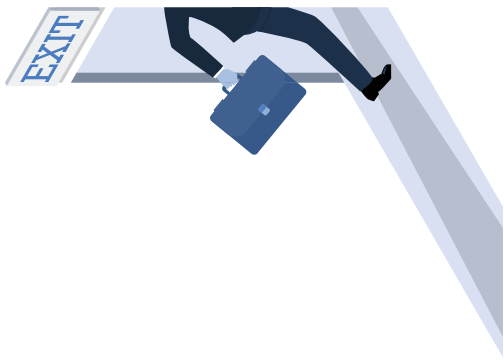
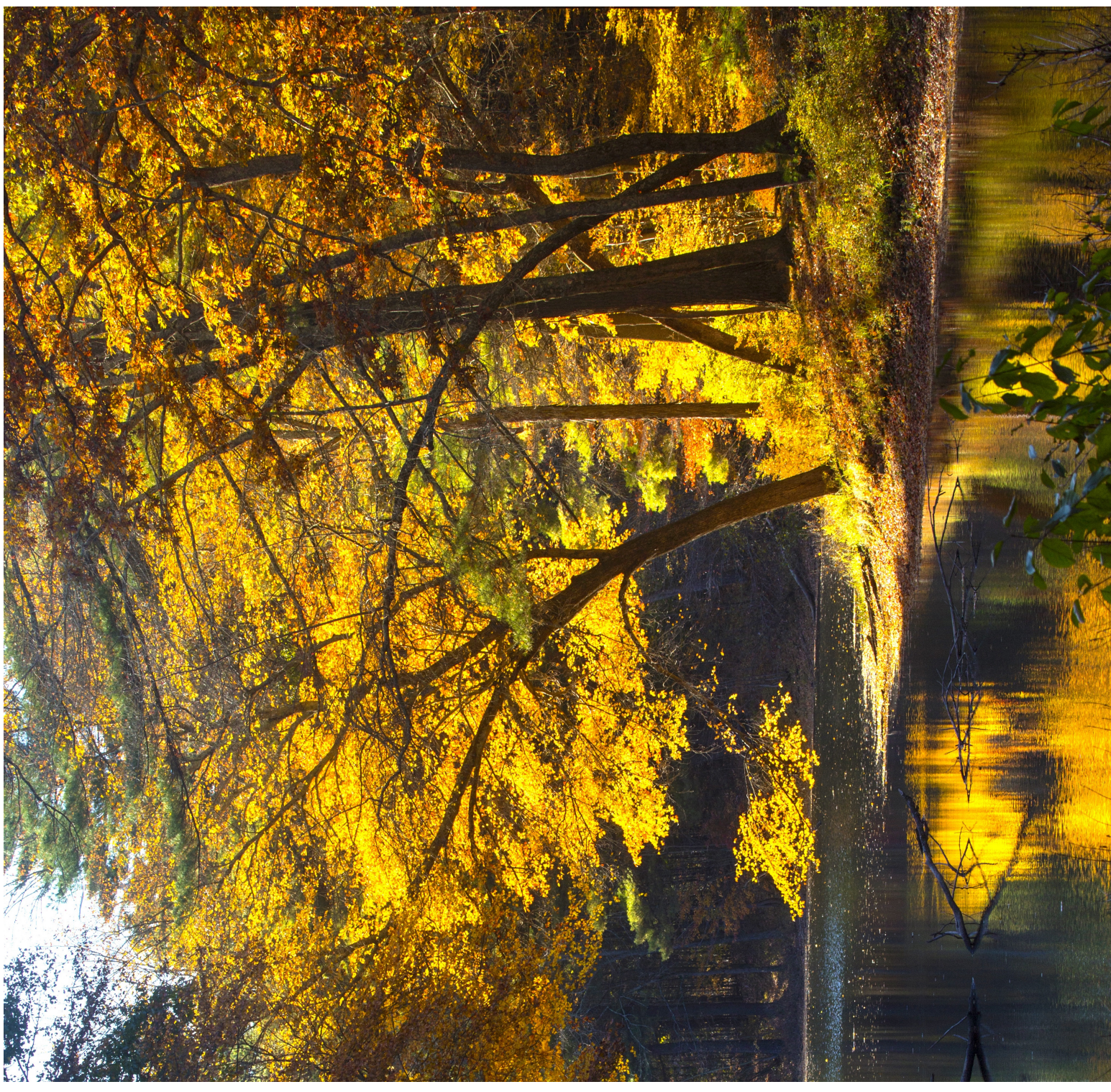
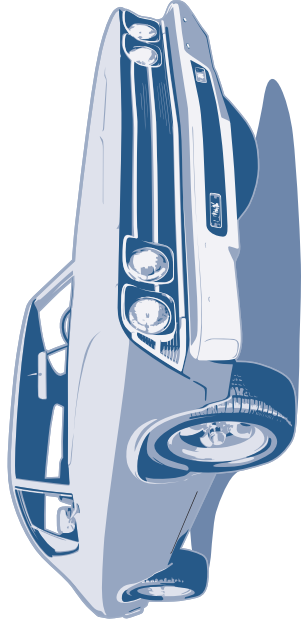


Neighbors



Fly the coop.



Dust off the coupé.

Ready to make your passion project your retirement gig?

Before you make the big leap, make sure it's the right time. Our *Plan Well, Invest Well, Live Well* process can help you take the next step with confidence. So you can pull the cover off the ol' dusty dream car and get to work.



**WEISS, HALE
& ZAHANSKY**

STRATEGIC WEALTH ADVISORS

Plan Well. Invest Well. Live Well.™

whzwealth.com | (860) 928-2341 | 697 Pomfret Street, Pomfret Center, CT 06259
Securities and advisory services offered through Commonwealth Financial Network,®
Member FINRA/SIPC, a Registered Investment Advisor.

Enter the Union

By Dan McGinley

Note: Because this is an ongoing case, people and places are not identified.



I'm lucky to have a job during this invisible zombie apocalypse, but there is a serious warning to behold in what's happening to my fellow school custodians. It reminds me of something a sociology professor at the University of Rhode Island once told me:

"Beware of bright and shiny baubles, they can serve as a distraction, and whenever your attention is pulled one way, things could be happening behind you."

Example: The hunter in Jurassic Park says "Clever girl," turning from a very distracting velociraptor, only to find another one closing in for the kill.

My real life example: "Those people are from the hospital," we were told, noticing groups of strangers walking through our schools, "... in case of overflow from the COVID virus."

Those "groups from the hospitals" turned out to be private cleaning companies submitting bids to take over our jobs. We were told the truth only after hearing rumors. In other words, "Nothing to see here," unless we suspected there was ... something to see.

We were very busy during this time, moving countless desks for proper spacing and reduced room capacities, stripping and waxing floors, painting hallways, rooms, and the library, laying carpet tiles, installing plexiglass shields - on and on - getting ready for a brave new world under COVID.

Yup, our employer struck during COVID, with

our minds on nothing other than doing our jobs.

There was no attempt to have a meeting or explain things to a dedicated crew with some veterans clocking in for nearly twenty years. They executed their plan without our knowledge, until the secret was out and rumors became fact, leading to a closed ZOOM meeting.

The Board of Education came in for the kill, voting 8-1 in favor of outsourcing us to a massive, international company with about 150,000 employees. Research disclosed a number of lawsuits against this company, and a D - rating with the BBB.

The superintendent was on local radio telling everybody things would be just fine, and that the BOE had gone out of their way to put us in some very good hands. The new company sent nice people with promises and pizza, company shirts and fresh cleaning supplies. They recruited two of our employees for management positions, with company trucks, phones, and maybe more.

One velociraptor distracts you, and another tears your head off ... but not always, especially if the hunter has a powerful weapon of self-defense.

Our first checks were late, and they were not taking out money for union dues or health benefits. The company assured us they were paying for everything until issues were resolved, but at one point, our benefits were literally hours away from being cancelled, until I revealed our "powerful weapon of self-defense":

Enter Council 4 of the American Federation of State, County, and Municipal Employees (AFSCME).

The BOE and their new best friends somehow forgot all about our binding contract, which did not bode well for them in a legal arena, among others. They could mud wrestle for all we care, with our 1.6 million member union.

The cleaning company called a meeting, and when I informed them that our union would like to be present, they said it was completely unnecessary, because the meeting was a very light "meet and greet". They said it would be wasting the union's time.

Things went south pretty fast at the meet and

greet, with our crew posing tough questions. The new company said our union dropped the ball, and had been avoiding them all along, unaware that I possessed a record of texts and e-mails stating just the opposite, including the BOE cancelling a meeting because of "stomach problems".

And here's the thing: The cleaning company said they couldn't get in touch with our union, but when our union offered to attend their meet and greet, the cleaning company turned them down.

Not a good look. So now our legal process will unfold in a hearing before the Labor Board of Connecticut, and many are outraged, including some very respected community leaders, over a legal fight that will have to be subsidized by the town's taxpayers.

We will stay the course, and not let any of these proceedings distract us from our mission at hand, which is to make our schools safe from COVID, allowing staff and students to pursue a vital education.

The Oxford dictionary states that a custodian is not only "a person employed to clean and maintain a building", but also "a person who has responsibility for or looks after something."

That "something" is not only the building and grounds, but the precious people who attend our schools in this timeless, sacred liturgy of elementary education.

Like Shaolin monks sweeping the temple every day, we transfer that basic exercise of upkeep and cleanliness to provide a safe and driven learning atmosphere for everyone in the schools. Sometimes it's simply a smile and high-five for a second grader, and sometimes it's showing compassion when a teacher implodes after a long day of difficult classes.

I have seen tears and frustration, and the amazing courage required to hide it all away, to come back ready and willing the very next day.

We are the custodians of people and places, and although others may sometimes look down upon us with a disdain born of ignorance or arrogance, we still have the rights and dignity owed to other citizens of these United States. We will not be sold down the river in an unlawful manner, behind our backs.

When we go to work tomorrow, we will smile and wave. We are dedicated and distinguished, and we are also union strong.

Note: Because this is an ongoing case, people and places are not identified.

On our cover: Mansfield Hollow Lake, Mansfield Ctr. © Jeffrey Holcombe | Dreamstime.com

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

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

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

Writers: Delia Berlin, David Corsini, Phoebe Godfrey, Bob Grindle, John Murphy, Dagmar Noll, Dennis Pierce, Mark Svetz, 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




The Packing House to Reopen 2021



Participate in Our *Virtual* Talent Showcase

Calling all musicians, film makers, poets, comedians, jugglers, puppeteers, and creative artists of all ages!

"A platform for artists to share their talent"

To participate submit your video by **NOVEMBER 13 th!**

EC-CHAP *Virtual* Talent Showcase
LIVE STREAM
Thursday, November 19th,
7:00pm
 (Deadline for video submission:
 NOVEMBER13th)
 Call For Info. Access Link Available at:
www.thepackinghouse.us/upcoming



WWW.THEPACKINGHOUSE.US

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

Why Can't We Be Friends?

By Loretta Wrobel



Are you tired of all the vitriol assaulting us on a daily basis? I am. It feels endless, this attacking, name calling, and intimidating that has characterized the whole elongated election process. I feel like we have been coping with this 2020 election for years. And I know that come November 3rd it will not be over. It will continue as the votes get counted or go missing or get challenged. We are in this for the long haul, just like COVID.

How to survive all this fighting, attacking, and inability to work on compromise? Seems that in the beginning of forming our Nation, there were many opportunities where compromise was the only solution. Where has the working- it-out-together gene gone?

I shudder to imagine how perverse this not wanting to reach agreement is in our world. Not just in politics, I find the same mindset in relationships. No patience for discourse. What has become of our ability to consider others' opinions and ideas? No one has all the solutions or answers, particularly during these complicated and unprecedented times.

Recently, I was shopping in Willimantic at the Food Co-op. I left the store, loaded with groceries, and headed for my car. As I approached my car, I was stopped in my tracks. A voice from behind asked, "Are you a champion for women and girls?" My first thought was a friend was teasing me, as I have numerous bumper stickers, and the Connecticut Women's Legal and Education Fund (CWEALF) states that I am a champion for women and girls. The next question surprised me. "And are you a champion for unborn women and girls?"

Initially, I started to respond in the affirmative, and then it dawned on me what I was being asked. In mid reply, I paused and reversed my answer. I am a champion for a woman's right to choose what happens to her body. I asked my questioner how she felt. She answered that she believed in a child's right to be born. I briefly mentioned that raising a child takes a lot of effort, time, patience and energy, and every child deserved to have someone who really wanted them and was prepared to handle the difficult task of raising a child.

We stood just looking at each other for a while. I calmly said, "I guess we can agree to disagree on this issue." She nodded, and we parted on that note of agreement. I came away from the encounter not feeling angry or upset. I am assuming that the other person was not hostile or furious. We had a major disagreement and felt strong in our beliefs. We agreed to allow each other the acknowledgement of our opinion differences and to not attempt to coerce the other to change their mind.

I drove home realizing that earlier in my life, I

probably would have chosen to be argumentative. I would have escalated the encounter with a large chip on my shoulder and delivered my views as the only correct way of viewing the issue. I could not allow for a peaceful and sane interaction. I had to push my agenda loudly and with self-righteous aggression. I would have stomped away enraged and annoyed. The other individual certainly would not have changed their mind, and may have left in a flush of negativity towards me. Where is the gain in that scenario?

Frequently, I notice the same behavior occurring everywhere--waiting in a line where patience is archaic, reacting before a person is finished, parents with no understanding of their child's needs, and politicians with no attachment to any reality test. Have we all gone back to prekindergarten and forgotten how to relate?

With all the issues enveloping us needing some careful and creative solutions, we seem to be wasting our precious time and energy mocking, harassing, and belittling anyone who is questioning our actions, beliefs, or integrity.

How can we move off or out of the boxing ring and get into the conference room (or zoom) to begin to discuss those complex issues? What to do with the pandemic? There are no simple solutions, and we have been dealing with the threat of COVID for many months with no end in sight. We are tired of masks and being shut out from the world we knew at the beginning of 2020.

Seems to me that hostility and anger is not moving us closer to a resolution. Working together could be an opportunity to develop more innovative steps. I know in my past when I felt scared, anger made me feel powerful. An illusion to be sure; however, in the moment I felt fortified.

We are in a high transition time. Ancient prophecies have stated we are shifting to the Age of Aquarius, where cooperation, peace and understanding will prevail. We are leaving behind the old ways of greed, competition and war. The old texts tell us that this transformation will test us fragile humans. We are creatures of habits and patterns. Giving up centuries of ingrained cultural mores and patriarchal institutions leaves us reeling. How do we maintain our balance as we negotiate these new environments?

A place to start could be to make peace with our perceived enemies, and attempt to understand their viewpoints and belief systems. In the process they could learn our views and beliefs. Starting a conversation is a first step to lowering the boundaries between self and other. As we converse, we can find commonality that opens the way to more compromise rather than struggling to maintain our own ways and beliefs.

Why can't we be friends and spend more of our energy on problem solving rather than trying to defeat and attack the other? This is not easy. I for one would like to try. How about you?

Letters and Emails

To the Editor-

I am very excited that Lisa Thomas is running for our state senate. I have known and admired Lisa since she was elected to the Coventry Town Council in 2007. She is now serving her 6th term. Lisa is smart and cares about the people she is representing.

I was one of the leaders of SOS-Coventry, an open space preservation political action group (PAC). Lisa was always willing to talk to me--when she liked what I was saying and the rare times when we disagreed. Lisa was always respectful. In retrospect, Lisa was often right. Even though SOS-Coventry ardently supported Lisa, she would only do what we requested if she believed it was best for the town. She never contributed to our PAC because she didn't want money to influence our decision to endorse her. I have great respect for her integrity because I believe legislators should vote their conscience rather than give favors to their supporters.

Through her 12 years on the Town Council, Lisa has been a great advocate for open space. For instance, she consistently insists on preserving Coventry's small open space fund whenever it is on the chopping block.

No one was monitoring the quality of Coventry's waters, so Lisa organized the Clean Team consisting of high school students who successfully convinced the town to establish the Coventry Lake Advisory and Monitoring Committee. As a Senator, Lisa will be available to talk to her constituents regardless of their beliefs.

Jasmine Wolf

To the Editor-

As a young student, it means the world when someone takes the time to support and encourage your interests. Lisa Thomas was that person for me as a participant in the Future Problem Solvers Program in middle school. Although she had retired from the program years ago, and was at the time serving on the Coventry Town Council, Lisa was the only person who had coached a team for a particular project that I and four other students were attempting. While in the planning process, Lisa came on her own time to meet with us and figure out which projects were in the scope of our ability, bringing resources and records from her previous students to help guide us. With her encouragement, my team worked to introduce a beehive to one of Coventry's community gardens, which supported community agricul-

ture, native flora, and boosted local pollinator populations for years after its implementation.

Lisa Thomas' efforts to encourage students to engage in their community, think independently, and persevere are values that I believe she will bring to the State Senate. Now, more than ever, we need people in government who take the time to listen to and engage with their citizens. If she took the time to encourage me as an optimistic child, I am certain that she will take the time to represent her citizens with empathy and decisiveness during her time as senator. I encourage anyone reading this letter to put serious consideration towards supporting her in the upcoming election.

Kendall Schenck

Tai Chi

Tai Chi is now offered to any person through the Ashford Senior Center via Zoom meetings. The classes will be on Wednesdays and Fridays at 9:30-10:30. The cost is \$10 a month for one day/week and \$20 for two days/week. Contact the center at 860-487-5122 from 9-3 weekdays to access info on how to pay and coordinate with instructor.

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!

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!"

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)

Willimantic, Now and Then:

Modern Don Quixotes had the best job!

By Mark Svetz



A few years ago, a mishap during the emission inspection process caused the Department of Motor Vehicles to suspend the registration on our van. This was a bummer, but Sarah managed to set it right with the help of two men whom I like to think of as 21st Century Don Quixotes. They were employed by the DMV, if you can imagine, to wander the state righting wrongs. Talk about a silver lining.

This story really starts even longer ago, when Sarah and I had to tie the passenger door on our van closed because the door was rusted around the hinge and the latch no longer lined up. You know how it is with old cars. But our friend Reiny Brown had a welder, and we got a new door attached. Now everything worked great, except the door was the wrong color, which should have been a clue to the people who did the emissions test, when they took the vehicle ID number off that very door.

This little mistake was the tree that fell in the forest when no one was around to hear it. There had been no sound for more than a year when the suspension notice came in the mail, citing our failure to get an emission inspection.

We were puzzled. There have been times when I was less than perfectly attentive to life's details. Not so much lately, though. Sarah and I knew we had taken the van to the emissions station, so we started checking our records. We saw right away that the ID number on the paperwork from our emissions test was not the same as the one on our van. It took a while to realize the number did match the vehicle ID sticker inside that mismatched new door.

Now I want to take a minute to talk about Don Quixote. That great 17th Century novel by Miguel de Cervantes has always enchanted me. I have long been a sucker for tragic-comic heroes, and as I grow older, I find the values and mores I encounter in the world so different from my own. Tilting at windmills seems a polite way to describe some of the things that animate me today. Don Quixote's desire to dedicate his life to what he imagines is a disappearing code of honor still captures my Romantic imagination.

This is all part of a coming of age story that was my young life when I came to Storrs to attend the University of Connecticut. I'll skip all the dreary parts about self delusion and awakening, and get to Professor Harry Marks who wowed me in the History Department. One lecture I remember particularly. It began as they all did, after

Harry tied Victor Hugo, his poodle, to the radiator. This day he was to talk about Romanticism, which he did until my three-year-old son Gregory interrupted with a scream for help when he got stuck somehow in the frame of the old-fashioned desk. Harry never missed a beat. "That is Romantic," I heard him say as I helped Gregory untangle himself.

That may have been the moment when Don Quixote became my hero. If holding on to your values in the face of chaos is Romantic, then I guess tilting at windmills is a small price to pay. In any event, with the help of Harry Marks and Victor Hugo (the dog and the writer!) I became a Romantic. It informed my life and work. Progressive political action has often felt like tilting at windmills. And I think I did it for some of the same reasons as my hero.

But I was telling you about these two modern day knights errant. They were tilting at real enemies! They cut through the bureaucratic procedures at the DMV, coming to the rescue with their clipboards and powers of observation. When the problem couldn't be solved at the end of a long line, my two new heroes saved the day.

You see, when Sarah finally got someone on the phone and explained what had happened, it all made perfect sense. Nevertheless, it all had to be checked, and the woman on the other end of the line had just the guys to do it. I don't remember their names. I guess I'll have to call them Don Quixote and Senor Panza, but when they came walking down the driveway all smiles and open collars, my heart skipped a beat.

They laughed when they saw the white door on the grey van. We all laughed a great deal, in fact, while they checked boxes, filled in numbers and got our signatures. Everybody had a great time, as far as I could tell. After they left, I wondered if I was too old to take the Civil Service Exam. But that would have made me as delusional as the old Don.

The truth is we all have to right small wrongs in our own lives, in our own way. Few of us ever get to ride a white horse into metaphoric battle, but if we can hold on to our values and work together, we can still triumph every now and then. Goodness knows, we need a triumph about now. And there is hope. Thanks to the DMV's heroes, we soon got a new registration in the mail!

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



Don Quixote de la Mancha, by Pablo Picasso



'Signs' of Progress

By Bill Powers

Recently in a matter of three days, I spotted four 'signs' of progress in our area concerning the wellbeing of turtles. Including four sea turtles, there are twelve species found occurring in Connecticut. Unfortunately, too many turtles become victims of collisions with motor vehicles and roadside mowing. Together the four 'signs' address a common theme with each one serving as a variation on the theme. Each has an important message for the public. I like to believe that increasing awareness about the habits of our four legged neighbors will reduce their unfortunate slaughter on and near our roadways. Often injured turtles can be saved with the help of people who are trained to rehabilitate them. Among the folks who are trained and certified by CT DEEP and listed in their directory: "Dealing with Distressed Reptiles and

Amphibians", there are wildlife rehabilitators whose specialty is turtles. Although injuries can appear to be severe, turtles are known to be resilient and often with proper care and time to heal, they are saved! In my experience Paula Meier from Madison is experienced and always helpful.



