

**THE WAGON IS BACK AT  
SECOR VOLVO OF NEW LONDON  
2020 VOLVO V60 CROSS COUNTRY  
ALL WHEEL DRIVE WAGONS**



**OVER 15 AVAILABLE FOR THIS EVENT!**

- 0% APR**  
FINANCING AVAILABLE +
- FIRST RESPONDER BONUS**  
UP TO \$2,500 +
- E.B. & PFIZER EMPLOYEES**  
SAVE EXTRA +
- 48 MONTH/50,000 MILE**  
**WARRANTY**
- ACTIVE MILITARY**  
&
- USAA SAVINGS BONUS**

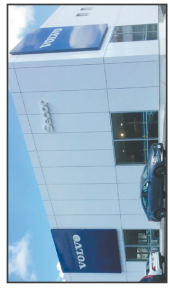


- APPLE CAR PLAY**
- ALL WHEEL DRIVE**
- SUN-ROOF**
- LEATHER INTERIOR**
- HEATED FRONT SEATS**
- ANTI-LOCK BRAKES**
- BLIS**
- SIX AIR BAGS &**
- MUCH MORE**

- + LOYALTY BONUS**  
UP TO \$2,500
- + SIGN & DRIVE LEASING**
- + TEACHER / NURSE**  
BONUS UP TO \$2,500
- COMPLIMENTARY**  
**MAINTENANCE**  
UP TO 30,000 MILES
- CURRENT VOLVO**  
**LEASE CLIENTS CAN PULL**  
**AHEAD UP TO 9 MONTHS**

**\*COSTCO MEMBERS SAVE \$2,000 ADDITIONAL**

+0% APR up to 60 months with approved credit through VFIS. First Responder for active EMT, police & fire fighter, teacher, nurses & medical personnel bonus is \$2,500 for purchase and \$2,000 on a lease. Loyalty bonus for current VOLVO or SAAB owners is \$2,500 on purchase and \$2,000 on a lease. Offers cannot be combined. Electric Boat & Pfizer employees must get PIN# to get A-plan pricing. Sign & drive/leases with approved credit. \*Must be a current COSTCO member as of 4/30/2020 and can be combined with all other offers. Call or visit for specific details and how to maximize your savings. Offer ends 6/1/2020



**SECOR VOLVO CARS** (860)442-3232  
[www.secorvolvocars.com](http://www.secorvolvocars.com)



D865016

June 2020

A little paper big on community

FREE

# Neighbors



Dominic Shook from Shook apiaries displays his honey at opening day of the Willimantic Farmers Market. Dennis Pierce photo. Read Dennis' article on page 6.

No. 184      Serving the inhabitants and environment of northeastern Connecticut and beyond

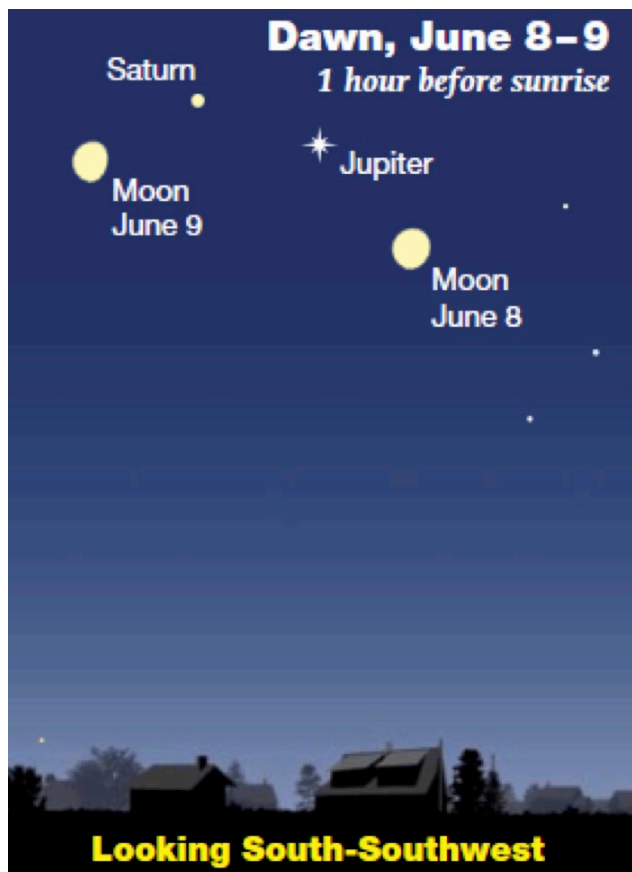
Looking Up:

# Cosmic Distancing

By Bob Grindle

June evenings seem to go on forever. By the time you come inside from washing the car, or a sunset walk, or playing with the kids-- maybe grandkids-- or chores, or getting home late from work, or gardening, or simply sitting outside enjoying a drink, or a chat, or listening to the evening wrap itself around the gathering darkness... maybe all of the above in due measure...it's nearly 9:30. A delicious time of year, or at least it can be, when all of the senses are on high alert as if a moment's distraction is likely to miss something worthy. Even the gathering darkness brings no relief to this sensory overload. Venus has left the night sky, slipping into her morning brilliance early in the month, but the tiny and elusive Mercury, brighter than it will be any other time this year, steps up to represent the planets in the fading twilight. Before stepping inside on June 5<sup>th</sup>, cast a glance to the West. There, high in that special shade of blue the night seems to have patented, are the twins of Gemini, Castor and Pollux, and immediately below them, clearly visible without binocular or telescope, the legendary messenger Mercury. Legends and myths fit well with the night-arama of late spring, and with the intoxications of bats flying insect-crazed patterns overhead, and aromas that are so numerous, thick and intermixed they are almost impossible to identify. If you breathe deeply enough, the smells seem to have a taste. Legends of brothers so devoted to one another they sacrifice life to spend eternity together... somehow seems fitting this Memorial Day during a time of global reflection on our planetary interdependence. Legends so ancient their origins get lost in the millennia-long journey our species continues to travel toward no particular destination.

June, though, is not just about the magic of the night. There is wonder and mystery and promise and even



a sort of crackling energy in the air of the suddenly and lushly now warmer mornings. Whether taking a pre-dawn break at work; stepping outside to test the world before leaving for work; feeding livestock; watching or listening to the morning news; drinking a first coffee—or perhaps a smoothie—on the front step or deck or porch or even down by the river if you are camping out; going for an early morning jog or any of the many ways our days begin; those first minutes before sunrise are just as wondrous as if we were still eight years old and every morning was a surprise package. As the full Strawberry Moon wanes into the morning's advancing light of the second week of the month, Saturn and Jupiter are spectators high in the South-Southwest sky. A week later the steadily waning

Moon falls toward the sunrise as Venus rises to capture an almost perfect depiction of the crescent and star that adorns many middle-eastern national flags.

Those patterns in the night or pre-dawn sky... asterisms I think they're called...are common. Like seeing shapes in daytime clouds, it is an easy way to grow familiar with what's happening in the space over our heads. The more often we look, the easier it is to feel a kindred sense with looking up. The tangled and overgrown undergrowth in an untamed and uncharted bit of forest or field seems forbidding and uninviting, but once someone clears a path and spends some time looking more closely at what is happening, the space becomes more comfortable. It's the same with the skies above. The more time one spends looking—sometimes playfully, sometimes thoughtfully—the less they look like “rows and flows of angel hair...” and the more they simply look like part of our world. Although it's been nearly 4 thousand years since the Mesopotamian Babylonian culture first minted coins with the star and crescent symbol, if you happen to be out in the early pre-dawn on this June 19<sup>th</sup> and give a look to the East, you'll agree that the image is one worth capturing and saving.

It has been nearly three months now. Three months of sort of being stuck in traffic with the kids in the car on the way to the beach. There has been time to think about our lives and the lives of others. There has been time to sprawl on the grass or the floor while the dough is rising or the kids are napping or playing or studying, and as our hamster cage type lives inch forward to revise and then revise again how we will redo this life we've crafted so far. Nothing we've packed in the backpack for this hike through life seems quite the right tool to deal with this moment. The music and food and games and puzzles and solitary exhilarations and throwing yourself into work or reading or you-name-it were all there already. It's the suddenness of it all. The sense that it is a virus gone viral... that's where the term comes from...is like virtual has become real and reality has become virtual.

Off to the fields and lying down on my back on this comfortably warm night after Memorial Day. There are both Dippers and the herdsman, Boötes and Draco the dragon and Arcturus, and the faintest crisp of a Moon. All is well. Let's face it, our planet is socially distanced, out here on the edge of the Milky Way, trillions of miles from nowhere, with 250 billion or so stars for neighbors, but no other sign of life as we know it. A cosmic speck, filled with life and wonder and promise, as well as dangers of our own design. Our species has faced challenges not unlike this challenge, and rather than blame others or the harshness of Nature or turning away from some moral absolute or other, I'd prefer to recall Pogo on Earth Day 1971, when Walt Kelly's delightful character observed—with all due respect to Admiral Perry on Lake Erie—, “We have met the enemy and he is us...”

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



The Packing House will be closed through the end of our 2019-2020 performance season. We plan to safely reopen in the fall, providing an exciting collection of new and returning talent! We hope to see you then!

In an effort to continue to serve our communities, we will provide a monthly live video streaming event. We would like to include local and regional artists to share in these events, and invite you to participate. All events are free to the public.

## Participate in Our Virtual Monthly Events

If you would like to read your original works in our *Spoken Word Series*; or perform or share a special talent in our *Talent Showcase*, please join us!

**Thursday, June 18th, 7:00pm**  
**EC-CHAP Virtual Spoken Word Series:**  
 (Deadline for sign-up: June 10th)  
 Info and Pass Available at:  
[www.thepackinghouse.us/upcoming](http://www.thepackinghouse.us/upcoming)



**Thursday, July 16th, 7:00pm**  
**EC-CHAP Virtual Talent Showcase:**  
 (Deadline for sign-up: July 10th)  
 Info and Pass Available at:  
[www.thepackinghouse.us/upcoming](http://www.thepackinghouse.us/upcoming)

**WWW.THEPACKINGHOUSE.US**

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

Neighbors  
 P.O. Box 430  
 Ashford, CT 06278  
 phone: 860-933-3376  
 email: [neighborspaper@yahoo.com](mailto:neighborspaper@yahoo.com)  
 website: [neighborspaper.com](http://neighborspaper.com)

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

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

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

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

Neighborspaper LLC is a member of the Ashford Business Association.

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

# From A Distance

By Loretta Wrobel



What feels like a century ago in the 1970's, while working at Hartford Hospital as a pediatric social worker, I met several "failure to thrive" babies.

This is a diagnostic syndrome sometimes found in infants who have received nutrition but no tender loving care. The infant simply does not fight to live. Many psychological experiments point out how physical touching is essential for human infants to survive. Interestingly to me, a small baby needs not only food to grow into a healthy person. The tiny one requires the touch and tenderness of another human being in order to develop into a healthy adult.

As we all stagger through this coronavirus crisis, we are adjusting to social distancing. We are getting used to viewing people's eyes peering over masks and having issues identifying who is greeting us. Without a nose and mouth, a person's identity can be disguised. I remember as a youngster being enthralled with the Lone Ranger. The masked hero that always saved the day and rode off into the sunset without his identity revealed.

I constantly am aware of the difference in my social exposure now, living with the virus, as compared to before the virus descended. On a typical day before the catastrophe, I would have many contacts in one day. Since mid-March, some days I don't see anyone, other than the person I am living with. I used to hug most of my friends, and barring a hug, at least a handshake or a pat on the back.

How strange and unfamiliar my life has become in just a couple of months. Probably, I have had more connections with soap and hand washing than in all the years of living prior to March 2020! I have so much more to remember as I leave my home: Do I have a mask, sanitizer, gloves (especially for door handles) and should I even be leaving my house?

Surprisingly, I am in the high-risk group because I am old. I never considered this to be a handicap, prior to COVID-19. I simply enjoyed every birthday and celebrated how grand life is, as I happily aged. Now I am thinking of whether I should be engaging in risky behavior, Going Out, as I could be endangering my health or that of others, and adding stress and tension to our already exhausted medical system. I hear people saying, "We young people are fine, just don't bring the oldies along as they are the ones who are driving up the numbers and forcing our economy to stayed closed!"

The virus has exposed the negatives within our society--our basic contempt for people who are over a certain age, minority groups, immigrants, sexual minorities, disadvantaged people, and anyone who is perceived as different.

Moving through the pandemic, I wonder how our minimized social contact will affect all of us, not just

infants. We certainly have the technology to stay in touch. We can zoom through our day, video chat, or use all sorts of devices to stay in touch. However, we are not receiving physical contact. Is that critically important to all of us, not just infants and small children? Our bodies are covered with sensitive skin, and from my view, we all thrive with positive touch from the people in our lives. What are the long-term consequences of lack of touch for extended periods of time?

How long will our social touch deprivation continue? No one knows the answer to that query, after over two months in social quarantine. Will we emerge from this challenging and brutal time as creatures that value our social connections? Will we come away with a keener sense of who/what is special and meaningful to us, and focus on insuring that we are never too busy to ignore what we hold dear? Maybe it is not for us to strive for more, but to interact with more kindness and sensitivity. Can we accept that all of the folks we encounter are deserving of our attention? No one is a throw away.

Many have said to me during this pandemic that their lives have not changed. They go on to explain that they are retired, or they can work from home, or that they are financially set. They have food and shelter and zoom. I wonder how they can escape the profound reality that all our lives have changed dramatically and it will not go back to normal within a few days or months. Or will it ever go back to normal? And was normal what we need to thrive?

We are social creatures. We blossom within groups, in communities, and in connection. Inclusivity is good for everyone, as it adds diversity and character to our cultural soup. We are comprised of many different cultures, histories and languages. COVID-19 has taught us that we are basically the same, in spite of any differences that we assumed existed. Any of us can be stricken with the virus. We all need basic items, food, clothing, shelter, social contacts and connections.

It seems we are in this for the long haul, as the virus is probably not going to disappear within a few short days or even months. Our challenge is daunting. How do we structure our society so that our basic needs are met, while we maintain our physical, emotional, and social health? This becomes the central question shouting at us. How we explore our options and recognize our similar needs will determine our long-term health as a species.

It is certainly a critical and bizarre time to be traveling on this planet. A time to revise our priorities, revise our dreams, and be grateful to our natural world for keeping on showcasing the glories and pageantry of spring. The unfolding of spring gives us hope and a fresh start. We are such unique individuals with creative and unusual minds. We have demonstrated in the past that we are capable of solving complex, seemingly unsolvable problems. Now is the time, more than ever, for us to work together to carve out new strategies and approaches to living with each other and thriving, while the virus demands we walk carefully and at a distance.

# Common Sense Car Care

By Rick Ostien

The current events of 2020 and the history of other events have always changed people's lives. The reopening of businesses will be no exception. Some of us will withstand the change and others will not. The area we live in does not offer mass transit so this means that your car or truck is a very important part of your life. It is your way to work or school and it also gets you to the store or out to dinner occasionally. This is a great time to take a hard look at the condition of your vehicle and perhaps get some needed repairs taken care of.

Repair businesses, for the most part, were open during the quarantine for CoVid 19. Matt and I noticed a lot of people taking the time to do some needed maintenance on their vehicles. The need for regular maintenances has always helped to head off large and expensive repairs. It's important to remember that the

winter months in New England are not very friendly to the automobile. The road treatments that are used now are different than years ago and they seem to eat any metal alive. This makes now



the perfect time to get the underneath of your car or truck inspected for rust and corrosion damage. The condition of your car or truck can help you to plan for repairs or even replacement in the future.

The failure of brake lines and fuel lines have become a common occurrence because of rust. We often see rust and corrosion on the frame

of the vehicle as well. Here is where an inspection can head off problems down the road. The safety of you and your loved ones riding in the vehicle should be a main concern. Rusted

parts can fail and sometimes that is how accidents happen. There is nothing worse than stepping on the brake pedal and finding that they aren't working. So, it's important to take some time and have your vehicle inspected.

It seems as though the current winter road treatments are here to stay. The best thing we can do is to be proactive and be sure that what we are driving is safe. I encourage everyone to be sure to have regular maintenances done now so that summer driving and beyond is a pleasant experience. The time is well worth the effort.

Happy motoring!!!

