

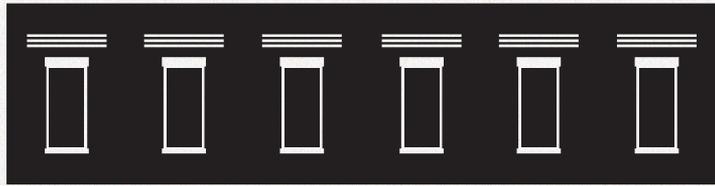
# Neighbors



No. 143

November-December 2016

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Photo above: Chickens on the Henrietta House B&B property in Ashford.  
Tom King photo

Cover photo: Mansfield resident Janet Dauphin took the photo of Desi, one of her alpacas.

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The Purpose of Neighbors:  
-To encourage reading  
-To provide a place where ideas, writing,  
artwork and photographs of area  
residents can be shared  
-To encourage people to get involved in  
their communities

-To begin to solve national and global  
problems on a local basis  
-To provide useful information  
-To serve the inhabitants and  
environment of our region

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# For the Love of Trees

By Loretta Wrobel



We live in a special place of magnificent beauty. One dominant reason is the prolific tree canopy that graces our environment. The trees are fierce workers, cleaning our streams and waterways, filtering out toxins from our atmosphere, providing shade for not only us humans but for all wildlife, and adding such a rainbow of colors and hues in the autumn. There are so many regions on our planet that have no or very sparse trees. Recently a friend who didn't have a fall foliage display during her early years, made me understand how fortunate I am to be living in the Northeast. Every year I assume the leaves will change to brilliant yellows, oranges and reds, and doesn't it happen for everyone??

I attended the Joshua's Trust Gala 50th Anniversary Celebration and have been working on the Forest Legacy Project in Ashford. Both of these involved trees, and made me believe in humanity again, after being consistently traumatized by our contentious and abusive presidential election race. It has been a challenging time, witnessing the negativity, bullying, and name-calling, to not be thrown into absolute despair.

The annual dinner and celebration for JT, the biggest land trust in Connecticut, was impressive. Fully comprehending the dedication of the members/volunteers in maintaining open space and keeping recreational trails available to the public made me shiver. JT has over 4,000 acres of permanently protected lands and 200 plus volunteers working to manage these parcels. It is quite heartening to know that so many of our community members are willing to make the time and effort to be stewards of acres of wild and vibrant forests, waterways and fields.

The annual meeting honored Sam Dodd, one of the early founders of this fabulous trust that has slowly gathered lands in the Quiet Corner so that our rural character and natural resources will stay pristine and unspoiled. Sam was a miracle worker of sorts, as he not only helped establish JT, but wrote the Joshua's Tract Walk Book that most sensible and bright outdoor lovers have on their bookshelves, in their cars, or in their back pockets. This man kept his vision alive with hard work and strict standards for himself and those who worked with him. As a result, JT is a highly respected organization and is a frequent choice for folks looking to leave a land legacy. The Trust has done well with their half century.

Because of JT, all of us can enjoy dozens of trails through beautiful forests, streams, rivers and open space. Wildlife is protected, as the environment will remain wild. It still astounds me to think of the numbers of people who are loyal volunteers and year after year show up to keep the properties well managed. Also, I am so thankful for the folks who donated a portion or all of their holdings to JT. This is a

sizable group of generous and caring people. Their efforts spill over to everyone as the JT lands are available to all.

In Ashford, several landowners have chosen to participate in the Forest Legacy Program. The program is a collaboration between the US Forest Service and the local State DEEP agencies. The Forest Legacy Program is designed to help preserve and protect our forested lands and help landowners learn how to sustain their forests. The Federal Government recognizes the importance of trees and wants to encourage landowners to conserve this valuable resource.

As a member of the Ashford Conservation Commission, I had the opportunity to witness the brilliance and foresight of several town landowners. These individuals and families are concerned about their environment and want to keep our forests healthy and green in perpetuity. They are willing to give up their development rights for the greater good of protecting the trees. They do see the forest AND the trees! Yes, if the Ashford Woodlands proposal is accepted, the landowners will receive a payment for electing to not sell their land for development. To think beyond one's own life and yard and see the implications for the whole region is inspiring to me.

Sometimes conservation people are despairingly called "tree huggers." I believe the term needs to morph into meaning someone who reveres and respects. In reality the willingness to save forests is saving us all.

In spite of the horrible news that bombards us hourly, in spite of the brutality and incivility of the election this season, in spite of the racism and misogynistic tenor of our Country in 2016, I am so grateful to be living in the Quiet Corner of CT. In our area we have respect for the trees, which are the skin of our world. Our trees protect the soil, provide food and shelter to humans and other forms of life, and are beautiful to behold. Our forests give us a sense of hope when we feel that we are losing our minds. There are kind and awesome individuals in the world. We are so blessed to have a preponderance of those humans living in our communities and making sure that the earth is taken care of so that it will in turn take sweet care of us.

This sense of stewardship and connectedness is what needs to go viral in our confused and off-balance world. Reach out and congratulate your neighbors and friends who labor hard to maintain the resources and keep the trails open for you to use to heal and restore yourself. If you know any of the people who signed on to the Ashford Woodlands project in Ashford, thank them. These landowners are rooted in the truth that healthy forests equal healthy lands equal healthy people. And while you are at it, step up to the nearest tree and give it a big hug. You will feel grounded and content, and we will have one more thriving tree.

See Neighbors  
in beautiful COLOR  
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# Letters and Emails

An Open Letter to Delia Berlin-

Having read "Open Letter to Third-Party Fans," (*Neighbors* September/October 2016) it is apparent a review of history and the American political system is in order.

Let's begin:

1. While Ralph Nader received less than 3% of the popular vote, 11% of Democrats voted for George W. Bush.
2. Gore actually won the popular vote nation-wide.
3. Kathryn Harris, FL Secretary of State under Gov. Jeb Bush (I mean JEB!) cooked the books to get W the electoral votes in FL. For further information on that subject one need only Google 'hanging chad.'
4. Gore lost his home state of TN. And, not because of Nader.
5. With FL votes contested, a re-count of the vote was in process when the SCOTUS (Supreme Court of the United States) stopped the re-count, thus giving the election to G.W. Bush. In essence, the SCOTUS appointed Bush President in a 5-4 decision.

Now, to our election system. We have a tricky little thing called the Electoral College. To the dismay of some, it is the vote of the Electoral College and not the popular vote that decides Presidential elections. So, the vote in CT will award electoral votes and will not have a significant impact on the election unless those electoral votes can decide the Presidential vote. Therefore, what potential third party voters have to ask themselves is "Will my vote decide CT's electoral votes?" Is there anyone on the planet that thinks Donald Trump can win in CT? And, if Trump actually could win CT what are the chances he wouldn't win the 'battleground states'? What this means in the real world is that a third party vote in CT is a 'safe vote'. You can vote for a third party candidate and know that your vote will not be giving Trump the Presidency. You can also vote your conscience in peace knowing that in addition to have avoided choosing 'the lesser of two evils' once again, you may have helped to empower a third party in CT which one day might (unlikely as it may be) offer us a viable party candidacy.

While it is simple to repeat the talking point of the mainstream media and both parties that a third-party candidacy is to be avoided at all costs lest you help elect someone you find truly reprehensible, the truth is less simple and, to some, inconvenient. Voters in CT (I assume this is *Neighbors* target demographic), and especially those who detest Donald Trump, but are put off by Hillary (and Bill) Clinton, can rest assured that they can vote their conscience in this Presidential election. That's what I will be doing.

Sincerely,  
Bruce Bellm, Lebanon

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## Willimantic, Now and Then:

## Regrets: I've Had A Few... But Not Too Few to Mention!

By Mark Svetz

I have few regrets. It's not as though everything has worked out the way I hoped, or that I haven't made a lot of bad (and dumb!) choices. It's just that I figure things go the way they go; it's my job to live with it. Besides, I'm pretty happy with my life, and I've pretty much felt that way at any point along the way. As my mother used to say: "It's better than a sharp stick in the eye!"

I also learned, pretty early on, that bad choices often make the best stories. Few people want to hear about the trip where the train was on time and I got to my destination without a hitch. But let the train be four hours late, and my bag get lost, leaving me to attend my cousin's wedding wearing the cutoffs and tank top I was traveling in, and well, you can see a great story shaping up. When the proverbial fur flies, I never think, "Boy, I wish I hadn't taken that shortcut!" Rather, I tend to wonder what will happen next.

Recently, however, Sarah and I took off to western Massachusetts for a weekend. We just wanted to get a way from work and all for a couple days. We thought the leaves would be beautiful in the Berkshires. We had a great time, but being there reminded me of leaving New York City. One of the places we thought we might move when we left New York City was North Adams. More to the point, it made me think about moving to NYC in the first place. This is when I felt the unfamiliar tug of regret.

After a decade in Manhattan, Sarah and I decided we wanted to move out of the city. We started looking at real estate ads from various cities in Connecticut, New York State and Massachusetts; North Adams had some of the cheapest rents in the region. Pittsfield and Willimantic were the other two cities with low rents. I love the Berkshires and Sarah was born in Massachusetts, so we thought we might try living in North Adams.

This is exactly when I should have understood that living in New York was a great adventure, but Willimantic



is where I belong. I mentioned we looked at apartment rents, but we also had a few other criteria to consider. One is the proximity to colleges and universities, where I might find work when I need it. Another was a food co-operative, where knew we could find not only good food but good community. We had both been active members of the Willimantic Food Co-op, and wanted to find similar community where we moved. You can probably see what I couldn't see. Based on our stated criteria, Willimantic was the most desirable place to live, having potential employment, low rents and a food co-op! And yet, we were blinded by the adventure and the myth that you can't go home.

Well, it was about this time when my old friend Kathy Clark called and told me that she and Tony were not going

to rent the empty apartment in their house to "anyone but you and Sarah." You know, one thing led to another and we moved back to Willimantic. It was a great decision, but now more than a dozen years later, Tony and Kathleen are gone, and I regret having missed what turned out to be that last decade or so of my friends' lives.

I've been thinking about the regret ever since. I had a ball in NYC.

I met wonderful people, did meaningful work and generally soaked in the lessons that great city had to teach. Sarah and I developed a great sense of having each other's backs. We felt we could handle anything the city – or the world – had to throw at us. I never intended to leave the city. I was committed to my new home.

But after a decade, my old home had started to call out to me. We began to think about life outside the city again. I was born in the Berkshires, and I have always felt connected to that beautiful part of the world. I think I was drawn to that feeling of home. Kathy's call clarified the term for me. Home wasn't a place or a part of the world. It was not adventure or natural beauty. Home was people. Home was Tony and Kathleen. Willimantic was where they were. Willimantic was where I belonged.

So we moved back here. Kathleen died the month we returned and Tony lived another five years. I thank the Universe that I got to share that five years with Tony, but I can't get the previous decade out of my mind. I wonder if my self



indulgence was worth the time I lost with them.

That question has occupied my mind a great deal lately. I have no way of knowing the answer. Was it a mistake to move to NYC? Perhaps, but I believe life's mistakes are the tools that help us realize the truth about our responsibilities, obligations and desires. When I realize that I have done something that I, perhaps, should not have done, I try not to worry about the mistake. It's too late for that. I work hard to understand the nature of the lesson I might be learning.

In this instance, this one regret I carry with me, I feel the lesson of community and home was driven straight into the heart of my being. Now, when I hear someone talk of a great adventure, a move to some wonderful place, I can't help but think – I try never to give advice – adventure is great but don't forget where your home and community is.

I also think of Tony's words to me on many occasions: "Are you having fun? If you're not, stop!" On that score, I can say that I had a lot of fun in New York and I know Tony would be satisfied with that. Through the almost daily letters we exchanged, Tony had fun with me in New York, and I will always treasure that. But mostly, I've learned that lesson: I am committed to home and community. Where ever I find myself, the compass in my heart is always pointing toward Willimantic!

*Mark Svetz, now (mostly) retired, has been a journalist, activist, teacher and self-appointed knight errant in Willimantic for the last 45 years. You can read more of Mark's writing at [www.sarahwinterclothworks.com/writing](http://www.sarahwinterclothworks.com/writing).*

Photo of Mark Svetz by Sarah Winter.

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## From the Ground Up - Buying Local in Connecticut

## Composting 101 and Butternut Squash Chowder

By Dennis Pierce



It's too early to have the trees in my back yard stark naked. Recent rains and wind have stripped their branches, causing the multi colored leaves to fall to the ground amidst my overgrown grass and unkempt garden. It is that time of the year that I start making lists. Lists that are attached to my fridge door held by a magnet that has my daughter's picture when she was in middle school...she now is 22. I guess, a lot like that magnet, I hold on to that "to do" list, that endless list of seasonal "to do's", project ideas and household improvement. And yes, the list keeps growing. My thoughts are that if I write it down I will get to it eventually, if not in this life, maybe the next.

On Columbus Day weekend I took my annual journey to New Hampshire to visit old friends and climb Mt. Kersage. The timing was excellent with fall showing off its picture postcard New England best. Winding roadways, cider donuts, trees afire with red, orange and yellow blooms it really does not get better than that. So I think that in the last few weeks we got shorted on our foliage here in the Quiet Corner. It came, it went, it's almost over.

As I write this month's column I did not want to feature a local farm or winery I wanted to offer my thoughts on being a good steward to our environment and doing that by sharing some thoughts about composting. It is that time of the year that we are preparing our yards and gardens for a long winters nap. Perhaps this is the best time that you may think about beginning to compost in preparation for next year's garden. The following was gleaned from the Illinois University Extension program:

"Compost is decomposed organic material. Compost is made with material such as leaves, shredded twigs, and kitchen scraps from plants. To gardeners, compost is considered "black gold" because of its many benefits in the garden. Compost is a great material for garden soil in sandy soils, the addition of compost improves the water holding capacity of the soil. By adding organic matter to the soil, compost can help improve plant growth and health. Composting is also a good way to recycle leaves and other yard waste. The composting process involves four main components: organic matter, moisture, oxygen, and bacteria. Organic matter includes plant materials and some animal manures. Organic materials used for compost should include a mixture of brown organic material (dead leaves, twigs, manure) and green organic material (lawn clippings, fruit rinds, etc.). Brown materials supply carbon, while green materials supply nitrogen. The best ratio is 1 part green to 1 part brown material. Shredding, chopping or mowing these materials into smaller pieces will help speed the composting process by increasing the surface area. For piles

that have mostly brown material (dead leaves), try adding a handful of commercial 10-10-10 fertilizer to supply nitrogen and speed the compost process.

Moisture is important to support the composting process. Compost should be comparable to the wetness of a wrung-out sponge. If the pile is too dry, materials will decompose very slowly. Add water during dry periods or when adding large amounts of brown organic material. If the pile is too wet, turn the pile and mix the materials. Another option is to add dry, brown organic materials. Oxygen is needed to support the breakdown of plant material by bacteria. To supply oxygen, you will need to turn the compost pile so that materials at the edges are brought to the center of the pile. Turning the pile is important for complete composting and for controlling odor. Wait at least two weeks before turning the pile, to allow the center of the pile to "heat up" and decompose. Once the pile has cooled in the center, decomposition of the materials has taken place. Frequent turning will help speed the composting process. You may also add layers of soil or finished compost to supply more bacteria and speed the composting process. Commercial starters are available but should not be necessary for compost piles that have a proper carbon to nitrogen ratio (1 part green organic material to 1 part brown organic material). In addition to bacteria, larger organisms including insects and earthworms are active composters. These organisms break down large materials in the compost pile. The amount of time needed to produce compost depends on several factors, including the size of the compost pile, the types of materials, the surface area of the materials, and the number of times the pile is turned.