More locally from Coventry is Arianna Mouradjian, who comes highly recommended for turtles.

At this time of year turtles become inactive. Certainly, raising public awareness about these fascinating creatures is a year-round job. Hopefully, the "signs" of progress and public awareness about turtle behavior will continue to increase.

Bill Powers is a resident of Windham. He spent time on the Sea of Cortez at a sea turtle rescue and studied Eastern Painted Turtles as part of his Master Naturalist Program with the Goodwin Conservation Center in Hampton.

Opinion

Thoughts About 'Begin Again' (a chronology)

By Larry R. Gag

"This piece was a way for me to recall and organize my ideas for my book club input after having finished the book Begin Again. What came out was not so much specific to the book, but a more global update of my growing thoughts about racism in our country after much reading, listening, learning and discussing." LG

"The arc of the moral universe is long, but it bends toward justice."

-MLK (more recently via Barack Obama)

"For every action, there is an equal and opposite reaction"

-Issac Newton

-European colonization of North and South America was based on genocide of the people who lived here.

-The importation of slaves from Africa to America appears to have predated 1619.

"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America..."

-Our nation and Constitution re-established the racist principles that were supporting the economies of both the North and South. While professing profound moral principles, they assumed the classist and racist divide: *"We the people...in order to...secure the blessings of Liberty"* did not refer to women, non-land owners, slaves, or native Americans.

The establishment of our country and its Constitution was blatantly racist from day one. In the language of 1776 *"We the People"* did not mean *"All the people."*

-Almost a century later, the results of the Civil War and the Emancipation Proclamation incited much backlash, that eventually erupted in Jim Crow.

-The Civil Rights Movement of the 60's, Baldwin, King, Malcolm X, Black Panthers et al made positive gains in improving our society. As a result of some social and moral shift towards the left; racism, misogyny, homophobia, and far right thought, did not lessen as much as it went more unspoken and underground.

-The arrival of the personal cell phone video capability has helped to bring police violence against black people to the mainstream consciousness, over maybe the last 16 years. It has helped to put some of the racist reality that has been going on for over 400 years in our face.

-The election of Barack Obama allowed us to feel hope and progress. But again, as a backlash to his election, racism was driven underground and secretly inflamed.

-It has been always obvious to me that Trump is a racist and that his election by the American people, at least in part, was a racist response to having a black president.

-Trump's verbal blather, actions, and inactions have legitimized and rekindled racist action and thought during these 4 years allowing it to become more public and acceptable.

-Mainstream video of George Floyd's torture and death, again put the reality of ongoing systematic racism in our face, and support for BLM was expanded and widened especially among young white Americans.

-Trump has pushed back, and doubled down, with his fascist suppression of peaceful protest and his attempt to conflate it with any violence and illegal rioting.

-As a country, we still have never dealt with the "big ol' elephant in the room" -Donna Dufresne. We have never had a Truth and Reconciliation. And until we do, we may be doomed to act and react around the moral false foundation that we built this country upon. -LG

-It is time to Begin Again. -Eddie S. Glaude Jr.

Well I'm older now and still runnin' against the wind-
Against the wind. Against the wind. -Bob Seeger

CT Green Energy News

Submitted by Peter Millman

Welcome to the CT Green Energy News, a weekly digest of stories that has been condensed into a monthly format for *Neighbors* readers. To read the full stories online, just Google the titles below. You can also subscribe to the free weekly email newsletter by contacting Peter Millman at peter.millman7@gmail.com.



News and events for advocates of clean energy, energy efficiency, and climate action at the state and local levels, focusing on Connecticut. Brought to you by People's Action for Clean Energy (PACE) and Eastern CT Green Action (ECGA).

Net-zero energy schools offer CT a glimpse of future green development

Hartford Business Journal. "Affordable renewables have made the cost of zero-energy developments on par with, or up 10% more than, a regular build. Long-term energy savings and reimbursements from state governments on public buildings more than offset the added costs, proponents say."

Governors want sunlight on the secretive ISO New England

CT Mirror "ISO New England is not a country club and its Board is not the Skull and Bones Club at Yale. Electing new Board members should happen in the sunshine. And it is time to appoint a director with a history of fighting for ratepayers," Kreis wrote. "In darkness or in light, keep an eye on ISO New England and its Board. No utility, no regulator, indeed, no other entity wields such a gargantuan influence on our electric grid and, ultimately, your electric rates."

Republicans, time to reevaluate stance on climate change

Hartford Courant. "In the spring of 2019, I introduced a bill to require the teaching of climate change in all Connecticut public schools. Although it eventually passed the House on a bipartisan basis, my bill was met with ferocious resistance from several Republican legislators whose climate change denial would have been laughable, had it not been so dangerous."

A utility microgrid system would divide — and protect
The Connecticut Mirror. "A recent article featured a discussion centered on how Connecticut ought to bury all of its major power lines in order to avoid future outages such as we have recently experienced. Same old. Same old. This maintains the frail heavily centralized nature of the grid with widely spaced generators joined by long stretches of transmission wire. Just putting the lines underground is not only very costly but still maintains that frail centralized structure of a few huge generators many miles apart."

Energy bill takes on storm response and grid reform challenges

The Connecticut Mirror. "The latest version of the bill is eliciting few objections to what's in it. It's what it doesn't contain that may cause problems. What didn't make it into the bill — now down to a mere 20 pages from its 40-page original — is a way to help stabilize the state's solar industry as COVID continues its economic slash and burn. Also MIA is expansion of a wildly popular program to help municipalities benefit from clean and renewable energy even if they can't site it in their own town." Plus: Senators take tough stand on Eversource. Even the ones who work there.

Southington project would pit solar energy against farmland

Hartford Courant. "Both the preservation of farmland and development of renewable energy sources are essential to the state's future," the Council on Environmental Quality wrote in a recent letter."

Branford Launches Residential Energy Efficiency Program

Zip06. "Heat pumps are an eco-friendly solution that efficiently heat in the winter and cool in the summer. Contact information for a qualified heat pump installer will also be provided and the homeowner can decide whether to proceed. Prime candidates for saving money with a heat pump include residents who: heat with electrical baseboard, propane, or oil; are installing a new furnace; are adding air conditioning; and/or are constructing an addition or a new home. Grants, rebates, and attractive financing are available for qualified residents."



Lamont Unveils Connecticut's First Battery-Electric Public Transit Buses

Hamlet Hub. "These are the first [two] buses to enter service under CTDOT's electric bus initiative. CTDOT is looking forward to a future where all transit vehicles are powered by electricity. This will be a gradual transition at first, but will accelerate as the costs for battery electric buses and facility upgrades become more affordable at scale. These programs will not only improve the customer experience, but will improve air quality and noise levels for those who live in the communities served by these buses."

A new bill requires Connecticut utility companies to pay up when the power is out for an extended period. Here are 7 ways it affects customers.

Hartford Courant. "In a special session, lawmakers overwhelmingly approved a bill that emerged largely from criticism over Eversource's response to Tropical Storm Isaias this summer, which left thousands of residents without power for up to nine days." Plus: Electric rate hikes as a result of new law? 'Ludicrous...propaganda.'

Christmas in Coventry

Submitted by Ruth I. O'Neil

Coventry's Christmas in the Village is scheduled to be held once again this year. To adapt to current modifications for public events as a result of the Covid-19 circumstances, Christmas in the Village will span a three day period, Friday, Saturday and Sunday December 4, 5, 6. Visitors are required to wear masks or face coverings and to maintain a social distance of six feet from other guests.

This annual town event brings community members and businesses together to welcome the holiday season. The town Holiday/Christmas tree lighting will take place at 4:30 on Saturday afternoon at the First Congregational Church on Main Street.. Santa will be escorted down Main Street by the Coventry Fire Departments' Torchlight Holiday Parade, pausing briefly to enjoy the lighted tree. Fire trucks and other vehicles from the towns' fire departments will be adorned in holiday lights and decorations.

Activities during the three days will focus on the local businesses and restaurants.. Weather permitting, live holiday music will be provided outdoors Saturday and Sunday by the Song-a-Day Music Center and local high school students. A holiday dance performance by students of The Can-Dance Studio will take place on Sunday.

The Coventry Lions Club, official sponsor of the event, will host its popular annual Christmas Tree Festival, and a holiday décor sale. Drawings will be held for trees decorated and donated by local organizations, businesses and individuals. Call 860-803-7163 for details on contributing a decorated Christmas tree to the Festival.

Merchants along the renovated historic stretch of Main Street will be open, offering holiday gift ideas, specials, free drawing and more. Community organizations and craftspeople will be participating as well.

Two Main Street Art studios, Timberman Studio and Maple Brook Studio during the weekend. Maple Brook Studio is by appointment only which can be made by calling 860-916-4232.

The Coventry Winter Farmers' Market, held at the Coventry Community Center will be open on Sunday from 11 to 2.

Christmas in the Village began in 2003 by the Coventry Village Improvement Society. This is the 17th year for the event.

Visit Coventry Lions Club Facebook page for detailed schedule information along with current event updates as the day gets closer. All activities are subject to change in the interest of public safety and health. Sponsorships and volunteers to help are welcome as well as donations. Call the coordinators at 860-918-5957 or 860-617-3588 for more information.

HOLIDAY SPIRITS

Liquor • Beer • Wine • Lotto

HOLIDAY MALL

1733 Storrs Road
Storrs, CT 06268

860-429-7786

Visit us on Facebook

HST

Home Selling Team

HST

452 Storrs Road, Mansfield

860-456-SOLD (7653)

info@homesellingteam.com

homesellingteam.com

SENIOR HOUSING

NOW TAKING APPLICATIONS

Willington Woods

25 Senior Way – Willington, CT 06279

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

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

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



SUBSIDIZED HOUSING

CAD Marshall Framing
Professional Picture Framer

20% OFF
on art supplies &
Ready made frames

**Holiday Framing
deadline
Dec. 15th!!!!**

Call 860-617-5422 for an appt.
Tue.- Fri. 10-5:30 & Sat. 10-4
34 North Street. Wmtc., CT

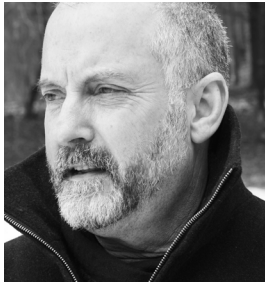
The Neighbors paper
Locally Written
Locally Wread

From the Ground Up - Buying Local in Connecticut

To Everything There Is a Season

By C. Dennis Pierce

Once upon a time a frustrated English major, whose career was sidestepped by a journey into the foodservice industry, had a keen interest in Connecticut agriculture and “buying local”. That was me. I had volunteered at a local farmer’s market for nine years and that experience was a memorable one. This was my first introduction into farming and food systems. In the early part of 2010 when I picked up a copy of Neighbors at the Mansfield Library, I thought wouldn’t it be great to share with others the wealth of agricultural resources the Quiet Corner has to offer? From vineyards to orchards to a farmer’s market in every town there was so much out there but no one was telling their stories. I had never ventured out and established myself as a writer but I did have many college classes under my belt and a basic tool chest filled with ideas. My many years with the Storrs, Farmers Market as a Market Master provided me with the understanding and a deep appreciation for the local farmers who work



hard to bring the best and freshest to market and change our relationship with the land and with food. So, I took the first step and reached out to Tom King, Publisher of Neighbors paper. That was in February of 2010. The first column I wrote I featured Nunzio and Irene Corsino and their, Four Mile River Farm in Old Lyme. It seems like yesterday that I was standing in a field talking to Nunz while an extremely large cow about the size of a imported car glared at me. We spoke about processing beef; we toured the farm and I immediately had a deeper appreciation for a farmer’s life.

Farm markets also intrigued me. What a wealth of seasonal options. I often wondered why the same members of the community returned week after week to the market. Then I realized that amid the incessant drumbeat of bad news shadowing the world around us the glimmering signs of hope came to life at the weekly gatherings at the local Connecticut farmer’s markets. In the midst of processed foods, a world that is struggling to find harmony, I was amazed to witness how something like a fresh round tomato, or a bunch of creamy yellow turnips, picked at the perfect moment by skilled hands, can transform lives.

Another year, another column, another season, another farmer to interview – what stories they tell and yet that is what its all about and it’s worth it. As we slip away from a

very quick autumn and we prepare for another winter time does seem vanish right in front of you. Days get shorter, less time outside sometimes I feel like a squirrel running around trying to get ready for winter. Not enough wood split. Will three cords be enough? Need to re-caulk the storm windows and get rid of all of those darn leaves. And yet at night, when I take my dog out our for a last walk, I think back to those lyrics from the 60’s from a band called the Byrds. Talk about prophetic!

There is still plenty of apples available at the local orchards so if you have them left over from your “bobbing” event from your Halloween party you might salvage a bunch and prepare the following recipe. Besides it is short of “squirrelish” as you are putting away some for this winter.

Quiet Corner Applesauce

Ingredients:
 4 to 5 pounds of local, tart apples
 1 cup of water
 ¾ cup of packed brown sugar
 ¼ cup of fresh lemon juice
 ½ cup of maple syrup, preferably local
 1 tablespoon of ground cinnamon
 ½ teaspoon of ground nutmeg
 1 teaspoon of kosher salt

Directions:

Wash the apples and peel them, remove the core / seeds and cut into quarters

Add apples to a large pot with water and cover.

Cook apples over medium heat, making sure they do not burn until they are soft and falling apart

Mash or gently whip apples
 Place mixture in a large pan and add sugar, lemon juice, maple syrup, and spices.

Stir to combine
 Cook the applesauce over medium heat four about ten minutes.

If you are preserving the applesauce:

Sterilize the jars and lids that you will using in a large pot of boiling water. Remove jars and air dry. Ladle applesauce into jars leaving ½ inch headspace. Wipe the rim with a clean towel and place lids on tightly.

Add jars back into the boiling water for 15 minutes
 Remove jars and let them cool.

Check the lids to see if they have sealed. The lids should not flex up and down when the center is pressed.
 Store jars in a cool, dry place.

David Krysiak from the Coventry, Winter Farmers Market sent me a note to alert every one of the new location for the Coventry Winter Market for the upcoming season. The market has moved to a new location, the Coventry Community Center, 124 Lake Street, Coventry. The new hours will be 10AM - 1PM. The market opening day is November 15 and will be open every Sunday into March. There will be a few less vendors but all main categories will be filled. Local produce, meats, cheese, baked good,

honey and more. Additional information can be found at: <http://www.coventrywinterfarmersmarket.com>

Next month I will share more details on winter markets and their hours. In the meantime, stay safe. 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. Peas be with you...

The Wonders of More Than a Log Afloat



By Bill Powers

Have you ever wanted to find the “perfect gift” for a family member, friend, neighbor, or colleague? Finding it can be elusive and require a good deal of thought and research, as well as creativity. Just the right gift, one that is practical and meaningful in a special way can be challenging. It becomes even trickier when the person seems to have everything he or she needs and wants as verified by them personally. However, if you manage to surprise a person with an unexpected gift, it is rewarding, especially if your gift is appreciated in a response of genuine surprise and happiness.

Having wonderful neighbors is a special gift in and of itself and one is fortunate and grateful to be able to enjoy that as a part of one’s life. It can be “a gift that keeps on giving.” Recently, my wife and I were the recipients of a perfect gift from our neighbors. We live next to a 23 acre body of water. Some call it a pond and others a lake. Along the shore it is shallow, but its depth increases to a typical depth of 10 feet but some areas range up to 20 feet. For the most part, it is bordered by woods. Over the years as trees along the shore are uprooted or large branches fall into the water, it has helped to create a more appropriate habitat for the Eastern Painted Turtle. These neighbors like to take advantage of the fallen trees that extend out into the water away from the shore. The cold blooded “sun turtles”, as they are also known, make great use of the new broken-tree opportunities to bask in the sun.

Robin, my neighbor, frequently asks me, “How are the turtles doing?” Since I have been observing them at our place for more than 10 years and conducted a formal study to determine a useful way to get a good estimate of their population and behavior, my neighbor was aware of my thoughts about the turtles. One day, as my neighbor and I were discussing the current status of the turtles, I mentioned I was bemoaning the fact that the basking sites were rapidly diminishing. This was due to the deterioration of fallen trees in the water over the years, as well as increased shade resulting from the significant outward growth of the branches of trees as they reach out over the water to capture the rays of the Sun. A beaming smile suddenly erupted from my neighbor as he turned and pointed to a large pine that had recently been victim to a strong wind and said: “What if I cut a large chunk for the turtles and place it in the water near the shore and anchor it?”

A few weeks later, I noticed something floating in the water that looked like it might be a capsized boat. I jumped into my kayak and paddled down to investigate. It was the anchored log. It was just a few days until it was frequented by up to eight turtles. My neighbor and his wife were “enjoying” the opportunity to see the turtles from their place. He told me that he might create another basking log for my wife and me as well “to be able to see and enjoy the turtles from our place” and; interestingly, this time he would “cut a ramp from each end of the log to make it even easier for the turtles of all sizes to climb aboard.”

After a couple of weeks, we saw Robin and his wife Arlene slowly paddling their canoe headed to our place with a log in tow. They deposited it in the water that was the perfect spot for us to be able to view the turtles. Since the log was placed a good distance from the shore, I was skeptical about whether the turtles would be able to find it or want to use it. Surprisingly, the first turtle was seen there a few days later. Shortly thereafter, this one turtle was joined by two of his buddies. Other turtles now come on a regular basis. Occasionally, they share their log with a Great Blue Heron or a Cormorant – a wonderful bonus. We are grateful to our wonderfully thoughtful neighbors who gave us a perfect gift that enables us more frequently to experience and enjoy some of our favorite creatures of nature.

Bill Powers is a retired teacher and a Goodwin Conservation Center Master Naturalist. Photo courtesy of Robin and Arlene, the author’s neighbors.



Turn, Turn, Turn by the Byrds

To everything, turn, turn, turn
 There is a season, turn, turn, turn
 And a time to every purpose, under Heaven
 A time to be born, a time to die
 A time to plant, a time to reap
 A time to kill, a time to heal
 A time to laugh, a time to weep
 To everything turn, turn, turn
 There is a season turn, turn, turn
 And a time to every purpose, under Heaven
 A time to build up, a time to break down
 A time to dance, a time to mourn
 A time to cast away stones, a time to gather stones together
 To everything turn, turn, turn
 There is a season turn, turn, turn
 And a time to every purpose, under Heaven
 A time of love, a time of hate
 A time of war, a time of peace
 A time you may embrace, a time to refrain from embracing
 To everything turn, turn, turn
 There is a season turn, turn, turn
 And a time to every purpose, under Heaven
 A time to gain, a time to lose
 A time to rend, a time to sew
 A time for love, a time for hate
 A time for peace, I swear it’s not too late

Unsung Heroes of Soul: Don Covay

By Dean Farrell

As host of "The Soul Express," 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: Don Covay, who was better known for covers of his songs by others than for anything he himself recorded.

He was born Donald James Randolph in Orangeburg, South Carolina, on March 24, 1936. He lost his father, a Baptist preacher, at age eight. By the early '50s, Covay was living in Washington, D.C. He sang with a gospel group called the Cherry Keys before turning to secular music. Covay made his first non-gospel recordings in 1956 with a doo-wop group called the Rainbows.

In 1957, Covay worked with the Little Richard Revue as both the star's chauffeur and opening act. Also that year, Atlantic released a single on Covay, the Rhythm & Blues rocker "Bip Bop Bip," under the name Pretty Boy. Little Richard and his band, the Upsetters, provided the instrumentation.

In 1961, Covay had his first charted single, the self-written "Pony Time." (The label credit went to his band, the Goodtimers.) It reached #60 on the Billboard Hot 100 and became a #1 hit when Chubby Checker covered it. Three years later, Covay co-wrote and recorded "Mercy, Mercy." It went to #1 on the R&B chart and #35 pop. A year later, the Rolling Stones remade the song for their LP, "Out of Our Heads."

Covay co-wrote his 1965 number, "See-Saw," with guitarist Steve Cropper of Booker T. & The MGs. He recorded the song at the Stax studios in Memphis, along with three other Covay originals: "I Never Get Enough of Your Love," "Sookie Sookie" (which Steppenwolf later recorded), and "Iron Out the Rough Spots." While Covay's original of "See-Saw" did well, it became an even bigger hit for Aretha Franklin three years later.

In 1968, Covay recorded a one-off single with Atlantic labelmates Solomon Burke, Arthur Conley, Ben E. King, and Joe Tex as the Soul Clan. "Soul Meeting" reached #34 R&B and #91 pop. In 1969, Covay formed the short-lived Jefferson Lemon Blues Band, who recorded two albums.

In 1972, Covay joined Mercury as an Artists & Repertoire executive. He also recorded for the label. His first Mercury single was the tongue-in-cheek "I Was Checkin' Out, She Was Checkin' In." It became Covay's biggest pop hit, reaching #29 in 1973. By the late '70s, he was on Kenny Gamble and Leon Huff's Philadelphia International Records. After that, Covay did not record again until 1986, when he sang back-up on the Rolling Stones' album, "Dirty Work."

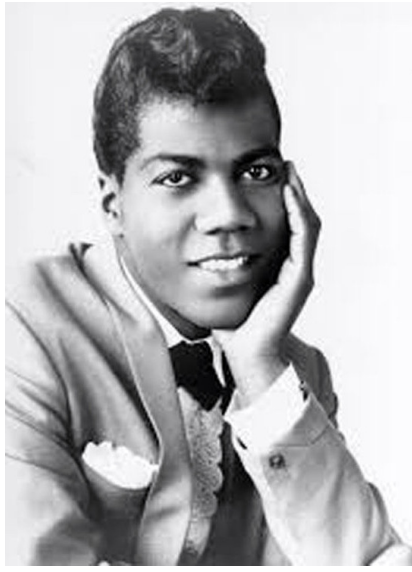
In 1993, the Shanachie label released a tribute CD, "Back to the Streets: Celebrating the Music of Don Covay." Among the artists who performed on it: Ronnie

Wood of the Rolling Stones, Iggy Pop, Robert Cray, Bobby Womack, Peter Wolf of the J. Geils Band, Ben E. King, Jim Carroll, Todd Rundgren, Gary "U.S." Bonds, Chuck Jackson, Barrence Whitfield, Billy Squier, Nona Hendryx, and Jimmy Witherspoon.