*Rick Ostien is the owner of Franc Motors in Willington.*

**it's a great day for a subway!**

3 STORRS LOCATIONS  
 125 N Eagleville Road Open till 10PM  
 Student Union Food Court temp closed  
 Storrs Downtown Open till 10PM  
 DELIVERY WITH DOOR DASH & HUNGRY BUTTON

DOWNTOWN WILLIMANTIC  
 33 HIGH ST Open till 10PM  
 DELIVERY WITH DOOR DASH

Load our SUBWAY.COM App and order and pay ahead

**We're open 7 days a week**

**LANDON TIRE... DOES MORE THAN JUST TIRES!**

**We specialize in...**

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

YOKOHAMA GENERAL TIRE TOYOTIRES KUMHO HANKOOK

BFGoodrich Firestone

Cooper Tires

GOODYEAR

UNIROYAL BRIDGESTONE

IRELLI MICHELIN

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

**SERVING YOU SINCE 1951**

*Largest Selection of Sewing Machines and Vacuum Cleaners in Eastern CT*

Sales • Service • Parts • Accessories

**WE TAKE TRADE-INS!**

**Schillers** SINCE 1951  
 HOME TO ALL YOUR SEWING & VACUUM NEEDS

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

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

"All Work Guaranteed-Free Estimates"

VISA  
 MasterCard  
 DISCOVER  
 American Express

**TRANSFER YOUR VIDEOS TO DVD**

Update your audio to CD, and photos and video

**COME AND SEE US!**

**THE GALLERY RECORDING STUDIO**  
 All Work Done on Premises

860-528-9009  
 TheGalleryAudioVideo.com  
 Visit us.

**8 Meadow Trail, Coventry**  
 One block off South Street Behind the convenience store (cow painted on front)

MasterCard VISA

Willimantic, Now and Then:

# Back to Normal? Sure, Which One?

By Mark Svetz



I've been hearing a lot about normal, these days. I'm sure most of you have, too. "I wish we could just get back to normal," a friend said the other day. "When this is over, I suppose we'll just go back to doing the same old things," someone else said.

I wish we could get back to normal again? I hope we don't just get back to normal again? I find myself wishing both things, and I wonder. Let me interrupt myself for a moment to say I am at a disadvantage, currently, because most of my good thinking is done in conversation. My thinking suffers in isolation. I like to bounce ideas around with friends and see what happens, but we've all been a little short of conversation lately, haven't we? Conversation. Now, I wouldn't mind getting back to that normal.

I am reminded of a story I heard Bruce "Utah" Phillips tell one night. In the story, he was standing in the check-out line at a grocery store. He was acting up in some way that embarrassed his daughter. She said, "Why can't you be normal?" An older woman, standing behind them in line whacked the young woman lightly with a cane and said sharply, "He is normal! The word you're looking for is average."

I think Bruce wanted to convey through that story that acting up is well within the normal range of behavior for a 60 year old man. A man who never acted up would not be normal, but average, not to mention boring. In fact most of what people do to delight, inspire, annoy and horrify us is normal. Average, on the other hand, is mediocre; it is the least common denominator of human behavior.

We all want to get together with friends, have conversations, help our neighbors, visit our grandchildren. We are all thinking about going back to work, giving an old friend a hug or stopping to talk to a stranger for a moment. I can't wait to get back to that normal. I miss my friends and my community deeply.

Sarah talks a lot about the changes in air pollution because of less travel, air travel in particular. There have

been significant reductions in air pollution in metropolitan areas around the world. Wild animals have resumed nesting habits and migration patterns that had long been disrupted. This is a new normal I think might be nice. I certainly don't want to see a willy nilly resumption of all the earth-destroying practices that have been interrupted. I wouldn't mind finding a few more we could take a break from.

Which reminds me of an old saying my father used when my brother and I were having a dispute: "Depends whose ox is gettin' gored," he would say, as though it solved the problem. I would imagine two farmers arguing about the urgency of stopping a fight between their oxen. Point of view is everything, isn't it? When pollution happens some people are making money and some people are getting sick. For some, normal means we should bail out the airlines, while others want a new normal of choosing to travel less.

When events force changes on us, we have an opportunity to consider what we have been calling normal. After all, most of what we do is normal for human beings, but that doesn't mean it's right or moral or even good for us, does it? I'd rather talk about what we do, how we treat one another and how we treat our planet. We often seem to get into trouble when we are mesmerized by vague abstractions like patriotism, freedom or normal.

I'm thinking about the actions and their consequences which make up normal. I'm pretty sure we all want to get back to some normal, but maybe we should get specific. I can't wait to get back to this normal, or boy I'd love to avoid that normal.

Whatever comes after this this pandemic and our collective response, it will be "normal" before too long, so let's consider and choose carefully. We will get back to normal, I want to accept that, and start thinking about how I want to behave when the world gets "normal" again.

*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](http://www.WillimanticToday.wordpress.com)*

## Thoughts on the Pandemic

By Kevin Pratt, Jr.

By the second week of February 2020 we get told that there is a potential virus that could be life threatening. Well it turns out to be true. It is taking thousands and thousands of lives and made thousands upon thousands of people sick.

People are now saying that it is the fault of the Chinese because someone ate a delicacy of a bat which in turn spread the virus. Then there have been rumors that the virus was created in a lab. Nevertheless it's very deadly and it has affected a lot of people since the outbreak started.

Little by little our little Windham has been slowly getting affected. A lot of us have been doing what we've been told to do, which means staying indoors and keeping our social distance. I have been cooped up in my apartment since this whole thing started. The governor said we should keep keep ourselves indoors and not go anywhere.

I've had people do my shopping and all of that stuff. Over the last three months, since this whole thing started, I've been going completely stir crazy because I can't even do the simplest thing myself. I can't go grocery shopping or get a grinder at Bob's IGA or

go get a can of soda or kill a beer. My electric wheelchair is so big I don't have to make sure I'm far enough from people. I don't make them more nervous. Now I've been coping and dealing just like everyone else but I don't think I'm wrong in saying that it feels like the movie Groundhog Day every day for the last three months. I'm going completely out of my mind. I think that's why you have people giving some sort of backlash over being inside all this time. People in California and Minnesota are protesting. Various other states have been functioning almost as normal, like they don't have a care in the world, like the virus doesn't affect them. Eventually this virus is going to affect everybody somehow, whether it's a family member you know or friend. So May 20 comes around and the governor decides to have a soft open. Remember those words soft open, meaning not everything is going to be open and not everything is going to be available, so don't do the mad rush out the door. Play it safe. Wash your hands and be sensible about everything.

I have been playing it safe because I don't really have a choice. I have other people I consider special - homecare workers that take care of me on a daily basis. You start to appreciate

them even more because you know deep down they don't really want to be out with this virus going on. You should thank any type of healthcare or home care worker you see for their service just as we do for the military because it's the same thing. They're protecting and helping people throughout this whole situation.

I'm going stir crazy, but there isn't much I can do. I'm just hoping and praying that I can hang out with a few of my friends next month to celebrate my birthday. That would be considered a great victory for me in the year 2020. I pray to God that we all get through this together and that we are all safe and secure and keep an eye out for each other. That's very important during this time even though you are concerned about yourself, also give your friends and neighbors a call. Make sure they are all safe and secure. Make sure they are healthy and not sick. Ask if there's anything you can do for them or anything you can leave outside their door. Consider doing that especially if there isn't a large crowd. Anyone can use a helping hand at this point. Let people know that you care and that you miss them.

## Gentle Touches

You wake me in the early hours  
With gentle touches, tiny kisses  
I don't know what I'd do.....  
All I have, my love, is you.

I look at you and sip my wine  
I have to tell you, in my way  
The love I hold so deep inside  
Strength in knowing is your life,  
My heart to you, my love, is mine.

Not until "death do us part".....  
But eternally as souls, live on.

## Hear me cry

When I'm at the beach,  
my love

No one can hear me cry, my love

The gulls, the kids, the wind,  
my love

Three foot waves,  
my love

Draw me back,  
my love

To walking hand-in-hand with you,  
my love

You are forever my own Blu,  
my love

The first poem was written in 1976, lost and forgotten amount personal items, 42 years later the second was written upon the death of my husband. While Going through his things I found the first poem. Proof the love soulmates share lasts a short lifetime and beyond.....

Lucy Mac Williams, Woodstock



Share Curiosity.  
Read Together.

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

See current and past issues of Neighbors  
in beautiful COLOR  
via a link on our website:  
[neighborspaper.com](http://neighborspaper.com)

advertise  
in the  
neighbors paper  
locally written  
locally wread



'Making hay' on Zaicek Road in Ashford.

Christine Acebo photo.

## Milking Time on Wormwood Hill

By Donna Dufresne

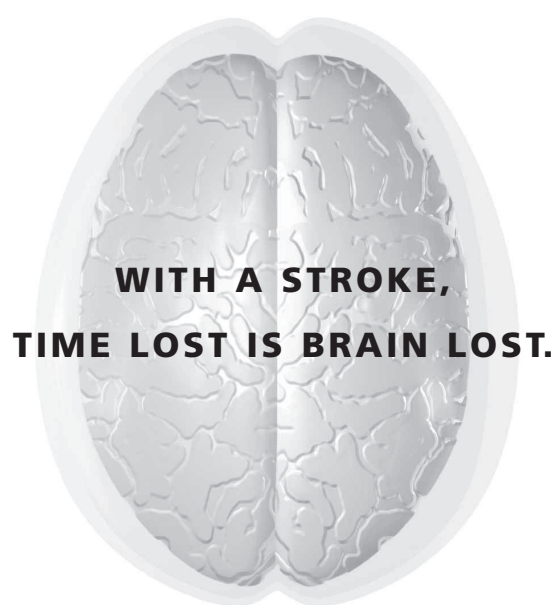
It was sunset on Wormwood Hill by the time I reached the door to the old farmhouse. There were a few stray hens mingling in the dooryard around the pump, and several scrawny and weepy-eyed cats yawning from the dirty windowsill inside. Cats and chickens entered and exited freely from a broken pane in the kitchen window. I noticed that the cats were all variations on a tuxedo theme, black with white bibs and paws, some more black than others, and all with emaciated, triangular faces. These were not the kind of cats who snuggled into your lap. They were truly feral, with no hankering to associate themselves with humans except at milking time. I wondered how they may be getting fed. Isabelle Atwood used to drop by around supper every night to feed them and grumble insults at Claude McDaniels who owned the farm. They went to school in the one-room schoolhouse and graduated the same year. But she'd since died of a stroke the previous winter. Although Claude might have put down a bucket of milk for them and allow them to clean his plates after supper, I doubted he bothered with them otherwise.

Once, I sat at Claude's table while he ate his ritual supper of home-fried potatoes and cold chicken. The table was littered with thirty years of mail, books which were disintegrating into a fine paper dust, old calendars, stray work gloves caked with piston grease and tins of cattle wormer. Claude had kept a little placemat-sized space clear on the table, enough for a

plate and a cup of tea. In the remaining space, on top of the detritus of a half-century, cats sprawled, watching every bite Claude lifted toward his mouth with his right hand that was missing a thumb. They eyed him as if he were a helpless mouse they were stalking in a field. Every once in awhile one would cautiously move forward and sniff at his plate. Claude would non-chalantly knock the featherweight beast off the table with the back of his hand. They moved and were removed like flies, fluttering off to the edges of the room, and then gradually landing around the plate again.

Sitting at that cluttered table watching Claude shoo cats and flies away from his dinner had the magic of the mundane. I do not know why

I was so drawn to that old farm on Wormwood Hill. Perhaps it was the stepping back into another century, an older way of living. Perhaps it is the remnant of my own childhood brought on by the smell of cows and cats, dust and the moldering of old books. I could be sitting in Mrs. Naruzawitz's kitchen, or chatting with Fred Whittier, or secretly snooping through boxes of books in the old shed on the farm. Whatever the reason, I knew I would return to Wormwood Hill again and again at milking time. I would sit and listen to the slowing down of time as Claude's long memory reached far back into the past. I would watch the stretching and yawning of cats. I would wonder.



If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at [StrokeAssociation.org](http://StrokeAssociation.org) or 1-888-4-STROKE.

advertise  
in the  
neighbors paper  
locally written  
locally wread

## HOLIDAY SPIRITS

Liquor • Beer • Wine • Lotto

HOLIDAY MALL

1733 Storrs Road  
Storrs, CT 06268

860-429-7786

Visit us on Facebook

## Introducing the HSTimate

Local data and experience is our algorithm

Go to: [Homesellingteam.com](http://Homesellingteam.com) and click on  
"What is a HSTimate?"



452 Storrs Road, Mansfield 860-456-SOLD (7653)  
[info@homesellingteam.com](mailto:info@homesellingteam.com)  
[homesellingteam.com](http://homesellingteam.com)

## SENIOR HOUSING

NOW TAKING APPLICATIONS

**Willington Woods**

25 Senior Way – Willington, CT 06279

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

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

For more information call 860-429-8777  
and for more information and application process visit us at  
[www.willingtonwoods.org](http://www.willingtonwoods.org)



SUBSIDIZED HOUSING

## CADMarshall Framing

Professional Custom Picture Framing



Time to frame those hard earned diplomas.

Bring in the art that you have been creating while staying safe at home - Covid art.

*You Name It - We Can Frame It!*

One on one appointments/Curbside pickup

Please call Claudette at  
(860) 617-5422

Tuesday thru Saturday to arrange for a time for you to bring a sense of normal to your life.

34 North Street - Willimantic, CT

[CADMarshallframing](https://www.facebook.com/CADMarshallframing)

advertise in  
the neighbors paper  
locally written  
locally wread

# On Changing Habits

By C. Dennis Pierce

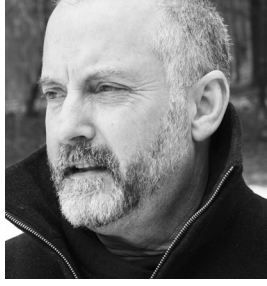
Change. We rarely like it no matter what form it takes. But, in this current climate, change is one positive thing that impacts us significantly and in reality, in a very positive way. I believe if one steers away from one's normal routine and in doing so, it gently causes others to change, now and again, without realizing it we create those momentary opportunities that is better for all.

If I had the ability to look forward to 2021 and then look back and witness how I have evolved and changed my life by decisions I have made adapting to the, "new normal" I think I would witness a very positive path. In retrospect, over a period of time I probably would see those little things that I did to change and continued to do so. Research states that it takes on average, it takes more than two months before a new behavior becomes automatic — sixty-six days to be exact. There is an idea out there called the 21/90 rule which is that it takes 21 days to make a habit and 90 days to make a lifestyle. Commit a goal for straight 21 days and it will become a habit. And beyond that, if you are able to do a thing for consecutively 90 days, it will become a part of your daily routine. At this time when we are in search for the new "normal" I am just suggesting that we become a little more mind full of how we are creating our new lives as we adapt to the changes around us.

My changes? I have to be out and about so I can create somewhat of a balance. Last Saturday I attended the opening day of the Willimantic Farmer's Market on Jillion's Square. Not the best day to be outside with the subtle rain that was being too persistent for my liking. Despite the weather, loyal customers came out to purchase plants for their garden or locally made products such as honey from Shook's Apiary. I picked up several heirloom tomato plants. I am a sucker for tomato plants. The more the merrier. While produce is limited, all of the local markets are up and running - Ellington, Ashford, Storrs to name a few. Google the internet to find hours and dates for Connecticut Grown. Later in the season look for pick your own opportunities for strawberries and blue berries.

Most produce in the US is picked four to seven days before being placed on supermarket shelves, and is shipped for an average of 1500 miles before being sold. And this is when taking into account only US grown products. By purchasing local you are supporting the community. The local family that fights off those weeds just to bring you fresh produce every week that was probably picked that morning. So now as your look for changes that will turn into a new lifestyle frequent the local markets. Each one is different with their own personalities. Find out which one you like the best and all the time knowing it is a safe environment with all markets having standards set up for social distancing.

I realize we might have too much time on our hands or maybe looking for a project with the children or grandchildren you might want to bake a big batch of cookies. Be careful because they are really good.



Time on My Hands - Molasses Cookies  
Makes 3 dozen cookies

Ingredients:

1 cup of firmly packed brown sugar  
1 cup of molasses  
1 ¼ cup of unsalted butter, softened  
1 large egg, beaten  
1 teaspoon, of apple cider vinegar  
2 teaspoons of baking soda  
1 teaspoon of kosher salt  
1 ½ teaspoon, ground cinnamon  
1 teaspoon of ground nutmeg  
2 teaspoons of ground ginger  
½ teaspoon of ground cloves  
5 cups of all-purpose flour  
¾ cup of sugar



Dominic Shook from Shook apiaries displays his honey at opening day of the Willimantic Farmers Market. Dennis Pierce photo.