For most efficient composting, use a pile that is between 3 feet cubed and 5 feet cubed (27-125 cu. ft.). This allows the center of the pile to heat up sufficiently to break down materials. If the pile has more brown organic materials, it may take longer to compost. You can speed up the process by adding more green materials or a fertilizer with nitrogen (use one cup per 25 square feet). The surface area of the materials effects the time needed for composting. By breaking materials down into smaller parts (chipping, shredding, mulching leaves), the surface area of the materials will increase. This helps the bacteria to more quickly break down materials into compost. Finally, the number of times the pile is turned influences composting speed. By turning more frequently (about every 2-4 weeks), you will produce compost more quickly. Waiting at least two weeks allows the center of the pile to heat up and promotes maximum bacterial activity. The average composter turns the pile every 4-5 weeks. When turning the compost pile, make sure that materials in the center are brought to the outsides, and that materials from the outside edges are brought to the center. With frequent turning, compost can be ready in about 3 months, depending on the time of year. In winter, the activity of the bacteria slows, and it is recommended that you

stop turning the pile after November to keep heat from escaping the pile's center. In summer, warm temperatures encourage bacterial activity and the composting process is quicker."

So now that you are preparing for next year's garden don't forget that as the cold weather approaches farmer's markets begin to move indoors. I could not find if the Coventry market will continue to popup at the Coventry High School gym this year but the Storrs' Market will be open on the following dates: December 10th & 17th, January 7th & 21st, February 4th and 18th, March 4th and 18th and April 8th & 22nd. The market is held at the Buchanan Center, next to the Mansfield Public Library on Warrenville Road in Mansfield Center.

Not only do I have "to do lists" for projects I also make lists for recipes. Some I want to try out, some that are for upcoming events and some because they made me salivate. Here is a recipe that you may want to serve for Thanksgiving or just on a cold fall day.

### Butternut Squash Chowder Makes 6 servings

#### Ingredients

2 cups of butternut squash (peeled, diced and steamed until soft)  
1 cup of sweet potato (peeled, diced and steamed)  
1 cup of carrots (peeled, diced and steamed)  
(Steam individually. Use one cup of water then reuse the water for each steaming process add more water if necessary)  
3 cups of water (include left over water from steaming above)  
1/2 cup of diced red bell pepper  
1/2 cup diced onion  
1 1/2 to 2 teaspoons of salt  
1 1/2 teaspoon minced garlic  
1 1/2 teaspoon chopped basil (1/2 teaspoon if using dry)  
1/4 teaspoon chopped rosemary (1/8 teaspoon if using dry)  
1/2 teaspoon chopped thyme (1/4 teaspoon if using dry)  
2 teaspoons of sesame oil or olive oil  
1/2 cup of coarsely grated celery  
1/2 cup of diced green pepper or diced zucchini  
5 teaspoons of chicken base or veggie base  
1/4 teaspoon of paprika

#### Directions:

Blend the squash, sweet potatoes and carrots with water until smooth and set aside.  
Sauté the red bell pepper, onion, salt, garlic, basil, rosemary and thyme in the oil over medium heat for 5 minutes  
Add the remaining ingredients and sauté for another 5 minutes.  
Add pureed vegetable mixture, cook for another 5 to 10 minutes and serve hot.  
It is better to preheat your bowls to retain the warmth of the soup.  
Serve with salad and crackers

As Thanksgiving rapidly approaches I would ask you to pause and take an inventory of your "haves", like your health, your family, and your friends. When some things

go wrong, take a moment to be thankful for the many more things that are still going right. Best to you and yours for the upcoming holidays. If you have a suggestion or a farm or local grower you would like featured in this column drop me a line at Codfish53@Yahoo.com. Peas be with you.



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# Armed and In Danger

By Delia Berlin

I grew up in Argentina, but when I was 16, my father signed a contract to work in Brazil. He presented the move as an adventure for the family, a one-year commitment after which he would return to his job in Buenos Aires.

Because I was starting studies in physics, I was allowed to stay behind with my aunt and uncle. I would visit my family in Rio, under three hours away by plane, during school breaks. But at the end of that year, there was another renewal, and then still another one, so the one-year adventure became a three-year stay.

While this opportunity for advancement was impossible to match in Buenos Aires, the impact of uprooting the family cannot be overstated. My grandfather, spent his later years in a nomadic limbo between his two children's homes, now in different countries. My stay-at-home mother, who didn't speak Portuguese and didn't drive, lost her extended family support. And my siblings, who ranged in ages from three to thirteen when they first moved, changed their peers, schools, and even academic language and calendar. My father's company paid for them to attend American schools, where classes were taught in English and Portuguese, with a calendar matching opposite seasons in the northern hemisphere.

I was left behind and happy to proceed with my education, to keep my friends and my boyfriend. I still had family in my aunt, uncle, grandfather, and in my boyfriend's parents, who took me under their wings. The separation affected us all, but the trauma was minor for me, compared to what my siblings endured.

This period also was difficult for my aunt and uncle, who accepted to keep me, first for a year, then two, then three. Arrangements were always tentative, because we were all expecting a shorter stay. They couldn't plan their lives very far ahead or make me very comfortable. I ended up sleeping for three years on a tiny cot and living out of a suitcase. My pet parrot coped with many dramatic changes in her environment, ultimately requiring complete relocation. For me, giving her up was difficult, but unavoidable.

For the first time, my family had enough money to splurge on a few things. They all traveled to Europe without me and did things as a family that had never been part of my experience. I was not jealous, but it was strange to be left out and my life felt far from stable. My siblings may have felt guilt over our separation as well, but they couldn't even control their own situation. I can only feel empathy for their ordeal.

Three years into the Brazilian adventure, instead of returning to Buenos Aires, my father signed a contract to work in the US. Maybe this had been his plan all along, and sending my siblings to American schools was a way to prepare them for



that. But what for him may have been breaking the news gently, for everyone else was a long period of loss of control over their lives.

Meanwhile, our Buenos Aires home had been left no better prepared than for a short vacation. Everything had been gathering city soot. Now that my family would relocate more than 5,000 miles north for an uncertain period, I was expected to follow. It would be too expensive to travel during school breaks and I couldn't stay with my aunt permanently.

I was barely 19, but my boyfriend rescued me by proposing marriage. We were studying to transfer to an atomic physics institute in Patagonia. We would be in a residential campus for a while. In the interim, we could live with his parents, who were supportive and had lots of room.

We would get married during my family's visit, around the holidays. My future father-in-law decided that my parents would be more likely to approve our plan if he went to Rio, to formally ask for my hand. This was very old-fashioned, but irresistibly charming and, as predicted, my parents reacted positively.

My boyfriend and I wanted a bare-bones civil ceremony, followed by lunch with our immediate families. But my boyfriend had a single aunt with no children who would be included, so it seemed appropriate to invite my aunt and uncle who had hosted me for three years.

An unexpected complication was my mother's insistence that if my paternal aunt attended, so should her parents and her brother, with his family. I was opposed. This would double the scale of the event, and this uncle had dubious business ethics. My future in-laws were affluent and I didn't want to make them potential targets of his deals.

But my mother drew a line in the sand. If her family couldn't come, neither could my paternal aunt. Between a rock and a hard place, we excluded both. It was not a joyful occasion. But at least then, quite legitimately, I could stay behind.

After our wedding, my new husband and I went to his parents' ranch for a few days, only to return to an uglier family situation. There had been a huge fight between my parents and paternal aunt over our recent wedding. They were now not on speaking terms.

The fight had precipitated my parents' decision to empty the family house, where my aunt still had her dental office. They were just a day or two from leaving for the US, so they delegated to me, their just-married 19-year-old daughter, the vacating and cleaning of this four-bedroom house that they had abandoned for over three years.

For many weeks, my new husband and I would go there, put cleaning clothes on, sort and dispose of the sad remains of my family's life in Buenos Aires. An unexpected find amid these remains was a big bundle of antique long firearms.

All this was happening in the mid-seventies, dangerous years of the "dirty war" in Argentina. By some

estimates, 30,000 people succumbed to the political purges of those days and having lost close family and friends, I believe it. The disposal of firearms was a task best left for someone you could spare. Getting caught with arms, antique or not, could easily mean our swift and violent end.

We needed to find a way to get rid of these arms. Through a long chain of contacts, we located someone willing to take them, who lived an hour away by car. My grandfather Benito, aware of the danger this trip represented, wanted to accompany us. We wrapped the arms in blankets and placed them on the floor of our car, below the rear seat where my grandfather would ride.

We took off and soon were stopped by military police at an impromptu checkpoint. As usual in these situations, we had to show documentation and get frisked. We were nervous already, when one of the police asked us "What's there?" pointing at the blankets. Before my husband or I could answer, we heard Benito say "Vasos" ("Glasses" in Spanish). His choice was so off-the-wall for such a package that I thought we were dead, but incredibly, they signaled us to go on. We had been very lucky.

Coping with my family's moves took strength, and I was always thankful to have it. But I've wondered if I am strong because my parents parted with me, or if they were willing to part with me because they knew I was strong. Regardless, I felt fortunate to be left behind. I wouldn't have traded places with any of my siblings.

Author's Note: This story is original for this issue of *Neighbors*. For related stories, look for our third and latest joint book, "Long-Term Bonds: Selected Stories by an Older Couple" by Delia Berlin and David Corsini, at the Willimantic Food Co-op, libraries, bookstores and online book retailers. Kindle edition is also available, and free for Kindle Unlimited subscribers. We welcome honest Amazon reviews!



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# Charitable Soliciting

By David Corsini

The other day I received a 54" X 30" Indian blanket in a shrink-wrapped, oversized package that was delivered separately by a mail truck. It was an unsolicited gift from the Cheyenne River Indian Outreach program in Eagle Butte, South Dakota. Why did I get this?

I am sure that I received this blanket because the American Indian College Fund, to which I have made small donations for many years, shared my name. Not good.

I have read several books about the treatment of Indians by early settlers and years ago, when I was working in early childhood program development, I visited a Zuni pueblo. I was saddened by the past and present treatment of Indians and therefore decided to support Indian community college programs. Over the years, I received nice letters of appreciation and once they even offered to visit me. I called to thank them for the offer, but said my pockets were only deep enough to continue a low level of support and no visit was necessary. When the blanket arrived, I suddenly realized that I had received gifts from multiple Indian related groups. The gifts included dream catchers, key chains, a pencil case and recently the Trail of Tears necklace. I wonder what will be next. Could there be an Indian princess in my future? That would not be appropriate because I already have a princess. I plan to continue to support the American Indian College Fund but will call them and ask that my name be shared no more.

The Indian blanket got me thinking about the various strategies that charitable organizations use to get into your wallet. The blanket is an example of the free gift approach, in which organizations attempt to extract donations by playing on guilt. If someone gives you a gift, you are expected to give one in return, and if you don't, you have violated the gift exchange expectation and feel guilty. When I receive free gifts, I don't feel guilty. So my Indian blanket, which incidentally was made in China and, according to Delia, had a petrochemical smell, will be washed and used in some way but no donation will be made.

The American Indian College Fund is not the only organization that has shared my name. Every day I receive a fist full of mail and, while I have not done the math, I believe 90% of it is solicitations. While some of the solicitations are from charitable organizations I do support, many are from others. I write this in early October with the election only weeks away, so many of the requests are political. I typically do not send money to federal political candidates or parties. However, Bernie did get some but only a bit more than \$27. Since I am a registered Democrat, there is no stopping political mail. I imagine that the volume of mail involved with solicitation is good for the postal service but not good in terms of paper consumption, generation of waste, or my peace of mind. Since



all non-political requests are not from the Indians, where else do they come from?

Some come from organizations to which I made a one-time contribution many years ago in a moment of weakness or based on a major tragedy such as an earthquake or tsunami. There appear to be some organizations that never cull their lists. Other requests come from organizations to which a one-time donation was made in the memory of a friend or relative. Some of these requests eventually stop, but some go on forever. But many requests come from organizations that were given my name, or bought my name, from an organization to which I do contribute. Some charities now promise not to share donor names, but in many instances it is too late. Even though many of the requests come from groups with missions that I support, and sometimes strongly, I do not want to add another organization to my list.

While money is one reason to limit the number of organizations, just as important is a desire to not receive another newsletter and even more requests. One of the inevitable consequences of sending money to almost any organization is a request for more money. A typical letter goes: "Thanks for your recent contribution. Send more." What are other strategies used to solicit money?

By July of this year, I had already received 11 free calendars for 2017. Each came with a request for a donation and then a follow-up request asking if I had received the calendar. Not only did it seem a bit peculiar to receive next year's calendar in the middle of July, but it was equally perplexing that so many organizations did the same thing. Most of the calendars had nice photos and we tried to give them to friends, but had no takers. At this point I'm not sure what I did with the calendars so probably come January I won't be able to find even one.

The most ubiquitous free gift in recent years has been address labels. I have piles of these in several locations around the house. Because such things as paying bills now happens on-line rather than through the mail, the need for address labels is not what it used to be. So while I used to appreciate receiving them, these days most go directly to the recycle bin.

Another common "gift" is the package of greeting cards. Although many of these cards are beyond useable by Delia or me, some are innocuous enough for "emergency" use. I even enjoy receiving some holiday cards, as they are useful for sending holiday checks to those who deliver newspapers and others who care only about the check that is enclosed. I never send a contribution based on these unsolicited gifts, but my elderly aunt must. Frequently when I visit her, she insists that I go through big piles of cards to select some. I take a handful primarily to please her.

Then of course there is the "Limited-Time Matching Gift Opportunity" ploy. I have to admit that for some of the charitable organizations I care about, an extra contribution from me is extracted with this strategy. And when the organization has not extracted enough donations with that ploy, potential

contributors are likely to receive notification that the "Limited-Time" has miraculously been extended. Better hurry!

For organizations sending requests for donations in the mail, the first requirement is to get the recipient to open the envelope. The outside of the envelopes contain messages that are designed to get you to do just that. Some examples: Address Labels enclosed; No address labels enclosed; Your Membership Card Enclosed; Bees are facing the worst die-off in 40 years; Stop Extraction on Public Lands and Waters; Pay or Die---Is that the America we want?; Operation Turkey Dinner; You Wanted This; Limited Edition Gift Enclosed; Cigarette Butts, Rubber Ducks and Bowling Balls; You Are Her Second Chance; Multiply Your Gift 4 Times; Do Not Bend. I kind of like the strategy of enclosing a clearly visible nickel or dime. I even manage to get the coin without really opening the envelope. Then there is the strategy of getting you to open the envelope by engaging your curiosity. These are the requests that have no identification markings on the envelope. You better open this one because, who knows, maybe you have won the Irish sweepstakes. Even though I upon occasion open these unmarked envelopes, I mostly take my chances and throw them away without opening.