In 1994, the Rhythm & Blues Foundation presented Covay with a Pioneer Award. In 2000, he released "Adlib," his first album in 23 years. Artists who appeared on it included Wilson Pickett, Lee Konitz, Otis Clay, Ann Peebles, Paul Shaffer, Syl Johnson, Huey Lewis, and Dan Penn.

Covay's songwriting ultimately proved more lucrative than his recordings did. He composed songs for the likes of Lloyd Price ("Boo Hoo"), Gladys Knight & The Pips ("Letter Full of Tears"), Solomon Burke ("I'm Hanging Up My Heart for You"), Gene Chandler ("You Threw a Lucky Punch"), Tommy Tucker ("Long Tall Shorty"), Little Richard ("I Don't Know What You Got, But It's Got Me"), and Wilson Pickett ("That Kind of Love"). Covay also penned Aretha Franklin's 1967 classic, "Chain of Fools."

Don Covay, 78, died of a stroke on January 31, 2015.



Charted singles:

- "Pony Time" (as the Goodtimers, 1961) Pop #60
- "The Popeye Waddle" (1962) Pop #75
- "Mercy, Mercy" (Don Covay & The Goodtimers, 1964) R&B #1 (2 weeks), Pop #35
- "Take This Hurt Off Me" (1964) R&B #44, Pop #97
- "Please Do Something" (1965) R&B #21
- "See-Saw" (Don Covay & The Goodtimers, 1965) R&B #5, Pop #44
- "Shingaling '67" (1967) R&B #50
- "Soul Meeting" (as a member of the Soul Clan, 1968) R&B #34, Pop #91
- "Black Woman" (Don Covay & The Jefferson Lemon Blues Band, 1970) R&B #43
- "I Was Checkin' Out, She Was Checkin' In" (1973) R&B #6, Pop #29
- "Somebody's Been Enjoying My Home" (1973) R&B #53
- "It's Better to Have (And Don't Need)" (1974) R&B #21, Pop #63
- "Rumble in the Jungle" (1975) R&B #83
- "Badd Boy" (1980) R&B #74

Dean Farrell hosts "The Soul Express" twice on Fridays: on WRTC, 89.3-FM (www.wrtcfm.com) from 5:30 - 7:30 p.m. and on WECS, 90.1-FM (www.wecsfm.com), from 9:00 p.m. - midnight. He plays vintage soul music of the 1960s and '70s--everything from #1 hits to long-lost obscurities. Dean's e-mail address is soulexpress@gmail.com.

Letters and Emails

To the Editor:

I would like to express my support for Lisa Thomas for State Senator for District 35. As a former student of Lisa's, I can speak from personal experience about her strength, intelligence, and caring nature. In Lisa's classes at Hebron Elementary School, she challenged me to think critically and to explore topics, ideas, and books that I had never experienced before.

While she taught in Hebron, Lisa introduced the Future Problem Solving Program, which teaches students critical problem solving and teamwork skills and encourages them to engage with complex social and scientific issues. After getting my start with FPS in sixth grade under Lisa's coaching, I participated in the program for seven years, and I look back on my experiences as an FPS-er as some of the most formative of my young adulthood. The program taught me how to work with others on a team, how to

think creatively and analytically, and how to lead, and it is thanks to Lisa that I had that opportunity.

Today, we face significant challenges: the global pandemic, the ongoing struggle for racial justice, climate change, and many more. We need a State Senator who knows how to solve problems, who is a passionate advocate for education, and who is committed to her community. Lisa Thomas is that person.

Anna Newman, Tolland

To the Editor:

I Support Lisa Thomas for Senator for the 35th District. My kids were lucky to attend good schools and had some great teachers. But for both Steve and Amanda, one teacher stood out - Lisa Thomas. Lisa ran the Challenge & Enrichment and Future Problem Solvers programs at Hebron Elementary School. She taught kids how to think critically, persist when stuck, and to work together even when they didn't all agree. She opened their minds to issues affecting people way

beyond their town limits. I'm sure that she influenced my kids' career choices (international relations and fuel cell technology).

Lisa has gone on to public service and is now running to be the State Senator for CT's 35th District. I've followed her as she's spoken out on issues that I care about. These include improving access to quality health (and mental health) care, supporting small businesses and promoting economic growth for Eastern CT, preserving our natural resources, and of course, continuing to provide high quality education for all.

Lisa has the intelligence, temperament and communication skills to be an excellent legislator. While she has strong beliefs and great ideas, she asks good questions, listens well and works together with her colleagues to get things done. Her experience as a lawyer, educator and a public servant (having served on the Coventry Town Council for 11 years), will help make her an excellent State Senator.

Donna Jolly, Hebron

Franc
MOTORS INC. (860) 429-2614 • www.francmotorsinc.com

ROUTE 32
WILLINGTON

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

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
860-933-3432 860-450-8134

Ashford Farmers Market



Our 14th Season!
Sundays 10am-1pm
Extended thru Nov 22nd: produce+meat
Guest Vendors
Pompey Hollow Park
Route 44 Ashford across from Town Hall
Enjoy fresh Connecticut grown products
Meet your local farmers

Que Sera Sera

By Delia Berlin



It is the month of October of 2020. Any day now, we will reach the submission deadline for the November 2020 issue of *Neighbors*. In light of accelerating and overlapping cycles of bombshell news, and the upcoming election on November 3rd, I am paralyzed by anxiety and dread, incapable of imagining and writing an article that will remain relevant for that many days. What world will we live in when the next issue gets printed and distributed? I avoid the questions and fear the answers. Please bear with me and accept a resubmission of an old story for this month. In the meantime, be safe, be kind, be hopeful, and breathe.

Benito

By Delia Berlin

My paternal grandparents had a strong influence on me. They were ambitious and hard-working people from Galicia, in the north of Spain. Their ambition was not oriented towards wealth, luxury or power, but towards gaining security and opportunity for their family. It was always clear to me that they saw education, effort and persistence as the most important tools to help them attain their goals.

Perhaps that introduction gives the impression that my grandparents were stern and boring, but nothing could be farther from the truth. They were jovial and playful, interesting and never idle. I remember them being generous, warm, patient and funny.

My grandmother died at a young age, when I was just six. We were very close but given my age at her death, I have few memories to justify her strong influence. Yet, it is clear to me that she made me a stronger person, and simplistic as it may sound, I believe that internalizing her unconditional love gave me that resilience. Life is humbling, but growing up with someone who so obviously believes you are the very greatest person ever to walk the face of the Earth may give you a little confidence.

My grandfather lived for several

I know you were once young,
but from a single picture.
By the time we met
your skin had wrinkled
and the sun had forever printed
on your torso
the shape of the white tank top
that once accompanied you
through the sugar fields.

You taught me more than you intended,
for to a child
a carpenter is part clown,
part magician, part master,
and not many taps on your pegs
went unnoticed.

I remember your strength,
your endurance,
and the noise the air made
each time it left your lungs
as you hammered, as you shaved,
as you sanded, as you polished.
It was your work that was important,
not its product:
objects were unconnected
to your happiness.

When grandma died
you didn't hide from me your grief.
You let me hurt with you
when others wouldn't face
a child's pain.

decades after my grandmother's death, and I have many more memories of him, a tall and burly man who loved to garden, build stuff, and in his old age, was always a willing partner for Spanish card games. Years ago, I wrote a poem (above) about him and the essence of these memories.

I really appreciated my grandfather's willingness to grieve with me on that tragic occasion. He was never too shy to show emotion and would tear up easily, whether from sadness or joy. In days when children did not enjoy full rights, his transparency was at once affirming and empathetic.

Benito died less than two years after my daughter was born and never got to meet her. He had been unable to visit us from Argentina due to poor health. We were just getting ready to go see him there, but didn't make it.

Many decades later, after my



granddaughter was born, she loved to be "read" picture books. I discovered that photos of people she knew held her interest. So I made her several "books" with small photo albums of friends and family members. She was only months old when her favorite game was to "read back" the names of the people in the photographs. She could spend hours playing the "who's this?" game, answering correctly even when pictures showed people at different ages, activities, settings, etc.

But once we came to a picture of Benito, sitting pensive on a rocking chair. "Who's this?" I said. She looked at the picture intently, very seriously, for several seconds. And finally, she had her answer: "A monkey."

So now we refer to Benito as "my grandfather, the monkey" – a title that undoubtedly wouldn't bother him. And as for me, I always knew that I descended from great apes and Benito was, indeed, a great one.

Willimantic, 2015

(From "Joint Accounts" by Delia Berlin and David Corsini, [amazon.com/author/deliaberlin](https://www.amazon.com/author/deliaberlin))

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: Our calendar starts here and winds its way through the paper.

November 1, Sunday

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

November 2, Monday

Skillshare: Serv Safe Manager Certification, 10:00a.m. - 4:30p.m. \$150. In-person. 41 Club Road, Windham Register: clickwillimantic.eventsmart.com or 860-786-7907

November 3, Tuesday - VOTE

November 5, Thursday

Skill Share: Beginners Tea Blending, 11:30a.m. - 1:00p.m. \$15. In-person or via Zoom. 41 Club Road, Windham Register: clickwillimantic.eventsmart.com or 860-786-7907

November 8, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m. (See 11/1)

November 11, Wednesday

Skill Share: Let's Make Fire Cider, 6:00p.m. - 8:00p.m. \$25. In-person or via Zoom. 41 Club Road, Windham Register: clickwillimantic.eventsmart.com or 860-786-7907

November 15, Sunday

Community Food: Coventry Winter Farmers Market, 10:00a.m. - 1:00p.m. Coventry Community Center, 124 Lake St, Coventry. Local produce, cheese, meats, baked goods and more. Info: www.coventrywinterfarmersmarket.com
Meditation: Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m. (See 11/1)

November 17, Tuesday

History: Learn About Labyrinths, with Bill Ludwig, 2:00p.m. - 3:00p.m. \$5. Via Zoom. Register: clickwillimantic.eventsmart.com or 860-786-7907

November 18, Wednesday

Skill Share: Herbal Round Table on Fall Food and Herb Combos, 6:00p.m. - 7:30p.m. Free. In-person or via Zoom. 41 Club Road, Windham. Register: clickwillimantic.eventsmart.com or 860-786-7907

World Migratory Bird Days

By Bob Lorentson

If you forgot World Migratory Bird Day this year, it's perfectly understandable, given that this second Saturday in May tribute to the achievements of these remarkable birds fell on May 9 in 2020, putting it squarely between the always enjoyable No Socks Day and the quirkily charming National Hamster Day. Don't let it bother you if you did. I do hope however that you didn't miss the chance to pay your respects when World Migratory Bird Day, Part 2 rolled around on the second Saturday of October. Then its competition was only Leif Erikson Day and World Egg Day, so you will have had no excuse. Leif Erikson is ancient history, and there would be no eggs to celebrate if it weren't for birds, at least not the kind worthy of our attention. You may argue that chickens aren't migratory birds. I would suggest that we let them out of their cages and let them be the last word on that.

Forty percent of the world's birds migrate, so clearly this is not some passing fad. These birds were born into the life of a migrant, with all the baggage that comes with it. At certain times every year whether they like it or not, hormonal changes cause most to enter a state called hyperphagia. This is not a state for the faint hearted, and if you should ever find yourself approaching it, look for detour signs. This state triggers a feeding frenzy to make pigs unworthy of the name, as well as restless flying and flock gathering behaviors. And not just the teenagers.

Many birds, like the blackpoll warbler for instance, gain twice their weight in a few short weeks. It is enough to make one wonder if body shaming by non-migratory birds is really behind this frantic urge to hit the open skies.

Birds that don't migrate are called sedentary birds, and are rightly ridiculed for their provincial attitudes and up-tight natures. It could be the reason for there being no World Sedentary Bird Day. They are simply uninteresting birds, and the less said about them the better. Not one of them can compare to the daredevil feats of the Ruppel's griffon vulture, the highest flyer on record. It was unfortunate that to get into the record books one had to get sucked into the engine of a plane flying at 37,000 feet, but maybe it thought no one would believe it otherwise. The pilot was astounded, but the rest of the Ruppel's griffon vulture community reacted predictably by yawning and sticking their heads back into the carcasses of dead animals.

The bar-tailed godwit flies 7000 miles in eight days, without stopping. It tries to lord that performance over the other birds when it finally lands, but it's a bar-tailed godwit, so no one pays it any attention. The arctic tern, whose yearly trips from the Arctic to the Antarctic and back put 49,700 miles on its odometer, puts the bar-tailed godwit to shame. Added up over its average lifespan of 30 years, that's 1.5 million miles, all so it can enjoy two summers per year. Still, the summers are in the Arctic and the Antarctic. Someone ought to tell them that they fly right over the likes of Rio and Hawaii. And in case you were

wondering, experts remain undecided about whether its distant relative the wandering albatross actually migrates or merely pretends to.

The great snipe is the fastest migrating bird, flying 4,700 miles at 60 mph. It is listed as near threatened. Just imagine how fast it could fly if it was truly threatened. The ruby-throated hummingbird is the smallest migrating bird, flying 900 miles over the Caribbean Sea in 20 hours. It is not threatened, but like all hummingbirds, tends to act like it is because of its size.

The short-tailed shearwater, aka the Tasmanian mutton bird, is a species known locally as flying sheep by the Australians who commercially harvest them for their feathers, flesh, and oil. Still other names for them are yolla and moon bird. It is one thing to prey on defenseless nesting birds, but to call them names on top of it is unforgivable. It is probably the reason why their migratory journey takes them so far from home – to remote Kamchatka in the Russian far east, then to the Aleutian Islands, then around the whole Pacific Ocean. Not being one of our smarter birds, it mistakes so much plastic garbage for food on its journey that it dies in great numbers. Unless it prefers to die this way rather than at the hands of the insensitive Australians.

So the next time you use that awful avian insult and say that something is "for the birds", remember that there are two World Migratory Bird Days. Who else can claim such a tribute? Certainly not hamsters.

WHZ Year-End Planning Playbook

By Leisl L. Cording, CFP®
Vice President, Associate Financial
Advisor



Although 2020 has been an eventful one, from pausing some goals to shifting normal routines due to the pandemic. November has consistently been the month to begin to organize your finances for the upcoming new year. As you may recall last month, we walked you through key strategies that are helpful when it comes to understanding your whole financial picture and building your financial foundation towards accomplishing your long-term financial life goals. This month Weiss, Hale & Zahansky Strategic Wealth Advisors will help you look ahead, with strategies you should consider, helping you through your journey of achieving your financial and personal goals. Some of the 10 items in this article may be more important for you than others as each situation is different.

1) Max out retirement contributions. Are you taking full advantage of your employer's match to your workplace retirement account? If not, it's a great time to consider increasing your contribution. If you're already maxing out your match or your employer doesn't offer one, boosting your contribution to an IRA could still offer tax advantages. Keep in mind that the SECURE Act repealed the maximum age for contributions to a traditional IRA, effective January 1, 2020. As long as you've earned income in 2020, you can contribute to a traditional IRA after age 70½—and, depending on your modified adjusted gross income (MAGI), you may be able to deduct the contribution.

2) Refocus on your goals. Did you set savings goals for 2020? Evaluate how you did and set realistic goals for 2021 based on your forward-looking income situation. If you're off track, how do you develop a plan to get back on track. Are you using the right professionals to help?

3) Spend flexible spending account (FSA) dollars. If you have an FSA, note that the Internal Revenue Service (IRS) relaxed certain "use or lose" rules this year because of the pandemic. Employers can modify plans through the end of this year to allow employees to "spend down" unused FSA funds on any health care expense incurred in 2020—and let you carry over \$550 to the 2021 plan year. If you don't have an FSA, you may want to calculate your qualifying health care costs to see if establishing one for 2021 makes sense.

4) Manage your marginal tax rate. If you're on the threshold of a tax bracket, you may be able to put yourself in the lower bracket by deferring some of your income to 2021. Accelerating deductions such as medical expenses or charitable donations into 2020 (rather than paying for deductible items in 2021) may have the same effect.

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

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

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

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

5) Rebalance your portfolio. Reviewing your capital gains and losses may reveal tax planning opportunities; for example, you may be able to harvest losses to offset capital gains.

6) Make charitable gifts. Donating to charity is another good strategy worth exploring to reduce taxable income—and help a worthy cause. Look at various gifting alternatives, including donor-advised funds as a tool to potentially better manage your donations.

7) Form a strategy for stock options. If you hold stock options through your employer as part of your compensation plan, be sure to develop a strategy for managing current and future income. Consider the timing of a non-qualified stock option exercise based on your estimated tax

picture. Does it make sense to avoid accelerating income into the current tax year or to defer income to future years? If you're considering exercising incentive stock options before year-end, don't forget to have your tax advisor prepare an alternative minimum tax projection to see if there's any tax benefit to waiting until January.

8) Plan for estimated taxes and required minimum distributions (RMDs). Both the SECURE and CARES acts affect 2020 tax planning and RMDs. Under the SECURE Act, if you reached age 70½ after January 1, 2020, you could now wait until you turn 72 to start taking RMDs—and the CARES Act waived RMDs for 2020. If you took a coronavirus-related distribution (CRD) from a retirement plan in 2020, you'll need to elect on your 2020 income tax return how you plan to pay taxes associated with the CRD. You can choose to repay the CRD, pay income tax related to the CRD in 2020, or pay the tax liability over a three-year period. But remember once you elect a strategy, you can't change it. Also, if you took a 401(k) loan after March 27, 2020, you'll need to establish a repayment plan and confirm the amount of accrued interest.

9) Adjust your withholding. If you think you may be subject to an estimated tax penalty, consider asking your employer (via Form W-4) to increase your withholding for the remainder of the year to cover the shortfall. The biggest advantage of this is that withholding is considered to be paid evenly throughout the year instead of when the dollars are actually taken from your paycheck. You can also use this strategy to make up for low or missing quarterly estimated tax payments. If you collected unemployment in 2020, remember that any benefits you received are subject to federal income tax. Taxes at the state level vary, and not all states tax unemployment benefits. If you received unemployment benefits and did not have taxes withheld, you may need to plan for owing taxes when you file your 2020 return.

10) Review your estate documents. Review and update your estate plan on an ongoing basis to make sure it stays in tune with your goals and accounts for any life changes or other circumstances. Take time to:

- Check trust funding
- Update beneficiary designations
- Take a fresh look at trustee and agent appointments
- Review provisions of powers of attorney and health care directives
- Ensure that you fully understand all of your documents

Be Proactive and Get Professional Advice

This time of the year does get very busy, with holidays back-to-back, it is easy to miss out on what could be important financially. Start planning now so you don't find yourself scrambling at year-end. Although this list offers a good starting point, you may have unique planning concerns. As you get ready for the year ahead, please feel free to reach out to us to talk through the issues and deadlines that are most relevant to you. Check back with us next week as we share more strategies to keep you ahead of year-end financial planning.

Presented by Vice President/Associate Financial Advisor Leisl L. Cording, CFP®. Securities and advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. 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. 697 Pomfret Street, Pomfret Center, CT 06259, 860-928-2341. <http://www.whzwealth.com>.

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

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

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

LAWRENCE REAL ESTATE
"We Care"
860-429-7240
email gary@lawrencesells.com

Confidential Counseling Services Offered

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

glawrencesells.com
126 Storrs Road, Mansfield Center, CT 06250

Susan Gerr
Birch Mountain Pottery

Studio • Gallery • Classroom

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

SUBSIDIZED HOUSING

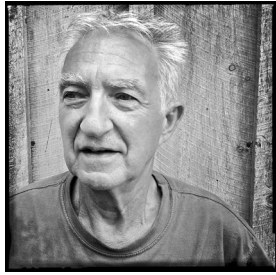
the neighbors paper
a little paper big on community

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

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

Backyard Musings

By David Corsini



Because of the pandemic, political turmoil, and minor personal health issues, it has been difficult for me to be creative during the last few months. Some distraction from these unpleasant circumstances is provided by wildlife events in our yard. Even though the events are not always positive, focusing on them replaces in my mind some of the truly disturbing realities that surround us these days.

We feed birds year-round. We have two primary feeders—a tube feeder and a platform feeder, both of which are on 5¢ poles “protected” by baffles. These feeders offer hulled sunflower and safflower seeds. I also throw mixed seed on the ground near these feeders. On the deck in the summer we feed blueberries on a tray and off the deck we hang a hummingbird feeder. A very important offering for wildlife is water. We have two birdbaths—one that is 3¢ off the ground and protected by some bushes and another one on a stone wall under a tree. In the summer these are cleaned and filled daily and are spots of great activity.

As most people who feed birds know, feeding birds attracts squirrels. Delia and I like squirrels and are entertained by them. Although I try (with baffles) to keep the squirrels off the feeders with high-priced feed, occasionally we have Olympic-ready individuals who make jumps of 9¢ from the top of my office to one feeder and an 8¢ uphill jump from one of my garden sculptures to the other. Not all the squirrels in our yard have these abilities and it is not an everyday occurrence. So, rather than moving the feeders in an attempt to thwart these gymnasts, an effort which has failed multiple times in the past, I bite my tongue and marvel at their persistence and abilities.

This summer we had three squirrels in the yard that we could readily identify. Early in the summer I noticed one squirrel that was missing its right paw. It was a female and I called her Lefty. All summer we saw her around the yard and on the deck eating blueberries. She managed quite well. She nibbled food by holding it with one paw and stump, climbed trees with ease, ran lickety-split along our split rail fence, and buried acorn clusters for the winter.

About a month after we noticed Lefty, we saw a second, smaller and younger squirrel with the same affliction. Of course, we wondered how two squirrels would have such similar defects. Could it be a birth defect? Is someone putting out thalidomide? Or could this be an injury sustained from one of those squirrel-proof feeders that snaps closed when a squirrel gets on them? Like getting caught with their paw in the cookie jar? This second squirrel seemed to have lost more of its paw and didn't manage quite as well as Lefty.

The other squirrel we recognized and named was Black-Chin. She was distinctive—you guessed it—by having not only a black chin but a black belly. Both Lefty and Black-Chin were comfortable enough with us to come up onto the deck to help themselves to blueberries while we were there.

