helped to create a clear answer to that. An artist's need or want to be expressive through creating art is a form of therapy in itself. However, I do feel that Carol's skills as an art therapist help to bring out an even more expressive and free feeling within her artwork and inspires other creatives to be more free within their own work.

Carol: "I have always enjoyed making a statement with my paintings or drawings. I love how colors blend and can almost magically become another color or create a whole other atmosphere simply from combining or juxtaposing colors. I wouldn't necessarily say each color has a distinct meaning, but rather the colors together hold an overall expression of meaning from deep within. Sometimes language cannot access that meaning whereas color and form can express it easily and subtly."

Rebecca: Even though finding a balance between a career and a personal art studio practice can be difficult, I believe that Carol's practice as both an artist and art therapist creates a cycle of energetic inspiration that finds its way into all the creative aspects within her artistry.

Carol: "I would love more studio time and creative time on my own as it seems to regulate and cultivate my energies. I think there's a lot to be said about pushing the edge with art materials, exploring options I have not considered before or challenging myself to do something different creatively, thus creating that space within myself for clients who themselves feel stuck or challenged. Making art on my own also creates a time for me to take care of myself after being present for others."

Rebecca: She often finds inspiration while working with her clients, creating art by their side. Even more inspiring, Carol's work with clients shows her giving nature and the excitement and joy it brings her seeing their progress through expression. Carol works with clients of all ages, finding joy in all the "experience every stage of life has to offer." Navigating different challenges that each age brings, such as adults, "concerns about making mistakes and looking silly." Each age and personality brings challenges and different opportunities for her clients growth and healing.

Carol: "Many clients will come back and tell me they went to the store to pick up their own set of watercolors, colored pencils, or markers just because they tried something new in session. It almost seems second nature when I hear this now, but realizing it also means the creative process has made an impact and shifted their perspectives to use new tools to support their healing."

Rebecca Zablocki is EC-CHAP Artist In Residence, and Director, Dye & Bleach House Community Gallery.

The Czechoslovakian Community of Willington: An Historical Perspective

By Tyler Hall



Willington, like many manufacturing towns throughout the North, was home to a thriving Czechoslovakian population. The town had several successful Czech-owned farms, as well a multitude of skilled craftsmen, carpenters, foremen and laborers. At the Gardiner Hall Jr. thread mill in South Willington, Czech men and women were essential to operations in nearly every department. Outside of work, their unique and vibrant traditions fostered a village atmosphere of celebration and camaraderie.

By 1910, nearly one third of Gardiner Hall Jr.'s mill workers were Czechoslovakian. Many had fled political instability and religious persecution in Europe. As they arrived on Ellis Island, they were greeted by Gardiner Hall Jr. Company recruiters. From here, many were transported to Willington. The rural atmosphere of South Willington, and its vast surrounding farmland, emulated the life that they knew in the "old country". Each family was given a room in the Village, a garden plot, a pig and two chickens.

Everyone in the Village worked in the mill. As was customary of the period, women would work in the company office, operate the machines that wound and spooled the cotton thread, and pack the finished spools by the dozen into stamped cardboard boxes. Czech men would cut and lathe lumber in the Spool Shop, clean and card the raw cotton, and color the yarn and thread in the Dye House. Outside of the mill, the company would employ these men as farmhands, tilling the fields and tending to the dairy cattle. Many Czech men were foremen in the paint, carpentry and landscaping departments.

In the Village, the Czechoslovakians were a tight-knit community that celebrated their cultural heritage and shared experiences. Frequent parties entertained the large community. First-hand accounts from those living in the tenements documented the social gatherings.

"It was not uncommon to have a party, and all the Czech people went. They were all invited. It was altogether different. You just can't compare it with today. They wouldn't have a party where they would say, 'you bring this and you bring that', they would butcher a pig and make their homemade sausage. They would roast some of the meat, and then everybody would come at night. They would have everything spread out". 1.

Dances, plays, and musical performances, hosted by the Czechoslovakian Protection Society (C.S.P.S.), and later Czechoslovak Society of America, would help raise funds that were subsequently distributed to the sick and needy. It was an opportunity for the fraternal organization to engage with the second and third generation of Czechoslovakian-American youth, many of whom had not learned their native language, traditions, or customs.

"The C.S.P.S. always had dances. There was a long building that used to be what we called the Old Bungalow. We walked from the Village up to the Old Bungalow to dance. Our mothers walked with us. Boys from Willimantic would hire a jitney (coach) and eight or nine of them would pile into the jitney. A crowd of boys our age would come up from Willimantic. They came up and we would dance until midnight. I loved to dance, and there were so many boys from Willimantic that were really good dancers. Then, if the boys wanted to walk us home, Mother walked with us. If there was room in the car for some of us to drive, Mother drove with us. We weren't allowed to go with a boy alone". 2.

"We went to the Bohemian Hall, commonly known as the Sokol. I went there as a little girl on Tuesday nights. We worked with bars and rings. I never got very far with horses, but they took it very seriously because the Sokol was a very serious thing. There were times when gymnastic groups from Willington went to New York to compete in the National Sokol. They had dances, too, with cha-cha's and polkas and waltzes. Everybody went, families, children, grandmothers, everyone went and it was wonderful". 3.

The Czechoslovakian community was truly influential in the physical and social development of Willington. Many arrived in America to find a culture of brotherhood and support. Their spirited music, dress, dances, and plays educated, entertained, and enriched the lives of many across Eastern Connecticut.

Note: 1,2,3. Taken from a transcript of an oral interview with Marion Pardus, South Willington, CT, March 27, 1977.

To 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.

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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