I am a member of numerous charitable groups that have a yearly membership fee. I care about these organizations and want to keep my membership up to date. Even these organizations have strategies to obtain extra contributions. One of these can often go unnoticed. The organization will send a request that looks like a "renewal of membership". But when carefully read, the request is for an EXTRA contribution. While there are some organizations I don't mind giving extra too, there are others I want to support at only the membership level. Another practice I have noticed with some organizations is the sending of a second request for membership renewal, even after a renewal payment has been made. Some organizations include a disclaimer that perhaps the renewal payment and second request pass in the mail. But some second requests are sent long after the renewal should have been recorded. I am sure this works quite well for members with memory issues. I keep a record of contributions I make and when I receive a renewal request, I check my record. Now, if I could just remember to write down that first renewal payment!

While I feel fortunate to be in a position to make small financial contributions to organizations and causes that I believe in, there are so many good causes and worthwhile organizations that things can quickly get out of hand. Requests via the mail are only one potential annoyance. Phone solicitation is even more annoying. I have managed to stop phone solicitation from most organizations that I belong to. But there are some phone solicitations I have not figured out how to stop and Delia is getting quite upset that Rachel and Sara from "card services" keep calling me. And don't get me going on solicitation via e-mail.

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# Detoxing From Donald Through Community Activism

By Phoebe C. Godfrey

“Trump pledged to save the coal industry from decline at the hands of President Obama’s Clean Power Plan. He promised that his policies would allow the U.S. to be completely energy independent. He said he would “cancel” the Paris Agreement to address climate change that was adopted last year by more than 190 countries and stop funding of any international efforts to address global warming”. Justin World, May 2016, Time Magazine <http://time.com/4349309/donald-trump-bismarck-energy-speech/>



As November 8th approaches, there are many things to fear about Donald Trump and the primarily white male working class blowback he has helped to ignite. Certainly, in terms of economics, hence social class, there is much that such voters should be angry about but rather than be led to collectively blame the same old scapegoats such as, non-Christians, non-Americans (aka white citizen as opposed to minorities / immigrants), non-males, non-whomever-they-are, their mostly calloused fingers should be pointed at both of the running elites, as in Trump and Clinton. However, there are obvious social issues that greatly distinguish the two candidates of which their views of climate change is for me of the utmost importance. The health of this living planet that sustains us is the basis upon which everything else depends and without it all the other social ills of inequality, racism, sexism and intolerance will only continue to increase. And yet Trump celebrates his denial of anthropogenic climate change and claims, as quoted above; he will do whatever he can to thwart any national or global efforts to engage in mitigation, let alone adaptation. And yet, 2016 is once again on course to being the new hottest year on record with CO2 levels higher now than they have been for 400,000 years- since before there were humans on the planet. In other words, we are entering the great unknown and yet with such leadership as shown by Trump, all we are ever told is “it’s going to be great”. Personally, I’d like a little more assurance than that. Clinton, in contrast, proposes that the USA become “the world’s clean energy superpower”, which is ironic given that sustainability if it is to mean anything needs to move beyond such comparative self-aggrandizement. Regardless, it seems to me that ‘the symbolic demontors’ (see Harry Potter stories) that Trump has released into the collective ethos will be with us far into the future, including their anti-environmental stance. As an anonymous saying goes “knowledge without action is ruinous to the soul” and in this case the knowledge I am speaking of is that no matter what Trump says or does (and then says he doesn’t say or do) in terms megalomania there are still people willing to vote for him. This knowledge greatly distresses me as it no

doubt does many others and so my choices are to ‘hate on’ him and his followers or to find an anti-dote to this ‘social and environmental climate’. In choosing the latter, my solace and inspiration comes from our non-profit CLiCK, which continues to grow, offering small-scale community based solutions to local / systemic social and environmental problems.

It is in this increasingly fascistic social and environmental time where each passing month records for police brutality and records for heat are achieved that the existence of CLiCK takes on new levels of meaning for me personally and, in my opinion, for our larger community. In fact, what CLiCK does really well is to offer a shield the ‘the symbolic demontors’ by putting into practice as best it can the embodiment of the co-operative values: self-help, self-responsibility, democracy, equality, equality and solidarity. Although technically non-profits are not co-ops they can, like CLiCK, be run on the co-operative values and principals, and they can, as CLiCK does, have members. Therefore, based on the Cooperative Development Institutes (CDI) definition they are considered co-operatives (<http://cdi.coop/how-are-nonprofits-and-co-ops-different>). I spell this out just to clarify as many are not aware of this fact and I think it adds to the significance of what CLiCK is trying to do and how it is distinct in structure and practice from most non-profits.

The ways in which CLiCK puts these values into practice is by enabling members of the community who join CLiCK to incubate food businesses with the support and solidarity of other members and to have access to equipment not possible were they going it alone. A great example of a new CLiCK member is a chef from Mexico, Maria, who is famous in town for her food although she has been cooking out of her kitchen for years. Yet with the help of CLiCK and support from the Windham Welfare Fund that gave CLiCK funds to match new users up to \$1000, Maria is now using CLiCK 5 days a week for 5 hours a day to make her food and selling it to the Windham Schools and beyond. In short, with the support of CLiCK and some grant funds she can engage in ‘self-help’ and ‘self-responsibility’ and her business can expand, her contribution to the local economy can now be formalized and most importantly her food can be made available to not only the kids in the schools but to the rest of us in the community. Then there is Doug who is the creator of Dragon’s Blood Hot Sauce that may be known to some readers. Doug was using a small rental kitchen in Putnam on a second floor. He had to carry all his bottles up stairs and down each time he was in the kitchen. Yet what was most lacking was companionship and community. Now at CLiCK, he shares the kitchen in the morning with Maria and works closely with our General Manager Rachael on developing new ideas. For example, he has grown a portion of his peppers in our community garden and has created a special CLiCK hot sauce. In addition, he is interested in serving on CLiCK’s board of directors in order to represent kitchen users / members. Again,

in all aspects of his business and his engagement with CLiCK, we can again see the co-operative values in practice.

You may by now be wondering what this has to do with community activism as stated in my title. My answer is that activism isn't just protesting and fighting against the existing system but is also about creating new spaces and places where we can engage with each other in ways that are based on, in this case co-operative values, and which aim to benefit the many rather than the few. For me, community activism looks at the collective social and environmental picture and asks how we can make choices that produce the most benefits for the most beings while incurring the least costs for all-both in terms of society and the environment. If 'it's going to be great' at all, then it must be for all. If we are to survive on this blue-green planet then we must move beyond the myopic single focus of our specific self-interests, as in only focusing on such divisions as our family, our community, our state, our race, our class, our gender, our nation, our religion and begin to see larger and more complex connections that transcend these divisions through a set a of values that like the co-operative ones seek the greater good. So if like me you are feeling the need to detox from Donald, and to a lesser degree from Hillary, resist the 'dementors kiss' and come get involved with CLiCK, or any other organization seeking to collectively and progressively create that which has yet to exist.

## Concerts at Manchester's Emanuel L.C.

Submitted by Marjorie Andersen

Saturday, November 12, 2016, 7:00 p.m.: Corbin Beisner, piano  
Returning to the FME concert series by popular demand, Corbin Beisner will present a program of piano sonatas by Beethoven, including the famous Pathetique, Appassionata, and Waldstein sonatas, on Saturday, November 12, at Emanuel Lutheran Church, 60 Church Street, Manchester. Mr. Beisner is currently studying piano at the Franz Liszt Academy of Music in Budapest, having received his Bachelors of Music summa cum laude from the Hartt School of Music in 2009. He has performed throughout the United States and Europe and was the first prize winner at international piano festivals in Obidos, Portugal, Barcelona, Spain, and Freiburg, Germany.

Saturday, December 10, 2016, 4:00 p.m.: The CitySingers of Hartford

In a celebration of joy and renewed hope for peace, CitySingers of Hartford will present a montage of seasonal motets from the Renaissance period to the present, as well as carols inspired by traditional folk songs, on Saturday, December 10, at 4:00 p.m. at Emanuel Lutheran Church, 60 Church Street, Manchester. Along with a cappella choral arrangements and selections accompanied by harp, woodwinds, bells, percussion and pipe organ, the audience will be invited to join in singing unique arrangements of familiar carols. Featured works will be the winter segment of British composer Larry Ashmore's Four Seasons and varied settings of In Dulci Jubilo! [www.citysingers.org](http://www.citysingers.org)

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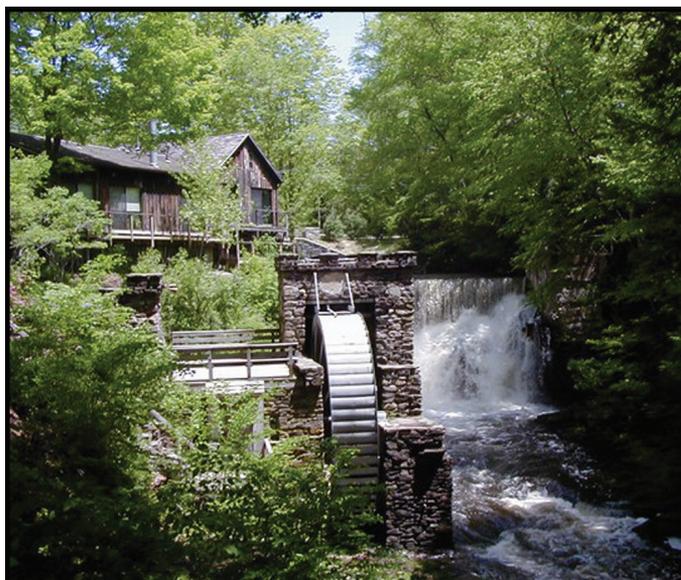


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# The Flashbacks: A Reminiscence

## Part Four – Johnny Crystal

By David Light

“We are The Flashbacks / Rock and Roll Review.  
We are The Flashbacks / Rock and Roll Review.  
Bringing that Good Old Rock and Roll Right Back to You.  
We are The Flashbacks / Don’t We Got Style.  
We are The Flashbacks / Don’t We Got Style.  
We’re Coming Back / In A Little While.”

This was part of a little musical diddy that Bob Peelstrom composed that ended each set. We performed four sets a night (45 minutes in length) and they were thematic in format. In the first set we came out dressed as “greasers.” Song selections were highly energetic, rebellious, and group-oriented. In the second set we came out dressed in white sports coats, singing a mixture of ballads, songs of heartbreak and teenage love and teen tragedy. The fourth set we came out dressed in matching windbreakers (black and orange – band colors) and performed a variety of songs.

What about the third set? The third set belonged to Johnny Crystal.

Bob Peelstrom convinced us that we needed a set that totally energized and involved the crowd, that brought them closer to the band and that made them go wild (especially the ladies). And so Johnny Crystal was born. Johnny Crystal was the guest singer, personifying a combination of Elvis/Chuck Berry/Dion/Bo Diddley. How did we come up with the name? Can’t really recall. “Johnny” was a popular 1950s name, and “Crystal” sounded... mysterious. He dressed in a very tight two-piece gold suit with sequins and a wig similar to Elvis’ hair style. He wore dark sunglasses. He was sexy; mysterious; dynamic; someone who made the ladies swoon and the men green with envy. My license plate at the time started with the letters JC.

I became Johnny Crystal by wearing a gold two-piece suit, gold boots and, eventually, a wig. The first suit was loose-fitting and made of satin. The second gold suit was very tight-fitting, the jacket having a high collar and accented with back sequins. And then a wig was added.

For 45 minutes each night we played, I became Johnny Crystal. What a rush that was. The songs in the set were pretty much the same each night, but the delivery was often different and keyed to the crowd’s reaction. Bob Peelstrom’s

verbal introduction coupled with his power chords to *C. C. Rider* (an intro song often used by Elvis) and Bill Very’s pounding drumbeat aroused the crowd to a fever pitch.

In the JC set there were no pauses between songs; it was continuous music. Johnny taught the crowd how to Stroll, how do the Bo Diddley Shuffle (which included splits that did not go completely to the floor), and the Locomotion. The center piece to the set was the song *Johnny B. Goode*, featuring Johnny exhibiting wild gyrations and Chuck Berry-style guitar kick steps. This was the only time I played guitar during the set. Bob’s guitar work provided the power in the absence of a rhythm guitar. He was a versatile guitarist. And then Johnny would exit to *C. C. Rider*. It was exhausting and exhilarating.

I was not a great singer, barely decent. But I got better. What I did become was an entertainer; every night pushing the limits of my creativity. As a band we worked hard to provide a night of fun, of memories, striving to make everyone happy, and to have them leave saying “What a great time I had.” We wanted to leave saying the same thing.

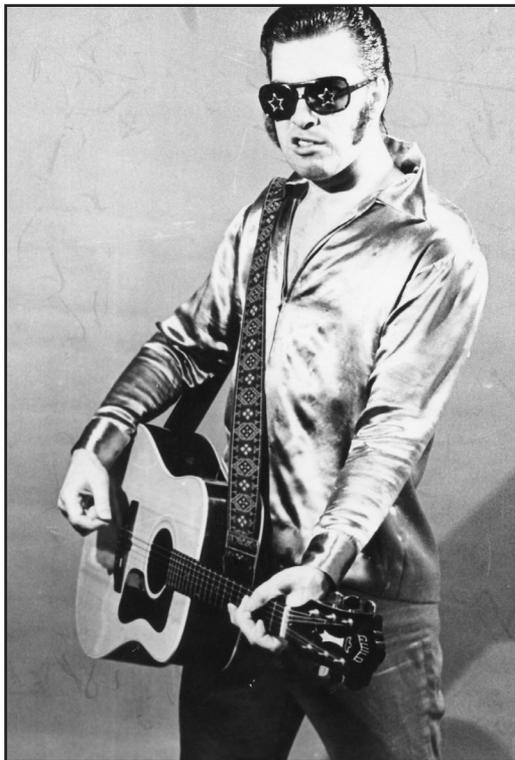
As Johnny Crystal, I had several memorable nights.

One night in Boston we shared the bill with Boston’s great girls’ oldies band, The Chittons. They were VERY talented female singers. They had a backup band as well. The Flashbacks were first on the bill and then The Chittons. Each band performed three short sets. The Johnny Crystal set was our third set. We had two encores. The Chittons performed the last set of the evening. They did not have any encores.

Another night I was flooded with autograph seekers. One husband brought his wife up and had me sign the back of her brassiere.

One night I had to arrive late to a high school gig. The band had built up my appearance to such a fever pitch that when I was announced and as I walked to the stage, I was wrestled to the floor by a group of screaming girls. My gold jacket was pulled off; my boots were removed from my feet; and my glasses taken. We told the crowd of high schoolers we would not start the set until the items were returned. Johnny Crystal was an entertainer! Despite the attack, the show went on!!

There was never a backup gold suit. One night in Jewett City there was a “wardrobe malfunction.” The tab on the zipper to my gold pants broke. The suit was so tight, I couldn’t pull up the remaining zipper mechanism with my fingers. No problem. Bob Peelstrom got a pair of pliers from a toolbox and



pulled up the zipper. The show went on.