Our hummingbird feeder has been a focus of some wildlife events. We have an older model that has four feeding ports with red cups around the ports and yellow, plastic bee excluders pressed onto the opening of each port. These yellow excluders disintegrate or get lost over the years. Last year, I visited five local stores to get new ones. Since no local store had them, I ordered some over the internet. So, my feeder was good to go this year.

Our feeder is suspended from a hook off our deck, so we can view the hummers whether we eat inside or outside. The feeder is an easy reach for night creatures. For that reason, my intent was to bring the feeder in at night. Guess what? I sometimes forgot. On those occasions, sometimes the feeder would be okay but other times not. It could be not okay in two ways: one way was the feeder on the ground, dirty and partially destroyed; the other way was still hanging neatly from the hook but empty.

I have enough experience to know that the first outcome was from a raccoon. But I could not figure out how the feeder would be left hanging with no nectar. Could bats be involved? Then one night Delia happened to look out to the deck and spotted an opossum on the railing, licking the feeder. Mystery solved.

After several attacks on the feeder, the yellow bee excluders were crushed beyond use. Rather than rush to the internet, I hung the feeder up without excluders. And for most of the summer we did not observe bees or wasps helping themselves to nectar. This was okay with the hummingbirds, but a cause of concern to us. Where were the bees and wasps that other years tried to get nectar even

when the excluders were there? It was then that we began to comment on other absences.

Where were the butterflies? We used to see monarchs, black, tiger, and pipevine swallowtails, painted ladies, commas, various skippers, cabbage butterflies, and more. We were seeing either none of certain species or only occasional ones of others. In addition, our patch of Joe-Pye weed near our little pond that typically hums with insects was relatively quiet. And where were the dragonflies and damselflies that used to frequent our little pond?

It wasn't until late August that we began to see an occasional monarch. We had many milkweed plants around our house to provide food for monarch larvae. But by the time a few monarchs arrived in late August, most of our milkweed was past its prime. No caterpillars were observed this year. I had read articles about the insect apocalypse and articles about a decline of bees in particular. Were we seeing evidence of insects in trouble in our own yard?

One bird that feeds exclusively on insects is the chimney swift. While a family of swifts nests in a single chimney, there are many swifts around that are not actively nesting. These swifts congregate at night to roost in large chimneys. The chimney at the town hall in Willimantic is famous as such a spot. At dusk in the summer months, it is awe-inspiring to watch hundreds of these birds pour into this chimney. My thinking was that if insects were in short supply in our area, chimney swifts might be reduced in number.

Dr. Margaret Rubega, UConn professor and state ornithologist, and her team have been documenting the roosting of chimney swifts in Willimantic for several years. So, I contacted her to see if she had any information about the swift population this year. Unfortunately, because of the pandemic, she was not able to recruit students to do the survey this summer. She did report active nests near her home in Eagleville, and Delia and I were seeing typical numbers of swifts flying over our house in Willimantic. So, hopefully there are still enough insects to maintain the chimney swifts. We will have to monitor the scientific literature.

To informally compare our experience with monarchs, I contacted a former colleague and nature observer who now lives in North Carolina and my sister, also a nature observer, who lives in northern Vermont on a property with lots of milkweed. My friend in North Carolina reported seeing no monarchs through most of the summer. But in late August they arrived in his area and in September he was observing a large number of caterpillars. My sister in Vermont reported that in September the monarch activity in her fields was not as strong as in other years but was still active. Monarchs are another species to monitor.

Then, just recently, I read a report in the public media of research that suggested that the concerns about the insect apocalypse might be unwarranted. Some insect researchers point out that there are multitudes of insect species that have not been studied and that the research that showed insect declines has been conducted in very limited geographic areas. In addition, insects are notably resilient. Insect apocalypse may have been too alarmist.

But that doesn't mean that insect populations have not been impacted by habitat loss, climate change, insecticides, and pollution. Scientists need to increase the monitoring of not only insects but animals that depend upon them. So, for now I am going to put my worry about an insect apocalypse on the back burner along with many other issues. It's getting so crowded that I think I am going to need a bigger stove.

The equilibrium and serenity of our backyard is often disturbed by free-roaming cats. I am not happy about this but only chase them by clapping and shouting. The cats run like they are being chased by the devil, but, of course, it makes no difference. An hour or so later, the same cat will reappear.

Another unwelcome visitor to our yard this summer was a roaming dog that took a liking to our pond. We have a 12¢ ´ 12¢ goldfish and water lily pond in our backyard. In the summer the pond is surrounded by tall vegetation with three openings through which one can feed the fish and observe the lilies. One day, out of the corner of my eye, I spotted something big and brown going into one of these openings. I went to investigate and found a dog with its feet in the pond and having a drink. I chased it out of the pond, but the dog was hot and panting and did not want to leave.

On another day I heard panting coming from the pond. When I went to investigate, I found the dog up to its belly and panting from the heat. I had been hoping for a mermaid! When I chased the dog out of the pond, it did not bark or run away fast. It looked at me as if to say “what?” On a third day I noticed the dog before it got into the pond and managed to take a poor photo with my phone.

We could not have this dog cooling off in our pond. The lilies had been disrupted, the twenty-eight goldfish were freaking out, and I was very worried that the dog's claws would rip the lining of the pool. Delia became activated.

Delia was able to edit my photograph to provide a recognizable image of the dog. She then posted this image and our experience on the neighborhood email list she had established years ago. Interestingly, five neighbors had also seen this dog running loose and one of them thought they knew where the dog lived. With the photo and information provided by neighbors, Delia contacted the animal control officer. The animal control officer visited the alleged home of the offending dog, found no one home, and then visited us.

The officer was very helpful with recommendations of devices to scare off wildlife from certain areas of a yard. One of these involved hooking up a water-spraying device to a hose that would be activated by a motion detector. Since the pond is along a path I take to my office, I am fairly certain I know what mammal would be the most frequent activator of the device. This apparatus was not a practical solution for us.

Then, while talking with other neighbors, Delia learned that the dog in question had moved to a different house. This information was passed on to the animal control office. The officer visited this house and found the owners, who were apologetic, offered to make amends if necessary, and promised to make adjustments to better control their dog. Lately, there have been no problems. We have seen the dog being walked past our house on several occasions. We were very impressed with the persistence and competence of the animal control officer and the response of the dog owners.

Our motion-activated security light reveals that our backyard is a night playground for raccoons, opossum, cats, and skunks. The skunks sometimes perfume the surroundings. When I was in my early teens, I ordered a de-scented skunk by mail and had it as a pet for a few years. My mother must have been very tolerant.

The skunks in my yard try to be helpful by digging holes in which I could plant bulbs for the spring. The only problem is that the holes they dig are not where I had planned to plant. On the other hand, as the skunks often dig up the bulbs I have planted, they do not like my planting choices either.

In addition to the squirrels, another mammal that has made a daytime appearance in our yard is a rabbit. Actually, there have been two rabbits—one medium-sized and one tiny. The medium-sized rabbit has been frequently observed eating clover and other plants and also eating peaches and pears that fell from our fruit trees. This rabbit did not run away upon my approach. We would share a minute or two while I stood watching it less than five feet away. Because of the cats that frequent our yard, some of which are active hunters, I did not hold out much hope for a long tenure, but it was around for more than a month. Unfortunately, we saw the tiny rabbit only a few times.

There have also been some non-mammal events. Recently, I lifted the hood of our grill in order to clean the grate. What I thought was something left over from the last grilling turned out to be a dime-sized gray tree frog. I closed the hood and kept checking over the next days. It remained in the same spot for two days. That frog really knew how to meditate. Then, one evening the frog was gone. But next morning it was back. Then after a cold night, it was gone for good.

Observing the summer activity in our yard has helped lift my spirits. I am now focusing on the yard events that fall and winter will bring.

November 22, Sunday

Community Food: Coventry Winter Farmers Market, 10:00a.m. - 1:00p.m. (See 11/15)

Meditation: Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m. (See 11/1)

November 23, Monday

Skill Share: Community Cooking Class, 2:00p.m. - 3:00p.m. \$25. Via Zoom. Register: clickwillimantic.eventsart.com or 860-786-7907

Skill Share: Kid's Kitchen with Chef Denise, 4:00p.m. - 5:00p.m. Free. Via Zoom. Register: clickwillimantic.eventsart.com or 860-786-7907

November 29, Sunday

Community Food: Coventry Winter Farmers Market, 10:00a.m. - 1:00p.m. (See 11/15)

Meditation: Willimantic Mindfulness Sangha Meditation (Online), 6:30p.m. - 8:00p.m. (See 11/1)

Looking Up:

Exposing Yourself under the Night Sky

By Bob Grindle

There is something feral about the night...something fleeting and wild that allows one's imagination to run across the high plains of scapes that only our dreams and fantasies can animate. The story of *The Phantom of the Opera*, with its gothic imagery and haunting story and, if you've had the joy of hearing the music, there is the cavernous fissure that must surely open into the same siren-like allure of dark notes that drew the Argonauts to their near doom...this story of masked hopes and lost love only just barely eases the door open to offer a tiny glimpse of what the night has to offer. I never believed in gods, and devils or monsters, or classic dragons for that matter, but I did love the tales of Nordic or Japanese or Roman or Greek or Polynesian or Mayan, and ah yes, Mississippi river adventures—and the list goes on nearly forever—of gods and humans and monsters and exploits of jolting originality that somehow fermented out of the experience of simply looking up into the firmament. It takes the eyes longer to adjust to the dark surround than it does the mind. And as our vision gradually deepens our gaze into the night and labors to catch up to our story-web-weaving brain, even our ears have sharpened to a night-hearing edge. Add a campfire to this—I know, I know, there's a time and a place—and you have an almost indigenous people's intimacy with the environment.

It helps to be able to shed the garments of social restrictions that very often herd our thrill at what is possible into the closet of what is proper. Sitting at night on a promontory, near a field or river or ocean or forest—perhaps even an urban promenade...if the lights and background noise are low, of course—one's mind spills out of the safety of its cranial conch and cautiously rises onto the proscenium that we call our human journey, there to join the virtual reality of travelers from earlier epochs. Is there some corner of our brain that might help us to understand how our multi-eon distant ancestors could look at the fires of roiling volcanoes yet see them as magical dragons spewing ash and fiery rock for miles down the sides of towering mountains? Those myths of heroic pursuit and betrayed promises and loyal lovers that were hurled by the gods of the storytellers into a star-filled sky to explain the universe above seem charming and innocent now... understandable first steps on the road to the social and scientific evolution that has brought us to a time when we can understand how stars are born, where comets come from, why sadness

evokes tears, and how trees communicate—but not what makes human beings tick.

Sitting here looking up, my fully exposed imagination unsheltered from whatever mystery the cosmos rains down on us all, I sort through the many social attitudes and biases that have cobbled my own uneven pathway thru the not-always-thriving landscape of human engagement. I sit, and I wonder if humankind's tendency toward assuming it has dominion over our planet, instead of seeing our orbiting home and all its many resources as a partner and mentor in our species rise, are signs along the many byways of natural selection that a wise traveler—perhaps as wise as we often think we are—might read in some language of nature reserved for the environmentally astute that says 'go back,' before it says 'no outlet?'



As November looms with its own signs of 'beware'...the cold, I suppose, at least...there is much to look forward to looking up to. From two full Moons in October, we barely get one in November, the full Beaver Moon, and that on the last day of the month. There was a time I thought it unusual that beavers got their own Moon, until I read stories of the important symbolism of the hard working, perseverant, fearless and family-loyal beaver to many Native American cultures. One, the Cherokee, even told of a tooth fairy-like connection where young children would take teeth that fell out and toss them into beaver-frequented waterways in hopes of bringing good luck to their families. Now, a full Beaver Moon in November seems so much more fitting and 'right.'

Even as a lover of the night, there is nothing much to get excited about with the days growing shorter and colder, but with *Daylight-Sav-*

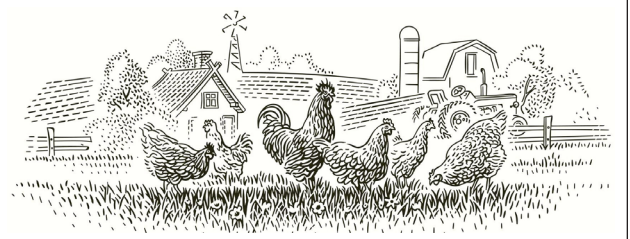
ings Time ending on November 1st, we can sort of trick ourselves into thinking something has changed. Venus has been our morning star for a few months now, and by the 12th of November, with October's Halloween version of a Hunter's Moon now no more than a wispy sliver of Moon left-overs, it forms a nice image to step out to on your way to work or school or walk the dog or open up the chickens, and so on. To be totally honest, though, sometimes in the morning—a cold weather morning, that is—all I want is to sit by the fire and talk about the coming day. Venus will still be there for a few billion mornings, but on this particular November 12th, or 13th, and perhaps even the 14th, Mercury, evasive and hard to spot without binoculars, will be visible with the naked eye. Between 5:30 and 6 o'clock in the morning, looking east-southeast, Spica, Virgo's handful of grain, will be slightly below Venus and Mercury a bit farther down. Granted, the sky has to be perfectly clear and the fates in your favor, but you don't have to stand outside forever—a few minutes should be just fine—and the payoff is to have spotted the tiniest planet, closest to the Sun, and one of the magical images of gods flying about with wings on their heels. Seems an okay trade.

The night sky has Mars (a cool legend as well), Saturn and Jupiter. Mars is all alone in the Southeast sky, and by the end of the month Saturn and Jupiter will dominate the Southwest sky. All month (actually all winter, but let's stick with November for now), Orion rises in the East each evening and by early morning is pretty much directly overhead. On my way out to get the paper, and sometimes to put the cockatiel out, I'll stop and have one of the conversational selfies I'm so fond of...Orion is a great sounding board.

Hope you are all doing well and learning to mask-it without fogging up your glasses or your mind and working toward maintaining sanity in these novel environs we all inhabit.

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

Pasture raised, non-GMO chemical-free eggs



Organic Roots Farm at Popover Hill

147 E. Old Route 6, Hampton
Call or text: (860) 336-8823

Fall hours for November -
Friday and Saturday 11am-5pm

Sweet potatoes, butternut squash,
Chinese chestnuts and a beautiful selection of
specialty pumpkins!

Fresh homemade bread on Saturdays



Join us for -
Christmas on the Farm
Sat., Nov. 28, 10a-5p



Fresh evergreen wreaths, mantel swags and
specialty crafts for unique Christmas gifts
Free refreshments



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!

WE ARE ALL YOU NEED FOR SLEEP!

OPEN 7 DAYS A WEEK!

885 Windham Rd
Rt. 32 South Windham

All Sleep
(860) 423-0234
www.allsleep.net

Song-a-Day Music Center

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

Because Home is Where the Heart is...

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



COMMUNITY
Companion & Homemaking Services

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

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

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

A Jewel in Willimantic

By Brian Karlsson Barnes

Willimantic's Garden on the (Windham) Bridge is a jewel of a public river park among many splendid 1850s granite mill buildings along the Willimantic River. As Briana Hernandez noted in September's *Neighbors*, it simply needs polishing.



From the distant entry on Willimantic's Main Street – Route 66 – the ornamental gate is practically lost in the lush greenery of arborvitae (*Thuja occidentalis*). Many healthy plants overflow the containers, softening the “hard-scaped” edges of stone containers, not necessarily a result of crowding (in fact, a good thing if you prefer softscape, the plants). A touch of the bright gold paint on the Frog Bridge frog-eyes could attract drive-by eyes to the gate.

FIT THE SPACE One of my three garden mantras is *Fit the Space* (after *Suit the Site ... before Seek Beauty*). Unless bonsai, I plant to fit a space above and below ground. *Bonsai* -- “tree in a pot” -- grow in the same pots for centuries, dwarfed with root pruning and continual care. Imagine keeping a houseplant alive for 300 years!

Walking closer, deteriorated plant containers come into view; good that they are being examined. A fabricated stone-like retaining wall is detaching behind a bench. The bridge garden, fifteen years old in some disrepair, has many fine plants that simply need more soil and nutrition. And some need rejuvenation. Containers have cracked, but the birch, crabapple and hydrangea haven't grown too large, they simply matured. Dieback is visible on a tall *Thuja* evergreen, but easily pruned.

Can't see the bridge masonry from the walkway on top, but it's quite remarkable. Downriver, Heritage Park with long stairs (impossible for some) has a good view. A street level walkway sloping to the lower park without stairs would be useful, perhaps winding with some mystery to a river level restaurant.

BRIDGE OF FLOWERS In 2000, Willimantic's Garden on the Bridge planning was inspired by the 1908 Bridge of Flowers in Shelburne Falls, Mass. Drive two hours north-west from our quiet corner to a traditional New England garden densely planted on an abandoned rail bridge in the middle of a river! Once a bridge of rails, it is now a 400-ft long garden of annuals, herbaceous perennials, vines, shrubs and trees, 18-feet wide over five arching concrete spans. With a restaurant.

Takeaways from the Bridge of Flowers:

1. Power of the women. Built in 1908 to carry freight, later trolleys, over the Deerfield River, the advent of trucking bankrupted the railroad by 1927. The bridge was unused until the Shelburne Falls Women's Club took charge with vision and 80 yards of loam delivered in April 1929, six months before the Wall Street Crash.
2. Oh for dining on the Willimantic River to view both showy plants and the fine masonry of the 1857 Windham Bridge. For a tavern from the past like Hebard's! (see below) Perhaps the mill “ruins” on the river next to Heritage Park? (See Riverplace on the Mississippi River at Hennepin Island, Minneapolis, Minn.)

GARDEN ON THE BRIDGE is also a flower garden in the middle of a river !!! In Willimantic, a small city near coastal Connecticut tourism that certainly rivals a small town in the Berkshires. With affordable restaurants when people eat out again. (My choices: a great sandwich, seafood, Thai.)

Willimantic had a notable granite bridge a half-century before the less-remarkable concrete spans at Shelburne Falls. Windham Bridge dates to the 1857 Depression when some mills closed. Lyman Jordan's crew dry-laid granite quarried from the riverbed. A stronger crossing was needed from Windham's higher south side to the north side mill village by the falls, more raw cotton to the power of falling water.

KING COTTON ???

Cotton from Connecticut's coastal plain? Driving south to New London, I see horticultural growers in Franklin whose container plants appear at the Mansfield Flea Market in non-pandemic times, and beyond. Seems fertile ground. But no, these weren't fields of the Cotton Kingdom.

Willimantic's role (and that of many Northern cities with water power) in the South's “Cotton Kingdom” -- and the Civil War -- surprises some, but its industry relied on slave-picked Southern cotton. The Windham Textile and History Museum notes, “Cotton was “king” in New England as well as in the South.” The bustling village of Willimantic Falls was profiting on slavery 40 years before the Civil War was fought.

Cotton created Willimantic, Connecticut! A sparsely populated, narrow, rocky ravine in western Windham, Willimantic Falls was “scrub oak forest” in 1820 with pre-industrial mills, a few farms, two turnpikes and a tavern.

The Willimantic River wound through a gorge of steep hills, dropping nearly 100 feet in less than a mile with good waterpower. A turnpike (and a railroad after 1849) connected the mill village to a port city 15 miles away, Norwich at the head of the Thames River basin, and to the distant cotton fields in America's Deep South. Water flowed south to the ocean while raw cotton and profits travelled north to the mills.

By 1826, Willimantic had four cotton mills supplied by a succession of wooden bridges until a stone structure reached the Columbia Turnpike (now Pleasant Street) on the south side of the river where there were no other streets).

A Willimantic Falls post office was established about 1825 (until about 1833 when “Falls” disappeared). The most convenient location was the Hebard tavern (now apartments at 10-12 Pleasant Street according to Meg Reich), Guy Hebard's brick house for public entertainment on the south side of the river ... “Fourth of July celebrations, trainings, dancing schools, balls and other carousels of festivity were held. The old Hebard tavern was known far and wide.”

Cotton was not important in the colonial South before the American Revolution, not until 1793 when two revolutionary machines made the fabric very important everywhere with cotton cloth, thread and great profit. Eli Whitney of New Haven, CT invented the cotton gin, a simple machine that quickly separated fibers from sticky seeds, much more profitable. And a massive machine, the first modern textile mill in the nation, began operating in nearby Pawtucket, Rhode Island, launching the American Industrial Revolution. According to the Textile Museum.

Frederick Law Olmsted, a young journalist from Hartford, CT published *The Cotton Kingdom* in 1853, a best-selling account of his travels, revealing how much the South depended on cotton. (By 1886, the nation's first landscape architect would design Boston's Emerald Necklace and Arnold Arboretum.)

By 1857, the Windham Bridge served many interests, near and far.



OUR FLORAL BRIDGE dates to 2005 after Connecticut gave the bridge to the town of Windham. Frog Bridge opened in 2000 to handle increasing traffic, and Windham Road Bridge was no longer needed. The trucking industry -- that bankrupted the railway in Shelburne Falls -- grew to ever-larger trailer trucks that could not fit under the railroad overpass. Ah, the irony.

Friends of the Garden on the Bridge are seeking input to evaluate this aging park on a graceful bridge (reported last issue). Could re-visioning use a design competition in Connecticut's Last Green Valley? There have been successful competitions world-wide, but would one work in our quiet corner, from Storrs to New London? Or a charette?

WORD ORIGIN: Late Middle English (denoting cart or wagon). From French *charrette*, literally “cart”. Possible reference to 19th-century Paris use of a cart to collect architectural work on the day of an exhibition; current sense dates from mid-20th-century academia. (Still in use at the University of Minnesota School of Architecture in the 1970s, sans cart – bkb)

A charette is simpler than a competition... perhaps only one day... but the rest of the work remains. Money, many heads and hands needed. Schools and agencies needed. Fortunately, we have the Windham Garden Club and the Friends of the Garden on the Bridge. Is the Last Green Valley fertile ground for a competition of ideas?

I like seasonal interest in flower and leaf, bark and form, in every season. When I first visited in early September, a Dropmore Honeysuckle vine (*Lonicera x brownii*) was attracting attention with bright orange-red flowers, extending over the green railing (in fine condition, by the way).