Directions:

Pre heat oven to 375 degrees  
In a large mixing bowl cream together the brown sugar, molasses, and softened butter  
Add the egg and gently combine the ingredients together.  
Add the vinegar, baking soda, salt, cinnamon, nutmeg, ginger, cloves and flour  
Mix to combine ingredients  
Transfer dough mixture to a plastic bag or wrap in plastic wrap.  
Place in refrigerator for 1 to 2 hours  
Line several cookie pans with sheets of parchment paper or wax paper or the new-fangled cookie sheet liners. Set aside.  
Remove chilled cookie dough from the refrigerator and make 2-inch rounds. Scoop out small portions, toss in granulated sugar and press down into rounds.  
Make cross marks on cookie by pressing down with a fork. One vertical and one horizontal.  
Place on cookie sheet allowing a space between so they may spread.  
Bake cookies until lightly brown about 12 to 14 minutes.  
Count them as they cool since if you leave the kitchen, they have a habit of disappearing.

And to end this month's column...Did you know that honey is the only natural food which never spoils? I also leave you with the wish that you are safe and taking necessary precautions to see this through. If you have a suggestion for a farm or a local grower or even a recipe that would 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](mailto:Codfish53@Yahoo.com). Peas be with you...



## Bread is Back

By Ed Adelman

After a few millennia of being the most popular food on the planet, bread took a hit the last few decades as dietary concerns, some legitimate and some "faddish", bumped it down a few notches. Bread, which was synonymous with food for centuries, has had public relations issues and has been trending down for years. Low carb, gluten free, Paleo this and Keto that all put bread on the, "no thank you" list. I am no nutritionist; just a long-time bread baker and the caretaker of a 30+ year old sourdough starter. It pained me (French word for bread=pain) to see bread cast out and vilified. I understand that those with certain medical conditions should avoid bread, but I felt many others who jumped on board did so without solid reasons and were after questionable benefits.

So why do I care? The effect of these anti-bread trends contributed to the closing of real bakeries (not supermarket imitations) as the diet fads destroyed the bread market. The number of storefront bakeries, which serve as social and nutritional anchors to small towns has diminished. Willimantic is fortunate to still have a few. And who can forget the wonderful breads of the Kupris and Colchester Bakeries, which were available in many local markets. The Willimantic Food Coop has done well to carry some hearty breads with character and integrity, but the quality of the supermarket breads is usually a disappointment. Stores have more variety in their chips and beverage sections than in baked goods.

It should be noted that bread's decline in both popularity and quality went hand in hand. It was as if bread became merely edible packaging to secure the stuff in the middle of the sandwich. To many folks, it didn't matter what the bread was, as long as it kept the sandwich contents organized and allowed us to keep our hands clean and safe from hot ingredients. It ceased to be a food unto itself—it was a bland and spongy nutrition-free shadow of its former self. Maybe the current renewed interest in home baking will serve as a catalyst in improving quality and availability similar to how homebrewing and micro-breweries greatly improved beer quality in recent times. Let's hope so.

The pandemic certainly has a role in this shift. We are staying safe and staying at home. We are taking pleasure and satisfaction in the simple tasks and chores of life. And few things are more satisfying than bread making. It is a great family activity, offering comfort and peace to young and old. It is a slow controlled evolution; healthy, tactile, and satisfying to the nose and to the palate. With so many things spinning out of control, we can relax as we massage, knead, fold and shape the bread in our bowls. One of the most satisfying things in my life lately has been the discovery of a new bread book which teaches a new (to me) set of ancient techniques which have resulted in some of the most crusty, chewy and flavorful breads that I have ever baked. The only problem--Good luck trying to stay stocked in flour and yeast.

My sons have both called me recently with bread on their minds. One has been a bread baker for years, the other is starting. When I asked the newbie where he was getting info, he mentioned 2 old friends who also started baking and are sharing ideas. Hopefully these new bakers will have success in helping bread to rise, literally and figuratively.

Bread is such a part of our language. Bread and its unbaked version, dough, are both slang terms for money. As mentioned earlier, the words bread and food have been used interchangeably. Generally, if it has value and is necessary for life, bread is it.

I never left you, my friend. And I'm so glad you are back and getting attention, love and respect. So, let's cut a few slices, put them in that common countertop appliance and "toast" to more millennia with the real breads we love.

Support our local farmers.

You and your family will eat better.

The entire community will be healthier.

Shop at the Willimantic Food Co-op and frequent our farmers markets.

To find a market close to you visit the CT Department of Agriculture website for a link to markets.

the neighbors paper  
a little paper big on community

advertise in the neighbors paper  
locally written  
locally wread

Unsung Heroes of Soul:

# Baby Washington

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: Justine "Baby" Washington, who combined a down-to-earth gospel sound with a stately uptown elegance. She also played the piano and was one of the few women artists of the time who wrote many of her own hits.

Justine was born on November 13, 1940, in Bamberg, South Carolina, but grew up in both Harlem and Lower Manhattan. At age 16, she was recruited by record executive Zell Sanders to sing with the Hearts, a female doo-wop group that Sanders managed and produced. The Hearts had just come off a sizable R&B hit, "Lonely Nights," and needed a new lead singer. Washington recorded ten singles with the group, whose members nicknamed her "Baby" as she was the youngest member.

By 1957, she was recording for Sanders' J&S label as a soloist but left the following year to sign with another New York label, Neptune. Washington had her first two national R&B hits, "The Time" and "The Bells," in 1959. She wrote both songs herself. Two years later, she wrote and recorded "Nobody Cares (About Me)," a #17 R&B hit that crossed over to the pop charts at #60. For unknown reasons, the label credit went to "Jeanette (Baby) Washington."

Neptune went out of business in 1961, at which time Washington moved to ABC-Paramount. The label released two singles on her, both of which flopped. In 1962, Washington signed with the New York R&B independent, Sue Records, whose artist roster included Ike & Tina Turner.

New York City in the early '60s was a powerhouse of the emerging "uptown soul" sound, which incorporated violin-heavy orchestral arrangements. Label chief Juggy Murray envisioned Baby Washington as a star of uptown soul a la Chuck Jackson, the Drifters, and Ben E. King. She would, in fact, produce seven R&B hits for Sue, including a pair of top tens: "That's How Heartaches Are Made" (1963) and "Only Those In Love" (1965).

When Juggy Murray closed Sue in 1967, he sold Washington's contract and master recordings to Veep, a United Artists subsidiary whose roster included Garnet Mimms, Ivory Joe Hunter, and Little Anthony & The Imperials. Her two-year association with Veep resulted in little success, but a 1969 move to Cotillion produced the #35 R&B hit, "I Don't Know." Washington soon moved on again, to an unsuccessful stint at Chess. By 1973, she was on the Philadelphia-based Master label, for whom she had a pair of top forty R&B hits: "Forever" (a duet with Don Gardner) and "I've Got to Break Away." Washington's final chart entry was in 1975.

As the new century dawned, Baby Washington remained active, performing several times a year on the East

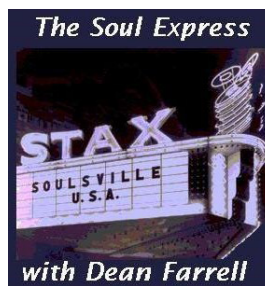


Coast and on cruise ships. In 2004, she performed at the Prestatyn Soul Weekender in Wales. In 2008, Washington did shows in Philadelphia and Baltimore. That same year, she was an honoree in the Community Works' "Ladies Singing the Blues" series. Today, with her 80th birthday just months off, Baby Washington is still in demand for live appearances, particularly in Europe.

Charted singles:

- "The Time" (1959) R&B #22
- "The Bells (On Our Wedding Day)" (1959) R&B #20
- "Nobody Cares (About Me)" (as Jeanette "Baby" Washington, 1961) R&B #17, Pop #60
- "Handful of Memories" (1962) R&B #16
- "That's How Heartaches Are Made" (1963) R&B #10, Pop #40
- "Leave Me Alone" (1963) R&B #21
- "Who's Going to Take Care of Me" (as Justine Washington, 1964) R&B #31
- "The Clock" (1964) R&B #36
- "It'll Never Be Over For Me" (1964) R&B #22, Pop #98
- "Only Those In Love" (1965) R&B #10, Pop #73
- "I Don't Know" (1969) R&B #35
- "Forever" (duet with Don Gardner, 1973) R&B #30
- "I've Got to Break Away" (1973) R&B #32
- "Can't Get Over Losing You" (1975) R&B #88

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-farrell>. His e-mail address is [soulexpress@gmail.com](mailto:soulexpress@gmail.com).



**Franc MOTORS INC.**  
 ROUTE 32  
 WILLINGTON  
 (860) 429-2614 • [www.francmotorsinc.com](http://www.francmotorsinc.com)

Franc Motors is a general automotive repair facility servicing cars, trucks, trailers and RV's. We offer medium & light, and heavy duty towing and recover. Road Service is available.  
**Open Monday-Friday 8:00am-6:00pm**

Cooper TIRES  
 SNOWPLOW SALES SERVICE

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

**Signs Plus**  
 OF WILLIMANTIC, LLC

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

**Noah King, Realtor, ABR, SRS, SFR**

**Find Out What Your Home is Worth Today!**

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

The "King" in Real Estate

Ashford native and resident for 30 years  
[noah@homesellingteam.com](mailto:noah@homesellingteam.com)  
 860-933-3432 860-450-8134

**Ashford Farmers Market**

Our 14th Season!  
 Sundays 10am-1pm through October  
 Guest Vendors  
 Pompey Hollow Park  
 Route 44 Ashford across from Town Hall  
 Enjoy fresh Connecticut grown products  
 Meet your local farmers

## Our Community Calendar

Compiled By Dagmar Noll

**June 7, Sunday**

**Community Food:** Ashford Farmer's Market, 10:00a.m. - 1:00p.m. Seasonal produce, fruits, cheese, meat, syrups, honey, baked goods. Please wear masks and practice social distancing. Pompey Hollow, Rt 44 across the street from Town Hall. Info: [Loretta, birdeye123@charter.net](mailto:Loretta_birdeye123@charter.net)  
**Meditation:** Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m. Non-sectarian, Buddhist-style sitting meditation, teaching and sharing. Info: 860-450-1464 [dmangum617@gmail.com](mailto:dmangum617@gmail.com)

**June 14, Sunday**

**Community Food:** Ashford Farmer's Market, 10:00a.m. - 1:00p.m. (See 6/7)  
**Climate:** Heading for Extinction and What to Do About It, (Online), 3:00p.m. - 5:00p.m. Sign up: 860-423-1878

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

**June 21, Sunday**

**Community Food:** Ashford Farmer's Market, 10:00a.m. - 1:00p.m. (See 6/7)  
**Meditation:** Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m.

**June 28, Sunday**

**Community Food:** Ashford Farmer's Market, 10:00a.m. - 1:00p.m. (See 6/7)  
**Live Music:** Mad Agnes & Hugh Blumenfeld with the Faithful Sky, 4:00pm. Breadbox Folk Theatre, 91 Valley St, Willimantic. [Breadboxfolk.org](http://Breadboxfolk.org)  
**Meditation:** Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m.

## News from Hampton's Fletcher Memorial Library

Fletcher Memorial Library will be opening to the public on Saturday, June 20th, 9-3. All patrons must be wearing a mask to enter the library. Until that time, books & DVD's can be requested by email ([fletchermemoriallibrary@gmail.com](mailto:fletchermemoriallibrary@gmail.com)) or by leaving a voicemail message (860-455-1086). We maintain the right to limit the number of patrons coming into the library at one time. We want to thank all our patrons for your understanding and patience during this difficult time.

View all issues of Neighbors from January 2015 to present in beautiful COLOR via a link on our website: [neighborspaper.com](http://neighborspaper.com) You will also find advertising and circulation information.

# Pandemic Pandemonium

By Delia Berlin



Will our species avert extinction? Usually, I'm optimistic about the collective potential of society to manage crises. But I must admit that when I read that 40% of Americans won't touch a Corona beer for fear of contagion, or when I hear the president suggest that shining lights through the body or injecting disinfectants may cure the coronavirus, my faith in the powers of humanity takes a hit.

To be fair, it's hard to think well under stress and the novel coronavirus has hit fast, presenting us with impossible choices. It wasn't easy to accept the inevitability of exponential spread and to visualize its magnitude. By the time we got moving, it was too late to prevent great damage. From then on, we have been in panic mode, madly putting out fires without fully considering all the implications of our mitigations.

In the words of Michael Leavitt, HHS Secretary under President George W. Bush, "Everything we do before a pandemic will seem alarmist. Everything we do after will seem inadequate." But the dilemma is that if social activity is shut down early and the worst of the spread is prevented, paradoxically, this outcome may wrongly reinforce the idea that shutting down was alarmist.

We were quite privileged by the timing of our national pandemic. We saw the situation unfold in several countries before our own got hit. There is a Spanish saying ("cuando las barbas de tu vecino veas quemar, pon las tuyas en remojo") that roughly means: "when your neighbor's beard goes up in flames, start soaking yours." We could have followed the wisdom in those words, but we didn't. Having wasted that opportunity is costing us many lives.

Shutting down our society when hardly anything seemed amiss was an overwhelming consideration. We can imagine that leaders worried about causing panic and unnecessary suffering. But we cannot excuse that valuable time to ramp up preparations was so casually wasted, particularly when some senators were not wasting any time tweaking their investment portfolios to profit from the pandemic. By the time infections exploded, we didn't even have the equipment needed to protect first responders and health care workers.

All we needed was to watch images of "less advanced" countries, where workers moved about in protective gear that covered them from head to toe. Many of them also had personal breathing gear and were shown using sophisticated decontamination before disrobing. Our American exceptionalism was exceptional, indeed. In some first-rate hospitals, health care workers had to improvise PPE with their own household supplies. Many hospitals canceled elective surgical procedures long before COVID-19 admissions started, simply to conserve their scant inventory of protective equipment. Because of these failures, huge numbers of health care workers contracted the illness in the US and many of them died. As the mother of one of the survivors, I find this completely inexcusable and unforgivable.

Incredible federal disorganization, incompetence and maliciousness pinned states against each other in bidding for equipment, confiscated shipments, promoted untested therapies, and even sent shiploads of protective gear to countries that were being solicited for it at the same time. Testing debacles plagued the federal response for months. Antibody testing suffered even worse lack of oversight and coordination, resulting in many invalid and unreliable tests. To this day, many official lines of communication remain bafflingly illogical, often contradictory and beyond confusing.

Public health policy extends beyond infection control. It includes, among other areas, fitness, nutrition, transportation safety, maternal and child wellness, mental health, violence prevention and environmental protection. The goal of any comprehensive public health effort should be maximizing wellbeing and productive years for all individuals. "Productive" years extend beyond "working" years, as many retirees contribute by providing care to younger and older generations, volunteering, embarking on creative activities, or sharing their invaluable wisdom through articles published by free monthly papers (wink, wink).

In addition to the obvious effects of widespread illness and any imposed mitigation strategies, there are also unanticipated consequences of a pandemic. Changes in behavior due to fear of contagion, for example, can be

beneficial or harmful. During the weeks of peak COVID-19 illness, many excess deaths initially not attributed to the virus were recorded. Some of these were due to the virus, but in people who had not been tested. But it is believed that many remaining deaths may have been caused by lack of medical attention to conditions that normally call for it. How many people with chest pain or slurred speech stayed at home, for fear of facing contagion in the emergency department?

During a pandemic spreading like wildfire, it may be impossible to weigh in all the possible implications of urgent actions. Errors will be made, even when knowledge and integrity guide decisions. When self-interest, corruption and greed play any part in these decisions, the damage can be unthinkable. Will we learn that the integrity of public leaders matters? Will we finally accept that 40,000 lies cannot be dismissed as a cute personality quirk? Or will the gaslighting, disinformation and anti-science propaganda continue to work its dark magic?

It is becoming clearer as time goes by that some risky activities will need to resume to avert greater risks posed by their continued suspension. For example, preventive health practices can be safely suspended for a while. But there is a point at which suspension will certainly start causing harm. Flu shots, for example, cannot be administered from six feet away. We will have to find ways to minimize risks, but we will still need vaccines, because their benefits outrank the risks.

Here is another illustration: Because my father died of colon cancer in his forties, my siblings and I have colonoscopies every three to five years. One of my brothers had his last colonoscopy just before the pandemic. During his colonoscopy, a small serrated adenoma was found and removed. Had my brother waited another year for his procedure, the growth may have become cancerous. My sister and I are due for colonoscopies this year. We can hope that a delay will have no impact for our continued health, but it may. Deciding when potential benefits will outweigh risks for each activity will be a continuing challenge in the future.

I have tried to stay positive during this period of home confinement, by focusing on the many things that give me reason to feel thankful. Staying at home is not the same for everyone. I am confined in pleasant surroundings, with my mate and my pets. I have a yard, patios, a deck, and plenty of places to walk outdoors without fear of contagion. We still have stable incomes and health insurance. We haven't lost any loved ones. We are connected through technology and can Facetime with family and friends.