And then there was the Norwich Rose Arts Festival in 1975. Under the big tent. We warmed up the crowd for the feature act, Jay and the Americans.

Was Johnny Crystal an ego trip? I guess so, to an extent. It was good for me; it was definitely good for the band. Somebody had to do it. Did I ever get tired of performing as Johnny Crystal? Yes, I did.

We even tried having another member of the band, Jim Davis, perform as the Guest Singer. He was called Little Dickie. It was a different personification from that of Johnny Crystal. We would alternate nights. Jim was good, but the crowd response was not as energetic as it was to Johnny Crystal. The venues to which we returned and used Little Dickie had people express disappointment that Johnny Crystal was not featured. So we went back to featuring Johnny. But (for me) it was still tiring.

In the January / February issue of *Neighbors* you will read more about the band's members, and about The Accident. In the meantime, check out the Facebook Group Page: **The Flashbacks and Their Rock and Roll Revival.**

*Photos were contributed.*



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Dear Reader-

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T. King, Publisher

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# Veterans Day Reflection

By Jim McGaughey

We used to call it Armistice Day. The first one was observed in 1919, one year to the day after the armistice took effect ending the fighting in World War I. That was a day truly worth commemorating: The 11th day of the 11th month, 1918. At precisely 11:00 a.m., the guns fell silent. No more earth slamming artillery barrages, no more murderous gauntlets of interlocking machine gun fire, no more clouds of poisonous gas lingering in ditches and shell holes. No more geysers of mud and shrapnel and blood. The relentless engines of industrialized death that had been methodically shredding the flesh of the world's young men simply shut down. The four year long ordeal was over. Pausing on the anniversary of that day to remember those who fought, and especially those who had not come back, answered deeply felt needs – a need to honor and remember the millions who had perished; a need to find some way forward in a world that was exhausted and disillusioned; a persistent, haunting need to create some kind of meaning out of the unprecedented slaughter.

Jubilant celebrations had broken out as news of the Armistice flashed around the world that November. Even hungry, exhausted Germans, facing a very uncertain future and reeling from the economic and political chaos then overtaking their country, welcomed an end to the fighting. The celebratory mood would be short-lived, however. In Europe, the year that followed the Armistice – 1919 – was marked by shortages, unemployment, alienation and distrust. Nationalistic struggles erupted in lands once controlled by the now defunct Russian and Austro-Hungarian Empires, and the specter of a Bolshevik-inspired revolution spreading westward over the continent loomed large in the minds of government leaders. In the U.S., it was a year of labor unrest, race riots, bomb plots, renewed agitation for immigration quotas, and spreading alarm over radical threats, both real and imagined. Having lost more than 110,000 young men to the War, Americans were also experiencing a growing sense of regret. Just as it had been divided over the decision to enter the War in 1917, the country was now deeply conflicted about the future role it should play on the world stage. As the first anniversary of the Armistice approached, the Senate was locked in contentious debate over whether, or on what terms the U.S. should ratify the Treaty of Versailles, the document formally ending hostilities. Opponents believed that the Treaty's provision chartering a new League of Nations would bind the U.S. to support decisions made by others, possibly drawing the country into further international conflicts. To the dismay of President Wilson, who had journeyed to Paris to participate in the negotiations, and who was the principal champion of the League, the Senate would soon vote to reject the Treaty.

But, on November 11th of that troubled year, the United States of America, like the rest of the world, put aside its political disputes, anxieties, reservations and regrets, and paused to share a sacred moment. People bowed their heads



and prayed in silence, remembering the one overwhelming, universal truth to emerge from the World War: there could never be another war like that one. Never. Never Again.

I was four years old in 1954, when November 11th was officially renamed Veterans Day. The change was made because, it was explained, there was a need to honor the millions of Vets who had served in World War II and the Korean War. My only recollection of hearing it called Armistice Day was when my mother explained why the factory whistles were blowing one morning. I remember sitting next to her on the front seat of her car while she waited for a traffic light to change. (There were no secure car seats for young children in those days – just flimsy sling seats that hooked over the car's seatback.) Suddenly, loud, shrill whistles started to sound, startling me. Mom explained that it was Armistice Day; that blowing the factory whistles at 11:00 a.m. was a tradition that had gotten started when the First World War ended. "That was Grandpa's war", she explained, "not Daddy's". It is just one of the few, brief flashes of recollection from my early childhood inexplicably etched in my memory – an isolated but vivid image imprinted on my consciousness without any real context. Thinking back, however, that may have been when I started to wonder what my war would be like.

I have much clearer childhood memories of subsequent Veterans Days. I was especially fascinated by the black-leaved wreaths that were ceremoniously placed each November 11th in front of the bronze and granite monument to WW I Vets that stood in front of the American Legion Hall in the town where I grew up. Identical wreaths were also hung on the "temporary" monument that had been erected in the center of town to honor veterans from WW II and the Korean War. I remember touching those wreaths and wondering: Where do they find such stiff, black leaves? The temporary monument was, in fact, a large, white wooden display case with a glass front that housed long lists of names – the most recent additions to the town's "Honor Roll". Some of the names were marked by gold stars. Those were the boys who hadn't come back. Eventually, the names started to fade and the case began to leak, staining the paper. It was taken down and, some years later, replaced by a granite monument erected in front of Town Hall. Those same names and stars are now cast in bronze and permanently affixed to the granite. The WW I monument was

relocated to stand next to it. By that time, however, another monument had been erected for Vets from the Vietnam War: two massive slabs of black granite forming an inverted “V”, thrust at an angry angle into the ground at a memorial park a mile north of the town’s center. Black-leaved wreaths are still placed in front of all three of those monuments every Veterans Day. If you walk up to them, you will sometimes also see small American flags, and pictures and cards and candles and dried-up flowers that have been left at the base of the granite.

Over the years, I have come to think of Veterans Day as more like a patriotic holy day than a full-fledged holiday. Despite the official proclamations and closures of government offices, for most Americans, it is, and always has been a regular work day. Businesses stay open, car dealers advertise blow-out sales, and most schools remain in session. There are no family meals to prepare, no backyard picnics, no need to rush around vacuuming the dust bunnies and scrubbing the bathroom before company arrives. It just isn’t that kind of day.

There is, however, something unique, something spiritually affirming about it. I think the season has a lot to do with that. In mid-November, the morning sun still warms your face, but you are probably glad you put on a jacket before you stepped outside. The air seems thinner and the sky is a paler shade of blue than just a month earlier. Half-bare branches bend to the gusting wind as fallen leaves swirl restlessly along the ground, whispering a warning of long nights and cold storms lying ahead. November is a time between - between the rich blend of reds and yellows that mark the passing of summer, and the barren tans and grays of winter. The promise of spring, the hot days and warm nights of summer, the back-to-school sales and country fairs have all come to an end, and the afternoon shadows seem vaguely tinged with regret. November is a time to quiet down and reflect. And, in that quieting, Veterans Day offers its invitation – an invitation to reconnect with oft told stories of sacrifice and honor and service; with recollections of dark days and grim determination, with images of tearful goodbyes and emotional reunions; with shared memories that are as deeply rooted in family lore and local legend as they are embedded in our national story. For veterans themselves, it is a time to recall the faces of comrades and the places and things they shared. For all of us, it is a time to consider how much we owe and to whom we owe it.

In towns and cities throughout America, prayers are offered, solemn words spoken, rituals reverently observed. Just as they did in 1919, the ceremonies still typically include a moment of silence - a hushed pause after the wreaths have been laid, the speeches delivered, and the echoes of the ceremonial gun salutes have faded. We bow our heads and wait quietly for the distant, mournful notes of Taps, touched by the eternal grief of war, lost in the collective memory of sons who never came back to their mothers, young fathers who never had the chance to hold their babies, brothers last heard from decades ago, missing and still so much missed.

We continue to need them, and they continue to serve. Somewhere between the corrosive rantings of radio talk show hosts, and the very real, very frightening threats to world security that seem to be endlessly emerging; between

ill-considered attempts to project national power, effect regime change and protect corporate investments, and the truly compelling need to thwart terrorism, halt genocidal attacks and protect innocent civilians; between the confused American yearning to be both mighty and good, and the sobering realities of friendly fire, collateral damage and post-traumatic stress – somewhere in the ever-churning mix of all these things lie two inescapable truths: 1) humankind has not yet found a way to end its addiction to war; and 2), in a world threatened by the forces of evil, we still rely on good men and women to serve in uniform and keep us safe. We hope not to have to send them into harm’s way, and if we do, we hope we get it right; that the waste, trauma, brutality and suffering we are inevitably inflicting on them and through them will somehow be justified by the greater evil they prevent; that history will not say we extended the plague of war to distant places and fresh generations based on unlearned lessons or incomplete understandings or fallacious assumptions or manipulated intelligence reports or seductive, imperial myths about exceptionalism and destiny. Or because we have failed to teach our children about the tragic realities of war.

This November 11th we would do well to remember the earnest prayer of those who observed the first Armistice Day back in 1919: Never Again



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20 Neighbors

# Eyesore Becomes Art in Ashford

Submitted by Margaret Chatey

An offbeat idea turned into major community project to help beautify a busy intersection and heart of the business district in Ashford, CT. A group of volunteer artists took up their brushes and converted the empty windows and bay door of a long-vacant gas station into murals depicting a colorful 1950s-era service station, turning an eyesore into an eye-catching art installation.

A series of community meetings with residents and business owners, organized by the Ashford Economic Development Commission and the Board of Selectmen, called Ashford Our Town Our Future had tackled ideas for ways to enhance Ashford. The subject of town beautification was one of a handful of projects that quickly emerged.

The white service station, on the market for some time, had become a bit of an eyesore with trees growing out of the foundation, broken windows and a dingy finish. Our Town Our Future volunteer Mike Gantick contacted the owners who live in another state and gained agreement to let the community work on creating murals on the vacant station.

Local artist Charles McCaughtry drafted sketches with the idea of showing the service station at work with vintage cars in the bay and uniformed gas station attendants and mechanics busy in the windows.

Before the painters could begin the murals, volunteers trimmed shrubs and power-washed the exterior in early spring. Local contractor Chuck Funk donated plywood and other building materials to create the surfaces for the murals and others primed it. Carpenters and the pre-clean-up crew included Ray Fenn, Janet Bellamy, Maureen Hanink, Mike Gantick, John Calarese, and John Rettenmeier. Supplies and funding



was donated by the Ashford Business Association, the Ashford Economic Development Commission, Eastford Building Supply, O.L. Willard Company, Inc., the Town of Ashford and Anything Printed.

McCaughtry recruited other artists to help him including painters Deb and Larry Gag, Steve Gerling, and Ryan Duffy. These artists brought loose sketches to full-color, painting the characters into life, a very noticeable contrast to the stark white building passers-by typically see at this intersection. The group posted progress on the Our Town Our Future Facebook page as the project evolved. The project was completed by mid-summer.

“We have such a lovely town with many people passing through it each day,” says project coordinator Mike Gantick. “We hoped to take something people were unhappy seeing and turn it into a local landmark. And the response has been wonderful,” he adds.

In total more than \$2,000 was invested in the project, and hundreds of hours of time. “This is the type of community this is,” says Ray Fenn, another Our Town Our Future committee member and volunteer. “Folks are happy to roll up their sleeves and dig in when there’s a plan and a common vision. We are so grateful to everyone who pitched in, especially our talented artists.”

Other projects that have kicked off from the Our Town Our Future community meetings include the formation of the Ashford Arts Council who is planning its first event on November 19 called Artisan Market at Knowlton, and a project with Landscape Architecture students from UConn who created a plan for Ashford’s business corridor and historic town center to enhance the town’s center and slow down traffic for local residents.

*Contributed photos.*



# Learn to Sing... Benefit Your Health

By Jennifer Murabito-LaForge

Have you ever watched a solo singer or choral group and been captivated by their total connection to the music? Has it brought emotion out of you, the audience member? Or, have you ever, after a long and stressful day, turned on your favorite song in the car, rolled the windows down, and sang your heart out? And I'm sure that felt good. This is the innate and undeniable connection we as humans have to music. And singing is unlike any other instrument, it is uniquely crafted for each and every individual. As you sang your heart out in the car, your body was releasing endorphins, the "feel good" chemical that helps to improve mood, similar to when you exercise or eat a piece of chocolate.

The physical act of singing has many health benefits both mental and physical. Here are some of the mental benefits. Singing can act as a natural anti-depressant. It reduces the amount of cortisol, a stress hormone, found in the bloodstream. According to an article written by the Sweet Adelines choral foundation, "Singing a short "ahh" sound for two to three minutes can help banish the blues. It forces oxygen into the blood, which signals the brain to release mood-lifting endorphins." Having more oxygen in the blood also helps with mental alertness, concentration, and memory. Researchers at the University of Manchester have identified a tiny organ in the inner ear called the sacculus, which responds to the frequencies created by singing. It is connected to the part of the brain responsible for registering pleasure. The pleasure response is immediate, regardless of what the singing sounds like.

There are also numerous physical benefits to singing. Singing helps to improve your lung capacity. As you practice projecting the voice and breathing as a singer, your lungs expand in new ways that differ from normal "life breathing" and speech. Singing also helps to boost the immune system through the increased production of antibodies in the blood stream. Other health benefits include, the release of pain-relieving endorphins, posture improvement, toning of the abdominal muscles, stimulates circulation, makes you feel energized, clears the sinuses and respiratory tubes, and releases muscle tension.

So the next time you have a tough day, just remember to sing! It just may help you to feel better. If you would like to begin vocal lessons contact the Song-a-Day Music Center in Coventry, CT and start reaping the benefits and joys of singing!

Information taken from the July 2011 article, "Life-Affirming Benefits of Singing, Vocalizing Promotes Well-Being," from the Sweet Adelines Choral Foundation.  
sweetadelines.com/pdf/healthbenefits.pdf

*Jennifer Murabito-LaForge teaches voice lessons at Song-a-Day Music Center in Coventry, CT and is a member of the Sweet Adelines Choral Group.*



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## A Profile of Marian Matthews: History Meets Modernity at the Henrietta House B&B



Marian Matthews and her assistant, Jasmine Lewis, in the Josiah room at the Henrietta House Bed and Breakfast in Ashford.

Tom King photo

By Christopher Morris

Just outside the Henrietta Suite, with its centuries-old brick chimney and original American chestnut floorboards, is a newly remodeled bathroom with all the modern amenities. “All my baskets are from the Philippines,” says Marian Matthews, owner and proprietor of the Henrietta House Bed and Breakfast in Ashford. She points to the baskets displayed on the hand-hewn rafter stretching across the length of the suite and then trails her hand to the side. “Some of this stuff comes from Okinawa and South Korea.”

Down the hall, a massive center chimney thrusts up through the center of the three story colonial house. “There would be a wall here,” Matthews says, gesturing to the space around the chimney—the towering smokestack would not be exposed. She points out the alcove in the brick where slaves would hide while on the run; Henrietta House, as it turns out, was on the Underground Railroad.