Honeysuckle (*Lonicera*) near *Phytostegia virginiana* and native stone. Photos by author.

Pink-purple *Phytostegia virginiana* blooms nearby, a native flower known as Obedient Plant for its long stems that are bent to hold shape in floral arrangements. (AKA False Dragonhead, once belonging to the genus *Dracocephalum* with flowers fancifully resembling a gaping dragon's head.)

The granite retaining wall in the background is also native, quarried from the riverbed as was stone for the graceful double-arched bridge that now spans the Willimantic.

AND A POP-ART WONDER If you look closely -- NOT while driving -- walk up Main Street to Thread City Crossing as Frog Bridge is officially known. Golden eyes decorate the green bronze bullfrogs that crouch atop spools of thread.

THANK YOU Briana and others, for alerting me to this gem... and Meg Reich, unofficial Historian of the Bridge to whom I first talked.

To help our floral bridge, contact Friends of the Garden on the Bridge, P.O. Box 773, 440 Main Street, Willimantic, CT 06226. Or email: BridgeFriends@yahoo.com

A Tiny Business Owner's Perspective On Surviving COVID-19...

By Dot Drobney

Phew...never did I suspect, when opening my gallery/gift shop back in May of 2019, that we'd face a year like 2020! But, so far, we're still open and business is picking up as we approach the holiday shopping season. Hi! My name is Dot Drobney, and I'm a photographer based in Willington, but also the owner of Artisans at Middle River on Main Street in Stafford Springs. Oh, and I'm also a retired educator, who went back to work as 'retirement' was just a little too boring! My dream was to create a multi-artisan experience, focusing on some of the best local artisans, and that is what I have been able to achieve. Our shop has 32 artisans, with a new person coming in tomorrow!, and all but five are CT based. Those five are all New England based, so still fairly local.

We have everything from stained glass pieces, jewelry, wood and linoleum block printed tees/cards/prints, photo prints and greeting cards, fabric masks, and beautiful hand-dyed textiles. There are exquisite wood-turned bowls, painted wood signs, laser-engraved wooden suncatchers, bamboo cutting boards and other kitchen items, and wonderful children's toys of wood and fabric, along with hand knitted/crocheted clothing and accessories. We also carry local honeys, maple syrup, and wonderful candles that are all produced right in town.

Did COVID-19 interfere with our plans for success? Oh, yes it did...we were forced to close in mid-March and were unable to re-open until late May of this year, when Phase 2 of the Governor's plan went into effect. We learned about self-certifying for COVID safety, while installing a plexiglass shield at the checkout counter, arrows/circles on the floor to promote social distancing, hand sanitizer bottles in strategic locations, and a sign on the door requiring masks and limited entry. During that time, we continued to promote the shop with social media...and provided curb-side pickups, shipping, and local deliveries at convenient places. Our first two weeks of re-opening consisted of appointment-only shopping, which is something we continue to offer for those who are health-compromised or just a little worried about shopping with others.



Our list of followers on our Facebook page at Artisans at Middle River has grown by leaps and bounds over the past six months! We will be participating in the Holiday Shopping Trail, sponsored by the Eastern Connecticut Chamber of Commerce, again, this year. Stay tuned for info on when the passports will be available, and stop in for a sticker with your purchase. It was so much fun last year! Sign on, follow us for new products, and our very popular new 'Artisan of the Day' stories. And, above all, please support small businesses when planning or doing your shopping this fall. SO many of our artisans have lost their usual sales channels this year, whether it be farmers' markets, art events, or craft shows...and they are so appreciative to have a place like ours that will showcase their art.

Shopping small and shopping local has never been more important...and how much more meaningful is a creative, hand-made treasure? Hope to see you soon - we're open from Wednesday through Saturday, 11-4, but hours will expand as we get closer to the holidays. Follow us on Facebook for all the latest...

Artists' Open Studios of Northeastern Connecticut

Submitted by Suzy Staubach

First weekend: November 27, 28 & 29
Second Weekend: December 5 & 6
10 am to 5 pm

The show must go on! Members of Artists' Open Studios of Northeastern Connecticut are committed to sharing their art with the community despite these difficult times. The 32nd annual Artists'



Stone arch built by the painter Scott Rhoades who says, "I built this rock arch to symbolize the strength found in unity and that we are stronger together. Let's support each other."

Open Studios will be a hybrid this year, with some artists offering virtual tours and online shopping, others opening their studios by appointment (following the Covid-19 guidelines), many doing a combination, and a few showing outdoors. A number of artists doing virtual tours and online sales are offering pick up.

Visitors are asked to check the website aosct.org before visiting. Here you will find videos and an expanded offering of photos of the work. You will also find updates. For everyone's health and safety, studios will adjust according to the latest state guidelines.

AOS artists have continued to create during these Pandemic months. They experimented with new ideas or mediums, tackled long-postponed projects or found new sources of inspiration.

Scott Rhoades of Storrs says, "Taking a year to find out how you feel about solitude can be enlightening. ...Painting has helped me feel productive and curious about the future." Catherine Whall Smith of Chaplin has been working on a series of quilts entitled, "Hay . . . Keep Your Distance." Maggie Kendis of Lebanon, who made work honoring RGB during the Pandemic, says, "There is nothing like the thrill of beginning a new linoleum cut, where I sketch my design onto a piece of linoleum, and carve away." Judy Doyle of Danielson has been working on quietly meditative pastels reflective of the times..

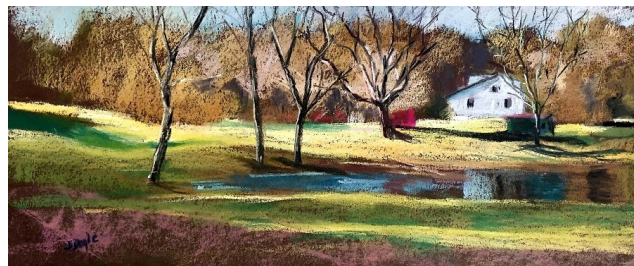
If all goes well and it is safe, AOS hopes to hold an informal pop-up outdoor event in the spring. Stay tuned. Meanwhile, visit AOSCT.ORG. You can also follow Artists Open Studios of Northeastern CT on Facebook and Instagram.



Maggie Kendis created this piece to honor Ruth Bader Ginsburg.



Quilt in Cathy Whall Smith's Hay — Keep Your Distance series.



Meditative painting by Judy Doyle.

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.

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

27 MEADOW STREET, WILLIMANTIC • 860-450-8442
Hours: Mon.-Fri. 9 to 5; Sat. 9 to 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

TERRY'S TRANSMISSIONS

WE KEEP YOUR REAR IN GEAR

Ashford, CT
Phone (860) 429-6571 • Fax (860)429-0246
www.terrystransmissions.com • Email: terrystrnsmsns@snet.net

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

Try Our Famous 16" or Half 8" Grinders

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

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

Windham Eye Group PC

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

Kafka's *The Trial* as US Immigration Policy

By Phoebe C. Godfrey

[T]here can be no doubt that behind all the pronouncements of this court, and in my case, behind the arrest and today's inquiry, there exists an extensive organization. [...] And the purpose of this extensive organization, gentlemen? It consists of arresting innocent people and introducing senseless proceedings against them, which for the most part, as in my case, go nowhere. Given the senselessness of the whole affair, how could the bureaucracy avoid becoming entirely corrupt?

—Josef K. in Kafka's *The Trial*

The German writer Franz Kafka's best-known novel is *The Trial*, published posthumously in 1925. It tells the story of Josef K., the chief cashier of a bank who is arrested and prosecuted by a remote, inaccessible authority, with the nature of his crime revealed neither to him nor to the reader. The narrative traps the protagonist in a bureaucratic labyrinth that ends with a mock trial and ultimately K.'s brutal, yet emotionally sterile execution. Although I read this book about thirty-five years ago, I nevertheless can still tap into the feelings of despair and hopelessness evoked by its absurdity, violating any beliefs in social logic and justice I had until then been privileged to hold. Since then, there have been a few times in my life when such feelings evoked by *The Trial* have reemerged and reminded me that the irrational, yet insidiously fascist world Kafka describes is always just below the surface of our frail and mostly imagined democracies.

One example of when such feelings were brought to the forefront of my experience is when I was in the Peace Corps in Cameroon and my mother had come to visit. There was a group of us all-white American volunteers, plus my mother, in an open-air restaurant. One of our group wanted to take a photo of a local woman who was looking particularly beautiful and so she held her camera up and got the understanding that the woman gave her a nod indicating she was granting permission. Yet no sooner did the photo get taken than there was an outcry to which armed police responded, bringing chaos into the restaurant and resulting in my mother being pushed, the camera being seized, and all of us being arrested at gunpoint and taken to the police station.

Obviously, unlike in the case of Josef K., we knew what we had done, or what we were accused of doing (the local woman claimed she had not given permission—our volunteer claimed she had), and yet the severity of the response, the pushing over of my mother, the pointing of automatic weapons at us, the hours spent at the police station, the seizing of the camera and removal of the film all evoked in me intense fear and a deep sense of powerlessness. Rationally, I could make sense of the experience—the legacy of colonialism and the ongoing violations by whites that Africans both collectively and individually had and continued to endure—and yet in that moment I felt we were trapped in Kafka's brilliantly crafted inescapable world. Additionally, I had seen such treatment of locals by the militarized police and so my sense that we should somehow be exempt spoke to my false notion of deserving privilege (even as, of course, we were released that night, and were not fined or beaten). Such extreme treatment was characteristic of experiences some of my Cameroonian friends had had for other innocuous reasons.

Another example is currently taking place and involves a neighbor of ours who was traveling on a tourist visa from Colombia to LaGuardia Airport last Saturday night, with a stopover in Dallas. However, she never arrived in New York. She was able to call her boyfriend (also our neighbor) to inform him that for some reason she was being held by immigration and had missed her connecting flight. She told him she would call again with more information. She did not. This was not the first time she was traveling to the USA on her tourist visa—she had been here a month before but had gone home for a family emergency. So, what had happened?

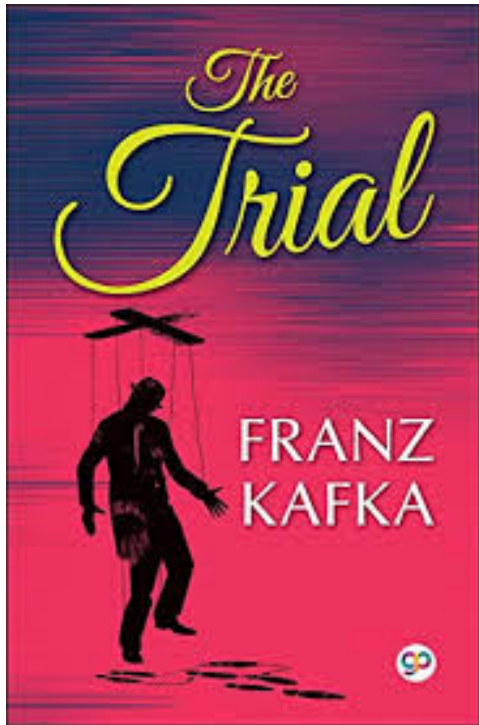
Upon returning from the airport, her boyfriend

came over to our house and alerted us to the situation, sharing his anxiety and incomprehension. Concurrently, I too had a strong wave of such feelings, taking me back to my memories of the incident in Cameroon and ultimately of Josef K. These feelings were further evoked as it was not until twenty-four hours later that, after making about twenty phone calls, my wife, Tina, found our neighbor at a county jail outside of Dallas. Her boyfriend was able to talk to her (she was only allowed, at that facility, nine minutes of phone time a day) and he later texted us, saying “she is broken, alone in a prison... Is there anything we can do...?”

Since then we have called legal aid offices, emailed state representatives, and spoken to various organizations to try and find out what is going on. Our neighbor has been moved a second time, and for twenty-four hours we didn't know where they had taken her. Now we have once again found her, as she has been given an “A number” (A for alien) and is apparently headed to the ICE Prairieland Detention Center in Alvarado, Texas. Yet in all this time (I am writing this on Wednesday), no clear picture has been given to anyone as to why she has been held, what will happen to her, and how we can help her. And of course, although physically separated from family and friends, she is not alone in her suffering. The Prairieland Detention Center has over seven hundred people in it, and, according to Detention Watch Network, the US detention system is the largest in the world and now captures and holds as many as 500,000 immigrants each year. As the network's website states, “ICE has an appalling record of abuse. Many Americans are shocked to learn that in ICE detention centers people are deprived of their liberty, denied access to lawyers, separated from their families and loved ones, and are subject to severe medical neglect. Since 2003 over 200 people have died in ICE custody” (www.detentionwatchnetwork.org).

A perfect example supporting this claim of rampant abuse is the 545 migrant children (60 of whom were under the age of five when they were taken) who were separated from their parents at the border and whose parents cannot currently be found. It is important to note that such human rights violations did not begin with the Trump administration (to answer Trump's question from the last debate that Biden foolishly ignored, the Obama administration built the cages). But regardless, it is time for more Americans to move from being “shocked” to being appalled and taking action. We need to collectively recognize that having an immigration system which is run like Kafka's prophetic novel calls into question every aspect of our louder-than-ever claims of being a democracy. How government officials, who for the most part like to hubristically call themselves Christians, can create, fund, and flaunt, in the name of nationalism, such oppressive systems, when Jesus himself stated that “as you did it to one of the least of these [as in with the least power], my brothers, you did it to me” (Matthew 25:40), is beyond my comprehension.

And so, dear reader, if you have any thoughts on how we can help this young Colombian woman, who was on her way to Connecticut to visit her boyfriend and who is full of life and love and dreams but who has ended up incomprehensibly in an ICE Detention Center, please email neighborspaper@yahoo.com and it will get to me. Also, please consider supporting the Detention Watch Network or our own local immigration group The Neighbor Fund (www.facebook.com/TheNeighborFund) so we may help bring an end to, as Josef K. states, a “bureaucracy” that has become “entirely corrupt.” Amen.



Common Sense Car Care

By Rick Ostien

The weather is getting colder so it's that time again to get ready for the W word. Several years ago, I sat down and put together an article on preparing for winter driving. So, I went back to the archives and pulled up what I wrote. Many of the things I wrote then are still very appropriate now. Below is the article I wrote with some common-sense suggestions for preparing yourself for the cold months ahead.

One of the first things that should be done is often overlooked and that's a survival kit for your car. A well-equipped kit should include the following items: a snow shovel, a bag of kitty litter, a blanket, a flashlight and extra batteries, flares, a cell phone (be sure to have a car charger), a well-equipped first aid kit and mittens or gloves. I personally like mittens better as the hands tend to stay warmer in them. Drivers with a long commute may want to include a few nutritious snacks with a shelf life too. There are other items that can be carried but these items are really the essentials. The idea is to keep warm and as comfortable as you can just in case you become stranded. Freezing is not very pleasant so the idea is to be proactive and prepare in advance.

Another way you can prepare is to have the antifreeze in your cooling system checked. This actually should be done year-round. The PH level of your coolant plays a large role in the deterioration of your engine parts. A good example of this was a Ford Taurus that came into our shop with an overheating problem. On examination, the coolant was rusty brown with a lot of sludge build up. The coolant thermostat was checked and replaced. The radiator flow was also checked. (This is the amount or volume of water passing through your radiator at a given time.) The radiator flow was checked again and was OK. The vehicle was then road tested. The engine temperature was lower but it still was not right. The technician then checked the water pump flow and found that it was not adequate. He removed the water pump and found that the impellent had rotted away. The water pump was replaced and a recheck found the coolant temperature to be normal. This is a good example of why your coolant should be checked for a high PH level once a year.

Your electrical system works harder in cold and hot weather and is another thing that should be checked in preparation for winter. Your battery should be checked for its cold cranking reserve and your alternator checked for its maximum output. Today's computerized vehicles depend on these two components to function properly. When they don't work well the computer systems in your car don't function the way they are supposed to and systems begin to shut down.

The tires you ride on are another item that should be checked before bad weather hits. Tires need to be checked for wear and they need to be inflated properly. Some tires are made for performance driving. You should be sure that your tires are at least mud/snow rated. This is easy to check and can be found by looking for the stamping of M+S on the sidewall of the tire.

Some people are lucky enough to have a garage and can keep the vehicle out of the elements and old man winter's harshness. For those of you who are not lucky enough to have a garage, there are still some precautions and preparations that you can take. They are: Spray silicone around your door rubbers. This helps to keep the doors from freezing.

Make sure your windshield wipers are clear of snow and not frozen to your windshield.

Always warm up your vehicle before driving. This gives the mechanical parts and fluids a chance to warm up. It also gives your windshield a chance to defrost so you aren't looking out of two small holes with little or no visibility.

Put a can of dry gas in your fuel tank every third fill-up. This will help to stop fuel line freeze up due to condensation.

The last thing that we'll discuss is what you as a driver can do. There are several things you can do to make winter driving easier to cope with.

Be sure you give yourself plenty of distance between you and the vehicle in front of you.

If you have to talk on a cell phone or text and don't have an audio system that syncs to your phone, please pull over to the side of the road. Two hands on the steering wheel is a must when the weather is bad.

Pay attention to road conditions. If the pavement looks wet but you see no spray from the tires of the vehicle in front of you, there is a good chance that the highway is freezing. Drive defensively and stay alert. It only takes a second for things to change.

I hope this article can help to make your winter driving experience a bit more pleasant. Keep safe and be alert and of course happy motoring.

Advertise
the Neighbors paper
Locally Written
Locally Wread

Book Review

Birder on Berry Lane by Robert Tougias

Birder on Berry Lane
Three Acres, Twelve Months, Thousands of Birds
by Robert Tougias
published 2020 by Imagine! Books
(international distribution by Penguin Random House)
224 pages with 27 illustrations by Mark Szantyr
ISBN 978-1-62354-541-3 (print)
ISBN 978-1-63289-228-7 (eBook)
\$20 hardbound, \$11 eBook

An Avian Paradise in an Eastern Connecticut Backyard

Book review by Mark Mathew Braunstein

Birder on Berry Lane may appear at first glance to be merely a How-To book, but it is equally a Why-To book. It presents both the how and why to look for birds. More than just a backyard field guide, it is also equal parts a naturalist's memoir and a reverie about life. Robert Tougias merges the keen eye of a naturalist with the golden pen of a poet and the soulful wisdom of a philosopher.

Think Bob Grindle's monthly column, "Looking Up," here in *Neighbors*. On the surface about astronomy, Grindle's gazing into the firmament of the night sky serves as his springboard for his musings about the meaning of life. What stargazing after sunset inspires in Grindle, birdwatching before sunrise inspires in Tougias. From the chapter titled, "June," the month with the longest days and the earliest sunrises: "The new day unveils beauty and experience. It holds the revelations of nature, which, by simply living here and going about my business, catches me by utter surprise, enabling me to see interesting new things. I simply have to look, during each new day, and it will be shown to me."

This book will spark wonderment in the natural world that can be found right under your nose. No need to travel far from your home. There is nothing magical or remarkable about Tougias' own home in Colchester, Connecticut. His neighborhood is suburban subdivisions Americana dotted with a cherished few remaining tracts of forest. His front yard borders his neighbors' front yards left and right. His three-acre backyard merges with a small woodland that runs parallel to the asphalt barrier of Connecticut Route 2. Only one-quarter of a mile away from the parkway, his home is buffered from its motorized hum by two other suburban homes and their yards. Yet, Tougias has discovered an avian paradise around his home. Surely you, too, can wing it right in your own backyard or nearby park. Should you already find joy in the winged and feathered fauna near at hand, Tougias will deepen your appreciation. If birding is a sport, this book is a game changer. And potentially for some readers, a life changer.

To sample the author's writings, you'll find a Look Inside on Amazon only for the Kindle, not for the underpriced hardbound book, so make sure you're viewing the Kindle eBook. You'll also find on the publisher's website a downloadable PDF of the same Introduction and Chapter One found on Amazon. For more than just those two chapters, you can search for the monthly columns that Tougias has contributed since 2015 to Southeastern Connecticut's daily newspaper, *The Day*.

But wait! In order to keep you and me on the same page, right here are a few excerpts in their order of appearance, beginning with the first chapter, "January." "Birds are the visible, audible expressions of the pulse of life that teems all around us. ... I see a small piece of the sky fallen from the ether. It is a bluebird. ... I count five robins working the lawn. ... With each chilly gust, brown leaves dance across the lawn. ... The catbird's tail twitched in nervous curiosity, and its eyes burned bright with intelligence. ... The robin's song is rich, pure, and without imperfection. I lie in bed listening. The song is loud, as if the bird's breast is my pillow." These sparkling gems are excerpted from less than the first half of the book, so less than halfway through the year. Each chapter chronicles the backyard birds of each month of the year, like a Birds of the Month Club, so twelve chapters in all.

Tougias has condensed his lifetime of birding into a single year. Thoreau did the same when he compressed his two years while residing at Walden Pond into a single year in his magnum opus, *Walden*. Same as Edward Abbey did with his experiences as a park ranger for two years in Utah compressed into one year in his cult classic, *Desert Solitaire*. You've got that right, I indeed do elevate *Birder on Berry Lane* onto the same high perch with *Walden* and with *Desert Solitaire*. Tougias glorifies suburban backyard birding to the same heroic stature as a yearlong hermitage on a mountaintop or a monthlong backpacking hike in the wilderness. The little wilderness that is left.

When we read books, three separate time spans coexist at once. First is the month when Tougias was writing, second what month he was writing about, and third what month during which you are reading the book. Ideally, you could savor each monthly chapter by reading it contemporaneous month-by-month with your own month of the year, thereby stretching your reading the book over the course of an entire year. This might provide you with new clues to experiencing the seasons and to seeing each season's emblematic birdlife. But who of us possesses such patience and persistence? I must confess, not I, who can never eat only half a box of raisins, but must devour the whole dang thing. So rather than taking twelve months to read the book, I read it in twelve days. I can't say that I couldn't put the book down. I can say that when I was not reading the book, I often found myself thinking about it. Go ahead, call me birdbrained.