Yet, at times I find myself incredibly sad and think that I may be asking too much of myself by expecting to stay positive. Losses should be mourned. In spite of all the gifts that cushion the blow, I have lost a great deal. My losses may be minor, relative to those that involve loss of life, health, jobs or homes, but they pile on:

- Last December, I rented a studio in New York to visit family more often, but I haven't been able to go there for over three months.
- My New Year resolution of hosting casual brunches for small groups of friends on most Saturdays, came to an abrupt end in March.
- Since early January, I had been enjoying my fifth season with the Windham Theater Guild Broadway Chorus, rehearsing for April performances that had to be canceled.

- My retirement savings took a hit.
- I read to my granddaughter on Facetime, but I haven't held her close or smelled her hair for that long.
- Our happy couple's routine of walking three times a week to local restaurants and chatting with community members in the process disappeared overnight.
- Our Sunday Flea Market escapades this year are, at best, delayed and at worst suspended.
- We won't be able to celebrate my step-grandson's high school graduation.
- I haven't seen my 88-year-old mother, safe so far, at the Card Home.
- Cultural activities at Eastern (concerts, art shows, movies, operas, plays) are gone, as are the students that bring the campus to life.
- I miss the gym, feeling less muscular already.
- And so many of the things I enjoy – dancing, flowers, food, animals, a good glass of wine – are much less enjoyable in the absence of friends.

In addition to sadness about my own, relatively minor losses, I experience frequent anxiety and vicarious distress about the losses suffered by many of our friends and neighbors, as well as our community. Will jobs return? Will our businesses survive this period of continued expenses without revenues? Will our hospital ride this wave? Can our grandchildren cope with the academic and social turmoil that was suddenly thrown their way? How are young children faring this spell, confined at home in high stress situations, without access to the safe haven of schools? The worries are endless.

Most of us have seen movies showing polar bears hunting seals. The seal swims safely under the ice, while the bear waits above it, near a hole. The seal knows that the bear is there, but at some point, it must still come up for air. We face a similar dilemma now. Even when isolation is our only safe choice, isolation itself carries enormous risks. We are yet to see the toll that depression and anxiety will take on our population.

Perhaps one of the most difficult aspects of this pandemic is the incredible pain that patients and families endure when critical illness and death strike during isolation. Even health care workers experience great suffering while caring for those who are dying alone, acting as their family surrogates in the process. I can't avoid imagining variations of that scenario for myself and my loved ones.

If COVID-19 were to claim my last breath in ICU, there are things that I would like my family to know, to mitigate any future regrets for not being with me at the time. They should know that my journey is long and dying would be just a small part of its totality. My life is rich and fruitful, largely because of them. They should understand that dying is a lonely task, and that company provides more comfort to survivors than to the dying. They should trust that I am strong and will fight to live, without fear of dying. They should know that they will be in my thoughts, comforting me right up to the last moment. And of course, that I will rest in peace, confident that they will take good care of my parrots.

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

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

advertise in the neighbors paper locally written locally wread

Neighbors a little paper big on community



Amidst the Struggles of COVID-19

# How Short-Term and Long-Term Planning Can Help You Achieve Financial Wellness

By Laurence Hale, AAMA, CRPS®  
Principal/Managing Partner,  
Co-Founder, & Chief Investment  
Officer



Due to the coronavirus outbreak, many people have been forced to take time off of work or watch their children full-time with schools closed. Many professionals and business owners may have suffered layoffs or a loss of revenue. That's why right now there's no better time to dive into understanding your finances and striving for financial health. Throughout June, our focus on each article will be explaining short-term and long-term financial life goals and planning strategies. Understanding the differences between short- and long-term planning can help you achieve your financial life goals and Live Well.

The key to short-term and long-term financial planning is understanding what financial wellness looks like to you and making decisions accordingly. If you're dealing with financial hardship right now, this exercise may feel like putting a band-aid on a much bigger problem. However, the sooner you get clear on how you define short-term and long-term goals and strategies, the sooner you can start adjusting your financial habits to make a lasting positive impact.

## Defining financial wellness

Financial wellness is usually defined as feeling secure when it comes to your money – both in the short- and long-term. However, there is a wide range of how people relate to financial security, so your definition of wellness may differ from others'. In fact, definitions of financial wellness may even be different between you and your spouse or partner.

The way you perceive financial security depends on your cultural background, and your personal history with money. For example, if your community growing up valued being able to take care of yourself and aging family members, you may require more of a safety net to feel financially secure down the road.

There are a few questions to ask yourself when trying to determine what financial wellness means to you:

1. How big of a "safety net" or cash savings do I need to have to feel safe?
2. Does my job provide enough of an income to cover my expenses?
3. Am I in debt, and is paying off my debt a priority?
4. Do I have enough cash flow to cover non-essential expenses (like taking my spouse out to dinner) or short-term financial goals (like making a large purchase)?
5. Am I on track to meet long-term financial goals (like retiring by a certain age)?

If your answers to these questions surprise you, take time to dig deeper. Uncovering why you feel the way you do can help you to ensure you're aligning your vision of financial wellness with what you value.

## What action steps can you take?

Achieving financial wellness is best broken into two actionable categories: short-term and long-term goals. In the short-term, you want to take steps that will stabilize your cash flow, prioritize debt repayment, and align your spending with your values (while living within your means). Here are some short-term planning strategies to consider:

1. Start focusing on building an emergency fund of 3-6 months of living expenses. If this feels out of reach, start with saving up just one month of living expenses, and grow from there.
2. Automate bill payments and be clear on when those payments will be taken out of your account. No surprises!
3. Automate payments toward your student loans and other lines of credit, and stop using credit cards when you can.
4. Sit down with your spouse or partner to determine your top 3-5 values. Look at how you've been spending your money for the past month – do your expenses match those values? If not, consider adjusting. For example, if you value time together, but are spending more money on lattes before work than you are on date night, adjust accordingly.

Financial wellness doesn't happen overnight. However, these short-term actionable steps can help move you toward a better, more secure financial future. Don't discount baby steps in the right direction!

Long-term steps can be more challenging but are even more critical to achieving financial wellness. Thinking ahead into your financial future may feel nerve wracking. It's tough to plan ahead, especially when you're focused on getting yourself out of a bad financial situation in the short-term. Your goal shouldn't be to make complex financial plans for yourself right now. Instead, consider these strategies to help move you toward long-term financial wellness and security:

1. Automate contributions to your retirement savings. Even if you're only contributing up to the company match, continue contributing consistently.
2. Think about long-term financial life goals (or purchases) you may want to make and estimate their cost. Do you want to buy a home? Purchase a new vehicle? Knowing the values of your goals may help you prioritize and save accordingly.
3. Set a goal to become debt-free and stick with it. Why it's critical to take control of your finances through education

Unfortunately, it's rare that financial wellness is taught to children in America. While some programs do exist, they're few and far between. Luckily, there's still time now to prioritize financial education and financial wellness. There are so many resources available to help you educate yourself on every financial topic imaginable. The more you arm yourself with financial knowledge, the more likely you'll be to make empowered decisions that lead you to the financial life goals you've set for yourself! Our website [www.whzwealth.com/resources](http://www.whzwealth.com/resources) also has many planning tools and articles to help you kickstart your short- and long-term financial life goals.

## The advantages of short-term and long-term financial planning

Short-term and long-term planning strategies have important differences to consider to help you define and achieve your goals. They can also help you achieve financial wellness right now amidst the struggles of COVID-19 we are all facing. Whether you have had to put your short-term goals on hold, extend your time horizon for your long-term goals, or are in need of adjustments to your investment strategies, understanding the values and differences among them can be advantageous. While making adjustments will not guarantee financial wellness or repair the damages you may be facing from COVID-19, it may be beneficial for getting your goals and strategies back on track. Below are key takeaway steps you can take to help lead you toward financial wellness:

1. Define what financial wellness means to you and set your goals accordingly.
2. Take short- and long-term steps toward stabilizing your financial life and achieving your financial life goals.
3. Dedicate time to financial literacy and education so that you can better understand your finances and make empowered financial decisions with your new-found knowledge!

For more information on planning tips, COVID-19, the CARES Act, and more, visit our website [www.whzwealth.com/covid19-resources](http://www.whzwealth.com/covid19-resources). If you would like information about financial planning services, email us at [info@whzwealth.com](mailto:info@whzwealth.com) or call us at 860-928-2341!

*Authored by Principal/Managing Partner Laurence Hale AAMS, CRPS®. 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. <http://www.whzwealth.com> These materials are general in nature and do not address your specific situation. For your specific investment needs, please discuss your individual circumstances with your representative. Weiss, Hale & Zahansky Strategic Wealth Advisors does not provide tax or legal advice, and nothing in the accompanying pages should be construed as specific tax or legal advice.*

the neighbors paper  
a little paper big on community

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

Roaa Alammari, MD, FACOG  
Robert Gildersleeve, MD, FACOG  
Lesley Gumbs, MD, FACOG  
Veronica Helgans, MD, FACOG  
Yvette Martas, MD, FACOG  
Devon Root, CNM, WHNP-BC  
Stephanie Welsh, CNM, DNP

**Lifelong Women's Healthcare**  
Adolescence • Pregnancy • Menopause

860-450-7227 (phone)  
860-450-7231 (fax)

A member of  
**Women's Health**  
Connecticut

Find us on Facebook  
[www.mansfieldobgyn.com](http://www.mansfieldobgyn.com)

**LAWRENCE REAL ESTATE**  
"We Care"  
**860-429-7240**  
email [gary@lawrencesells.com](mailto:gary@lawrencesells.com)

Confidential Counseling Services Offered

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

[glawrencesells.com](http://glawrencesells.com)  
126 Storrs Road, Mansfield Center, CT 06250

Susan Gerr  
**Birch Mountain Pottery**

Studio- Gallery- Classroom  
[www.birchmountainpottery.com](http://www.birchmountainpottery.com)  
Rt. 195, 223 Merrow Rd,  
Tolland Shopping Plaza, Tolland  
(860) 875-0149  
Tues. 10-5, Wed/Thurs. 12-5, Fri./Sat. 10-5,  
closed Sunday/Monday

Your Local Potter  
since 1985

**SENIOR HOUSING**

NOW TAKING APPLICATIONS  
**Elisha Brook**  
56 New Park Ave, North Franklin CT, 06254

Applicants must be 62 or older and not to have income greater than income limits annually established by HUD  
**CURRENT INCOME LIMITS: One Person: \$35,350  
Two Person: \$40,400**

For more information call 860-886-0367  
and for more information and application process visit us at  
[www.elishabrook.org](http://www.elishabrook.org)

**SUBSIDIZED HOUSING**

To all our contributors-  
**Thank You!**

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

When did spring 2020 arrive? -- "It's still winter!"

## Early Spring—Flowering Trees in the Valley

By Brian Karlsson-Barnes

**Saturday, April 25th** My sense of true spring arrived as a sunny bright blue Simpson's Sky of white fluffy clouds shown over the concrete heat-sink that is Mansfield Hollow Dam, about a month after the official meteorological first day of Spring, March 20th. Cold early spring seemed to switch ON to a warm 72 degrees F. (per my dashboard). Buds were swelling in the Last Green Valley.

**Meteorology** defines four seasons that are found globally: spring, summer, autumn and winter. The three warmest months are by definition summer, the three coldest are winter, and the transitional seasons start whenever. Spring and fall start and end on different dates in different regions and meteorological dates don't always coincide with our perceptions.

I couldn't resist pruning **Sweet Autumn Clematis** in February a few years ago and was touting Early Spring while hellebore and 'Arnold Promise' witch hazel were blooming in Boston. My friend simply did not want to hear it... "It's still winter!" But it was a warm day, tender green growth tempted me to prune the dieback and the Clematis died back completely! I've reconsidered the sheltering value of old growth.

Truth is, early spring is late winter.

**GARDEN TIP** Herbaceous perennials and vines should be covered, sheltered by last year's growth until the last threat of frost. Mild winters encourage new growth, but late frost kills when the old layer is removed too soon, exposing tender growth to cold April winds. Wait until May.

Tired of winter this year !!! The long cold spring didn't help covid-coexistence in a small farmhouse either, but cabin fever is treatable with walks along woods, waters, gardens. "Follow Your Bliss," Joseph Campbell said, later adding Blisters. Work is therapy and gets things done, and where better this spring than in the private sanctuary of a garden?

**ONLY ESSENTIAL TRAVEL** In April the pandemic seemed a nightmare that might end, and I imagined a trip beyond the Valley to Boston's Arnold Arboretum, finding the Rosaceae family of early spring-flowering cherry and crabapple trees. Visiting mature arboreta helps imagine a planting, and we certainly have big trees here. Looking near home also shows what performs well here... and what doesn't.

My Chaplin neighborhood is the Natchaug River and Mansfield Hollow Lake that flow to Willimantic. Nearby north of the Hollow are University of Connecticut campus plantings in Storrs, Mansfield. Our regional macroclimate was USDA zone 6a (average low -10 to -5 degrees F.) in 2005, perhaps warmer 6b now; regardless has varying microclimates in the many valleys of the coastal hills descending to the sea. Wind is as important as temperature. The large magnolias pictured are at Connecticut College Arboretum, a half-hour, half-zone milder drive downstream to coastal New London.

**Only Forsythia** was a satisfying harbinger for me of the Valley's reawakening this cold, cloudy April, blazing bright yellow through Covid Spring like a lighthouse in the fog. I didn't quite enjoy the many white and gorgeous pink flowered cherries (*Prunus*) due to dim daylight. Dreary month.

**FLOWERING TREES** The Hollow has many early blooming trees, however. Cherries and magnolias abound. Few serviceberries, but mine bloomed the end of April.

**Allegheny Serviceberry (*Amelanchier laevis*)** Lovely native tree with four-season appeal, known as Shadblow (blooms when herring-like shad run) and Juneberry (when fruits). Attractive branching structure. Naturally hybridizes with twenty species of small trees and smaller shrubs like Shadbush (*A. canadensis*).

**FLOWER** Masses of showy, slightly fragrant white flowers last a week or two in early spring before the leaves appear. Shadbush blooms a few weeks later. Then fruit for excellent blueberry-like pie, but birds beat you to 'em. Yellow-orange-to-brick-red fall color.

**CULTURE** Hardy in USDA zones 4-8. Likes moist, well-drained acid soil, but adaptable. Full sun to part shade. Found naturally in woodland borders, but vulnerable to caterpillars. Deciduous fast-grower to 25-feet.

The very early white flowers of Kobus magnolias were browning the end of April while saucer magnolias were waiting to open. Excepting freeze damage every few springs, Star Magnolia is elegant.

**Star Magnolia (*Magnolia stellata*)** Compact multi-stem tree with early spring flowers before leaves unfurl, thus vulnerable to frost damage.

**FLOWER** Named for star-shaped flowers in April, showy clusters of fragrant, pure white petals, sometimes tinged pink, and pink cultivars.

**CULTURE** Hardy in USDA zones 4-9, it prefers rich, well-drained soil in part to full sun (4 to 6 hours). Tolerates dry alkaline soils. Shelter away from winter winds. Deciduous slow-grower that reaches 20 feet tall, 15 feet wide.



Elegant pure white petals of Star Magnolia at Arnold Arboretum where it performs better in the mild coastal climate than inland. Contributed photo.

Cold nights continued in April. Large purple-red-to-pink and white buds of Saucer Magnolia waited for warmer weather to open... buds swelling early after a mild winter, expecting warmth, but limited by cold winds and freezing nights. Some were bedraggled on April 25th; the better-sited opened gloriously in May.

**Saucer Magnolia (*Magnolia x soulangeana*)** was bred by French Calvary officer Etienne Soulange-Bodin after the Napoleonic Wars, who famously said:

"The Germans have encamped in my gardens. I have encamped in the gardens of the Germans. It had doubtless been better for both parties to have stayed home and planted their cabbages."

Soulange-Bodin founded the Royal Institute of Horticulture in France, where he cross-bred *M. liliflora* and *denudata* to create *Magnolia x soulangeana* in 1826, selling for \$8 per seedling by 1840, expensive for a tree.



Two large magnolias at Connecticut College, thanks to Maggie Redfern. New London has milder coastal weather than inland upland Connecticut.

**FLOWER** Named for saucer-like 5-inch (10" in South) blooms. Vulnerable to late frost. After colorful flowers fade, leathery dark green leaves contrast with smooth gray bark. Yellow fall color.

**CULTURE** Hardy in USDA zones 4-9, it prefers well-drained, slightly acidic soil in full sun to part shade. Tolerates clay soils. Shelter away from winter winds. Deciduous growing 1 to 2 feet per year to reach 30 feet tall, 25 feet wide (lower and wider if multi-stem clump). Not small.