Today, Henrietta House is a quiet B&B located just down Ashford Center Road (Route 44). Matthews has seen many more corners of the globe than Connecticut’s own Quiet Corner, and Henrietta House is a reflection of her worldliness. The brush-up of history against modernity seen in the Henrietta Suite is a recurring theme in both Matthews’s home and in her personal history as a traveler and teacher.

Her flare for travel was lit during the Vietnam War, when her now ex-husband graduated from college. He was assigned a low draft number, so he joined the ROTC so he would be able to attend law school. Fortunately for him, the Vietnam War ended around the same time that he graduated from law school, and he was instead sent to Germany. “We were there for three years,” Matthews says. “Camping around Europe with our kids.”

From there, Matthews and her family visited Italy, Spain, France, England, Belgium, Austria, and beyond, and it was during this time that she caught “the travelling bug.” Ten years on, Matthews, then pursuing her doctorate, was spirited away once again when the Department of Defense took a strong interest in her professor’s model for gifted education. “They recruited us to go and teach for them,” she says. Her career as an educator took her from the Philippines to New Mexico to New Britain’s own Central Connecticut State University and, finally, to Okinawa and a year spent travelling Southeast Asia, Italy, Egypt, and Jordan as a scuba diver.

In between these adventures, Matthews returned to Ashford, having bought Henrietta House while still working towards her degree. It was not until after she returned from the Philippines, however, having spent years immersed in a slew of foreign cultures, that she began renting the house out as a B&B. Fascinated by history and culture, Matthews strove, as

she renovated Henrietta House, to keep the house's historical features in touch. Luckily, she says, it was not difficult. "The original paneling in the kitchen, for example, is still the hand-sawn paneling in the kitchen and the library." If the house's history is not a primary draw for potential guests, it becomes one once they arrive.



The Josiah Room and the Abigail Room are located on the second floor, the center chimney rising up above the staircase. The Josiah Room is characterized by its Southwestern and Asian flavors, its floor covered over in Afghani rugs Matthews purchased in Santa Fe, one of its walls decorated with a Japanese obi. The Abigail Room, meanwhile, is noteworthy for its South Korean hanbok and Okinawan obi. In creating these homages to her travels, Matthews is following in the footsteps of the house's original owners, who would have brought back mementos from their journeys across the country and beyond.

And besides, she's careful to remind me, smiling wisely, "I'm not going to keep it just exactly the way it was." It is fitting, then, that this place of intermingling times and cultures and peoples doubles as a Bed and Breakfast, as a place which stands out from a hotel-and even from other B&Bs- because of how personal it is. "We sit and eat with them," Matthews says. "The guests enjoy talking." She makes a point of learning about them, and Matthews assures me that, when it is finally time for the guests to leave, it feels like bidding farewell to old friends.

Friendship and community are the foundations of business and of day-to-day life in Ashford. Part of her business, Matthews believes, is promoting the region's other small businesses, including The Wooden Spoon and We-Li-Kit Ice Cream in Abington, which she assures me is "the best ice cream in the state." In fact, this sense of community is so powerful that it is a large part of the reason Matthews has chosen to settle here, in such a quiet place, after all of her travelling abroad. When she first moved in, she tells me, her head was filled with "these stories about these Yankees that are so cold." But, she says, "I'd lived in lots of different places. I found the friendliest people ever-ever in my life [in Ashford], and I grew up in Texas." Right after she had arrived and before she had bought any furniture, she was sleeping on the floor: "We didn't have anything." But to her amazement, her neighbor "brought over muffins and all this stuff for breakfast and invited us for dinner." It was hospitality like she had never experienced before, not in any of the places she had lived, and it gave her a feeling, "right from the start," that Ashford was where she belonged.

On the B&B's website is the old maxim, "A home is what you make it." Matthews's travels and her history as an educator have, indeed, allowed her to make a great deal of hers. In Henrietta House, she has founded a serene and welcoming corner of Connecticut's Quiet Corner, a place to relax, to immerse oneself in the region's community-driven culture and rural landscapes.

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## Environmental Corner

# What is food waste and what can we do about it?

Submitted by Rita Kornblum (SWAC member) and Virginia Walton (Mansfield Recycling Coordinator) from the Town of Mansfield Solid Waste Advisory Council (SWAC)

Food waste is a growing problem with profound financial and environmental impacts. Simply put, food is typically wasted when we buy more than we need, store it incorrectly, throw away leftovers or cook too much. Statistics show that Americans waste 25 percent of the food they purchase and the amount of food wasted per capita has increased by 50% since 1974.

The US Food and Agriculture Organization estimates that globally, approximately one-third or 1.3 billion tons of food is wasted annually. The US Department of Agriculture (USDA) estimates that in the United States, food loss and waste at the retail and consumer levels was 31% of the food supply in 2010 which translates into 133 billion pounds of food and \$162 billion dollars.

When we throw away food, we also waste all the water and energy used to produce, package and transport food from the farm to our plates. Furthermore, harmful greenhouse gas emissions resulting from food consumption (from farm to plate) are second only to the emissions from personal transportation. U.S. food waste results in 25% of all our fresh water and enough energy to power the country for more than a week. All of the resources that go into producing wasted food – including the land, labor, water, pesticides, and fertilizers – could have been saved or gone to uses of higher value to society.

Wholesome food that is wasted could help feed people in need. Feeding America, a hunger-relief charity, estimates that there are billions of pounds of potentially usable food loss in the U.S. food supply chain (48 billion pounds pre-distribution and 22 billion pounds in local markets).

One may ask why we should focus on food loss and waste. The answer based on what the US Environmental Protection Agency (EPA) estimates is of great concern to environmentalists as well as conscientious citizens. In the United States:

- Food is the single largest component of residential trash going to landfills, or in Connecticut's case, trash incinerators

- Food waste generates methane, a greenhouse gas 21 times more potent than carbon dioxide

- Although our waste in Connecticut is not landfilled, most states do use landfills. Landfills are the third largest source of methane in the U.S.

In September 2015, USDA joined with EPA to announce the United States' first-ever national food waste reduction goal, calling for a 50-percent reduction by 2030. Consumers and communities at all different levels (farm level, local businesses, at home and at restaurants)

are crucial in this effort. Several initiatives are currently underway such as EPA's Food Too Good to Waste ([ww.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit](http://ww.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit)), Foodkeeper App, My Plate.gov ([www.choosemyplate.gov](http://www.choosemyplate.gov)), [www.usda.gov/oce/foodwaste/](http://www.usda.gov/oce/foodwaste/) to name a few.

In Mansfield, the Solid Waste Advisory Committee has been piloting the Food Too good To Waste program in the schools and faith based organizations. We are also showing an interesting film entitled "Just Eat It". The film is a catalyst for further discussion and local action. Any organization interested in showing this film and holding a discussion on this topic should contact Virginia Walton at 860-429-3333 or [waltonvd@mansfieldct.org](mailto:waltonvd@mansfieldct.org).

In conclusion to this article which barely scratches the surface on this important topic, we provide some tips that can be adopted by anyone interested in doing their part to reduce food waste at home. They are:

- 1) Shop smart. Plan meals, use grocery lists, and avoid impulse buys. For instance, buy two loose carrots instead of an entire bag or buy rice from a bulk bin instead of buying a 3 # bag.

- 2) Manage Your Leftovers – Freeze for next week or eat that favorite casserole for lunch at the office the next day. Once a week create a "use it up meal" from all your left overs and foods that are about to go stale or be unusable.

- 3) Use It All - Use vegetable and meat scraps to make healthy homemade stocks. Use citrus fruit rinds and zest to add flavor to other meals. Soft fruit can be used in smoothies; wilting vegetables can be used in soups, etc. And both wilting fruits and veggies can be turned into delicious, nutritious juice. Finally, freeze the food to be used later.

- 4) Check the fridge. Make sure it's functioning at maximum efficiency. Look for tight seals, proper temperature, etc. — this will ensure that the fridge keeps food fresh as long as possible.

- 5) Understand Expiration Dates - If stored properly, most foods (even meat) stay fresh several days past the "use-by" date. Expiration dates are the manufacturer's best guess of when food will be at its peak freshness. Expiration dates have nothing to do with food safety. Freezing foods extends their shelf life.

- 6) First In, First Out – In many cases foods spoil because they get pushed to the back of the fridge or pantry shelf. Avoid clutter and when putting away new food purchases rotate older foods to the front so you use those first.

- 7) Donate - Give what you don't/can't use to your local food pantry or your friends

- 8) AND THEN.....AFTER YOU HAVE DONE ALL THAT : Compost It!

For more tips or more information we suggest the following links:

www.mansfieldct.gov/trash  
 www.epa.gov/recycle/reducing-wasted-food-home  
 www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit

And we leave this time with some “food for thought”:  
 As the saying goes... If we don't change the direction we are going, we are likely to end up where we are headed.

“Of all of the options for boosting food availability, tackling waste would be one of the most effective.” Jonathan Foley, National Geographic, May 2014

## Christmas Concert in Ashford

Submitted by Jane Vercelli

The 5th Annual Christmas Concert of the Northeast Connecticut Community Orchestra will be performed on Friday, Dec. 9, at 7:30 p.m. in Ashford at Knowlton Memorial Hall. The concert is sponsored by the Friends of the Babcock Library. Admission is free. Donations are welcome.

The musical program includes a pair of Sleigh Rides by Mozart and by Leroy Anderson, Lullaby by George Gershwin, Royal Dances by Eric Ewazen, Blue Danube Waltz by Strauss, Sleepers Awake by J.S. Bach, traditional Christmas carols arranged by Martha Yasuda and French carols arranged by Graham Bastable.

Assistant Conductor Dylan Lomangino of Manchester will lead the orchestra in Ashford.

The Northeast Connecticut Community Orchestra is a regional group of musicians ranging in age from 12 to 80 who play violin, viola, cello and string bass.

A second concert by the Northeast Connecticut Community Orchestra will be held on Sunday, Dec. 18, at 2 p.m. at Pomfret School's Clark Memorial Chapel, Rte. 44, Pomfret.

That concert will feature virtuoso violinist Yaroslav Tereshchenko playing a movement from “Winter” from Vivaldi's Four Seasons and a movement from a Mozart string quartet. Tereshchenko is the founding conductor and music director of the orchestra.

Orchestra members include: Barbara Horn and Eileen Geriak, both of Ashford; Craig Baldwin, JoAnn Baldwin, Michael Geigert and Melissa Joyal, all of Pomfret; Charles Seivard, Saul Ahola, Kurt Kaufman, Margalit Kaufman, Sara Harkness, all of Woodstock; Hannah Brule, Windham; Sophia Pratto, Mansfield; Joan Sinder, Willimantic; Brianna Toedt, Columbia; James Bump, Putnam; Gale Eberly, Tolland; Dylan Lomangino and Linda Hilliard, Manchester; Jan Zacharski, Brooklyn; Jane Vercelli, Thompson; Jen McColley, Longmeadow, MA.

For information, contact Jane Vercelli at [janevercelli@gmail.com](mailto:janevercelli@gmail.com).

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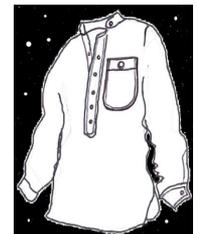
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SLIDING SCALE

# From Slave to Legend

By Myrna Riquier

Mary Fields was born in 1832 near Nashville in Hickman County Tennessee. Being a slave for thirty years until the Civil War came to an end did not dampen her dreams to be free. She learned to read and write alongside her childhood friend, who was the daughter of the plantation owner where Mary and her parents worked and lived.

Slaves didn't have last names, but Mary's mother thought it was important for her daughter to have one. She decided to name the child Mary Fields because Mary's father worked in the fields.

As Mary reached her teen years, her parents were sold and she grew up an orphan at the plantation, being put in full charge of household services at age fourteen.

In 1865, finding herself free, Mary traveled about the country more than most newly freed slaves because her interests were limitless and nothing scared her. She held numerous jobs at convents, restaurants and laundries, taking care of sick people and similar opportunities. She befriended many along the way. She learned numerous trades and was adept at gardening. She also learned how to administer herbal supplements to sick people.

Mary's childhood friend from the plantation had gone off to school and later became Mother Amadeus of the Ursuline Nuns at St. Peter's Mission in Montana. When Mother Amadeus became ill, she summoned Mary to join her there on the Missouri River. Mary went there immediately, nursing the woman back to health and then worked at that convent for many years doing the bulk of the women's work and much men's work too.

There are some very interesting things about Mary, not least of which is that she had grown into a very strong six foot, two hundred pound woman, bigger than most men she met. She liked to frequent bar-rooms where the customers knew to not mess with her. Those who did were soon sorry because she never lost a bar-room fight. It has been said that Mary broke more noses than anyone else in Montana. One punch from her was all it took. The aggressor would be on the floor, out cold, and Mary would return to her glass of beer.

One internet account reports that "Local whites didn't know what to make of her." One of them wrote an essay indicating that "she drinks whiskey, she swears, and she is a Republican, which makes her a low, foul creature." Another reported that "after an incident with a disgruntled male

subordinate that involved gunplay, the bishop ordered Mary to leave the convent".

The concerned Mother Amadeus told Mary she had heard that Wells Fargo was hiring. Mary headed right off to Cascade, Montana to see what kind of work they were offering. Already in her sixties, she applied for the job delivering U. S. mail. She was among several applicants applying for the position that day and, in spite of her advanced age and being the sole woman applying, she was awarded the job because she could hitch a team of six horses quicker than any of the other applicants.



With her mail route being in the Great Falls area in the Cascade County region of central Montana, Mary settled down with her mule, Moses, and pet Eagle, making her home in the town of Cascade. An interesting note is that she delivered mail to the home of a then nine year old, Gary Cooper, who later in life wrote an article about her for Ebony magazine saying that "Mary lived to become one of the freest souls ever to draw a breath or a .38".

Earning the name Stagecoach Mary, she carried a shot gun, wore a .38 at her side, a flask of whiskey in her apron pocket and a home-rolled cigar between her teeth. When the snow was too deep for her horses to navigate her mail route, she would carry the mail sacks on her back, using snow shoes and her mule Moses to get the job done. She never took a day off and worked that mail route into her late sixties when she retired and opened a laundry service.

Mary became a legend in the territory and was beloved by her hometown people of Cascade. She loved baseball, a new sport at the time, and sponsored the town's baseball team. Because she didn't know her actual birth date, the town of Cascade closed their schools on two separate days every year just so the whole town could celebrate Mary's birthday.

Known in the territory as Stagecoach Mary, and sometimes as Black Mary, she died at age 82 in 1914. Her grave is near Cascade, Montana.

Writer's Note: You can read more about Mary Fields on the Internet. An interesting book entitled *Mary Fields aka Stagecoach Mary* authored by Eric Martin Hicks also exists. It is available on amazon.com for a few dollars. I would be happy to share my copy with anyone who wishes to read more about this very interesting and certainly unusual black lady of the early west.

*Photo was contributed.*

## Come Join the Quiet Corner Camera Club

Submitted by Susan Audette

There is no feeling like capturing a special moment that will last for a lifetime. Often the only way we can do that is through photography. Perhaps you have always wanted to improve your techniques. Well that is what we are all about. Doesn't matter what model camera, how simple or how advance. We cover a wide variety of subjects and techniques, all as a means to improving our picture taking ability.