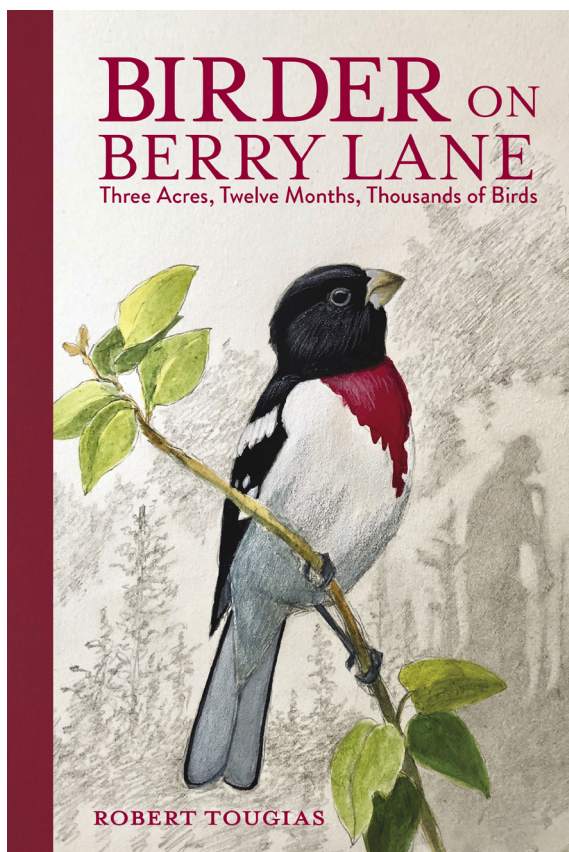
For example, the thought-provoking "May" chapter about the seasonal miracle of migration boggled my mind for hours. Many experiments and hypotheses have attempted to unravel migration's mysteries. Tougias even tossed around some of the theories that have been proven unfounded. About one disproven theory in particular, he concluded, "This theory had many dead ends." That theories can have dead ends left me wondering for hours about his theory about dead-end theories.

A few rare passages did descend into tedium, as when the author observes the weather, an aspect of daily life more appropriate for the here-and-now of a weekly column than for a timeless book. For instance, when he gave an account of his efforts to dig out his car after a blizzard, he lost me somewhere in a snowdrift. But elsewhere, as when he reminisces about his childhood or about his own child's childhood, those memories deftly serve as seamless transitions into discussions of the birds of the month. His reminiscences are infrequent and are recounted only in relationship to the birds. The subject of the book remains the wondrous lives of birds, not the life of the author. Thus, *Birder on Berry Lane* is sorely mistitled. Rather, it more appropriately should have been titled, *Birdlife on Berry Lane*.

Dare I find fault in this extraordinary birder and his avian lifestyle? All right, I dare. In order to stand sentry over his flocks, the author hosts several birdfeeders in his front and backyard. Many compelling reasons for abstaining from unnaturally inflating the numbers of wild birds visiting one's own yard have already been well documented elsewhere. To those I add that, in gathering those birds all around him, he is depriving his human neighbors of the joy of viewing birds in their own yards.

The Resources bibliography provides a select list for further reading (and listening!) about birdlife. Glaringly missing among the field guides are the definitive Sibley books. Still, do not be dissuaded by my two picayune grumblings about one misplaced word in the title and one omission on the closing pages. Deserving of a much wider readership than just the ardent fans of the author's newspaper columns, this book is heavenly conceived and eloquently written.

Mark Mathew Braunstein's previous book reviews have appeared in *Natural Health*, *Animals Agenda*, and *Vegetarian Times*. A nature photographer and author of five books and countless magazine articles, reprints of his articles about wildlife can be found at www.MarkBraunstein.Org/wildlife



Going Solar locally helps our community.

Zen Solar

On average: Solar costs **30% less than the utility**

Ashford resident

7 years of Solar Industry experience

John Boiano
860-798-5692

john@zensolar.net www.zensolar.net

Go Solar and Celebrate Independence Day, Every Day!

We are Open

Swift Waters Artisans

Fun and functional designs made by your neighbors

New Hours

THURSDAY 12-5

FRIDAY 12-5

SATURDAY 10-5



SWIFT WATERS IS A COOPERATIVE OF NEIGHBORS.
NEW MEMBERS ALWAYS WELCOME.

WWW.SWIFTWATERS.ORG 860-456-8548



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

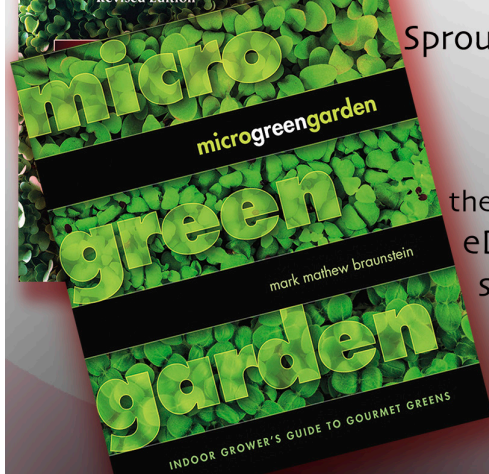
Loretta Wrobel • Feminist Therapy

860-429-2629

297 Pumpkin Hill Road, Ashford, CT 06278

860-233-6076 (Office) Sliding Scale

Sprout Garden
Indoor Grower's Guide to Gourmet Sprouts
Revised Edition



MicroGreen Garden
&
Sprout Garden

the Books & eBooks are sold by all online book-sellers

free instructions, charts & photo tutorials at

www.MarkBraunstein.Org &
www.MicroGreenGarden.com



A Time of Transition

November

"November at its best - with a sort of delightful menace in the air."
-Anne Bosworth Greene

By EC-CHAP

A unique November to say the least... A month of national transition; a month of weather transition; and a month of continued life transition. Despite all the change, November remains the month of giving thanks.

REOPENING 2021

The Packing House will reopen in 2021. Virtual delivery of talent and programming continues to move forward as the slow transition to indoor live performance is taking place with caution.

We would appreciate your views regarding the reopening of The Packing House. Please take two minutes and visit www.thepackinghouse.us to respond to a brief survey on our website. Your input and comments are valuable in allowing us to plan for a smooth and meaningful reopening.

Participate in EC-CHAP's Virtual Talent Showcase

We would love to include local and regional artists to share in our virtual events, and invite you to participate. All events are free to the public.

CALLING ALL acoustic musicians, film makers, poets, comedians, jugglers, puppeteers, and creative artists of all ages are invited to perform in our virtual Talent Showcase! Here is an opportunity to showcase your work together with other "creatives" STREAMING LIVE in our VIRTUAL SETTING. Test ideas and concepts; and receive comments.

Our Talent Showcase is designed as a platform for local and regional performers to share their talent in front of a live audience. Until we are able to return to live performances in The Packing House, we are offering a virtual Talent Showcase which will be prerecorded and streamed live each month.

If you would like to perform in our monthly virtual Talent Showcase, please call for instructions to submit your video and be placed on the schedule. You may have up to 15-minutes to present your work, and we encourage anyone - of any age - to share your talent.

We will compile your videos and present the August Talent Showcase as a LIVE Stream on Thursday November 19th at 7:00pm. **Please call 518.791.9474 for information and be placed on the schedule. The deadline to submit your video is November 13th.** Join us for an evening of "talent sharing talent"! Virtual Access at: www.thepackinghouse.us/upcoming the day of the show.

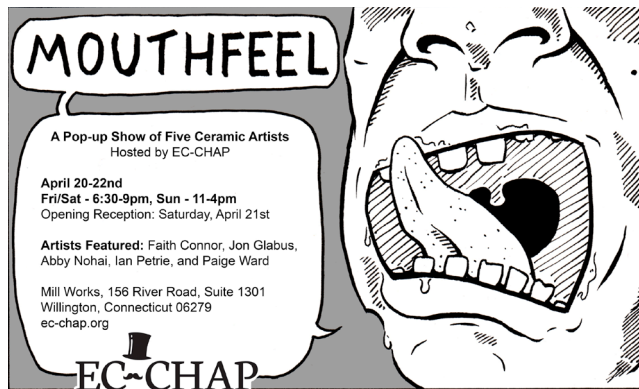
If you have missed our virtual Live Stream offerings, you can view them on our YouTube channel at: (<https://www.youtube.com/channel/UCE7849dIweGDhNCQvAEa8wQ>).

A TRANSITION IN EC-CHAP'S ARTIST RESIDENCY

We can't believe three years have passed so quickly since artist Rebecca Zablocki and partner Jesse Sullivan proposed a creative collaboration with EC-CHAP - at just the right time. Rebecca, or Becca, as she is known, has become our first Artist-In-Residence (AIR), creating original works, and assisting EC-CHAP to grow our presence in the visual arts. At the end of this month, Becca will be moving on to new and exciting opportunities that

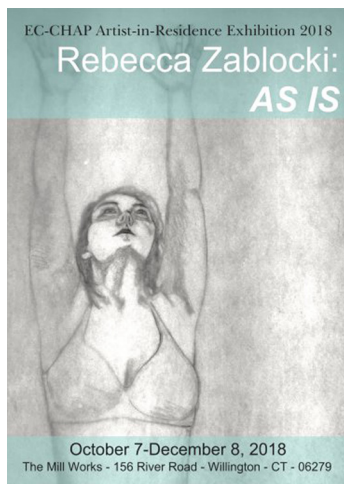


await her. Though the AIR will transition to someone new, we hope to continue to see her smiling face at EC-CHAP, and wish to thank her for all she has contributed to our cultural programming.



Since December 2017, Becca has shared a unique set of creative, artistic, interpersonal and coordination skills. In her first year, she curated "MouthFeel", a unique group pop-up show with professional colleagues from the Worcester Center for Crafts, Worcester, MA. These artists demonstrated broad skills across the continuum of ceramic art.

Becca developed and installed a Solo show later 2018 consisting of very personal and sensitive work entitled, "AS IS". The work in the show is a mixture of drawing and prints on paper, as well as ceramic, paper and plaster sculpture all about dealing with chronic illness, pain and the other effects that it has on people's lives. The title "AS IS" has come from the artist's personal experience with chronic illness and pain, whether it be her own or the pain and illnesses of loved ones. "AS" is an acronym for Ankylosing Spondylitis, one of the artist's most recent and more impactful diagnoses. This show was intended to bring light to the struggle that many people go through with their health that may not always be visible and the importance of self care.



In April 2019, the "Dye & Bleach House Community Gallery" was born. Becca was instrumental in helping to create the concept of providing a unique cost-free platform for local and regional visual artists to display their original works for public viewing. From the beginning, Becca has served as Director of the Dye & Bleach House Community Gallery, and has coordinated and installed eight shows during her tenure as AIR.



To all our contributors- Thank You!

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

the Neighbors paper
a little paper big on community



Grand Opening Exhibition featuring the work of Scotty Opermann, John Starinovich & Lisa Zelonka.

Saturday, October 24th, represented the final showing of Becca's most recent Solo show, "Healing". The EC-CHAP Board of Directors wish to express our sincere gratitude for all the time and positive contributions Becca has given to EC-CHAP. This talented Artist-In-Residence will be missed.



NEW EC-CHAP BOARD MEMBER

We would like to introduce you to our newest Board Member, Randall Bobb!

Randy is a former Subway multi-store franchisee and real estate broker with an MBA from UCONN. He has experience in historic building restoration, construction and land development. He is retired and along with his wife, Arlis, own and operate a 100 acre horse farm. He has a lifelong interest and appreciation for music.



EC-CHAP IS NOW ON TWITTER!

Thanks to our current ECSU intern, Gabriel Baig, we are now on Twitter! Follow us at @ECCHAP1 on Twitter for updates, information, or any questions. You can also follow us on Face Book and Instagram!

We leave you with the following:

The month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully.

-Henry Rollins

Support our local farmers.
You and your family will eat better.
Our community will be healthier.
Look for locally sourced produce when you dine.
Shop at the Willimantic Food Co-op, Bob's IGA and other local markets.
Frequent our farmers markets.
To find a farmers market close to you visit the CT Department of Agriculture website for a link to markets.

The Steadfast Kitchen Table

Tiny kitchen full of laughter
crammed together 'round the table,
cousins, aunts and uncles.
Noisemakers, party hats, and party favors.
I sat on my father's knee
and blew out 4 candles
as my mother clapped with glee.

My dad would cut the crusts off the toast
for Kenny, Robin and me.
He'd serve it to us nicely buttered
as we sat there at the kitchen table
our feet not touching the floor,
and watched him nibble the leavings.

All of my maternal aunts were crying at the kitchen table,
their only brother now gone too soon, unexpectedly.
I hugged my mother around her legs feeling so small,
as this was the first time ever, I saw my lioness mother
openly sobbing.

The kitchen table was covered with newsprint and ready.
My father bought it for us to do together:
a mosaic of crushed colored glass and a black wire
to outline the shape of a fish in the water.
I watched my father as he concentrated reading the directions,
but he let me squeeze the glue and pour the glass.
I loved him so much I felt my heart would burst.

When my mother went back to work
family dinners changed from ample feasts to portioned fast foods.
She counted out the fish-sticks giving my brother the extra one,
and I was still hungry when it was all gone.

Mom was so happy to get a new kitchen table,
getting rid of the old one
for a perky glass-topped cafe set
with narrow red-cushioned white chairs.
Placing a slender glass vase with 3 pink carnations in the center
she stood admiring it all; the tiny kitchen now bringing a smile to her lips.

They let me have Aunt Sadie's parakeet named Tweety.
I changed the paper lining carefully cutting a new one
from the side of a paper bag.
Sitting at the kitchen table, I fit it neatly in the bottom.
"If you take good care of the bird, you can keep her," said my mother.
Then Tweety ran across her dowel perch and rang her little bell.

I was old enough to babysit and we three were craving something sweet.
How hard could it be to make cookies?
We used a cup of flour and Robin mashed the stick of butter.
Kenny poured in the cup of sugar
and I added a few tablespoons of peanut butter and an egg.
In the baking cabinet stood the baking soda.
We should add a few tablespoons, it sounds important.
That's right stir it all together Kenny and Robin. Good job.
Sitting at the kitchen table we licked our own spoons,
and plopped dough on the baking sheet.
In the oven, the baking soda did its magic and the cookies grew and grew.
Grew so much they spilled over the sides of the pan
creating stalagmites on the bottom of the stove!

I entered the auditorium freshman year at Middletown High School.
The last class of the day was Chorus practice.
But my group of friends sat whispering to each other
while sending me mean looks.
"You can't sit with us," they said. (Someone had started a nasty rumor.)
I stood on stage with the altos and sang weakly, fighting back tears.
Running home alone I burst through the door, laid my head on the kitchen table, and wept.

The steadfast kitchen table, a Life.
Where we opened my college acceptance letter.
Where my boyfriend Larry helped clear the dishes
impressing my parents with his kindness.
Where we wrote invitations to the wedding.
Where the grandchildren were served ice cream
as my mom and dad beamed with happiness at their good luck.
And sadly, lastly, this kitchen table, so steadfast,
where all the well-wishers brought casseroles
upon my mother's, then my father's passing
from this tiny kitchen, the kitchen of my memories.

Debra Gag, 2020

UConn Extension Program Receives USDA-NIFA Grant to Help Beginning Farmers Prosper

Submitted by Stacey Stearns

Beginning farmers in Connecticut are changing the face of agriculture. With their values driven, sustainable-minded farming practices they are filling the direct-to-consumer marketplace with high quality food grown intensively on small parcels. Since 2012, UConn Extension, part of the College of Agriculture, Health and Natural Resources, and its partners have responded to the growing number of beginning farmers with core training in production and business management. In recent years, it was clear that advanced-level beginning farmers (with 6-10 years of experience) were facing more complex challenges as they grappled with decisions about scale, diversification, infrastructure, and risk.

Starting this winter, UConn Extension and partners will respond to this emerging need with a new grant funded by U.S. Department of Agriculture's National Institute of Food and Agriculture. The grant is Solid Ground 2: Weaving Together Expert Trainings and Peer Networks for Sustained Beginner and Advanced-Beginner Farmer Success in Connecticut. It is a three-year project funded at \$525,000 that builds upon the accomplishments of the existing Solid Ground Training Program to deliver increasingly relevant, high quality trainings that respond to beginning farmer skill gaps at the appropriate level.

"The new grant leverages the capacity, talent, and integrity of partner organizations to meet the needs of beginning farmers that were unmet through our Solid Ground trainings in previous years," says Jiff Martin, the Extension Educator leading the project. "We also intend to help address the very real barrier of finding farmland for new and beginning farmers, including the unique challenges created by structural racism when farmers of color seek farmland."

While there are many excellent opportunities in agriculture, beginning farmers and ranchers have unique needs for education, training, and technical assistance. For those within their first 10 years of operation, it's vital they have access to capital, land, and knowledge and information to help improve their operations' profitability and sustainability.

"Beginning farmers can be divided into two groups – early-stage and advanced-level beginning farmers," says Charlotte Ross, one of the project co-coordinators. "Slightly more than half (52%) of beginning farmer operators have been operating a farm for six to 10 years, and the remainder (48%) have been farming for five years or less."

Beginning farmers comprise 28% of the principal operators on Connecticut farms, and there are 2,132 beginning farmers in total. The Solid Ground program is targeting 700 farms that earn between \$2,500 and \$50,000 individually. The average age of Connecticut's beginning farmers is 47.9, only slightly higher than the national average of 46.3.

"While beginning farmer owned farm businesses are generating \$97 million in product sales, only 32% can farm as a primary occupation, and most (79%) depend on off farm-income at varying levels. This is the reality of small farming enterprises in Connecticut—they are often part-time, seasonal businesses that generate tremendous value to our communities in terms of land stewardship and local food markets but are typically not at a scale to support multiple employees with fair wages and benefits." Martin states. The next three years of the Solid Ground Program will help beginning farmers build critical peer networks with each other, gain insight on entrepreneurial models, discover cost-saving DIY infrastructure projects for the farm, and improve their skills in agroecology, agriculture mechanics, urban agriculture, and soil health.

Project leaders will strive to deliver services in a manner that ensures equitable access to learning opportunities. The project's overall approach recognizes the integrity and new knowledge that the beginning farmer community, and the organizations they belong to, can offer to the broader agriculture sector in our state.

Programs delivered by Extension reach individuals, communities, and businesses in each of Connecticut's 169 municipalities.

**“YOU
DON'T
HAVE TO
BE SO
STRONG”**

BUT IF I'M NOT, WHO WILL?

Being a caregiver takes a special kind of commitment. We know your strength is super, but you're still human.

FIND SUPPORT FOR YOUR STRENGTH.

AARP.ORG/CAREGIVING
1 - 8 7 7 - 3 3 3 - 5 8 8 5

AARP
Real Possibilities

Ad Council

Two Tons For Maria - Part 2

By Wayne A. English

Previously:

Red Decker's time with the Army is up and he comes to Hartford, Connecticut, to join his girlfriend. She jilts him. Seeing Jen Peterson, a young mother, struggling with groceries and Maria, her daughter, who can barely walk, he helps them to their car. Deciding to stay in Hartford, Red takes a room at a local hotel and plans to open a weight loss clinic. As part 2 begins, he's putting his things in his hotel room.

After putting my bag in the room, I headed over to the Eatery, where I had a terrific dinner. Little did I know that it was widely known for the quality of its food.

The next day I was up, showered, dressed, and out by 0630, thinking from now on it'd be 6:30 a.m. seeing as I was a civilian again. I needed to buy a laptop, software, get a checking account, and a medical scale like the one I used at Bragg and have it delivered to Andy's Bar. As my lieutenant used to say, "No time like the present."

Walking out, I stopped to speak with the guy at the front desk. "Morning, my man, would you be kind enough to tell me what time the coffee shop opens in the train station?"

"Six a.m. Through the main door, under the arch, turn right."

"Thanks, you've answered that question before, I'd say."

"Few times," he said with a smile as he turned to help another lodger.

As I walked out, I did a search on my phone to find a stationery store. I figured I'd ask around about buying a scale. As I walked along, I noticed that the skies were threatening and I hoped it wouldn't rain. I didn't have an umbrella and was happy to see plenty of taxis as I entered the train station. I'd be needing one.

Walking under the arch, there was the coffee shop. They had every kind of coffee you could imagine and fantastic looking pastry.

"Good morning, Jen. We meet again."

"Red, hi. I'm so happy to see you," she said. Giving me a dazzling smile.

"Could I get a large black coffee and a plain doughnut, please?"

"Sure can," she said.

"Looks like I'll be staying in Hartford. Opening a business, so today I'm going shopping. Oh, I'll take a newspaper, too, please."

"On the house," she said, handing my order over the counter. "Thank you for stopping by. Just pick up a paper and come see me again."

"I will, thanks. Sure it's okay? Not charging me, I mean."

"It's fine, soldier," she said. Holding the order just a second longer than necessary and making serious eye contact.

I read the paper over coffee and definitely intended on seeing her again. Leaving the paper for the next guy, I went looking for a cab. I got to the stationery store just as they were opening and I bought everything on my list except for the medical scale. Then I taxied back to Andy's Bar and dropped everything off at my office.

Walking into the bar, I found Andy. "Andy, my man."

"Red, how's it going?"

"Never better. Didn't rain. Been shopping. Oh, hey, I need to have a medical scale delivered. Once I buy one, I mean, but I don't know the address."

"That's easy, 152 Front Street. You're 152 Rear. Got something for you," he said, handing a second key over the bar.

"Thanks Andy, I forgot all about it."

"You would've remembered. So, you been shopping? Get everything you need?"

"Everything but a medical scale. Any idea where I can find one?"

"Let me make a call. One of my regulars sells medical equipment. He'll know. Want a coffee while you wait? Fresh pot."

"Sure, thanks."

A few minutes later, he was back.

"Here you go," he said, handing me a piece of paper. It had the address of a medical supply company on it. "And they deliver."

"Thanks, Andy. Appreciate it. I'll head over there directly. Oh, who does your ads and website?"

Andy chuckled. "His name's on the back of the paper you're holding. And you're welcome."

A week later, I was in business. Andy was my best customer and we were both doing well. I faced the same problem I always did: motivation. Despite my previous success, I struggled with some of my clients. As with many other things in life, the answer came wrapped in a problem.