**The Rosaceae family** of spring-flowering trees and summer-blooming roses (and other fruiting shrubs) has nearly 5,000 species (including serviceberry). A favorite cherry:

**Sargent Cherry (*Prunus sargentii*)** A "frothy mass" (per Michael Dirr, *Manual of Woody Landscape Plants*) of rich pink flowers before the leaves in early spring; delicate, fade quickly but bark is glossy red-brown yearlong. Fall leaf color is yellow-bronze-red. USDA zones



Red-budded 'Prairifire' Crabapple on Peter's Hill at Arnold Arboretum. Contributed photo.

4-7; 20 to 30 feet high.

Cherries and longer-lived magnolias are showy, yet frost-vulnerable. Tougher is **Crabapple (*Malus*)**. Select a disease-resistant cultivar as:

**'Strawberry Parfait' Crabapple (*Malus hupehensis* x *M. x atrosanguinea*)** noted in the April issue) Profuse red buds opening to large pink flowers with red margins. USDA zones 4-8. 20-foot tall. Its bark was rough and fissured, however, not notable. Several other flowering crabs have showy bark:

**Sargent Crabapple (*Malus sargentii*)** Dwarf tree with red buds opening white. Bright red half-inch fruits. Glossy bark. USDA zones 4-8. Only 10-foot high. Small.

**'Prairifire'** is my favorite for showy bark, flower, fall color, and its nod to my years in Minnesota (fascinating ecological juncture of eastern forest, Canadian Shield and western prairie). It was bred for cold-hardiness and disease-resistance at the University of Illinois, edge of the tall-grass prairie of the northern plains, by Dr. Daniel Dayton (misspelling of the name was intentional).

**'Prairifire' Crabapple (*Malus*)** Red buds opening dark purple-red. Glossy red-brown bark. New leaves red-maroon, to green, to apricot orange-red in fall. USDA zones 3-8; 20 feet tall.

**WEATHER & WHETHER** On the bright side, the long cold spring allowed more time to consider trees along my busy road, sunny sites exposed to wind. To consider weather hardiness and whether -- what, where, when? -- trees were available.

Whether magnolias are reliable? Winter-hardy crabapple, serviceberry and redbud thrive in Minnesota; not cherry and magnolia, a lesson for harsh Connecticut exposures. In our milder Valley, magnolias seem to bloom too early, a liability in cold springs. Better closer to the coast. Cherries are less damaged, but often short-lived.

**Redbud (*Cercis*)?** Not early flowering, so not listed because it blooms later with azaleas and dogwoods. A nice specimen along Bedlam Road showed no color this cold April. In May, purplish red buds appeared along every node of gradually, elegantly, ascending branches, opening rosy pink before leafout. (I planted one.)

**FUTURE?** Spring has been long and cold, but we'll soon be reminded that late spring is the same as early summer when warm switches to HOT !!! New weather norms with global warming may have little to do with the pandemic, but seasonal climate changes are critical to gardening.

Hot summers, long autumns and springs. Little snow the last two years, but five feet only five years ago? Will there be continuing cold springs with late hard frosts? I'm guessing magnolia damage happens every few years, but others should be fine.

Brian Karlsson-Barnes, Master gardener / designer, Chaplin CT.



Artwork at left by Richard White, Jack in the Pulpit, above, by Barbara Timberman.

Connecticut Open House Day

# Art and Garden Tour of Northeastern Connecticut

Submitted by Suzy Staubach

Saturday, June 13, A Virtual Event

This year, with the pandemic still impacting our state, the annual Art and Garden Tour of Northeastern Connecticut will be an online event as part of Connecticut Open House Day. You won't be able to wander the garden paths and look at the paintings, sculptures, wood, ceramics and other art amidst the flower beds this year, but you can visit virtually. And if you see something you like, or have a question, you can contact us individually. Visit: Connecticut Open House Day 2020 or ArtGardenCT.com.

Participating Artist-Gardeners:

Nora Charters earned her BFA in photography from NYU in 1994. Working for years in fashion advertising in NYC honed her creative eye. In addition to photography, she makes beaded necklaces out of semi-precious stones. (917-687-5800, chartersnora@gmail.com)

Nancy Cooke-Bunnell paints animals, flowers, and the natural landscape and has recently turned her attention to abstract work. Her gardens offer a frog pond, meditation walk, gently arched bridge and richly planted beds. (860-377-7817, ncbunnell@gmail.com)

Janet Dauphin creates fused glass window hangings, unique night lights, and dishes using a kiln. She shares the smooth flow of melted glass in both abstract and carefully designed pieces inspired by the natural world. She does most of her work in her studio overlooking her alpaca herd. (860-377-3016, conneditor@sbcglobal.net)

Gretchen Geromin and Lauren Merlo work as a team, collaborating on unique, handmade cutting boards and signs made from wood from local trees. Each piece is enhanced with Gretchen's with wood-burned art. (860-377-3333)

Barbara Katz is an award-winning ceramic artist. She creates sculpture and pottery, including spirit houses, cat and kitten mummies, large vessels, mouse mugs, tiles and more. In recent years she has also turned her attention to encaustic art. (860-230-6410, katzbarb@gmail.com)

Marylin Makuch makes jewelry using wiring and beading. She also creates unique home accessories such as ceiling fan pulls, napkin rings and letter openers. Her gardens are

filled with greenery. (860-933-2291, tbg@charter.net)

Leanne Peters works in graphite, digital, water color, oil and colored pencil. Her decorative art speaks of energy and magic that is uplifting and healing. (860-933-2000, leanne@peters-art.com)

Scott Rhoades paints from photographs in his studio. His works are predominantly representational in style. He loves weathered barns, local historic homesteads, nature and the wilderness. His wife Ellie Rhoades has created a show stopping garden artfully combining plants and structure. (860-423-9779, scotterhoadesart@gmail.com)

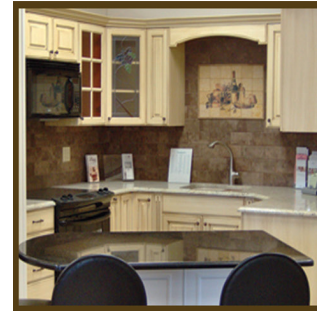
Shauna Shane is widely known for her impressionistic paintings of farms, flowers, people and houses. She also creates cement garden sculpture: leaves, roosters, columns and such. Her garden features a koi pond, flowers, and of course, her sculptures and creations. (860-429-3646, fentonriver@yahoo.com)

John Starinovich uses natural holes from downed trees combined with metals, crystals, deer antler, bone, shells, seed pods, various woods, LED lights, and most importantly, mirrors to create his sculptures. His garden features a woodland walk, mountain laurel and half acre pond. (860-878-0768, holesinthewoods@gmail.com)

Suzy Staubach is a potter, writer, and gardener. She makes simple yet elegant platters, bowls, mugs, baking dishes, table and kitchen ware. Her newest book is A Garden Miscellany: An Illustrated Guide to the Elements of the Garden published by Timber Press. (860-287-8056, suzy@willowtreepottery.us)

Barbara Timberman begins her watercolors with the initial color of her subject. She enjoys the interplay between splashy spontaneity and tight control, creating exuberant celebratory works. She also makes handmade books. Her hillside cottage gardens mix flowers and an abundance of vegetables, with a handmade greenhouse in the center. (959-929-2112, Barbara.Timberman@gmail.com)

Richard White was awarded first prize in 2017 by the Society of Portrait Artists. He is a painter, illustrator and photographer. One of his charcoal drawings is featured in the 2020 edition of Artists Magazine the Best of Drawing. (richard@whitesite.com)



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

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

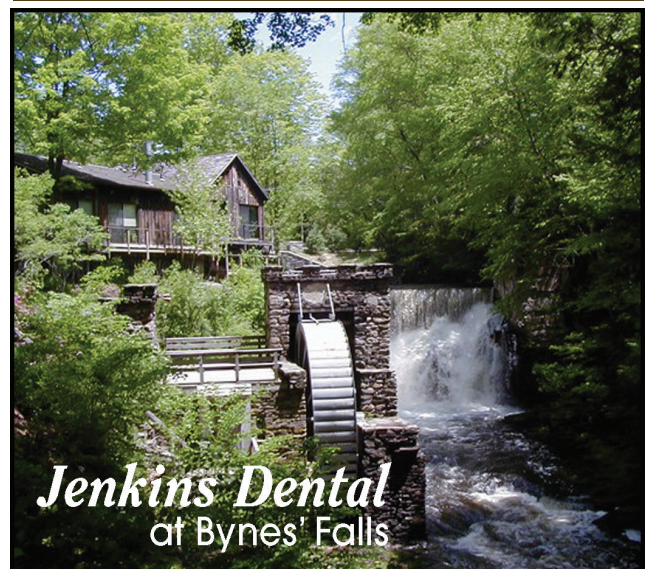
Cabinets - Counter Tops  
Carpeting - Flooring  
Come see our wool carpets

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



27 MEADOW STREET, WILLIMANTIC • 860-450-8442

Hours: Mon.-Fri. 9 to 5; Sat. 9 to 2  
Special Appointment Available Upon Request



## Jenkins Dental at Bynes' Falls

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

**860-742-6665**

2991A South St., Coventry, CT 06238

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



Ashford, CT

Phone (860) 429-6571 • Fax (860) 429-0246  
www.terrys-transmissions.com • Email: terrys.trnsmsns@snet.net

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

# D & D Auto Repair

## VOLKSWAGENS AND MORE

**Foreign Domestic Light Pickup**  
Family Owned & Operated Since 1992

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

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

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

Dana P. Woods, MD

William J. Kaufold, MD

Tim Brangan, LO

Jennifer L. Capstick, OD

# A Lesson in Local White Supremacy: Practice The Pause

By Phoebe C. Godfrey

*We have to constantly critique imperialist white supremacist patriarchal culture because it is normalized by mass media and rendered unproblematic. bell hooks, Homegrown: Engaged Cultural Criticism*



For many whites, the terms ‘white supremacy’ may seem antiquated and unmerited in this post–Obama age, where legally *–de jure–* the law does not discriminate on the basis of race. However, in practice *–de facto–* white supremacy, both on the individual and structural levels, is alive and well and living locally, as reported in today’s edition of *The Chronicle* (5/27/20). According to the front page story by Michelle Firestone, CT State Police Commanding Officer Lt. John Aiello in speaking about 23 year old Peter Manfredonia, the UCONN senior suspected of having killed with a machete two people—23 year old Nicholas Eisele and 62 year old Theodore DeMers—said,

“We know this is not who you are... We want you to be able to tell your story. We are here to listen to you”.

Now, having read this quote, I am going to ask that you the reader practice what author Rhonda Magee calls ‘The Pause’ from her book *The Inner Work of Racial Justice* (I wrote about it back in February). When addressing difficult issues such as racism and other forms of oppression, she proposes this idea of The Pause so that we check in with ourselves in terms of our thoughts, feelings and awareness of our bodies and where in our bodies we feel our emotions. This pause is as she says, “... an aspect of the practice of mindfulness meditation that can lead you to the experience of body-based mindfulness... To practice The Pause, you simply stop what you are doing and intentionally being your awareness to the experiences of the present moment” (p. 16-17). So now that we have done The Pause, I ask that you reread that quote, while again keeping in mind that this young man, based on the circumstantial evidence, seems to have engaged in a brutal

double murder. Having reread the quote what do you notice about the tenor of the Officer’s words that have everything to do with white supremacy? If you are not sure then that alone is evidence of white supremacy.

Let me give you some other examples to see if you can come to the insight I seek you to garner on your own.

How about the fact that the two white killers of Ahmaud Arbery, the 25 year old African American jogger, were not arrested until two months after the racist event took place on February 23rd of this year even though it was known to the police and one of the men was a former officer. (<https://www.bbc.com/news/world-us-canada-52585505>)

Practice *The Pause*

Or what about another even more recent incident that happened late this past Monday, when police officers in Minneapolis responded to a call from a grocery store that claimed George Floyd 46 had used a forged check. The officers arrested him in his car and then somehow he was pinned down on the neck by one of the officers knee. He is recorded shouting, “I cannot breathe” and “Don’t kill me!” but then became motionless, and dies face-first on the road. (<https://www.theguardian.com/us-news/2020/may/26/george-floyd-killing-police-video-fbi-investigation>)

Practice *The Pause*

Or what about the case of Breonna Taylor, a 26-year-old certified EMT worker, who was sleeping in her apartment on the south side of Louisville, Kentucky, when plainclothes police officers arrived outside her door in the early hours of 13 March of this year. Claiming they were serving a “no-knock search warrant in a narcotics investigation”. Believing they were witnessing a home invasion, Kenneth Walker, Taylor’s boyfriend, shot and “hit an officer in the leg after a battering ram plowed through the apartment’s door Police responded by firing more than 20 times. Taylor was hit by eight rounds” (<https://www.theguardian.com/us-news/2020/may/14/breonna-taylor->

[louisville-police-shooting-kentucky](https://www.theguardian.com/us-news/2020/may/14/breonna-taylor-louisville-police-shooting-kentucky))

Practice *The Pause*

Do you see the pattern that is the everyday brutal racism carried out by individuals and co-perpetuated by ideologies and institutions? In the three cases involving African Americans, none had harmed anyone, with the only crime being forging a check. Yet, no officer thought of them in the manner that ‘our’ Peter Manfredonia is being considered. No one said to or thought of any of them, even if they had committed a crime, that

“We know this is not who you are... We want you to be able to tell your story. We are here to listen to you”.

Practice *The Pause*

This is white supremacy – whites for the most part are seen as innocent until proven guilty and even suspected murders (it helps to have class privilege as well and be an engineering student at the local flagship university) are shown compassion and are not vilified by their act but are invited to still be seen as humans who have a story to tell and who ultimately need to be listened to. On the other hand, African Americans for the most part are guilty until proven innocent, are denied compassion, are vilified and defined by their actions (or the assumed / projected / imagined actions on the part of whites) and are ultimately denied their humanity by having their stories silenced and unheard. This incredible, yet deeply rooted ethos of “imperialist white supremacist patriarchal culture, must, as bell hooks says be “constantly critiqued” “because it is normalized by mass media and rendered unproblematic”. Just ask yourself if you at first saw the white privilege embedded in the officer’s words, or did they seem normal, hence unproblematic? And they should be seen as normal & unproblematic—if only everyone were given the opportunity to be seen for who they really are, as opposed to the crimes they may or may not have committed.

Practice *The Pause*...

## WAIM’s COVID-19 Response Fund Begins Disbursing Aid

Submitted by Annetta Miller

Struggling area residents are receiving help from the Windham Area Interfaith Ministry’s Neighbor Safety Net Fund, but the need for donations continues.

Willimantic, Conn. (May 24, 2020) — WAIM’s Neighbor Safety Net Fund, established last month to help those suffering from the financial consequences of the COVID-19 crisis, is beginning to disburse payments to area residents. The fund has raised \$90,000 in the first round of distributions, which are earmarked for those who have lost jobs, had their work hours reduced, or are otherwise struggling because of pandemic-related hardships.

Proceeds are being deployed to help pay for rent, utility payments, medical bills and other qualified expenses resulting from the pandemic.

“The response from the community has been overwhelming and heartwarming,” said WAIM Executive Director Victoria Nimirowski,

However, donations are still sorely needed, Nimirowski said. The state of Connecticut has indicated it will eventually lift its moratorium on evictions and utility shutoffs; this will inevitably result in pent-up demand and a skyrocketing need for assistance, she said. Thus, while the Neighbor Safety Net Fund has exceeded its original goal of \$30,000, the campaign continues. “With so many people struggling right now, additional contributions will ensure that we can reach out to as many people as possible. We want people to know

that they are not alone and that they can get the help they need,” Nimirowski said.

For many of the beneficiaries, the Fund already has been a crucial lifeline, the lone buoy in a sea of illness, debt and despair. One such recipient is Patricia, a housekeeper, grandmother, and 25-year resident of the area who lives with her multi-generational family. (For privacy reasons, Patricia asks that only her first name be used.) Patricia and her husband, a farm worker, both found themselves jobless at the beginning of the pandemic, with no way to pay the \$800 rent on their home. Around the same time, her three-year-old grandchild was diagnosed with the COVID-19 virus. “I didn’t know what we were going to do,” she says. Then, she found WAIM. The nonprofit arranged to help with the family’s rent payment and referred them to the ACCESS Agency, which has supplied them with food. WAIM’s assistance allowed them to focus on the health of their grandchild, who has since recovered. “I cried I was so happy,” Patricia says of the phone call informing her that assistance would be forthcoming. “I want to thank everyone who helped us.”

Individuals such as Patricia have gotten support from a broad cross section of the community, with the bulk of contributions coming from small donations, Nimirowski said.

Two charitable organizations--The United Way of Central and Northeastern Connecticut and the Connecticut Health Foundation-- have also stepped up to support the Neighbor Safety Net Fund, pledging a total of \$25,000.