We are the Quiet Corner Camera Club, a group of photography enthusiast of all skill levels. We meet at the Buchanan Center of the Mansfield Library, the first and third Tuesdays of most months beginning this year on September 20th. Couldn't make our first meeting? No problem, you can drop in anytime. You can also find us on Facebook at Quiet Corner Camera Club. Many of our members and non-members too, post information there as well as photos.

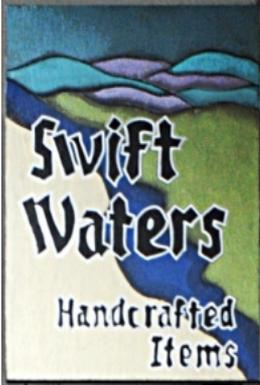
Quiet Corner Camera Club was originally the Windham Photography Club, but with so many members from all over this corner of the state, the name was changed to reflect the membership. The club began through the efforts of Charlie Sandborn, who at that time owned the Willimantic Camera Center on Main Street. Mr. Sandborn, an avid photographer, with the help of three other camera buffs, organized the club with the purpose of bringing those who enjoy photography together.

The Quiet Corner Camera Club's mission is much the same. It is open to any and all (no need to be a Quiet Corner resident) who enjoy photography and hope to better his/her skills in the craft.

Our meetings include speakers, workshops, and hands-on activities, all for the betterment of the craft. Each year we host an annual show at Art Space of Willimantic. We have the opportunity to display and sell our work. This year the show will open on Sunday, November 6th from 1-4 with an opening reception. It will continue through November 27th at 4 pm. The gallery show is open to public viewing. Other opportunities arise during the year, such as the Windham Hospital exhibit and where ever else the membership feels would be a good place to display. As an affiliated camera club of the New England Camera Club Council (NECCC), our members can also participate in NECCC competitions and activities. Don't wish to display your work? No pressures to do so, as we are just happy to have you join and learn along with us. We welcome new members at any time.

Need more information, contact Mike Adams, Secretary at [qcccsec@gmail.com](mailto:qcccsec@gmail.com). Dues are minimal, the rewards are maximum! See us on FACEBOOK @ Quiet Corner Camera Club.

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# Ideals in Marriage (Part 1)

By P.K. Willey, *Ph.D.*

Gandhi's personal relations with his wife Kasturba have stood the test of time to demonstrate the ways in which a married couple can grow and develop as individuals and as a team, towards the ideal of harmony. Their relations have received much criticism, by the sightless scrutiny of a modern society which cannot penetrate beneath the surface of their relations to feel the deep commitment and intentions that were present. A more penetrating understanding of the ideals which played a role in the context of their married life will clarify the nature of their marriage.

This article briefly examines the ideal of married life held in India that both Gandhi and Kasturba subscribed to. Most of the information that remains today about the ways they exercised that relationship, is what Gandhi wrote himself, by way of open confession, in his autobiography, which he termed, *The Story of My Experiments with Truth*. A notable scene portrayed in Attenborough's magnificent film, *Gandhi*, shows Kasturba's refusal as an upper caste Indian woman, to empty their guest's 'night-soil' chamber pots. Gandhi, whose conscience was in high rebellion against man-made distinctions of 'high' and 'low' human beings, in a fury pushes her to the gate of their house. When Ba asks him *where* she is to go, he comes to his senses, his passion cools, and he brings her right back into the house with extensive apologies.

Context is everything.

Culturally, the majority of Indians are aligned with that all-absorbing philosophical treasure house, called 'Hinduism', or what its followers call it, *Sanathana Dharma* (the Eternal Way, or Truth). Monogamy, a sexual relationship with one person *only* in life, *if at all*, is the societal ideal. *Sanathana Dharma* guides life through four basic stages called *ashrama*, all of which march towards the ideals of harmony with the truth of our Being. This ancient system of life-stages, essential to Hinduism, is in fact universal to the human condition. Gandhi found that:

"The four *varnas* and four *ashramas* are an arrangement not peculiar to Hinduism but capable of world-wide application, and a universal rule, the breach of which has involved humanity in numerous disasters."



Gandhi and Kasturba, taken after her jail sentence which nearly killed her, both now deeply committed to the ideals of brahmacharya, satyagraha, non-possession, and ahimsa. Contributed photo

These stages of life can be translated as: *brahmacharya*—study of the course of conduct that leads to realization of the supreme Being within oneself; *grihastha*—the house-holder, promoting family life in harmony and duty to truth, the support of Hindu society, culture, and the other stages; *vanaprastha*—retirement from worldly affairs in search of truth or Being; *sannyasa*—becoming a teacher of truth and Being.

In a conversation with a guest, recorded by his granddaughter Manu in 1947, Gandhi described his understanding of the reverence for the feminine principle prescribed in Indian traditions:

"...the underlying intent in our ancestors' introducing in our daily routine the custom to offer worship to goddesses is simply this—that we accord our womenfolk a high place in our society. Look at their spirit of sacrifice. What sufferings does a woman willingly go through in order to bring up her young child! In moral courage, women far surpass men. The woman is the very embodiment of nonviolence, patience and endurance. But what do we see today? People do not shrink even from violating their modesty! What scripture sanctions such heinous deeds? Know for certain that the home, the society or the nation which does not give due respect and honour to her womenfolk is doomed."

There are 24 ethical qualities enjoined upon both men and women as a means to bring harmony into their marriage, found in the 16th chapter of the *Bhagavad Gita* (thought to be 3000-5000 years old). They are called the *daivi-sampat* (divine qualities) cultivating which,

the harmony with the Being of pure truth within husband and wife makes its abode in their hearts and promotes a relationship guided by ethical instincts:

"...fearlessness, purity of heart, steadfastness in knowledge and yoga [contemplation of supreme union], alms-giving, control of the senses, sacrifice, study of the scriptures, austerity, straightforwardness, harmlessness, truth, absence of anger, renunciation, peacefulness, absence of crookedness, compassion to beings, uncovetousness, gentleness, modesty, absence of fickleness, vigour, forgiveness, fortitude, absence of hatred and pride."

Prior to marriage, in the ideal, *both* boys and girls were given scriptural training in an ashram or hermitage under

the leadership of a sage. Girls choosing the path of family life, were taught the great art of home management and all that it entails though years of observation and participation with their mothers. A woman's married life was a merging of two parallel streams—the *sati* or ideal of wife, and the *brahmavadini*—the one who sought knowledge of the supreme truth.<sup>6</sup> In the ideal, the sublimation of her ego (the sense of an independent individual existence), and expanding self-identification leading to total harmony with her husband's soul is complete. That is what is meant by a true *sati*, one who had burned up her ego through devotion to the truth in the soul of her husband.

Upon marriage, for the wife, her husband became her sage. Such discipline in married life is known as *pativrata* (*pati* (husband)-*vrata* (vow, observance, will). Hindu marriage stresses that for each spouse, it is to the Supreme Lord that they are becoming joined.

“It is not physical, not even mental chastity or fidelity to the husband, but a total identification of the wife with the husband, whereby her ego is gradually disappearing.”

In the ideal Hindu marriage, the goal was the same for both husband and wife—but the means were different. ‘The hand that rocks the cradle rules the civilization.’ Speaking in terms of the majority of women, Gandhi stated:

“Whilst both [men and women] are fundamentally one, it is also equally true that in the form there is a vital difference between the two. Hence the vocations of the two must also be different. The duty of motherhood, which the vast majority of women will always undertake, requires qualities which man need not possess. She is passive, he is active. She is essentially mistress of the house. He is the bread-winner, she is the keeper and distributor of the bread. She is the caretaker

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in every sense of the term. The art of bringing up the infants of the race is her special and sole prerogative. Without her care the race must become extinct.”

It is only through employing ethics in the relationships between men and women that a necessary and workable harmony can be achieved. In women's relations to man, she bows to truth as being present in him, as he does her. Swami Sivananda, a wise and prolific writer on *Sanathana dharma*, gave this advice to men about their necessary relations to women:

“Glory to Woman! See God in a woman, Give up the idea of sex, give up the idea of wife, Adore her as the energy aspect of the Lord. She is your first teacher, She is your visible God, She is an emblem of beauty, She is full of sweetness. She is graceful and mild, She is gentle and elegant, She is humble and patient, She adorns the home. She is the *Lakshmi* [personification of prosperity] of the home, She is the life partner of man, She is the loving mother, She is all-in-all. Her modesty is laudable, Her chastity is a mighty force, Her voice soothes man, Her music elevates his heart. Without Her, the home is a void. Without Her, man is helpless. Without Her, this world loses all charm. Without Her there is no Creation. Woman is *Chaitanya Mayam* [full of auspicious and beautiful light]. She holds the key of this world. She is the child of *Adi Shakti* [primordial energy]. She controls the destiny of children.”

Drummed throughout the ages into the psyche of Indians through the *Itihasas* (the great mythological epics of the *Ramayana* and the *Mahabharat*), and the *Puranas* (the folklore

*continued on page 39*

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## ECSU Concert Series to Support High School Students

By Ed Osborn, ECSU University Relations

One of Connecticut's true music legends — rhythm and blues singer, legendary rock promoter and philanthropist David Foster of Windham — is partnering with Eastern Connecticut State University to sponsor a special series of four fundraising concerts this season.

“Jazzin’ it Up at Eastern” will feature four world-class acts in support of a scholarship fund for Windham High School graduates to attend Eastern Connecticut State University. “We are so pleased to partner with David Foster on this project,” said Eastern President Elsa Núñez. “Giving Windham’s young people the financial support to attend Eastern will be a life-changing event for these students.”

The Kevin Crosbie Memorial Scholarship, established in honor of the late publisher of the Willimantic Chronicle, was created by David and Marilyn Foster, Kevin’s widow Pat Crosbie and Eileen Ossen of the Jeffrey P. Ossen Family Foundation. All ticket proceeds for the concert series will go towards the Kevin Crosbie Memorial Scholarship. “Kevin was a great friend and a tireless advocate for our local community,” said Foster, in announcing the concert series. “The scholarship fund we created in Kevin’s memory is a way to keep his legacy alive. He would be pleased to know that we are helping local students achieve their dream of a college education. This concert series will significantly add to the Crosbie Scholarship endowment.”

Foster’s band — the Mohegan Sun All-Stars — opened the series on October 22. Their show marks the 45th anniversary of the Shaboo Inn in Mansfield, CT, where Foster showcased a Who’s Who of famous musical acts from 1971–82, including Dire Straits, BB King, Muddy Waters, AC/DC, Aerosmith, Elvis Costello, The Police and many more.

Foster began his career as a singer at age 14. In 1979, he assembled a group of musicians to form the Shaboo All-Stars. Today, Foster and his friends are still cranking out their trademark rhythm and blues as “David Foster and the Mohegan Sun All-Stars.

In addition to Foster and his band, three veteran jazz acts will complete the series — Grammy Award-winning trumpeter Arturo Sandoval, renowned guitarist Pat Metheny and legendary jazz quintet Spyro Gyra. The Mohegan Sun All-Stars appeared on October 22, Sandoval will appear on November 5, Metheny and his band will play on January 13, and Spyro Gyra will complete the series on May 20. All shows begin at 8 p.m.

A protégé of the legendary jazz master Dizzy Gillespie, Arturo Sandoval began studying classical trumpet at the age of 12, but it didn’t take him long to catch the excitement of the jazz world. He has since evolved into one of the world’s most acknowledged guardians of jazz trumpet and flugelhorn, as well as a renowned classical artist, pianist and composer. Sandoval has been awarded 10 Grammy Awards, and has also received six Billboard Awards and an Emmy Award.

By the age of 15, Pat Metheny was working regularly with the best jazz musicians in his hometown of Kansas City. He first burst on the international jazz scene in 1974, crafting a trademark playing style that blended the fluid sound of horn players with an advanced rhythmic and harmonic sensibility. Over the years, Metheny has won countless polls as “Best Jazz Guitarist”; produced three gold records — “Still Life (Talking),” “Letter from Home” and “Secret Story”; and won 20 Grammy Awards in 12 different categories.

From their humble beginnings in Buffalo, NY, jazz icons Spyro Gyra have earned an international audience over their 40-year career, selling more than 10 million albums and playing more than 5,000 shows on five continents. All four groups will play in the 400-seat Concert Hall in Eastern’s brand-new Fine Arts Instructional Center. This 118,000 square-foot facility is home to Eastern’s music, theatre and visual arts programs and features three major performance spaces (the 400-seat Concert Hall; a 254-seat Proscenium Theatre; and a 125-seat Studio Theatre).

I cannot thank David Foster enough for his generosity in organizing and financially supporting the concert series,” said Ken DeLisa, Eastern’s vice president for institutional advancement. “By paying for the artists and supporting the promotional activities surrounding the series, David is making it possible for all concert proceeds to go towards the Kevin Crosbie Memorial Scholarship, which will defray the cost of attending Eastern for a number of students from the Willimantic community.”

To purchase tickets or for more information, visit [www.easternct.edu/jazzinitup](http://www.easternct.edu/jazzinitup), call the Concert Hall Box Office at (860) 465-4979 or email [concerts@easternct.edu](mailto:concerts@easternct.edu).

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# Storrs Residents Concerned About UConn Student Housing

By Virginia Conland-Murdoch

Students who come to Storrs to attend UConn, especially freshman and those away from home for the first time, should be housed on campus. The latest available data from 2015 UConn Fact Sheet indicates 25,653 total students are enrolled at the Storrs, CT campus. There are 47.9% of all students, (undergraduate and graduate) that do **not** live on the UConn campus. Some commute from their parents' homes, but many live in Mansfield, as well as the surrounding towns. There are 12,287 University of CT students living off campus. UConn has and continues to abdicate its role as "extended-parents" and "life educators" to town officials and neighborhoods not equipped or consenting to take on this role. All students are subject to the Student Code of Conduct wherever they live as long as they are enrolled, however, reporting infractions is difficult without student names which are often difficult to obtain. UConn does not obtain local addresses of its over 12,000 off-campus students, according to UConn officials speaking at the Town-University Relations Committee Meeting on October 18, 2016.

I grew up in Storrs, one of the few families that had no direct relationship to the daily flow of campus. I went to school with kids who were children of faculty & staff as well as farmers and stay-at-home moms. Our claim to university fame was that both my parents had attended in their youth. My father had pursued my mother until she figured one date would make him go away. Three kids and 56 years of marriage later, they still live in the same home with the same level of involvement with the University.

We lived in a neighborhood filled with kids who had delightful as well as angst filled childhoods. We grew up as "townies", although I don't know if we ever called ourselves that, loving when UConn was not in session so we didn't have to stand in lines for ice cream or dodge cars in parking lots. We all knew that Thursday night was party night on campus and only had to show up with a mug for the forbidden nectar. If my neighborhood of eight single family homes had even one student rental, they were quiet neighbors who didn't allow their lives to spill into the neighborhood creating a negative impact. My husband grew up on campus as housing was provided with his father's position. The campus was a safe playground for him and his five siblings. Like all of our generation, we left high school to go out into the world; either to work, college or the military. We knew to take our upbringing with us or our transgressions would somehow reach all the way back home. Respect for elders and authority, work and personal ethics, be good neighbors.