"Hello? Anybody home?"

"Jen, hey. Come in. Come in," I answered. "What a pleasant surprise."

"Thank you. Andy tells me you run the weight loss clinic."

"Sure do."

"I clean Andy's bar and I'll clean your place as well. Want a price?"

"That'd be great. Can you send me a written estimate?" As I said that, she handed it to me.

"There you go. Twice a month should do it," she said.

"You're hired," I told her, looking at the estimate. "This is very reasonable."

"I need the work." The look on her face said, Maria's medical bills.

"Let's make it once a week," I said. "How much do you need to raise? For Maria, I mean."

"Eighty thousand," she said, shaking her head.

"I'm working three jobs and I'm tired, Red. I'm so terribly tired." Then she turned away so I wouldn't see that she was beginning to lose hope.

"You can clean the place anytime. Come into the office, I'll write you a check for the first month."

"You don't have to do that, Red."

"Yes, I do," I said. "There's people...there's people that helped me that I can never pay back. I need to do this more than you'll ever know."

I handed her the check. "Thanks, Red. Really.

Thank you," she said, putting the check in her purse.

"No worries," I said. Thinking that our business was done.

* * *

"Look at these nails," Louise said to herself, as she lifted three fifties and a couple twenties from her boyfriend Ken's wallet. "This will pay for the spa and lunch. Think I'll take his car, since he's not using it. Good, I've time for a latte. Then back in time for him to go to work. Then it's into the city for some partying."

The latte was perfect. The spa, divine. Then, pampered, washed, waxed, and buffed, she left for lunch at the Eatery. All paid for by Ken.

"Let's see, where to park? Not there, no one will see me. Not there either. Ah," she said as she parked the red sports car. Unfolding herself from its plush interior, she strutted into the Eatery, giving everyone a show of her expensive shoes, hair, nails, outfit, and, of course, her figure. All while making sure that her designer sunglasses dangled just so.

"Welcome, Louise, you look lovely, as usual," the owner gushed, as he showed her to a seat by the window. "May I get you a coffee while you peruse the menu?" He didn't treat everyone like this, only those who tipped lavishly. Like she did. And why not? It wasn't *her* money she was spending.

"That would be lovely, Bobby," she said, as she looked at the menu. "I'll have the fish, steamed vegetables, rolls and butter. No dessert."

Nodding, he left to place her order.

While she waited, she read the paper. Her attention was captured by a quarter-page ad on page three. Her coffee arrived, but she didn't notice, so engrossed was she in the weight loss ad.

"Red Decker Weight Loss. I wonder..." she mumbled, as she typed the web address into her smartphone. "Are you my Red Decker?" She pressed the About link and saw Red's picture. "You *are* my Red Decker. And just in time," she said, as the waiter arrived.

Then, looking at her reflection in the window and the admiring glances from the men in the room, she thought, How could he refuse? I'll wear his favorite outfit. Best make sure he sees me first. Works every time. Then we do dinner. He takes me to the taxi stand. Thank you, nice seeing you again. Kiss goodnight. And he's mine for the taking, she thought, as she worked out the plan. Ken was getting old. Meaning she'd taken him for about all she could get. It was time to move on. And nothing was easier than picking up an old boyfriend. Nothing at all, she thought.

Lunch was delicious.

As she walked out and got into the sports car, Andy's eyes followed her every move. What a fox, he thought.

That's one beautiful woman in a beautiful car. "I wonder if she'd go for a barkeep? Not likely," he said, laughing to himself, eyes sparkling with mirth.

* * *

Jen was cleaning my office and clinic while I sat with Maria.

"Jen, how about I take Maria to the Eatery for an ice cream? On the way back, we can stop at the hotel. I need to pick up a thumb drive. That okay with you?"

"Oh, yes, mommy. Yes, please. Please, mommy," Maria quickly said.

"You sure you can handle her? She can be a handful."

"No worries. If she gets out of control, we'll wrestle it out," I said, while tickling Maria's chin. She giggled.

"Maria, you be a good girl. No screaming. Uncle Red is being nice to you."

Wow, I thought, "Uncle Red." I'm coming up in the world. That kind of comment is only reserved for people you like, really like.

"I will, I will," Maria squealed, holding up her arms for me to lift her. "Bye, mommy."

"We won't be long, Jen, back before you know it. So, sweetie, what flavor ice cream?"

"Chocolate strawberry with sprinkles."

"Which kind?" I asked.

"All of them, silly."

I shook my head. Dumb question, I thought, outfoxed by a five-year-old.

Outside, I lifted Maria up on my shoulders as we made our way to the Eatery. Maria had a cup of chocolate ice cream with shots and I had strawberry. We sat in a booth while we ate, as I had no intention of wearing her ice cream. Leaving, she waved bye-bye to the counter crew, generating smiles all around, and we headed to the hotel.

Walking in, who do we meet on the desk? Mrs. Gustafson.

"Where'd you get the crippled brat?" she sneered. Maria turned to face Mrs. G.

"You're a mean old lady," she said, right to Mrs. G's face.

"Yes, she is," I agreed. "Well said, sweetie. Well said."

Gustafson turned bright red. She could dish it out, but couldn't take it, I thought.

As we were leaving, I said, "Nice seeing you again, Mrs. Gustafson," laughing in her face. Maria glared at her under black knitted brows.

Mrs. G didn't say a word. She just turned red.

When we got back to my office, who do you think was there? Louise. And looking good, she was. I mean really good.

About the Author

Wayne A. English is a locally, nationally, and internationally published writer. He has published four books and has numerous publications in magazines, newspapers, and online. See more of his work at WayneAEnglish.com.

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

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



By Focus on Veterans, Inc.

Recipe for Stovetop Dressing

By Angela Hawkins Fichter

I got this recipe from a farm wife friend in South Killingly 50 years ago. By the way, that doesn't mean I'm old, because I was a child bride.

Ingredients: A frying pan with tall sides and a tall lid, or failing that, a frying pan with tall sides and a big casserole dish. Half a loaf of 100% whole wheat bread. One pound of ground pork. Several tangy apples. Handful of raisins. Handful of cashews. One medium onion chopped. One half teaspoon of powered mustard. Five fresh sage leaves (or if your sage is already dried, a teaspoon of ground up sage leaves). Olive oil. Container of chicken stock. Self-control, so you don't eat the raisins and nuts when you are supposed to put them in the dressing.

Dice each slice of that half loaf of whole wheat bread and set it aside. Peel, core and dice the apples and set them aside. Dice the onion and set it aside. Cut the sage into tiny pieces and set aside

Cook the ground pork fully. Keep the pieces separate, keep turning them over. When the pork is fully done, take it out with a slotted utensil and put it on a very large plate that has 3 layers of paper towel on it. Pour the pork fat out to discard, but do not wipe the pan clean. There will be tiny pieces of pork and a little pork fat left, but that will help the flavor. Add a little olive oil, about a tablespoon. Turn the pan to be sure the oil is covering the bottom, then sprinkle the powered mustard into the oil and the sage pieces. Keep the temperature on low, and keep stirring, then put in the chopped onions and stir them into the sage and mustard. Add a little bit

of chicken stock and the handful of raisins and stir. Add the handful of cashews and stir. Add the pork pieces and stir. Add the chopped apples and stir. To keep the mixture moist, add a bit more chicken stock. Now add the diced bread a little at a time. Keep turning the whole mixture over and add chicken stock to moisten the bread cubes. Put tight fitting lid on pan and cook on low. Every now and then take the lid off and turn the whole mixture



over and around so flavors mix and spread amongst the ingredients. If after 5 minutes the bread cubes don't seem moist enough, add more stock and turn the mixture over again. When I used to live in Scotland, I had a lid to the frying pan that was 4 inches high, so this mixing and turning was easy enough to do. When I moved to Hampton, that lid was lost, so now when the mixture is almost done, I put it into a large casserole dish, mixing it around to be sure the cubes are moist and don't need more stock, then put the cover on and nuke it in the microwave for 5 minutes.

Guests will ask for seconds!

Help Celebrate Chaplin's 200th Birthday

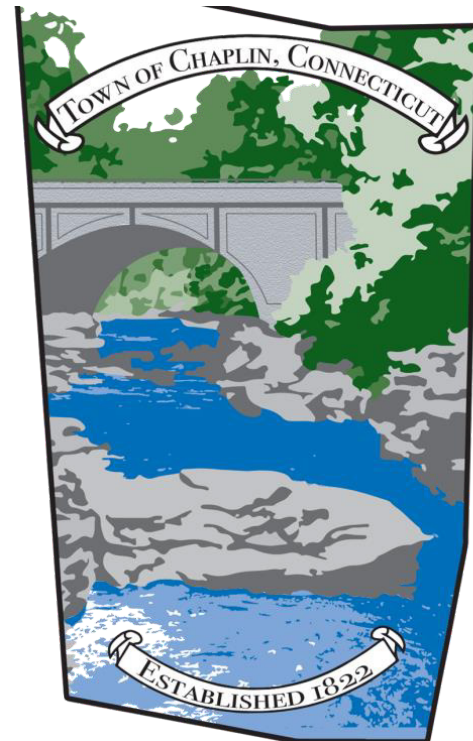
By Bob Grindle

In September of 2022, one of the most charming and beautiful towns in Connecticut will celebrate its 200th birthday. That's a pretty big deal, and Chaplin's Bicentennial Committee is looking for all the bits of information and stories and pictures that past and present community members may have and would be willing to share. Tucked into drawers and closets and attics and bureaus... maybe even a glove compartment or two in classic vehicles parked for the last time long ago in an old garage... perhaps a time tattered memory of people and events... maybe a recollection about one of the many stories of how Diana's Pool got its name—just gathering dust and patiently waiting to be pulled out once again and perhaps become part of the celebrations that will take place all through the year 2022.

There will be a lot going on between now and 2022 getting ready to "put on the Ritz" Chaplin style and who knows what wonderful tales and photos and tucked-away curiosities might surface when this little town, almost perfectly bisected by the Natchaug River, digs into its past.

Of course, there'll be fireworks and parades and perhaps house or garden tours and banners and don't forget the brand new arboretum. No doubt there will be the occasional picnic or social gathering and who knows what else, but nothing says yesterday like a picture from the past, and nothing brings the world together—can't we all stand a bit of togetherness about now?—like all the many parts of a town... the Department of Public Works and the library and the school and church, the senior center and rec-commission and historical society and everyone who works in the Town Hall and volunteers from every corner and byway of town... working to get a project like a 200th birthday party off the ground. So, if you love the neighborliness of small town eastern Connecticut

and think a party celebrating 200 years of successfully navigating the winds of social change and keeping the pride of civic engagement alive sounds like a good idea, keep your eyes and ears open for more information about Chaplin's 200th Birthday Party.



The new Chaplin Bicentennial Logo created by an Eastern University student

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

BEST IF USED.

40% OF FOOD IN AMERICA IS WASTED

COOK IT, STORE IT, SHARE IT. JUST DON'T WASTE IT.

SAVETHEFOOD.COM

Ad Council NRDC

Love Animals?
Come Volunteer at the Sanctuary!

OUR COMPANIONS ANIMAL RESCUE

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

Visit our OurCompanions.org for full job descriptions and volunteer requirements or call us at 860-242-9999.

Advertise in
The Neighbors Paper
Locally Written
Locally Wread

Hidden Health Issues for Autistic Individuals under COVID Stress

By Michelle M. Baughman



These uncertain times are very difficult for people on the autism spectrum because we have a hard time with ambiguity. We like to know what is going to happen and we like to be prepared for it. We tend to be information seekers because being informed brings us a sense of security. So not being able to rely on the quality of the information we receive is very unsettling indeed! There is a lot of discussion these days in online autistic spaces about the difficulties people are experiencing in coping. And many of our coping strategies are not healthy for us.

For example, individuals on the autism spectrum may be more prone to stress eating because they are unconsciously seeking a means of self-regulating their emotions. Certain foods (which happen to not be particularly healthy to consume, especially in large quantities) release endorphins in the brain, which make a person feel better. Chocolate sales have been reported to be much higher since the onset of the COVID shutdown, which indicates that everyone, not just autistics, is eating more chocolate these days. Chocolate is one such food that releases endorphins in the brain. Other foods that have this effect include simple carbohydrates and sugary foods. These foods also happen to contribute to weight gain and developing diabetes.

Folks on the autism spectrum are particularly vulnerable to developing health issues because their sensory sensitivities usually cause them to have a very restricted diet to begin with (due to aversions to certain foods because of texture, taste, smell, etc.), so the likelihood of having a balanced diet is low to start with. Turning to comfort foods in times of stress can quickly lead to health issues like obesity, hypertension, abnormal cholesterol, insulin resistance, and diabetes, among others. A simple tool to help combat this issue is keeping a food diary in which you record all the foods you eat and how you were feeling before and after you ate them. Tracking your food intake (what, how much, what feelings motivated those choices) can help you to become more conscious of what you are doing, which is the first step toward making positive changes.

Another thing that puts us at greater risk for developing health issues is the fact that many folks on the autism spectrum have an aversion to exercise. This can be partly due to poor nervous system regulation. For example, if you are feeling down, you don't feel that you have the energy or inclination to do physical activity. But it can also be due to sensory sensitivities, such as not liking the feeling of sweat on your skin, not liking feeling overheated, or not liking that jumpy feeling you get at the gym because the noises and bright lights of that environment cause you anxiety. Poor muscle tone or coordination and past negative experiences with sports injuries can also be a deterrent that kills one's motivation to exercise, as can negative associations with social pressure to conform (for example, taking an exercise class or playing on a sports team and experiencing humiliation due to poor coordination). Fortunately, due to social distancing, exercise classes and gyms are not an option right now, so this is your opportunity to explore new, individualized forms of exercise that might be a much better fit for you. Taking a walk alone in nature can be very restorative to the nervous system, as well as provide enough physical exercise to release endorphins in the brain, and, according to Greg Garoppolo, an autistic doctor of naturopathy, stretching can be just as beneficial as aerobic activity.

Our autistic propensity to think much deeper about things like environmental issues and social justice unrest and to ruminate on our worries causes us to experience things more intensely than our NT (neurotypical/non-autistic) counterparts and can have a detrimental impact on our sleep hygiene. Add to this the phenomenon that we do not show our worries on our faces as NTs do and that we are not inclined to talk about our worries with others as freely, and this puts us at risk for emotional and social isolation. There are a lot of corny sayings to the effect of "troubles shared are troubles halved." There is a lot of truth to these sayings. Unfortunately, talking to NTs can be counterproductive because they do not understand or respect our processing difference, and they overwhelm us with their faster-paced talking and do not give us time to formulate and express our thoughts. So connecting with other autistics is very important during times like these. Fortunately, due to the COVID-19 shutdown and social distancing, a plethora of Zoom and Meetup spaces has arisen to address this need. The Community Autism Socials at Yale program offers a whole calendar of opportunities

to connect with fellow autistics (www.meetup.com/ProjectCASY), Aspies for Social Success (www.meetup.com/Aspies-for-Success) is run by and for people on the autism spectrum, or take Becca Lory Hector's online course *Self Defined Living: A Path to a Quality Autistic Life* and become a member of the course graduate enclave (www.beccalory.com/webinars).

People on the autism spectrum experience additional stress above and beyond what this pandemic is causing for everyone else, simply due to the fact that societal expectations and norms are a poor fit for our nervous systems. Think of the crowded spaces and fluorescent lighting of big-box stores, the incessant piped-in music that is played at ridiculously loud levels everywhere you go, standing (or, if in a car, idling) in queues, the electronic beeping of cash registers, and the increased rudeness of everyone in general because everyone is under additional stress. NTs take all these things in stride because their nervous system has the capacity to filter them out (and they are not as challenged as we are in maintaining emotional regulation), which allows them to focus on the task at hand, such as grocery shopping or pumping gas. However, the autistic individual's nervous system cannot filter out all these things, so they add to the cognitive load and compound the stress on the individual's nervous system.

This scenario is further compounded by the fact that autistic individuals are less equipped to cope with stress due to our neurological makeup. Neurodiverse individuals (which includes, but is not limited to, autistic individuals) experience sensory sensitivities that make environments that the rest of society considers "normal" intolerable for us. NTs' sensory profile is so unperceptive that they have propagated a popular myth that there are only five senses (sight, sound, smell, taste, and touch) because their other senses are so dulled that they don't even register them. And their perception of even these five is so dulled that society feels the need to amplify their sensory input. This is why stores use bright fluorescent lighting in point-of-purchase displays to capture shoppers' attention. And this is why almost everywhere you go, you will encounter loud, piped-in music designed to stimulate the nervous system and have an emotional influence on shoppers' buying behavior, why restaurants pipe out cooking aromas to make people hungry so that they can make more sales, and why food manufacturers and restaurants load up on sugar, salt, and fat content to maximize flavor and, a profitable side effect of this, cause addiction (for more information, visit <https://drhyman.com/blog/2011/02/04/food-addiction-could-it-explain-why-70-percent-of-america-is-fat>). This may also explain why the socially acceptable forms of greeting (pre-COVID) included handshaking and hugs—these things are tolerable to NTs' duller sense of touch. Neurodiverse individuals, however, have a *hyper*-sensitive sensory profile. So these things which have become commonplace and "normal" in society are absolutely overwhelming for us. Additionally, the sensory profile of neurodiverse individuals is much broader than the five basic senses and includes other sensory systems that most people have never even heard of.

For a synesthete (a person who experiences synesthesia), these senses can become crossed, impaired, or scrambled. Synesthesia is a perceptual phenomenon in which one sensory pathway leads to involuntary experiences in other sensory pathways (see Jenara Nerenberg's book *Divergent Mind: Thriving in A World That Wasn't Designed for You*). Two well documented forms of this include grapheme-color synesthesia, where letters, numbers, or words are perceived as inherently colored (as in Daniel Tammet's book *Born on A Blue Day*, where the author perceived Wednesday as blue), and mirror-touch synesthesia, where a person can feel what another person feels by simply observing what is happening to the other person (as in pseudocyesis, the "hysterical pregnancies" experienced by some husbands). As for my personal experience with this phenomenon, I generally experience loud, cacophonous sounds as physical pain in my body, which suggests that my interoception¹ and my auditory sensory systems get crossed. When my nervous system becomes severely dysregulated, I experience dizziness, incoordination, and impaired depth perception, which indicates that my vestibular,² proprioception,³ and visual sensory systems become impaired.

An overloaded and dysregulated autistic nervous system is not only unhealthy for the body, leading to unhealthy eating, sleeping, and exercise behaviors, but it can also impair one's memory, sense of judgment, and reaction time, making one more accident-prone. Thus, simple everyday activities like cooking dinner or driving a car can become dangerous or even deadly. Exercising proper self-care is paramount during these uncertain times.

¹ Interoception, one of the lesser known senses, provides information about the internal condition of the body, like dry mouth, queasy stomach, tense muscles, rapid breathing, or a racing heart (for more information, visit: kelly-mahler.com).

² The vestibular sensory system is responsible for our sense of balance and for knowing which end is up, or where our bodies are positioned in space—lying down, turned upside down, etc. It is also responsible for posture control (or lack thereof, as in slouching) and the ability to use the eyes to track an object (like a ball) in space. It is a foundational sense that develops in utero; everything else builds on this, so poor vestibular perception impacts all other sensory perception (for more, visit: themighty.com/2019/08/vestibular-sense-autism).

³ Proprioception, another of the lesser known senses, involves the perception of movement and spatial orientation. While NTs are unconsciously aware of each step they take or how much force they need to exert on an object (like closing a door without slamming it or gripping a glass of water without dropping it), a neurodiverse individual must consciously think about what comes naturally to others. We can, for short periods of time, intensely focus, but this takes a toll on our overall cognitive load and can make us mentally exhausted, causing others to refer to us as "clumsy" or "a bull in a china shop" (for more, visit: thinkingautismguide.com).

Michelle M. Baughman is a late-in-life diagnosed adult on the autism spectrum, an educator, a parent of a twice-exceptional child, and a trauma-informed AANE Certified AsperCoach who provides intensive, highly individualized coaching to individuals with Asperger syndrome (AS) and related conditions. Michelle subscribes to the neurodiversity paradigm and writes to help debunk the general misconceptions surrounding this condition to help autistics live their best lives and to change the negative cultural narrative about autism. She may be contacted via email: LifeCoach.PELC@gmail.com, cell phone: (860) 207-4263, or online: <http://linkedin.com/in/michelle-m-baughman-28b5a92b> <https://www.facebook.com/groups/1015628291826263/> <https://www.alignable.com/storrs-mansfield-ct/personal-evolution-life-coaching-2>



Share Curiosity.
Read Together.



www.read.gov



The Elements of Writing

Foreshadowing

By Felix F. Giordano

Foreshadowing is defined as a literary device in which a writer gives his or her audience an advance hint of what is to come later in the story. It provides the audience with what could be a preview of the future. Through description, language, symbolism, and events, foreshadowing doesn't directly deliver the ending of the story, but instead rather, implies what may be. That is not meant to infer that the author reveals the plot and then the story becomes redundant. Instead, it is a subtle glimpse into a character's ultimate behavior, a subsequent event that may otherwise seem implausible, or an eventual plot twist.

Foreshadowing can add suspense and even a touch of mystery to a story. We sometimes see a book begin with a scene in which a significant event affects the main character. That event then contributes to the plot in such a way that the event either repeats itself later in the story or the event evolves to ultimately capture the reader's interest. We want the reader to keep turning pages and foreshadowing does that by engaging the reader. Use foreshadowing either at the beginning of the story or at the beginning of a chapter to set the stage for what is to come.

Examples of foreshadowing can be when the protagonist has trouble starting his or her own car. We get a hint that perhaps later in the story when the protagonist needs that car to start right away, it will not. Also, in some stories we learn of the protagonist doing something innocuous like taking medication or struggling to climb a tall flight of stairs. Then later in the story a visitor's child may gain access to the medications or the protagonist stumbles running up the stairs in an attempt to escape a predator.

Another example of foreshadowing can be when the protagonist abandons his or her own morals and then finds out later in the story that someone else who abandons those same morals negatively impacts the protagonist. The TV series "Curb Your Enthusiasm" starring Larry David makes extensive use of foreshadowing in every episode. What Larry does in the beginning of each episode comes to bite him at the end of the story, sometimes in a much harsher and karmic way.