Other gifts have come from area business owners. Dr. Ruth Buczynski, CEO of the Storrs-based National Institute for the Clinical Application of Behavioral Medicine (NICABM), contributed \$20,000 out of a concern that many in the area are being left without. “I’m fortunate to have a way to earn a living right now and I know that many people don’t,” she said. “For those who have trouble accessing healthcare as well, it makes this tough situation even harder. I was glad to have an opportunity to give, and I hope others who can will dig deep and help as well.”

Sheila Amdur, chair of the Windham Region Interfaith Working Group, who helped create the Neighbor Safety Net Fund campaign for WAIM, said she hopes those who need assistance will not hesitate to come forward. “We are part of a community that looks out for one another,” she said. “That’s what this Fund is all about—helping our neighbors at a time of overwhelming need.”

While the WAIM building is closed until further notice, those seeking help can apply by calling the WAIM office at 860-

456-7270 Ext. 12. The Neighbor Safety Net Fund serves residents of Andover, Ashford, Bolton, Chaplin, Columbia, Coventry, Hampton, Hebron, Lebanon, Mansfield/Storrs, Scotland, Woodstock, Willington and Windham/Willimantic. U.S. citizenship is not a requirement for applying.

Those wishing to contribute can do so by visiting [www.waimct.org](http://www.waimct.org) and clicking on “DONATE” or by sending checks payable to WAIM to P.O. Box 221, Willimantic, CT 06226. In both cases, contributors are asked to note that their donation is for the Neighbor Safety Net Fund. Donations of any amount are welcome.

ABOUT WAIM

The Windham Area Interfaith Ministry (WAIM) is an association of churches, synagogues, fellowships and concerned citizens that help those in need in the greater Windham region. It serves more than 8,000 clients each year by supplying furniture, clothing, and emergency living expenses.

WAIM serves all area residents who qualify for assistance, including those who are unemployed, underemployed, undocumented, refugees, recently released prison inmates, those living in transitional or rehabilitative housing and those living with illness or disabilities.

To learn more, visit [www.waimct.org](http://www.waimct.org).

### Help A Neighbor In Need

Give to the Neighbor Safety Net Fund for COVID-19 relief



# Beginners Are Experts Too!

By Grace Preli



Here's the thing about beginnings... most of the time we don't honor them or realize their importance until the end. Sometimes we don't even know that the moment or experience or person we are just meeting even IS a beginning. It takes months or years down the road to look back and see which moments were those first steps that got us to where we are now standing.

I want to challenge myself and you dear reader to appreciate your beginnings. Appreciate your first steps. Appreciate those moments where you don't even know where you are headed or how something might work out. Appreciate these moments IN the moment, not just when you can speak from the safety and security of knowing you made it.

We need to honor the leaf as it is leafing in cold and rainy May. We need to honor the apple blossoms, working hard to bloom even though the threat of frost is high. We need to recognize the work and commitment and effort and totality of those first moments IN those moments, not just at the end.

Can you give thanks for the fruit, the harvest, the bloom, at the beginning of the season as well as at the end? Can you honor the work you must do even though you've no solid idea where you're going and the outcome is uncertain? Can you honor the relationship, the business, the new idea, the small change you're making from right where you are at the beginning instead of waiting until the end?

It's easy to give thanks at the end, when success is apparent and you can speak from knowing you made it. It's easy to appreciate the beginning when you have the goal met, the money coming in and the sweet peaches in your hand. At the end, we forget what it took to get us to that point.

Hindsight is always 2020 and often tinted by rose colored glasses. Too much time has passed, too many small changes every day, too many successive steps in a certain direction to remember what it was like when we were only one or two steps into our journey. When we're standing at the edge of a forest, everything and nothing can look like a trail. It's only after walking for a while do we start to orient ourselves and start to find ourselves on a path. If we look back over our shoulder we can pick the path out of the undergrowth, we can say, oh look, that's how I came to be right here where I am. If we look ahead, we can see our path continuing through the trees whether there exists one or not, we can say, okay, it looks like I'm headed there, then there. But you have to be on the path in the middle of the woods to be able to fully see the path. You have to have already walked a little bit to see where you might keep heading. How did it feel when you stood at the edge of that forest and thought everything looked like a tangled thicket of brush? How did it feel when you couldn't see the path ahead? How did it really feel when you started that business but had no idea if you'd make it the next day or the next, or the day after that?

Our memory is colored by all the moments that came in between and altered by the heady smell of success. Remember what it took to bloom. Remember what it felt like to not even know you were blooming. Remember not knowing if success

was possible. Remember the strange days in the chrysalis, not just the moment you became a butterfly and realized there was a point to the process and that you can now fly. Do you remember the feelings? Do you remember the anxiety, the nervousness, the excitement? Do you remember the joy, the feeling of newness? I tell you honestly, these feelings can not often be accurately recalled once our perceptions and experiences have changed us. A memory can take us back, an old journal can help us remember, but it is likely we will soon forget or rather, remember differently what those first steps were like.

It's okay to be a beginner at something. Sometimes it can feel to me like the world is filled with experts, people who have 'made it', people who can look back from where they're sitting and give an impassioned, motivational, TED-talk telling exactly how they made it to where they are in only three simple steps.

But do those people who 'made it', do those experts, do they remember what it was like when they were just starting out? Do they have compassion and kindness for their younger, maybe less knowledgeable and successful selves? Most of my friends are still young like me and in the time of their lives where they are still at the beginning. They are just starting off in a new career, or just starting a new business, or just starting parenthood... and so many of them express to me that all that motivational stuff doesn't really do it for them.

I think it's really important to honor all the voices. The voices of the experts provide something to work towards and it is helpful to know that if they made it, we can too. But it's so, so, so important to honor the processes of the people who are just starting out or working their way through the middle. I want to encourage people who are just starting out that they DO have something to share. I want to hear from them! I want them to know that what they are experiencing, what they have to offer, is just as important as what the seasoned pro might have to share. We need beginners! We need people who are just starting out! We need people who are not sure where they're going or how they're gonna get there, but they are showing up every day even if it doesn't even feel like they are! These are the people I want lift up and honor.

So to you I say, whether you're at the end or the beginning or you've got a lot of both in your life, honor yourself at all points in your process. Embrace your beginnings, middles and ends. Honor where you've come from and where you'd like to go... and most importantly, honor right where you are, right now, wherever that might be.

Support our local farmers.

You and your family will eat better.

The entire community will be healthier.

Shop at the Willimantic Food Co-op and frequent our farmers markets.

To find a market close to you visit the CT Department of Agriculture website for a link to markets.

# Sometimes in Hell

By Dan McGinley

A long time ago, Catholic Nuns in long black habits used to beat the living hell out me at the Annunciation School in Minneapolis, from first through third grade.

Ancient and withered and more serious than a bald eagle, they would call me up from the back and wield those rulers like maniacal Samurai, until the back of my little hands were raw balloons.

I would stare up at them with vacuous demon eyes, uncaring and unflinching, searching their face for any hint of love or mercy, but all I ever found was anger, pure and simple. Some kind of profound hostility caused by a little boy, caught whispering to his friend from the Sioux reservation, who was next in line for a beating.

Believe me, I remember every single blow to this day - and we're talking the early sixties - when John F. Kennedy was King Arthur, and my dad drank iced cans of Hamm's beer (from the land of sky blue waters!) with members of the Minnesota Vikings. A brawny Boston Irishman who played hockey for B.U., (he once scored the winning goal against Harvard), dad taught his three boys not to cry and take punishment like "a man." No ancient sister of mercy was gonna shake my world with a flimsy little ruler, and see tears for the effort. I'm sure one or two blew a rotator cuff trying to hack my hand into ground hamburger.

Yet . . . something had to give. I took my punishment but started running away at recess, down West 54th Street to a phone booth, where my nickel got a call with mom, who always had great compassion and sent a taxi to take me home.

After a while those nuns got clever and sat me in the very front, where I made faces and threw pencils when they weren't looking. They switched tactics and went for mental torture, making me repeat third grade, and sending in a relief teacher named Mrs. Cox. The crazy old nuns were probably exhausted.

Poor Mrs. Cox, I took full advantage until "THE BIG MEETING", whereas they informed my parents that I was a lost cause and should pursue education at a public institution, preferably one with bars and razor wire.

Sure, there's a little PTS going on these days (clicking noises make me skittish; think long coils of rosary beads marking the movements of my oppressors), but looking back after so many decades, I consider that period to be one of my all-time favorites, for reasons that are rather complex and deserve long afternoons on a leather couch talking to some guy with a recorder, sporting a Van Dyke.

First of all, my old school handwriting is truly awesome, and nearly at the level of elaborate 18th century calligraphy. Those brutal little druids had us working on lined paper for hours, and it was like art class for me, with my head down concentrating on something - anything - other than gothic surroundings and draped assassins.

Secondly, I was battle-hardened though prone to violence. On my first day of public school a bully targeted me right away, and I remember teachers screaming as I straddled his chest and pounded away until his nose was a bloody mess. Maybe I had been cleverly programmed by those nuns to beat Satan out of the heathen masses, or maybe - probably - I was just acting out

repressed hostility.

After a short meeting with dad, they explained how - though I did not instigate the fight - I certainly ended it, and the old man was proud of all those basement boxing matches staged between myself and my older brother, who could punch like a weighted sledgehammer. I always had speed, but Joey had a hook that could send you to the moon.

Good times, good times . . .

So what does all this violence with religious overtones have to do with COVID-19 and the price of brown eggs? Exactly my friend, exactly. Let me explain.

The worst times of your life can often spawn the greatest memories.

I'm not talking about people who may lose loved ones, suffer loss of income, or spend half of their day in a food line. That's a very hard road to take with a tough recovery ahead, and slim pickings in the memory bank. No, I'm talking about families that rediscover and cultivate bonds by spending more time together, or a child getting serious playtime with the family pet (I think our kid's giant grey lizard is actually sporting a smile these days). Like my grandfather talking about the beauty of France and its people during World War I, after describing a horrific battle scene; there are often diamonds in a very deadly rough.

The yin and yang is always in play, because life cannot happen without some pain and eventual death, while happiness cannot happen without eventual sadness. I'm thinking it's how we handle those sad times and process it as time goes by, that really matters. Our brain often puts a spin on things and finds the bright spots.

Whenever I see a group of nuns now (they often travel in groups, like veiled wolf packs), I smile and greet them warmly, using the term "sisters", as in "Good morning sisters!" because, all of those beatings seem rather comical, like a twisted Monty Python sketch which employs outrageous, unbelievable violence, like that knight who gets his limbs hacked off and insists it's all a mere "flesh wound." I mean, what could be more outrageous than preaching the love of God while batting little kids around? Spare the rod and spoil the child? Pardon my projectile vomit.

Those memories are so clear I can still smell the nuns, and there is no odor like it on earth, kind of a mild derivative of ashes smoldering on Palm Sunday . . . yet . . . where was I? Yin and yang . . . Tom and Jerry . . .

I just hope that all of you get through these trying times in good health and healed spirits, because eventually there will come a day when we will all be saying, "Remember the crazy damn virus that spread like invisible killer Zombies? Remember NO TOILET PAPER?!"

And believe it or not, there will even be laughter along with endless stories of pain and suffering and masks and food shortages and broken policies, but we will all be together again, and maybe a generation without this monster will listen in awe and learn, and - yes - even wonder what it was like to live in this time, though I don't wish it upon anyone.

Check that . . . there was this one little nun . . . fast she was . . . like a Catholic Bruce Lee in drag . . .

# Coincidences Can Make Us Wonder

By Bill Powers

Go to the Merriam Webster Dictionary and you'll find a somewhat strict definition for the word coincidence: "the occurrence of events that happen at the same time by accident but seem to have some connection." However, the word has also become a catchphrase for surprising events that do not happen at the same time but are somehow connected. Most people use the word these days in the later sense. Here are a couple of my own experiences that were surprising and even amazing to me. Each event consisted of not one but two connections and made me wonder – What are the Odds? Bears and the mountains are both involved.

There is a 4,610 ft. high mountain in New Hampshire's Carter –Moriah Range named Middle Carter. It is one of 48 mountains in the Granite State that are at least 4,000 feet high. On this particular day in late June, summiting this peak became a very special occasion for our son Rob and a day for celebration. My wife and I accompanied him on this hike. Five years earlier, we had introduced Rob to hiking in the White Mountains. We all climbed Mt. Jefferson. For our son, that experience began a lasting passion. Middle Carter was the last of the 48 New Hampshire 4,000 footers for him to climb.

After reaching the summit, as we sat and rested, I brought out a small bottle of champagne to toast our son's accomplishment. As I began to pour, we were suddenly joined by another hiker who happily participated in the toasting. He was a thru-hiker on the Appalachian Trail, on his way to Mount Katahdin in Maine to complete a 2,200 mile journey, which began at Springer Mountain, Georgia. Later, during our decent another surprising event made the day even more memorable. We sighted a young Black Bear crossing the trail just ahead of us and climbing a tree.

Speaking of bears, a few weeks later the three of us climbed Mount Katahdin on the Abol Trail. We finally reached an extensive flat area after strenuously scrambling over large numbers of huge boulders. At that moment, I happened to be in the lead, and was very surprised to see two bear cubs just ahead on the narrow trail. We all ducked down and the cubs soon left, joined by their mom as they headed away from us. We continued on and just as we finally were reaching the peak, a man passed us going in the opposite direction. He looked really familiar. Just after passing, we all turned around; he had done the same. Instantly, we all realized our connection and smiled broadly and excitedly shook hands. He was the thru-hiker who had joined us for Rob's celebration on Middle Carter. Now we joined him and offered our congratulations to him at completing his extraordinary feat. He laughed when I apologized for not bringing a bottle of champagne.

More about bears –this time Grizzlies.

Rarely have I become totally obsessed about something. But my wife and I were watching the PBS television series, Great Lodges of the Canadian Rockies. We were taken by the segment on Mount Assiniboine Provincial Park and Lodge. Captivated by the beauty of the mountain (often called the "Matterhorn of the Rockies") and surrounding peaks and alpine meadows, we vowed then and there that we must go! The very next summer, we did just that.

We arrived in the area by helicopter and entered a side door to the lodge which was closest to the helipad. In order to hit the trails quickly, we put our luggage in our room and snatched our backpacks containing only a few necessary things. We left the lodge by the front door and immediately entered a veritable paradise atop the world.

After only 20 minutes, we were on a ridge trail that afforded spectacular views, overlooking splendid high alpine meadows. At a point where the trail curved drastically and started down into a valley, my wife, who was in the lead, suddenly stopped and pivoted around to face me. Her piercing eyes were wide and fearful. With a trembling voice she managed to softly say one word – "BEARS!"

Immediately I saw the reason for her concern- a Grizzly sow and cub foraging at the trailside. As I looked, my wife managed to slowly and quietly wriggle her way around me and headed away. I quickly grabbed her shoulders from behind and whispered "Wait!" She replied, in an alarmed whisper, "What are you doing? We gotta go!" I said "Just one second, you have the camera." As I removed the camera from her pack, she responded, "You're crazy, I'm going back." I was able to snap a couple of pictures before catching up to her. We quickly returned to the lodge to see a warning sign posted on the outside of the main door through which we had exited earlier. The sign read:

"BEWARE - A GRIZZLY SOW AND HER CUB HAVE BEEN SEEN IN THE AREA. USE CAUTION"

After a few more glorious days on the trails, a group of three Canadian couples came to the lodge. On their first evening we joined them at the same table for dinner. They asked how we were enjoying our stay and my wife told them about the bears, and our other adventures thus far at Assiniboine. I then told them about my only disappointment – "I only wish I could know more about the geological history of this beautiful place".

They all began to laugh. It turned out the three men were geologists who had worked together in Calgary for years. Every year, they came together for a reunion at Assiniboine. The next day the geologists enthusiastically taught this willing learner, both at the lodge and in the field, all about the area's geological history. The frosting was now on the cake. Their interpretations helped us to appreciate our hiking experiences even more over the next few days.

Experiencing nature while hiking can offer unexpected or unplanned moments of wonder and serenity that stay with us for a lifetime. Coincidences such as the ones I've recounted can enhance these moments, engraving them in our memories and leaving us to wonder "What are the odds?"

*Bill Powers is a retired teacher and master naturalist at the Goodwin Conservation Center.*

Support our local farmers.

You and your family will eat better.

The entire community will be healthier.

Shop at the Willimantic Food Co-op and frequent our farmers markets.

To find a market close to you visit the CT Department of Agriculture website for a link to markets.

# Why You Should Invest in Your Employer's 401K

By Adam Meikle

Should you invest in your employer's 401K? For many people the assumption is yes, and the focus of much advice is on the compounding of returns before taxes, the percentage of your income you should be saving, and reasons you should maximize your retirement contributions. I would like to focus on other factors an employee may consider when contemplating investing for retirement.