Changes in the drinking age, the disappearance from society of black and white standards of decorum and decency, as well as parents turning blind eyes to their children's behavior have effectively created Open Season on full-time residents of our lovely town. There are over 450 rental houses in Mansfield; the majority of those are student rentals. Many are owned by

investors who have purchased these neighborhood homes to convert to student rental businesses. Some of these homes have turned into party houses. Groups such as fraternities and sororities hold constant gatherings of all sizes in violation of Mansfield's zoning laws. And, many of these houses are tucked away in our neighborhoods where students drink and party without supervision.

Home is where we retreat from all that is "out there". As teenagers and young adults, we hated it when our phone was turned off at 7:00 pm as we felt we might be missing something. As adults, we revel in our own space in the world called home.

As adults we know that the buck stops with us. We came back to Storrs to live and raise a family. What happens in my home is my responsibility. I have standards in my home and teach them to my daughter. There are consequences when they are not met. I don't allow people to put my family or neighbors at risk. I am a grown up. I had "Renting 101" and "how to be a good neighbor" on my way to homeownership. I didn't want to buy a home in the center of a university campus, I am way too old for that. And perhaps too sentimental. Students today have no interest in "staying under the radar". They live with constant stimulation from the outside world via their phones and other electronic devices. Come to this party, talk with friends, acquaintances and often complete strangers at all hours of the day & night. There needs to again be a line between what is out there and what is at home.

The increase in traffic & traffic speed alone on my tiny two-street neighborhood tells me both UConn & Eastern are open for business. Does a child or a family pet have to be killed before neighborhood civility returns? How many residents have to drag through their day after getting too little sleep due to the party next door? Do I need to enforce "quiet hours" on other adults? Why must I, who pays the bills and provides the insurance on my property, be afraid or extra cautious always, not just after dark with a constant turnover of unknown people rotating in and out of the neighborhood often several times yearly? Is my daughter going to see the wreckage of the prior night as she awaits the school bus in the morning? Is someone who made a bad choice and passed out on my lawn going to sue me because they were frost or mosquito bitten? It will be unfortunate if we decide we need to leave Mansfield Center in pursuit of rural living. We thought, in our town – population 11,100 – we were in a rural town, one which we loved.

The safety of students is also a concern. In the May 18, 2016 issue of *The National Center for Campus Public Safety*, the Bureau of Justice Statistics' (BJS) Nation Crime Victimization Survey, 1995-2000 stated that the number of off-campus violent victimizations to college students was 14 times greater than the number of on-campus victimizations. UConn has the dubious distinction of being #1 for reported rapes in the U.S. (tied with Brown University). UConn does a disservice to students by not providing enough on-campus housing and

*continued on page 37*

# The One Remaining Question- Thinking Beyond People and Politics

By Cathy Cementina

As of the early twentieth century, we have experienced what has been called a cosmological shift, a leap in our understanding of the universe that “has been as profound in its consequences as the Copernican revolution” (Joel R. Primack).



Think of it: Before the onset of the twentieth century, most astronomers thought the Milky Way was the universe. And the fuzzy objects that astronomers back then observed in the night sky and called “nebulae,” meaning clouds, were thought to be clouds of gas residing within the Milky Way.

This all went topsy-turvy when astronomer Edwin Hubble discovered in 1924 that some of the nebulae were actually galaxies located far outside of the Milky Way. With that discovery, our galaxy became just one among billions, and the universe itself underwent a vast expansion in our eyes. Then in 1929 Hubble makes another mind-boggling discovery: Those galaxies are moving away from us. Reasoning backwards, astronomers and physicists surmised that if the universe is expanding now, there had to have been a time when everything that exists was much closer together. The concept of the Big Bang was born, but there was as yet no direct evidence for it. Then in 1964 two Bell Lab astronomers working on a telescope in New Jersey detected faint background radiation from the Big Bang permeating the universe. (For which they won the Nobel Prize). With that discovery, we had gained valid insight into the origin of the universe and to its evolving nature.

We still had not answered the question of what held galaxies and clusters of galaxies together in an expanding universe. Just saying “gravity” is what holds galaxies together wasn’t sufficient, because scientists determined that there simply wasn’t enough visible mass in the universe to generate the gravitational hold they witnessed among galaxies. In the 1970s the astronomer Vera Rubin studied spiral galaxies and her calculations confirmed that galaxies must contain about ten times as much “dark” or invisible mass (invisible because it does not interact with light) than what can be seen in order to account for the speed at which stars, far from the center of the galaxies, were moving and yet not leaping outside of their orbits. With the discovery of “dark” or invisible matter, another question about our universe was answered (not that this doesn’t in turn pose further lines of inquiry . . .)

Then in 1998, astronomers discovered that the expansion of the universe is actually accelerating. It was as if space itself was expanding, and the farther away from us, the faster it was expanding. Scientists identified something they called “dark energy,” seemingly a property of space which makes it repel itself. The more space there is, the more

repulsion there is. Our universe was/is expanding exponentially. These two theories of dark matter and dark energy have excellent track records of predictions matching observations, so we have made another leap in our understanding of the universe.

But as much as we have come to explain what has taken place since the Big Bang, and what processes are in play among the millions of galaxies that populate this universe, we hit a wall when we ask the question: What came before the Big Bang? And if it was nothingness, how can something come from nothing? Philosophers and scientists of all stripes have made efforts through time to answer this question. Whole books have been written about the subject. (See Jim Holt, *Why does the World Exist?*) And of course we know that religions have responded to the question with one broad stroke: God.

So, there is room for speculation here. Are there philosophers, or physics majors, or just thoughtful people out there who might offer responses to the something-out-of-nothing query? I would love to hear from them, would love to see others share their ruminations in *Neighbors*.

If we were to watch the evolution of the universe backwards, we would see its contents contracting and growing hotter. At the moment of the Big Bang, the temperature, density and curvature of the universe go to infinity. This is the edge of spacetime itself. What came “before” is outside of spacetime. That would seem to say that it is also outside of science, insofar as science takes place in spacetime. But think about Einstein’s  $E=mc^2$ . What if that which existed before the onset of the Big Bang was sheer energy? Energy is the capacity to do work. So what if that which existed before the onset of the Big Bang was sheer potential to do work, potential to convert to mass? And with the presence of mass, we have time. The energy itself may have existed always and forever; in other words, infinitely. This would be consistent with the first law of thermodynamics: energy can neither be created nor destroyed.

This is all speculation. But isn’t it more interesting to talk about than Hillary’s emails or Donald’s groping?

*Cathy lives in Coventry.*

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or smartphone.  
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# More Letters and Emails

Dear Editor-

My name is Susan Eastwood and I'm running to be your State Representative. I believe that we deserve an experienced and effective advocate in Hartford who will fight for the Right Solutions for our communities. I believe that every young person in our communities deserves access to a great public education, including an affordable post-secondary education that provides the tools and skills necessary for a successful career. I believe that everyone in our communities deserves to earn a fair wage, to have the opportunity to start and maintain a small business, to have access to quality and affordable healthcare, to live in a clean and sustainable environment, and to enjoy an affordable retirement. I believe that these goals are achievable.

I have dedicated my life to public service. Throughout my career, I have worked tirelessly to protect families and their quality of life. I served as a Peace Corps Volunteer in Sierra Leone working with rural rice farmers. I've worked for 25 years in Connecticut as an advocate for victims of domestic violence, and serve on the Permanent Commission on the Status of Women. I fought to promote clean water and clean energy and to pass legislation to remove toxins from children's products. I've worked to preserve open space and support farming in our region. I'm a member of the Ashford Board of Finance and the Chair of the Ashford Clean Energy Task Force, and I've served on the Ashford Planning and Zoning Commission.

My top priority will be to work for you. I'll fight for our towns and champion legislation that offers the Right Solutions for all of us here in the 53rd District – that improves services, promotes clean and sustainable agriculture and business opportunities, supports good-paying jobs, and that will revitalize our local and regional economy while preserving our rural character.

I'm the Democratic candidate for State Representative in the 53rd District and I am proud to have earned the endorsement of the Working Families Party, CT Education Association, American Federation of Teachers CT, Association of Retired Teachers CT, League of Conservation Voters, AFL-CIO, SEIU CT, A&R, CEUI, UAW, AFSCME, CT State Building Trades, CT-PACE (National Association of Social Workers), NARAL Pro-Choice CT, CT NOW, Planned Parenthood, and the Connecticut Citizen Action Group.

I ask for your vote on November 8.

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



**Community Events  
at Hope and Wellness**  
39 Nott Highway (Rt. 74)  
Ashford, CT 860-477-0994

### Toy Collection

Starting November 29th - December 16th we will be accepting toy donations for Interval House East, a non-profit domestic violence prevention and intervention organization. We ask that the toys be new, unwrapped and non-violent. Looking for ideas? We suggest : Basketballs/Sport supplies, Art supplies, Coloring books/crayons, Disney and Barbie items, Dolls, Board games, Lego's, Star wars and Fisher price toys.

### "Beautiful You" Class

Are you looking for ways to streamline your makeup routine? Would you like to see how the latest colors look on you? Our makeup artist will help you create a polished, age appropriate glow. Please come join us for your personal consultation and application.

Space is limited so reservations are required. Call today.

When: Tuesday November 29th, 2016

Time: 10:00 am - Noon

Cost \$25.00

Our Makeup Artist, Kate Bentley will be happy to serve you.

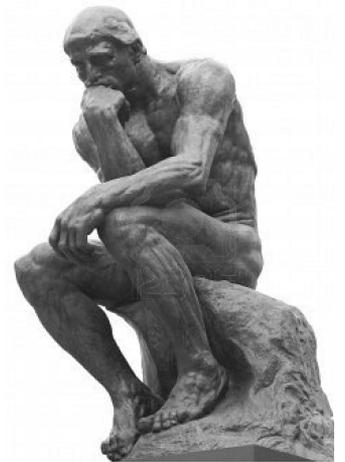
## The Think and Do Club Wants You!

Submitted by Edmund Smith

What is the Think and Do Club? We are a group of folks who get together every week to talk philosophy. From these talks, some pretty cool thoughts happen. These, as thoughts often do, may turn into some pretty interesting, different behavior, from person life style choices to decisions to go forth and change the world.

What kind of things do we talk about?

To date, we have discussed such wide-ranging topics as global warming, evolution, the nature of consciousness, the political economy of banking, the origins of the universe, and racism. We have also begun to explore the formal branches of philosophy, such as metaphysics and epistemology. But we are not limited to any one discipline



or topic, because life itself... philosophical! So join us!

We meet monthly. Please contact us for next date and site. Thank you.

Like us at <https://www.facebook.com/CTThinkAndDo/?fref=ts>

Contact us at [mediamonds2006@gmail.com](mailto:mediamonds2006@gmail.com)/860-895-7413



# Ask "Dr. Mac"

## All your Apple Macintosh Mac, iMac and iPhone Questions



### OS X Sierra is Here. What Now?

#### 13 Things You Can Do with macOS Sierra You Couldn't Before

What version of the Mac operating system is this?  
10.12

#### How much will it cost?

Apple makes its operating systems available for free, and macOS Sierra will be no different.

#### How do I get macOS Sierra?

Though the App Store. (It's an app on your Mac unless you have an ancient operating system.)

#### Will it run on my computer?

Here's the list of Macs that will run macOS Sierra.

MacBook (Late 2009 and later)  
MacBook Air (2010 and later)  
MacBook Pro (2010 and later)  
Mac mini (2010 and later)  
iMac (Late 2009 and later)  
Mac Pro (2010 and later)

Compatibility with Sierra, however, isn't as simple as checking to see if your Mac is on the list. It is best to check with the Apple website before you go through the hours of download to find it won't run on your Mac.

If you're wondering what's new in Apple's latest software update, and want to head straight to the fresh goodies after you download it, we've rounded up nearly everything new you can do in one handy list. Here are 13 things you can do with macOS Sierra that you couldn't do before.

#### 1) Talk to Siri

Perhaps the biggest new feature in Sierra: get even more chatty with Apple's digital assistant on your Mac. It works more or less the same way as it

does on your phone, but there are a few extra commands, like "show the PDFs in my downloads folder" or "how much free space do I have on my Mac?". Siri lives on the right of the menu bar by default.

#### 2) Copy and paste universally

In conjunction with iOS 10, macOS Sierra ushers in a new feature called Universal Clipboard, so you can copy and paste stuff from your phone to your laptop and vice versa, provided they're using the same Apple ID. No extra steps are required—just use the copy and paste commands as you normally would and you'll find everything runs seamlessly.

#### 3) Unlock your Mac with your Apple Watch

The new Auto Unlock feature works exactly as you might expect and saves you the trouble of typing out your password to log in. Just have your Apple Watch on you. You need a newer Mac for this to work (plus an Apple Watch and an iPhone) and you can find the settings you need to turn it on under Security & Privacy in the System Preferences dialog.

#### 4) Rearrange all on the menu bar

As Lifehacker points out, you can now rearrange everything that's on your Mac's menu bar, not just the icons for native Apple apps and utilities. If you're completely new to the whole idea of moving menu icons around, hold down Cmd then click and drag to reposition the

icons in whatever order you like. Drag an icon out of the menu bar if you want to remove it.

#### 5) Do more with Messages

The Messages app got a huge revamp with iOS 10, and the one in macOS Sierra follows suit, up to a point. You can send larger emoji, respond with quick reactions (officially known as "tapbacks") and view rich links inside the Messages

window. What you don't get in the desktop OS are the advanced text effects and access to the iMessage app store.



#### 6) Find your photos more easily

The Photos app in macOS Sierra gets more or less the same intelligent upgrades as the one in iOS 10—smart search capabilities (so anything from "sunset" to "dog"), face recognition, and an automatic tool called Memories (linked in the main app menu) that creates highlights of events on your behalf, including photos and people and places.

#### 7) Share notes across iCloud

Notes continues to improve on macOS and iOS, and in Sierra you can share notes with collaborators via the cloud—click the add people icon at the top of a note (a portrait with a plus symbol) then enter one or more Apple IDs together with the method you want to use to share the link. You and your chosen contacts can then work on selected notes together.

#### 8) Use Apple Pay on the web



In Safari in macOS Sierra (and indeed iOS 10),

Apple Pay is now available on the web. You'll see an option labeled "checkout with Apple Pay" on supported websites, and you can then use a Touch ID fingerprint to authorize a purchase, provided you've got Apple's Continuity feature set up and a trusted mobile device or Apple Watch to hand.

### 9) Optimize your Mac's local storage

If you're not often fighting against low levels of free space on your Mac, consider yourself lucky; if you are, check out the new optimized storage feature in macOS Sierra, which can shift some of your files to the cloud and delete files you don't need. From the Apple menu choose About This Mac, open up the Storage tab, then click Manage to set it up.

### 10) Keep your desktop in iCloud

Just like Microsoft and OneDrive, Apple is making it harder to escape iCloud in macOS Sierra. If you open up the iCloud part of System Preferences in the new OS you'll see an entry letting you automatically sync everything on your desktop and in your Documents folder—just make sure you've got enough iCloud storage space before flicking the switch.