I'm fairly certain that most of you can recognize foreshadowing. We became familiar with the term, foreshadowing at a very young age when we were first introduced to the movie, *The Wizard of Oz*. In that movie, each of the hired help on the farm belonging to Dorothy Gale's aunt and uncle say something that foreshadows their transformation. When Hulk tells Dorothy, "You're not using your head about Miss Gulch. You'd think you didn't have any brains at all" and "Well, your head ain't made of straw, you know" he's foreshadowing his role as the Scarecrow. When Hickory states, "Someday, they're going to erect a statue to me in this town" he's foreshadowing his role as the Tin Man rusted into a statue-like position. When Zeke rescues Dorothy after she fell into the pigpen, he gets sweaty and scared. Hickory asks him, "What's the matter, you going to let a little, old pig make a coward out of you?" That foreshadows Zeke's role as the Cowardly Lion. But the most impressive and meaningful foreshadowing in that movie is when Dorothy sings, *Over the Rainbow*. That very song foreshadows Dorothy getting caught up in a tornado and being transported over the rainbow to Oz.

There are so many examples of foreshadowing in books and film that it would be impossible to name them all. But just one more example of foreshadowing is in the movie, *It's a Wonderful Life*. There is a scene in that movie where George Bailey and Mary Hatch stand in front of an abandoned and dilapidated house. George says, "OK then, I'll throw a rock at the old Granville house." Then Mary says, "Oh no, don't. I love that old house." Then Mary later says, "I'd like to live in it." We recognize that Mary has a fascination with the house and that foreshadows George and Mary eventually remodeling the house, moving in, and raising a family.

However, there is also another form of foreshadowing embedded in George and Mary's conversation, a form of foreshadowing so indirect that I didn't even notice it until I was composing this very submission. Is it simply a coincidence that Frank Capra chose Granville as the name of the house? Why not choose another name or why even give the house a name at all? If you are familiar with word jumbles, the word Granville can be split into two words. The first word is "gnarl" (Granville) defined as "a rough, knotty protuberance, especially on a tree". The word gnarl explicitly describes the state of the house when George and Mary first see it in the film. The second word is "live" (Granville), which is in fact, what Mary told George she would like to do someday with that house. This is an overt example of a very subtle and clever form of foreshadowing in that movie and we can marvel at Frank Capra's genius.

Authors, filmmakers, and even musicians use foreshadowing. Some can be obvious to the reader as when Mary Hatch tells George Bailey that she wants to live in that house and some can be vague as in the name Granville (gnarl and live).

We discussed two methods of foreshadowing, direct and indirect. There are also two other methods of foreshadowing, prophecy and symbolism.

Prophecy foreshadowing is when someone or something is foretold that will change future events. An excellent example of a prophecy is in J.R.R. Tolkien's book, *The Lord of the Rings*. In it Tolkien says, "From the ashes a fire shall be woken, a light from the shadows shall spring; renewed shall be blade that was broken, the crownless again shall be king." Tolkien speaks of the quest to return the "One Ring to Rule Them All" back to Mount Doom, Aragorn's emergence, the Elves of Rivendell who reformed Narsil into a new sword, which Aragorn named Andúril, and finally Aragorn's coronation as King of Gondor.

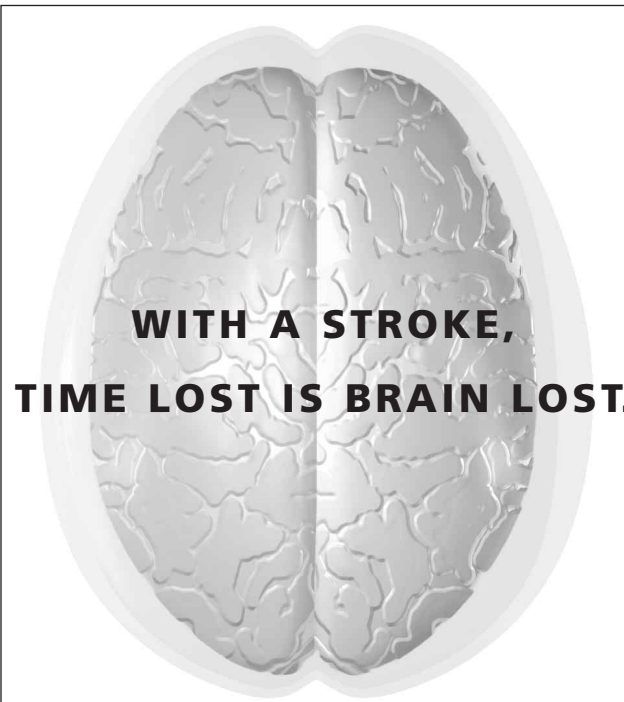
The last type is symbolism foreshadowing. That is when an object is used to foretell a future event. We are all familiar with Shakespeare's balcony scene in *Romeo and Juliet*. During that scene, Juliet tells Romeo that because she is of the house Capulet and Romeo is a Montague they can never marry. Then Romeo utters the famous line, "What's in a name? That which we call a rose by any other name would smell as sweet." Shakespeare first makes use of the symbolism of a rose blossom to foreshadow the couple's blossoming love affair. But there is an additional symbolism in that rose blossom. Sadly, the fact is that eventually a rose will die. Shakespeare's symbolism of a rose's frailty also foreshadows Romeo and Juliet's suicides.

To summarize, use foreshadowing as an element in your writing to engage a reader's interest and have them guessing as to what may happen next. Have fun with foreshadowing. It helps us tell and maintain the pace of the story. But don't reveal too much. As writers we want to stay one step ahead of the reader. Make your foreshadowing subtle but not confusing. Keep the foreshadowing so impactful that when the reader advances toward the end of the story they will experience the full effect of the foreshadowing into a true mind-blowing event.

We defined "Foreshadowing" 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 7,000 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 Power of Three



**WITH A STROKE,
TIME LOST IS BRAIN LOST.**

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 or 1-888-4-STROKE.

Shorter Darker Days Are Ahead:
Make Your Home a Haven

StatePoint) As more of life is centered around home, good design can help you augment and replace natural light, while creating a beautiful, productive, safe haven during the darker, shorter days of fall and winter.

"As the home continues to serve as our collective sanctuary during the COVID pandemic, it's critical to consider how lighting can keep a family thriving during this fall and winter season," says Michael McCullough, director of PR at Progress Lighting.

Fall has arrived, and with it, a new reality. The days are naturally growing shorter and darker. Daylight Saving Time expires November 1, ushering in the long winter nights and colder temperatures. This means more time spent inside working, learning and just plain living in our homes.

"The stress of the COVID-19 crisis has emphasized the impact our environment plays on our wellbeing. There's never been a more important time for interior design," says Doris Pearlman, founder of Possibilities for Design of Denver. "Our goal is to create spaces that uplift and embrace, providing respite from daily pressures."

Pearlman's team offers three design suggestions:

-Add lighting above work areas to create functional, operational spaces.

-Complement ambient lighting with pendant lighting around kitchen islands to facilitate collaboration. Create inspiration by clustering pendants for a fun, unique centerpiece.

-Hang pendants over nightstands to turn the bedroom into a retreat. Individual switches allow for customized lighting for easy bedtime reading.

Jayne and Nolan Fridley, of Fridley Homes in Oregon, who balance a busy custom home building business with their active family, are observing new trends.

"The open-concept floor plan is not as charming when everyone's working from home," says Jayme Fridley. "Instead of a 'great room,' many families now think that having many areas designated for specific tasks is 'great'."

Fridley's strategies include:

-Create specific learning areas for each child.

-Let kids customize spaces, keeping clutter minimized to avoid distractions.

-Encourage concentration with good (if possible natural) lighting.

Design pros suggest homeowners incorporate light layering to maximize light throughout the day. Supplement daylight with overhead lighting from chandeliers, recessed and close-to-ceiling fixtures. Place task lighting such as pendants or desk lamps over work areas. Use accent lighting like wall sconces to add a soft glow as the day wanes.

"Lighting should set the tone for productivity. For some, this might mean bright lighting and multiple sources. Others might prefer a moody vibe. Making it your own is what's most important...oh, and a good backdrop for Zoom calls sure won't hurt," says Julie Wynalda, owner of True Vine Creations in Hudsonville, Mich.

Instagram influencer Heather, of Operation Tudor Revival, who's DIY-ing her home renovation says, "Office lighting can be both functional and fabulous! I went with an overhead chandelier with a drum shade for an updated look. The shade also helps diffuse light to avoid glare on my computer screen."

Technology can help spaces pull double-duty. Lifestyle blogger, Lindsey Dalton says, "We put our chandelier on a dimmer so it can be bright while my husband's working but we can turn it down during dinner to transition the room from workday to relaxing evening."

With smart light fixtures, you can change lighting tone, brightness and color with a device or your voice.

Control products from iDevices work with the three most popular voice assistants: Amazon Alexa, Google Assistant and Siri. Using the iDevices smart Dimmer Switch and Wall Switch, you can set lights on dynamic schedules and automations based on triggers like your local sunrise or presence at home. Delineating start and stop times to your day through lighting can help optimize productivity and boost your mood.

Smart controls can also facilitate distance-learning.

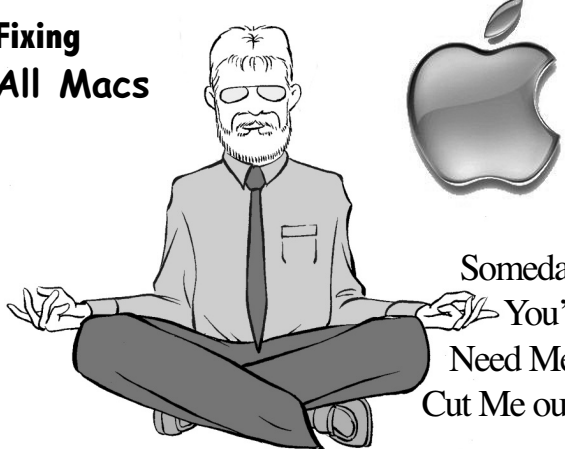
"With a voice assistant built inside the Instinct smart light switch, you have your own at-home teaching assistant, helping answer questions and assisting with exercises," says Andrew Ragali, senior marketing manager for iDevices. "It also allows you to play music or audiobooks using voice commands to keep kids on task."

For more tips and to shop products, visit Progress Lighting.

Your home environment impacts your family's health and wellbeing. Well-lit, comfortable spaces can help your household thrive in the months ahead.

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

They are Fading Away...



Someday You'll Want Me! Cut Me out!

Your 35mm Slides and Film Negatives are Slowly Deteriorating Before Your Eyes!
Slides & Negatives dating pre-1970 are fading fast... Post 1970 are fading too. Get them scanned to digital professionally now before it's too late...

- Scratch & Dust Removal • Color Correction • Restoration
- Color Balanced • 30 Years Experience • 5 Year Backup
- "Magic Face/Figure Enhancement" • +More!

Preserve your Memories Starting at 50¢ per neg!
 Call Steve for details
 (860) 871-9933 10am-6pm M-F



FREE Webpage for the Small Business Owner!
 Call Me for details and be seen by millions...
 The web is the **first** place people look for services now!
 BE FOUND!
 Call Steve (860) 871-9933 Lets Talk

Advertise in the Neighbors paper
 Locally Written
 Locally Wread

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



Ask "Dr. Mac"
 All your Apple Macintosh Mac,
 iMac and iPhone Questions



Common Problem Fixes

Common Mac problems and quick fixes you can do:

1. Slow performance. Before you download another program that claims to boost the speed of your Mac or resort to upgrading your RAM, restart your Mac first. See if this helps the speed.

Did it work? If not, it's time to check your Activity Monitor to find out which app is hogging your Mac's power and memory. To do this, you can press Command and Space-bar at the same time and type Activity Monitor. Or you can go to Applications > Utilities > Activity Monitor.

Look at the CPU and Memory tabs. If you are running a very intensive application or if one is broken, it may be using up too much CPU or hogging memory. Close the app that's eating up your memory. Go to the app and choose to quit it from the menu.

2. Overheating. Another common concern amongst Mac users is an overheating machine usually accompanied by loud whirring fans and a hot to the touch Mac. Here are some steps you can take not only to address the issue, but also to prevent it from happening in the future:

a. Check the temperature with the help of an app. You can try iStat Pro or Temperature Gauge Pro. iStat Pro is a free app that offers basic temperature regulation and reporting. Whilst the Temperature Gauge Pro offers more advanced features for a fee. It can monitor the temperature of all heat sensors in your Mac, track and control the fan speeds, run diagnostics on faulty sensors and fans, and generate report of the temperature and fan speeds.

b. Take practical measures by using your Macbook only on flat surface to dissipate heat. Also, make sure the vents aren't covered. And lastly, clear away the dust inside your Mac by using compressed air to carefully remove the build up inside.

c. Check your Mac's fans if you are hearing strange noise. Connect the power cable and shut down your Mac. Press the power button and hold down the D key before the startup screen. Follow the instructions that will appear. If you are using an older Mac, choose the "basic test". This diagnostic test will pick up any problems with your fans.

d. Check for runaway apps which can use up battery power and CPU resources. Open Activity Monitor (Applications > Utilities). Choose All Processes. Click CPU > CPU Column. Sort the

most active processes. For those apps using 70%-90% of the CPU, but aren't currently working on an important task, press Quit Process.

e. Disable CPU throttling to use less energy and conserve battery. This is also effective in making the system quieter.

g. Reset the SMC as a last resort. If you're still having same issue despite doing the steps above, then consider resetting the SMC (System Management Controller).

h. Schedule a clean out (tune-up) of your Mac every 3-6 months.

3. Not Charging. Charging problems are surprisingly common amongst MacBook users.

If you have an older MacBook with a removable battery, take the battery out and then re-insert it to see if that fixes the problem. You may also want to:

Try another power outlet. Try another MacBook Charger. Remove the MagSafe 2 adapter and try again. If it's the MagSafe adapter, ask for a replacement from Apple.

If the above steps don't solve your problem, you should reset the System Management Controller (SMC) on your Mac. Resetting the SMC may not only fix your charging problem but also other issues including;

- The computer doesn't respond to the power button when pressed.
- A portable Mac doesn't appear to respond properly when you close or open the lid.
- The computer sleeps or shuts down unexpectedly.
- The battery does not appear to be charging properly.
- The MagSafe power adaptor LED doesn't appear to indicate the correct activity.

Take note, however, that the process of resetting the SMC on a Mac is different depending on the model, Google your specific mac for detailed instructions.

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



click
 commercially licensed
 co-operative kitchen, inc.

Growing to serve our Community
 Helping Small Businesses, Culinary Entrepreneurs, Local Farms & Community Unite in the Cooperative Collaboration

- Commercial & Teaching Space Available
- ServSafe Classes for Certification
- Rental opportunities for events

41 Club Road, Windham
 860.786.7907
clickwillimantic@gmail.com
clickwillimantic.com

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



Supporting Teachers on the Frontlines of COVID-19

(StatePoint) Educators are among the many on the frontlines of COVID-19. During a time of immense disruption, they are quickly adapting their teaching methods, testing new skills, and discovering solutions to advance learning in profound new ways.

For K-12 educators who are designing instructional resources that align with the needs of today's remote- and hybrid-teaching realities, a new emergency fund can potentially aid their efforts. Launched by the National Geographic Society, the fund aims to directly support at least 50 teaching professionals, including formal and informal classroom educators, with grants ranging from \$1,000-8,000. In an effort to support as many teachers and students as possible, the resources created by grant recipients will become freely available on the National Geographic Society education website, and within the National Geographic education communities on Twitter and Facebook.

"The role of teachers has never been more important as they work tirelessly to engage and inspire their students in a socially distant world," says Vicki Phillips, chief education officer at the National Geographic Society. "Our goal is to equip educators with the resources and support they need to continue creating, innovating and pioneering new ways of teaching so their peers and their students can continue growing."

The fund places particular emphasis on remote- and hybrid-learning resources, methodologies and practices that use the power of science, social studies and geography to help students understand the significance of current and complex challenges, such as a global pandemic. Other priorities include instructional resources that help students bridge their personal experiences to a more global perspective on critical issues such as sustainability and social justice.

In an effort to identify, support and elevate a range of educator voices, perspectives and communities, priority will be given to those working in communities that have been particularly hard hit by the pandemic and who have not previously received National Geographic funding. Applicants can apply individually, in collaboration with other educators or with National Geographic Explorers. To learn more, visit NatGeoEd.org/covidgrants. To provide additional guidance during the application process, the Society is offering weekly virtual "Design Labs." Educators can also ask questions by visiting @NatGeoEducation on Twitter.

During an unusual school year, new avenues of support and funding are emerging. Leveraging these resources can help educators continue their mission of preparing young people to confront the challenges of a rapidly changing world.

Educational Toys to Support At-Home Learning This School Year



(StatePoint) This fall semester is unlike any experienced in recent history, with some students learning at home, and teachers facing new challenges to keep students engaged.

For this reason, many parents are looking for extra support at home. Luckily, there are fun ways to infuse more learning into daytime schedules. Here are three learning toys which can keep kids engaged:

-Build the Fundamentals: Help lay the foundation for academic achievement while getting kids ages 2-7 excited about learning with the LeapStart Pre-school Success interactive learning system. Touch-and-talk activities such as games, puzzles and creative challenges enhance learning to help kids build math, reading, problem-solving skills and more. The easy-to-hold stylus is comfortable for kids of all ages and promotes proper writing grip. And because the activities build on one another, this is not just a toy, but a learning system that can grow with your child. The expansive LeapStart library of books (sold separately) covers a variety of preschool through first grade subjects with more than 30 activities in every book.

-Explore the World: Young explorers can travel the world and see everything in it with the Magic Adventures Globe. Using the stylus, children can tap on the in-

teractive learning globe and experience new places, languages, cultures, animals, geography, habitats and more through high-quality BBC videos. Featuring an integrated video screen, animations and live-action videos can supplement the school curriculum to provide a deeper understanding of the world. Three built-in interactive games further encourage kids to grow their geographical and cultural knowledge.

Spark a Love of Literacy: Spark a love of reading and writing with the LeapReader Reading and Writing System, a tool which sounds out words, guides letter strokes and builds comprehension. LeapReader is also available with an accompanying book set that features interactive pages, lively character voices and activities that help boost reading confidence by introducing vowel sounds, sight words, word blending, spelling skills and more. Young readers can continue their learning journey with additional books advancing through four reading levels.

These learn-at-home toys are available on Amazon. For more information and school year ideas, visit www.leapfrog.com.

With educational toys that boost skills and spark a love of learning, families can embrace the school year with confidence.

Where to find the Neighbors paper

Ashford

Terry's Transmissions
Ashford Spirit Shoppe
Wooden Spoon Restaurant
Ashford Post Office
Babcock Library

Brooklyn

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

Bolton

Bolton Post Office
Subway-Bolton Notch

Chaplin

Chaplin Post Office
Pine Acres Restaurant

Columbia

Saxon Library
Columbia Post Office

Coventry

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

Eastford

Eastford Post Office

Hampton

Hampton Post Office
Hampton Library

Lebanon

Lebanon Post Office

Mansfield/Storrs

D & D Auto Repair
Holiday Spirits
All Subway shops
Bagel Zone
Storrs Post Office
Mansfield Senior Center
Starbucks
Storrs Comm. Laundry
UConn Bookstore-Storrs Ctr.
Chang's Garden Rest.
Liberty Bank
Spring Hill Cafe
Nature's Health Store
Mansfield Supply

Mansfield Center

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

Mansfield Depot

Thompson's Store
Tri-County Greenhouse

North Windham

Bagel One
Subway
No. Windham Post Office

Pomfret

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

Putnam

Antiques Marketplace
Putnam Library
Subway
Putnam Post Office

Scotland

Scotland Library
Scotland Post Office

South Windham

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

Stafford

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

Tolland

Birch Mountain Pottery
Subway
Tolland Library
Tolland Post Office

Willington

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

Windham/Willimantic

Willimantic Food Co-op
Design Center East
Schiller's
Windham Eye Group
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

Windham Center

Windham Post Office

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

I LOVE ME
MANNING ENTERPRISES
Hammer your thumb and have some fun!
www.ManningEnterprizes.com

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

Note: Some locations may be closed due to pandemic.

They have been turned loose and allowed to gently butterfly towards their waiting beds. The wind rocks them to and fro, careful as they are released from the loving arms that have held them through all the summer sights. These colorful northeastern gliders delight in the dance to the ground, not deterred by the one seasons ending nor inspired by the one soon to begin. They sparkle by just being in these wished for autumn moments.

The jacket that is worn over the towering hosts appear tattered and unprepared for the chill that will come.. winter white blankets of dampness and cold. Still, they stand all together in forested pride without the new life that emerged to their care mere weeks ago. One more magnificent than the other, they understand the cycles of life, and bow respectfully to the good Mother..Earth.

Listen as the breeze whispers through their outstretched wooden arms..find the magic in the palettes and pleasures that cover their rooted feet.

Photo and poem by Wayne Erskine.




**WILLIMANTIC
FOOD CO-OP**
a community market

**WE ARE OPEN
9 AM - 7 PM EVERYDAY**




MASKS REQUIRED AND
SOCIAL DISTANCING AT ALL TIMES
LIMITED NUMBER OF SHOPPERS IN THE STORE
CURBSIDE AVAILABLE FOR A \$5 FEE

91 Valley Street,
Willimantic CT 06226




WWW.WILLIMANTICFOOD.COOP

EMINE Pottery Open Studio

welcome!
pottery sale!

Nov 27, 28, 29
Dec 5, 6
10am - 5pm
53 old turnpike Rd Storrs



OUR BODIES
OUR CHOICE

Visit Eminepottery.com
on Facebook.com



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



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 • eyetrade.vision

“YOU DON'T HAVE TO BE SO STRONG”

BUT IF I'M NOT, WHO WILL?

Being a caregiver takes a special kind of commitment. We know your strength is super, but you're still human.

FIND SUPPORT FOR YOUR STRENGTH.

AARP.ORG/CAREGIVING
1-877-333-5885