Here are some reasons to invest in your employer's 401K plan. Not all need be true for all people, and some people may be advantaged by opening a self-managed account. If most or all of these reasons fit your situation, then you should seriously consider your employer's 401K as a retirement vehicle.

1. You are able to save every month. It is important to have an emergency fund, as well as additional savings. However, if you aren't able to save on a regular basis, there is little point in putting money into any retirement account because it is likely you will need to withdraw the money and will pay a tax penalty. In that case you would have been better off simply putting after tax income into a savings account.

In addition, if you are not able to save regularly then you may be running a deficit, and depending on credit cards to pay expenses every month. If so, opening a retirement account could be financially unsound. The interest you will pay on the accumulated debt may exceed any returns from your retirement account and you will lose money over your lifetime. If you're not able to save, focus on reducing expenses and debt instead. If your employer provides matching contributions, however (see below), you could make an exception

2. Your employer matches  
You can't beat an employer match, especially if it's in the 50% to 100% range. If so, and you can afford to contribute, contribute the maximum. That employer match exceeds any possible returns you could achieve from any other type of account. Be sure to check the vesting rules. If you plan to switch jobs in the future you could lose the matching funds.

3. You aren't perfectly disciplined with your budget.

Let's face it. None of us are perfect. If you have to write a check every week or month to your self-managed IRA, sometimes you will think of something better to do with the money, like a birthday gift or a great deal on a replacement appliance. If the money is coming straight out of your check and you never see it, you will be more likely to make those regular contributions.

4. You want returns exceeding 3-5%

If you're near retirement, you may want dividend-paying stocks or municipal bonds that are unlikely to go down in value. If you have a decade or more before retirement, then the public markets are arguably the safest and most lucrative places to put your money. Here's why:

The S&P 500 has returned an average of 10% per year for almost a century. It doesn't go up every year, but on average it beats almost every other investment choice for the risk. Unfortunately at any given point in time any financial market or instrument can be down significantly. The Dow Jones Industrial Average (DJIA) has dropped more than 8% in a single day eight times in the last century. The DJIA has gone up more than 8% in a single day 17 times in the last century. The key to successful investing in the stock market is not needing to withdraw your money when the market is

down.

Your employer's 401K usually comes with a choice of funds optimized for employees at different ages. The fees (if any) are low, professional managers select the securities, watch macroeconomic trends, and the fund is regularly balanced. You could build such a fund yourself with enough time and expertise, but it would be much more costly than using a professional manager. Here's an example: Balancing. Balancing is just a fancy way of saying you will periodically cash out some of your gains from the stocks and bonds that do well and put the money into a safer investment, like US Treasuries. When a professional manager buys and sells, the manager gets a price very close to the market price on any given day. As an individual, these trades can be costly. Even if you use a commission-free platform like Robinhood, your trades will be executed at prices and times less convenient than for larger traders. If you try to sell a share of stock priced at \$1.00, you may only get \$0.99 or less because you don't have many options for selling. If you are balancing monthly, that could represent a loss of 1% on that portion of your portfolio in a given month. Paying a fee of 1% or less annually to a professional manager who can get better prices on trades is almost certainly a cheaper option.

If you decide to invest in a 401K, here are some things to keep in mind when selecting a fund or funds:

Almost every 401K comes with several options designed for employees at different stages of life. The options are designed to balance risk and return in such a way as to maximize your available cash when you make withdrawals during retirement. Unfortunately the methods for achieving an optimal retirement balance are unintuitive and involve a lot of math. So funds often aren't allowed by law to tell you exactly what their goals are because it could sound misleading. When I say the S&P 500 returns an average of 10% per year, that could make the reader believe the S&P 500 will return exactly 10% every year. Since I am not soliciting investment it isn't a problem for me, but for a fund manager, it could be a costly misunderstanding. There are several ways to easily determine what the goal of each of the fund options may be:

First, the fund name. Names like "Target fund: 2030" (meaning a fund designed for people retiring in the year 2030) or "Technology Aggressive Growth" (meaning a fund with somewhat risky tech stocks) will tell you the purpose of the fund. If you are retiring near the year 2030, the first fund might be very good for you. If you are just out of college, you can probably tolerate some risk in pursuit of higher returns and the second fund may be a good choice.

Second, the history of the fund should tell you what returns the fund is trying to achieve. The fund probably can't say this because past history is not an indicator of future performance, but, at the same time, the fund probably wouldn't advertise its history if returns were very disappointing. The past two to three years of returns may be disclosed by each fund.

Third, the fund may provide a short paragraph stating its goals in plain english. The paragraph won't promise anything but it may tell you what the managers are thinking and answer simple questions you may have about the fund.

Happy investing!  
Copyright 2020 Adam Meikle

## The Elements of Writing

## Driving the Story

By Felix F. Giordano

“Driving the Story” are those aspects of writing where you engage the reader, maintain the reader’s interest, and pique their curiosity to keep reading. We can accomplish these using a number of different techniques.

One of the methods to do that is to write about what you know. Everyone at some point in their lives has experienced the seven basic emotions, Fear, Sadness, Anger, Joy, Surprise, Disgust, and Contempt. We can begin with these and choose to write our story based upon one of more of these emotions that our characters may express. We can also toss into the mix love, commitment, power, resentment, sympathy, destructiveness, and also the ability to protect oneself, another person, or something inanimate. It’s these emotions, or “Drivers” that will motivate and sometimes even consume our characters. It’s important to remember how we have felt when these emotions or abilities have affected our own personal lives. By using our memories to exactly correlate how we felt and meld these feelings into our characters’ behavior we show our readers, through our writing, that we have created a dynamic and real world right before their very eyes.

To write about what you know also involves creating a believable world. It’s not good enough that our characters act and react in an authentic way; we need them to behave correctly in the environment that we have created for them. A sympathetic prize fighter would not last very long in his or her profession nor would we expect a fearful therapist to have a successful career.

If you work in the business world how can you choose to write a believable story about a long-haul truck driver if you have never even gotten behind the steering wheel of an 18-wheeler? But by working in the business world, you can write about relationships and incidents that occur and include all the protocols inherent in the business world that you are familiar with. The point is that if you wish to write a story whose environment you are unfamiliar with, you don’t have to write it from the perspective of that long-haul truck driver. You can choose to write that same story but from the perspective of an office worker who for one reason or another comes into contact with that truck driver either by deliveries to your character’s place of business, through a personal relationship, or by happenstance.

This does not mean that you can’t write about something of which you have no experience with. How did H.G. Wells write all those science fiction novels? He never set foot on Mars yet he wrote the novel, *The War of the Worlds*. That said, the best way to write the story that you have always wanted to write but don’t know all the protocols, the landscape, and the local lingo that your characters need to speak is to perform exhaustive research. In the time before computers, that meant spending countless hours at your local library going through mountains of books and taking notes. In the computer age, we can perform the same process in the comfort of our own homes. A few keystrokes on a search engine can not only transport us anywhere in the world but at any time in the world, even into the future.

An important item to consider is to make your story’s landscape intriguing. A love story set in an exotic location such as Tahiti may be more compelling to a reader than one set in a small New England town. A survival story set in the Canadian Rockies may be more interesting to a reader than one set in the backwoods of Rhode Island. A vampire story set in 19th century Romania may be far more interesting than one set in 21st century New Jersey. It’s all about recognizing who your audience is.

So you have figured out your characters qualities and how they would react in certain circumstances based upon emotions that we are familiar with. You have also decided on your story’s landscape. What else is there? One very important item to consider is what will compel a prospective reader to be interested in your story?

You may want to write a detective story. If for instance, you decide to use Tulsa Oklahoma as the setting for your story that is all well and good. A detective from Oklahoma can be interesting. There are opportunities to develop that story especially if you’ve lived there before. But consider this, say you live or lived in Hartford and since you still live in Connecticut, you decide to set your story in Hartford and make your protagonist a Hartford police detective. The advantages of choosing to do this are twofold. If you need to perform research for your story you have access to local newspapers, libraries, the public, and even contacting the Hartford Police Department for interviews, information, protocols, and procedures. Using a local setting for your story also provides you with the opportunity to attract a following that connects with the familiarity of your story.

One Connecticut writer did just that. Bestselling author Mark L. Dressler has created a fictional Hartford police detective named Dan Shields who “Breaks all the Rules” and solves mysteries in our capital city. Mark has written the two books *Dead and Gone* and *Dead Right*. These books are an example of how an author can achieve success through the creation of a compelling promotional niche like a fictional local detective. Due to readers’ initial curiosity, many are attracted to Mark’s well-written books because they are set in and around the city of Hartford and they recognize the locations. Beyond that initial curiosity, readers find that Mark’s stories are interesting and engaging with plot twists and surprise endings. Because of that, Mark’s books have gained in popularity and he is a sought after author for book readings, book signings, and TV interviews. His books are available in paperback and Kindle formats and can be found by searching on Amazon.

In case you haven’t considered writing a story about a Hartford police detective, another author named Stephen King has set most of his stories in his home state of Maine. His familiarity with the people, their language, habits, customs, and the landscape of Maine makes his stories believable and compelling.

So to recap, give your characters emotions that you are familiar with, write about what you know or perform extensive research about what you need to know, and consider a unique niche that will help promote your stories and develop a faithful following. These techniques will help drive your story.

We defined “Driving the Story” as part of The Elements of Writing, and I hope I’ve piqued your interest in writing. Storytelling is inherent in us all. It is who we are as social human beings and we all have stories to tell.

*Felix F. Giordano is a local author with books sales in excess of 6,000 and has had more than 3 million pages of his books read by Amazon Kindle Unlimited subscribers. Felix is also an organizer of the Eastern Connecticut Writers (ECW) at the Willington Public Library. To find out more about ECW, go to this link:*

<https://easternconnecticutwriters.blogspot.com/>

Next Month’s Topic: The Story Arc and Outlining

## Song-a-Day Music Center

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



WE ARE ALL YOU NEED FOR SLEEP!

OPEN 7 DAYS A WEEK!

885 Windham Rd  
Rt. 32 South Windham

Hi! My name is Josh and I'm the owner of *All Sleep*. We take **Guaranteed Lowest Prices** very seriously here. But what does it mean? It means that we'll not only beat **ANY** lower advertised price, but we'll also adjust our pricing so the next person who comes in the store will also get the **NEW** lower price. It's the only fair thing to do!

*All Sleep*  
(860) 423-0234  
[www.allsleep.net](http://www.allsleep.net)



## TRANSFER YOUR VIDEOS TO DVD

Update your audio to CD, and photos and video

COME AND SEE US!

THE GALLERY RECORDING STUDIO

All Work Done on Premises

860-528-9009

[TheGalleryAudioVideo.com](http://TheGalleryAudioVideo.com)

Visit us.

8 Meadow Trail, Coventry

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

Advertise in the Neighbors paper  
Locally Written  
Locally Wread



## Discover your goals.

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

Visit our interactive website: [www.whzwealth.com](http://www.whzwealth.com)

**WEISS, HALE & ZAHANSKY**  
STRATEGIC WEALTH ADVISORS



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

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

697 Pomfret Street, Pomfret Center, CT 06259 | 860.928.2341 | [info@whzwealth.com](mailto:info@whzwealth.com)

# Divided We Stand

By Donna Dufresne



There are a lot of alarmist e-mails and Facebook posts circulating about how divided the country is, and how we are on the brink of civil war. Not that I've got my head in the sand, but whenever I read one of those bizarre passages with the unusual typos and strange cadence of language, the little red flags start to wave in my head. Russian flags that is. I can't help but be suspicious that propaganda of any kind, whether it's the republican culture wars on the right and their bizarre conspiracy theories about the deep state, or the equally crazy rumors on the left that we are about to be invaded by an army of neo-Nazi video game players. If you ask me, (and who the hell would), it all comes down to Russian Shenanigans. Who else would be hell bent on dividing us as a nation and causing chaos by installing their own inept puppet in the White House? This is why I am ever skeptical and critical about anything I read on social media. I prefer to live in an irrational state of intuition and gut hunches, throwing all the information up in the air and making up my own mind based on what little I know about history. Yep – I'm a real American.

But here's the irony: Has the United States of America ever been united? We all look to the Civil War as the benchmark for division by which we compare relatively benign spats between family members and our own myopic perceptions of what's going on in Washington. But in reality, it has never been easy being an American. From the moment the first English settlers set foot in Roanoke Virginia, in 1587, the American psyche became rapt with paranoia and distrust of a seemingly harsh environment so different from what they had known in their homeland. The wilderness became synonymous with the supernatural, and frightful nightmares rooted in the unknown. The Native people whom they encountered were just as baffled by these strangers who arrived in winged ships, gaunt with disease and starvation and childlike in their inability to take care of themselves.

It didn't take long for that ill-fated start of the American dream to disappear off the face of the earth with nary a clue other than straggling conspiracy theories about Croatoan abductions and possible cannibalism which have continued to excite the American psyche to this day. It wasn't until the next wave of settlers arrived in Jamestown, Virginia in 1607, that a permanent, if not precarious colony was established. Founded by a boatload of entitled dandies from the noble class, Jamestown got off to a rough start. They were a lazy lot who had no interest in establishing a garrison for protection, shelters or planting crops for their future survival. They were venture capitalists coddled by their privilege with a short-term goal, the original American get-rich scheme. There was gold to be had in them thar hills, and they were willing to murder, rape and pillage local Native settlements in order to find their mother lode. Were it not for John Smith, who established trade with the Powhatan's and a "no work – no food" policy, Jamestown Colony would have sunk. But it wasn't until boatloads of women arrived that the settlement truly settled. Who else would tend the gardens while those upper class boys dreamed of riches? By 1619, when a ship of African slaves arrived, Jamestown had started growing tobacco for profit. White planters may have begun to fulfil their American dream of prosperity, but it was accomplished by the grit and backbone of African slaves. So, when I hear waspy conservative Americans get all sentimental about their early American roots as if they are the only ones who really belong here, I am compelled to remind them that Native Americans and African slaves saved their ancestral sorry asses more than once from starvation, and ruin. It's a wonder that such an in-fighting, divided group of ne'er-do-wells were able to establish a fledgling representative democracy in the House of Burgesses.

Virginia wasn't the only divided state of mind. When the Mayflower anchored off the coast of Massachusetts, it held about 135 passengers and crew who were headed for Virginia Colony until they were blown off course and landed in New England. Forty of the passengers were members of a cranky set of Protestants who were separatists and called themselves saints. On the ship, the group kept to themselves, regarding the crew and laymen who were seeking a fresh start in the colonies as "strangers", meaning they didn't belong to their God-selected group. Already, the new Americans were establishing a rigid set of beliefs about outsiders, divvied up by a separatist faith which continues to prevail in the Christian right polity of today. Were it not for the Mayflower Compact, and the local Wampanoag people who saved them from starvation,

the sorry little Plymouth colony would have gone the way of Roanoke. As it was, the separatists continued to evolve into the rigid Protestant theocracy of Cotton Mather and the Massachusetts Colony, hardly a united state. By the 1690's, after years of Indian wars, and land shortages, (thanks to Puritan procreation), New England teetered on the brink of a new millennium, a paradigm shift, and an overwhelming belief in the supernatural cultivated by their fear of the wilderness, Indians, and changing religious beliefs. Surely, that was a divided time, and nothing exemplifies American division and divisiveness more than the Salem Witch Trials.

Although Mr. Trump would like you to believe that he is the victim of persecution and a witch hunt, nothing could be further from the truth. If anything, he is the persecutor in chief, cultivating the American desire to identify and remove those who don't belong to our mythological sect. While mastering that puppet string, and multi-tasking with tweets he has also sown the heirloom seeds of hate which have been passed down to each generation through identity politics. Let's face it, the Puritan "City of Light" festered in a darkness of its own making. Wallowing in fear of the supernatural and suspicion of outsiders, it didn't take long for members of the dystopian Massachusetts theocracy to turn on each other. Jealousy and resentment chiseled a deeper gap between the wealthy land-owning class and the less fortunate yeomen. It was crowded. There wasn't enough land along the coastal colonies, and the frontier at their doorstep was a frightful place, a wilderness still ruled by Native People. Like rats in a cage, the Puritans soon turned on each other. At first, they dipped their toes into secular law-suits about pigs and fences. But then, as the rigidity of Cotton Mather and his crack-pot Puritan ministers increased, accusations took a rather bizarre turn toward piousness and righteousness. It wasn't satisfying enough to send the neighbor who pissed them off to the stocks for an hour after a minor transgression. Being a theocracy and all, they had to go and drag God into it. Non conformists like the Quakers and Anabaptists were merely banned at first. But when you have a rigid social construct built around a theology which is precarious at best, the marginalized start to rebel. Women who did not conform to their expected roles were easy targets, the victims of internalized oppression as they were most often accused by other women motivated by envy and jealousy. The divisions between neighbors, the secular and the religious, the rich and the poor were so great; the American Dream had become a nightmare. The Salem witch trials were such a dark blot on our historical map, it compelled the writers of the Constitution to ensure that we would never stoop so low as to establish a theocracy again. In forming a "more perfect union", it seemed clear to them that a separation of church and state would have to be a primary tenet of a successful democratic republic. Perhaps we should revisit this tenet, since we are moving backward toward a theocracy with a government infiltrated by the Christian right.

When you view the present through the lens of history, it seems clear that the United States of America was founded on division. There are no glorious eras or generations of peace and prosperity which did not harbor the shadow reality of rebellion and division established by our Separatist founders. Up until now there has been no iron thumb of dictatorship to keep us all in our place, other the complacency of capitalism. Our bumbling attempt at democracy has given us the freedom to rant and rave, fumble and flail, as is our right. Yet I like to think that we continue to march toward civility and liberty even if we have not been able to attain the ideals set before us in our "Constitution".

In many ways, we Americans don't have the emotional constitution or the tenacity to live up to those ideals. Historically, it took Native American allies, boatloads of women, and slaves to pull the American psyche out of the doldrums or the makings of their own undoing. Later, immigrants picked up the slack and reminded our entitled and privileged children that they could achieve those American ideals through hard work and keeping those same ideals close to your heart. Without 'outsiders' to remind us of who we are, we tend to forget our true national heritage. For those of you who think I'm yearning for some MAGA la-la land of a lily-white waspish America when I speak of "national heritage", the joke's on you. Our true national heritage is a multi-faceted rainbow prism of color and inclusiveness. It is the ideal that many of us continue to march toward, that city of light on the hill proposed by those crazy Puritans. The long arc of the moral universe is reaching out toward justice and it will not be stopped by a wall, or a brownie troupe of white supremacist gamers or an errant and disruptive president. Call me an idealist, if you will, but I am an American, and America is an idea which is yet to be actualized.

# ART with EC-CHAP

By Rebecca Zablocki



What does ART mean to you? Is it an activity for a rainy day? Is it a painting, a sculpture, dance or music? Is it what you've seen in museums? Is it how you express yourself? Art is different for everyone, not only do we all define art differently but we each see and experience every work of art in a different way.

As we slowly and safely see the new normal becoming a reality we thought it might be time to reintroduce you to EC-CHAP and how we are involved in the arts. Up here in the quiet corner, in our historic mill building that also contains our performance space, The Packing House and Gardiner Hall Jr., History Museum, we have been supporting the arts through providing space to create and display art and creating public art projects. As you may have seen when driving down Route 32, a large mural painted by Chris Gunderson, now dons the retaining wall on the north side of our building. This colorful image may come as a surprise to those that were used to ignoring the grey concrete as they drove by. Now they can stop, park and take a walk through the timeline, admiring it from across the street.

Over the past few years we have been developing an Artist-In-Residence program. Providing workspace and possibilities for display space to a practicing artist, by doing so, fostering the creation of art. We have also developed the Dye & Bleach House Community Gallery to provide all regional artists opportunities to display within our building, thus creating more artist opportunities in Northeastern Connecticut. Craftspeople, artists or anyone that has decided to create a work of art is welcome to apply to have their work on view, here in the Community Gallery.

We look forward to having the Dye & Bleach House Community Gallery back open. We will continue to display some of the artists that were on view before closures took place with the show E.O. Smith meets EC-CHAP, the work of students, teachers and staff members from E.O. Smith High School. Following the E.O. Smith exhibit will be a brief exhibit of work by EC-CHAP Artist-In-Residence, Rebecca Zablocki and beginning September 5, we will be diving back into our regularly scheduled shows.

Shows in the Community Gallery are on view for approximately 8 weeks at a time, open on Saturdays from 10 AM until 2 PM, we are closed between exhibitions.

If you or someone you know would like to display art or be a part of the community gallery, feel free to contact us via email at [communitygallery@ec-chap.org](mailto:communitygallery@ec-chap.org). Add us to your list of places to visit after quarantine, located at 156 River Road in Willington, CT. Check out our website or social media for announcements and information about reopening [WWW.EC-CHAP.ORG](http://WWW.EC-CHAP.ORG)

*Rebecca Zablocki is the EC-CHAP Artist-In-Residence, and Director, Dye & Bleach House Community Gallery. Contact Rebecca at: [communitygallery@ec-chap.org](mailto:communitygallery@ec-chap.org)*



**Love Animals?**

**Come Volunteer  
at the Sanctuary!**



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

Visit our [OurCompanions.org](http://OurCompanions.org) for full job descriptions and volunteer requirements or call us at 860-242-9999.






Artwork by S. Serretti of Willimantic.

**WANTED: Artwork, Poetry, Photography, Flash Fiction**  
 Email: neighborspaper@yahoo.com

**Artisans at Middle River Gallery and Gifts**  
 Two Dozen Artists - with Something for Everyone!  
 60 Main Street, Stafford Springs, CT 06076  
 860-933-3653 artatmiddleriver@gmail.com

*Media Restoration Services*  
  
**LET MORGAN RESTORE YOUR MEMORIES!**  
 Photo Scanning MorganTalks.com/Media  
 Audio Tape / 45-rpm / Vinyl (860) 785-4390  
 In-Person Pickup / Delivery Morgan Cunningham  
 USB-Drive / FTP Download P.O. Box 2392  
 Columbia, CT 06237

  
 Peter Polomski  
 President  
 860.786.8670  
**Third Eye Photography**  
 40 Tower Hill Road  
 Chaplin, CT 06235  
 peterpolomski@yahoo.com

**I ♥ ME**  
 MANNING ENTERPRISES  
 Let's build something together!  
 www.ManningEnterprises.com

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

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

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

**Grace's Gift**  
 Therapeutic Massage  
 Gail Marks Teevan, LMT, NCBTMB, AMTA  
 stress relief pain management  
 relaxation and renewal cupping therapy  
 860-423-6426 CT License #002968

**VETERANS**  
**FREE MEDICAL RIDES**  
 to CT and RI  
**VA Medical Facilities**  
**860.317.1025**  
  
 By Focus on Veterans, Inc.

## Where to find the Neighbors paper

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

**Hampton**  
 Hampton Post Office  
 Hampton Library  
**Lebanon**  
 Lebanon Post Office

**North Windham**  
 Bagel One  
 Subway  
 No. Windham Post Office

**Tolland**  
 Birch Mountain Pottery  
 Subway  
 Tolland Library  
 Tolland Post Office

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

**Mansfield/Storrs**  
 D & D Auto Repair  
 Holiday Spirits  
 All Subway shops  
 Bagel Zone  
 Storrs Post Office

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

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

**Bolton**  
 Bolton Post Office  
 Subway-Bolton Notch

Storrs Comm. Laundry  
 UConn Bookstore-Storrs Ctr.  
 Changs Garden Rest.  
 Liberty Bank  
 Spring Hill Cafe  
 Nature's Health Store  
 Mansfield Supply

**Putnam**  
 Antiques Marketplace  
 Putnam Library  
 Subway  
 Putnam Post Office

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

**Chaplin**  
 Chaplin Post Office  
 Pine Acres Restaurant

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

**Scotland**  
 Scotland Library  
 Scotland Post Office

**Windham Center**  
 Windham Post Office

**Columbia**  
 Saxon Library  
 Columbia Post Office

**Mansfield Depot**  
 Thompson's Store  
 Tri-County Greenhouse

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

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

**Stafford**  
 Stafford Coffee Company  
 Stafford Library  
 Subway  
 Artisans at Middle River  
 Stafford Post Office  
 Stafford Cidery  
 Hangs Asian Bistro

**Eastford**  
 Eastford Post Office  
 Coriander

**Note: Some locations may be closed due to pandemic.**

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



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

Performing Arts



1870  
HISTORIC VENUE FOR PERFORMANCE & EVENTS



Seldom Heard

# “Hope and Thoughtful Renewal”

By EC-CHAP

## June

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination!”

-Jimmy Dean

As our state begins its slow and cautious reopening, we all share a feeling of hope for a renewed future. The daylight continues to grow and brighten as we embark on the summer of 2020.

The Packing House will remain closed through the end of our 2019-2020 performance season. We plan to safely reopen in the fall, providing an exciting collection of new and returning talent! We hope to see you then!

The Dye & Bleach House Community Gallery and Gardiner Hall Jr History Museum will reopen when appropriate and consistent with CT Reopening Guidelines.

We heard from some that they lost connection from the live stream of The Making of a Willington Mural – A Canvas of History & Social Change, presented on May 14th. We apologize if you had difficulty, and have posted the event on our YouTube channel should you wish to view it in its entirety (<https://www.youtube.com/channel/UCE7849dIweGDhNCQvAEa8wQ>).

In an effort to serve our communities, we will continue to provide a monthly live video streaming event. We would like to include local and regional artists to share in these events, and invite you to participate. All events are free to the public.

### Participate in Our Virtual Monthly Events

If you would like to read your original works in our Spoken Word Series; or perform and share a special talent in our Talent Showcase, please join us! **Call 518.791.9474 for information and place on the schedule.**

EC-CHAP has been offering our Talent Showcase for over four years. The purpose of this program is to provide a platform for local and regional artists to share their talents in front of a live audience and solicit feedback. This month we would like to take a look back and highlight some of the talented individuals and groups who participated in our Talent Showcase over the last few years. Unfortunately these images represent a small sample as there is not enough space to include everyone...



Tim Young



Diane Stratley



Arlene Avery



Bob McShane



Dorothy Reiss



Bill Katz



Garrick Menditto



Ed Smith



Ysabella Ray & Edwin Cromley



Jeremy Hadad



Jay Ames & Friends



Bruce Hoppe



Kate Callahan



Luke Perry



Curtis Brand



Bruce Burkhart



Twist of Faith



Steve Prout



Mathew Thomas



Rich DeBrito



Emily Lyon



The Willington Mural – A Canvas of History & Social Change. Located next to the Packing House on Rt. 32.



Robert Fullerton



Peter Lehndorff



Mark Campbell & Friends



Lugnaut



Nina & the Rumblins



Johnathan Murray



Smart Play

**EC-CHAP VIRTUAL SPOKEN WORD SERIES. Thursday, June 18th, 7:00pm.**

Join us for an evening of original works recited by their maker in this Spoken Word Series. We still have room for additional readers – If you are interested in participating, please call 518-791-9474 for information and place on our schedule (Deadline June 10th). Virtual Pass at: [www.thepackinghouse.us/upcoming](http://www.thepackinghouse.us/upcoming).

**EC-CHAP VIRTUAL TALENT SHOWCASE. Thursday, July 16th, 7:00pm.**

Since factors prevent us from sharing talent face-to-face, we are doing the next best thing! Please consider sharing YOUR talent in our virtual Talent Showcase in July. Please call 518-791-9474 for information and to be placed on our schedule (Deadline July 10th).

Join us for an evening of “talent sharing talent”! Virtual Pass at: [www.thepackinghouse.us/upcoming](http://www.thepackinghouse.us/upcoming).



Dean Bolt



Russ Darling



Gary Palmer

The Packing House will reopen in the fall 2020. Please visit our website for upcoming virtual and live performances and events: [www.thepackinghouse.us](http://www.thepackinghouse.us).

The Dye & Bleach House Community Gallery and the Gardiner Hall Jr. History Museum will remain closed until further notice. Please check our website for reopening dates and times: [www.ec-chap.org](http://www.ec-chap.org).



Bob Bloom



Ines Herrmann



Judi Jones

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them..”

- John F. Kennedy



**Seeking New Board Members**

The Eastern Connecticut Center for History, Art, and Performance (EC-CHAP) is a 501.c.3 nonprofit cultural organization serving Eastern Connecticut and beyond.

EC-CHAP is interested in expanding its Board of Directors to ensure we have the capacity and skills to oversee the next phase of our work. We embrace diversity, and invite a broad range of creative and analytical talent to apply for three Board positions.

Please visit [www.ec-chap.org/board2020](http://www.ec-chap.org/board2020) to learn more and to apply online. Questions may be addressed by email to: [info@ec-chap.org](mailto:info@ec-chap.org); or by calling: 518.791.9474.

**WWW.EC-CHAP.ORG**

156 River Road, Suite 2106A, Willington, CT 06279 | 518.791.9474 | [info@ec-chap.org](mailto:info@ec-chap.org)

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

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



**COMMUNITY**  
Companion & Homemaking Services

90 South Park Street  
Willimantic, CT 06226  
**(860) 456-3626**  
[www.communitychs.org](http://www.communitychs.org)

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

# Problem: Novel Coronavirus

By Nicole T. Smith, L.Ac.

Solution: Strengthen the immune system

We all need a strong immune system. Those who get the virus, who are otherwise healthy, can recover, but there is possibility of lingering symptoms and organ damage. Those that are immunocompromised, with lupus, arthritis, or cancer, or have allergies or lung issues, are at more risk for complications. It is an essential time to strengthen and regulate the immune system.

What to do: Acupuncture

Increases red and white blood cell counts, T-cells, and natural killer cells. Reduces inflammation.

Safe: Open outdoor Air-cupuncture is now offered at The Pampered Porcupine in Scotland. Participants are seated a minimum of 6-feet apart. Feel the sun on your face and relax. Double your immunity in half the time!

The Viral Defense Screening

Are you taking the right supplements to keep you strong? Many supple-

ments are not bio-available, meaning, they do not get into your cells, so they are ineffective. The viral defense screening offers:  
 -Supplement evaluation and consultation  
 -Oxygen saturation status  
 -Poor circulation assessment  
 -COVID-19 test for IgM and IgG antibodies

Telepuncture

For those that do not want to leave the house, telehealth visits are offered for evaluation, consultation, and treatment strategies from home. One Chinese Medicine treatment has demonstrated that it can reduce coronavirus positive nucleic acid results by 86.1%. It is simple and easy to do yourself, right from home.

Coronavirus has entered our environment. It is important to stay informed and prepared. There is still time to act. You likely have many questions. I invite you to call the office to have them answered so that we create the best plan for you.

Nicole T. Smith, L.Ac. is a Board-certified and licensed acupuncturist located in Scotland, CT. Visit her site at: [www.ThePamperedPorcupine.com](http://www.ThePamperedPorcupine.com). 860-450-6512. Telehealth information available at: [www.Telepuncture.com](http://www.Telepuncture.com).



## Unassisted living

I walked past the door you left open and found no one waiting there  
 Just shadows of moments forever gone and the days now full of fear  
 Where are the once wise voices now surrounding the scarred wooden walls?  
 Dark crowded and empty expressions covered mostly by distant night calls  
 Look for me in the spaces between sightings and invisible thrills  
 I will be somewhere hiding behind the forgotten and now faded hills  
 Past patient forevermore begging to hear how wonderful you became  
 And the rest of us undoubtedly trying to avoid always being the same  
 I seem to somehow remember a time when we quietly tip toed around  
 To see a multitude of ancients still singing  
 Without the slightest sound  
 I will listen intently with my soul into the still -calling -to -me winds  
 And hope there is someone I recognize in that open doorway again


Photo and poem by Wayne Erskine.

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

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

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

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



**Try Our Famous 16" or Half 8" Grinders**

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

**We Now Have Salads & Wraps**

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





**Hope and Wellness Center and Salon**

# Stylist Wanted

**COME JOIN OUR STAFF**  
 A full/part-time chair rental is available in our busy, established salon.  
*Clients are awaiting your arrival.*

**39 Nott Highway (Route 74), Suite 2, Ashford, CT 06278**  
[www.HopeandWellnessOnline.com](http://www.HopeandWellnessOnline.com) • 860-477-0994

Like us on Facebook  **HopeAndWellnessCT**



Sonya Maher, L.O. invites you to come into eyeTrade to view all of the latest designer eyewear brands. Stop by for your personal consultation.  
**SAVE! When you order your contacts on-line at [eyetrade.vision](http://eyetrade.vision)**

**eyeTrade™**  
 Optical Shop in Coventry  
**BUY ONE GET ONE FREE\***  
Bring in your prescription! Or if you do not have a valid prescription

**FREE Smart Vision Exam**  
\*With the purchase of Frames and Lenses\*  
 \*Certain Restrictions Apply. See Store for Details.

**Call Sonya for an appointment Today! 860-498-0717**  
 Sonya Maher L.O.  
 eyeTrade, LLC, Optical Shop • 1197 Main St., Coventry, CT • [info@eyetrade.vision](mailto:info@eyetrade.vision) • [eyetrade.vision](http://eyetrade.vision)

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