### 11) Enable picture-in-picture mode in Safari

To help you get through all of that online video watching you need to do, Safari in macOS Sierra supports a picture-in-picture mode, though only a few sites and videos are supported at the moment (Vimeo is the biggest). You should see a PiP icon on the video controls where the feature is available, and if not, there is a workaround you can try.

### 12) Add annotations to your pictures

Back in OS X 10.10 Yosemite, Apple added an annotation feature called Markup to attachments in Mail. With macOS Sierra, it makes its way to photos too: with a single image open in Photos, click the edit photo icon (a set of sliders), then Extensions, then Markup. You can then doodle and add layers of text and shapes to your heart's content.

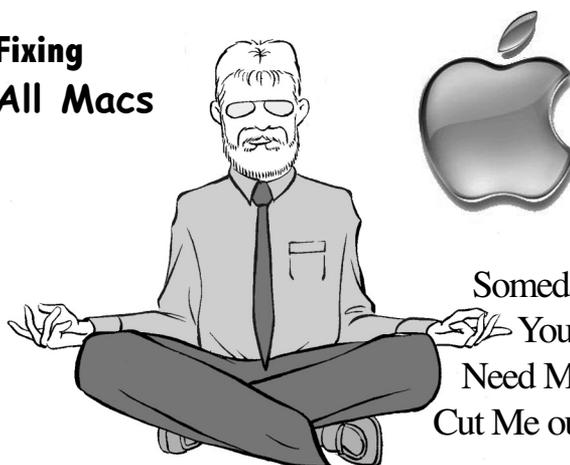
### 13) Use tabs instead of windows in desktop apps

Thanks to changes made behind the scenes in macOS Sierra, any app can go browser style and use tabs rather than windows to handle multiple documents (or maps, or emails, or whatever else you're working with). Most Apple apps now support the feature, and some third-party ones too—choose Merge All Windows from the Window menu, if it's available.

Steve Woron is an artist and Mac technician and lives in Vernon CT. Leave a message at (860) 871-9933 or email : [illstudio@yahoo.com](mailto:illstudio@yahoo.com)

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All Macs



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# Our Community Calendar

Compiled By Dagmar Noll

## November 1, Tuesday

**Kids:** Family Arts & Craft Night, 6:00p.m. – 7:30p.m. Story time for ages birth to 3 years. 905 Main Street, Willimantic. Info: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

## November 3, Thursday

**Environment:** Our Rivers on Drugs: Pharmaceuticals and Personal Care Products as Agents of Ecological Change in Aquatic Ecosystems, 4:00p.m. Lecture by Dr. Emma Rosi-Marshall, Senior Scientist, Cary Institute of Ecosystem Studies, Millbrook, NY. Konover Auditorium, Dodd Research Center, UCONN. 2019 Hillside Rd, Storrs. Info: 860-486-1023 [www.mnh.uconn.edu](http://www.mnh.uconn.edu)

## November 4, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Mill Museum, Union Street and the Mills, 411 Main Street, Willimantic. Info: 860-423-1878 [bevishistory@yahoo.com](mailto:bevishistory@yahoo.com)

## November 5, Saturday

**History:** Exploring Connecticut's Towns – Canterbury!, 10:00a.m. – 12:00p.m. \$20. Info: 860-486-1023 [www.mnh.uconn.edu](http://www.mnh.uconn.edu)

**Fundraiser:** Harvest of Hope, 5:00p.m. – 8:00p.m. Fundraiser for WAIM, 750 Main, 750 Main Street, Willimantic.

**Live Music:** Arturo Sandoval Concert, 8:00p.m. – 11:00p.m. ECSU, 83 Windham Street, Willimantic. Tickets: [www.easternct.edu/jazzinitup/arturo-sandoval/](http://www.easternct.edu/jazzinitup/arturo-sandoval/)

## November 7, Monday

**Kids:** Mother Goose Rhyme Time, 10:30 a.m. Make fall-themed crafts. All ages welcome. 905 Main Street, Willimantic. Register: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

## November 6, Tuesday

**Photography:** Photo Show 12th Annual Quiet Corner Camera Club, 1:00p.m. – 4:00p.m. ArtSpace Windham Gallery, 480 Main Street, Willimantic.

**Live Music:** Take Note! A Cappella Concert, 3:00p.m. Benefit for the Quiet Corner Refugee Resettlement. First Congregational Church of Woodstock, 543 Rt. 169, Woodstock. Info: 860-928-7405 [www.take-note.org](http://www.take-note.org)

## November 8, Tuesday

**Kids:** Teen Henna Art Program 3:30p.m. Create art with plant-based henna. Ages 12 and up welcome. 905 Main Street, Willimantic. Register: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

**Live Music:** The Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Dino's Restaurant, 180 Rt. 14, Canterbury. Info: 860-456-9913 [qcf.webs.com](http://qcf.webs.com)

## November 9, Wednesday

**Kids:** Bricks & Blocks, 4:00p.m. – 5:30p.m. Build with LEGO bricks and KEVA Planks. Ages 7 and up welcome. 905 Main Street, Willimantic. Register: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

## November 12, Saturday

**Live Music:** Corbin Beisner, piano sonatas by Beethoven, 7:00p.m. Emanuel Lutheran Church, 60 Church Street, Manchester.

## November 13, Sunday

**Live Music:** The Quiet Corner Fiddlers, 11:00a.m. – 1:00p.m. Temple Bnai Israel Craft Fair, 345 Jackson Street, Willimantic. Info: 860-456-9913 [qcf.webs.com](http://qcf.webs.com)

## November 14, Monday

**Kids:** Mother Goose Rhyme Time, 10:30 a.m. (See 11/7.)

## November 15, Tuesday

**Cycling:** Bolton Bike Trail Update, 7:00p.m. – 9:00p.m. ConnDOT will present on the strategy to provide a connection between Route 44 Bolton Notch and the Hop River Trail. Senior Center Bolton, 104 Notch Road, Bolton.

## November 16, Wednesday

**Kids:** Tellabration Time, 6:30p.m. Dress up as your favorite character. Ages 12 and up welcome. 905 Main Street, Willimantic. Register: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

## November 17, Thursday

**Kids:** Tellabration Time, 6:30p.m. Dress up as your favorite character. Ages 12 and up welcome. 905 Main Street, Willimantic. Register: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

## November 18, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to Jillson House ahead of the Light Parade on Main Street, Willimantic. Info: 860-423-1878 [bevishistory@yahoo.com](mailto:bevishistory@yahoo.com)

## November 19, Saturday

**Botony:** The Botony of Thanksgiving, 1:00p.m. Explore the biology of the plants we eat. Biology/Physics Building, Room130, UCONN. Info: 860-486-1023 [www.mnh.uconn.edu](http://www.mnh.uconn.edu)

## November 21, Monday

**Kids:** Mother Goose Rhyme Time, 10:30 a.m. (See 11/7.)

## November 25, Friday

**Kids:** Black Friday Camper Game Day, 8:00a.m – 3:00p.m. \$15. Children ages 6-12 years old welcome for a day of games and fun. Register: 860-974-1122 [wt4hcampdir@earthlink.net](mailto:wt4hcampdir@earthlink.net)

## November 30, Wednesday

**Kids:** Reading with Rosie, 4:30p.m – 5:30p.m. Story telling by Terese Whitaker and Frank Swartz. 905 Main Street, Willimantic. Register: 860-465-3082 [www.willimanticlibrary.org](http://www.willimanticlibrary.org)

## December 2, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Garden on the Bridge and Heritage Park, Main Street, Willimantic. Info: 860-423-1878 [bevishistory@yahoo.com](mailto:bevishistory@yahoo.com)

**December 4, Sunday**

**Holidays:** Annual Christmas in Coventry Village, 12:00p.m. – 4:00p.m. Coventry Village. Info: 860-918-5957

**December 5, Monday**

**Kids:** Mother Goose Rhyme Time, 10:30 a.m. (See 11/7.)

**December 6, Tuesday**

**Community Food:** Willimantic Lions Club Pancake Breakfast, 7:30a.m. – 1:00a.m. \$5-6. Elks Club, Pleasant Street, Willimantic.

**Kids:** Ornament Workshop, 6:30p.m. Grades K+ welcome. 905 Main Street, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

**December 9, Friday**

**Film:** It's a Wonderful Life, 7:30p.m. – 9:30p.m. The Packing House, 156 River Road, Willington. Info: 518-791-9474.

**December 10, Saturday**

**Live Music:** The CitySingers of Hartford, 4:00p.m. Emanuel Lutheran Church, 60 Church Street, Manchester. www.citysingers.org

**December 11, Sunday**

**Live Music:** In Dulci Jubilo, Renaissance Revival, 3:00p.m. – 4:00p.m. A capella music for a Renaissance Christmas. St. Joseph's Church, Willimantic.

**December 12, Monday**

**Kids:** Mother Goose Rhyme Time, 10:30 a.m. (See 11/7.)

**December 13, Tuesday**

**Kids:** Story Time with Mr. & Mrs. Claus, 6:00p.m. Stories, cookies and hot chocolate with Mr. & Mrs. Claus. 905 Main Street, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

**Kids:** Cosplay Event, 5:30p.m. – 7:30p.m. Dress up as your favorite character. Ages 12 and up welcome. 905 Main Street, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org  
**Live Music:** The Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Lakeview Restaurant, 50 Lake Street, Coventry. Info: 860-456-9913 qcf.webs.com

**December 14, Wednesday**

**Kids:** Bricks & Blocks, 4:00p.m. – 5:30p.m. (See 11/9.)

**December 16, Friday**

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Old Willimantic Cemetery and the VFW lawn next to Stop & Shop on Main Street, Willimantic. Info: 860-423-1878

**December 19, Monday**

**Kids:** Mother Goose Rhyme Time, 10:30 a.m. (See 11/7.)

**December 30, Friday**

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to Bridge Street, Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

*UConn housing continued from page 31*

requiring most students to live in that housing. Nationally, nearly 5 percent of all college women are victimized during any college year, according to the Bureau of Justice Statistics. About two-thirds of reported completed rapes occur off campus and one-third occur on campus.

UConn and other like institutions need to provide housing for their students **on campus**. Community colleges are designed to meet the needs of commuting students. If we decide to move on, will the business of being a landlord be attractive to us as retirement income? Is it one of the measures of neighborhood destabilization that we may only be able to sell our house to another investor because a family may not want to purchase a home near student rental houses? Are we still loyal to our neighborhoods or are we being desensitized to the University upheaval we are forced to live with and now consider it normal? Our neighborhood quality of life matters. With an increase in undergraduate UConn enrollment of 66.1% over the last 20 years -- and essentially no new beds on campus -- the burden of providing housing to nearly half of the students has fallen on the residents of our neighborhoods.

*The author is a member of Mansfield Neighborhood Preservation Group on Facebook. The group works with the Town of Mansfield and the University of Connecticut to make the neighborhood needs for permanent residents of Mansfield a priority.*

<https://www.facebook.com/groups/MansfieldNeighborhoodPreservation/>  
Twitter: @CtNeighbors

Website: [www.MansfieldNeighborhoodPreservation.org](http://www.MansfieldNeighborhoodPreservation.org)  
Email: [Info@MansfieldNeighborhoodPreservation.org](mailto:Info@MansfieldNeighborhoodPreservation.org)



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T. King, Publisher

# GROW Windham Launches Workshops

Submitted by Sally Milius

On Saturday, October 15, GROW Windham welcomed over 30 gardeners and farmers from Eastern CT to our new growing space in Lauter Park, Willimantic, where we learned how to build healthy soil, and applied that new knowledge to plant a row of fruit trees donated through a grant from the North Central Health District. This workshop, "Soil First: Foundations of Successful Gardens and Farms," marked the launch of two agricultural education initiatives hosted by GROW Windham, that will teach us sustainable growing practices, develop our new community garden in Lauter Park, and help us to grow a community of local gardeners and farmers who can both support each other and our local food system.

Both initiatives are free and open to the public. They include classroom trainings over the winter and hands-on workshops in the garden at Lauter Park during the growing season.

The classroom trainings are offered in partnership with UCONN Extension, which has engaged GROW Windham to serve as one of six Agriculture Learning Centers across the state. This multi-year project, funded by the USDA's Beginning Farmer and Rancher Development Program, will enable GROW Windham to host 10 trainings over the next three years. This year's trainings, taught by Extension educators, will be hosted at CLiCK, Willimantic's

Commercially-Licensed Cooperative Kitchen, and will focus on topics selected by local farmers and gardeners. They include Hoop House Installation and Use (December 3); Soil Health and Management (January 21); Vegetable Production (February 4); and Fruit Production (February 18).

Reinforcing these classroom trainings is a series of five hands-on workshops led by the Eastern CT Conservation District that teach how to integrate key conservation principles into growing practices. These principles include soil health, which we explored together in October, and water quality, water conservation and irrigation, composting, and integrated pest management, which will be taught March-June next spring, dates TBD. The project, funded by a grant from the National Association of Conservation Districts, will support both individual growers and farmers as well as community gardens and urban agriculture programs. The project enables the ECCD to support GROW Windham to develop our new .3 acre community market garden in Lauter Park. This garden, funded by the Jeffrey P. Ossen Family Foundation and the CT Department of Energy and Environmental Protection, will serve as a model program and a hub to integrate regional urban agriculture and community gardening programs into a community of practice that will enable us both to support each other and grow our programs.

For more information, please contact us at [info@growwindham.org](mailto:info@growwindham.org), 860-423-4534 x312.

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## A New Cultural Destination

There's a new cultural destination in town! The Eastern Connecticut Center for History, Art, and Performance, Inc. (EC-CHAP).

EC-CHAP (formerly the Friends of The Mill Works) is an independent membership-based 501(c)(3) nonprofit organization representing an important cultural resource serving communities and visitors to Eastern Connecticut and beyond. The Center's focus is to bring a heightened awareness to the significance of local history; assist in the physical preservation of an important historic landmark (The Mill Works); provide an appreciation for the visual arts through creation and display; and offer performance events in music, film, dance, literature, and theater.

The EC-CHAP currently operates the Gardiner Hall Jr. Museum and hosts an assortment of performances and events at The Packing House, both located at The Mill Works in Willington, CT. Plans are under review to develop a formal gallery space where the works of local, regional, and nationally known artists can be displayed. A variety of creative programs, workshops, classes, and artist in residence opportunities are also being planned as part of a unique educational exchange.

An Open House, "First Sunday at The Mill Works", is scheduled for Sunday, December 4th from Noon to 5:00pm. This will provide an opportunity to meet the creative community members who reside at The Mill Works, enjoy performances by the Hall Memorial School "Select Chorus" and singer/songwriter Rosemary Toth, and learn how you can become a member of the EC-CHAP.

For more information or to schedule a tour, please call 518-791-9474, or email us at [info@ec-chap.org](mailto:info@ec-chap.org).

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*P.K. Willey continued from page 29*

that exemplifies Vedic principles), were powerful archetypes of pure and beautiful ideals. From the *Ramayana*, Rama and his wife Sita are regarded as an ideal marriage. Rama is credited with giving this description of Sita to his brother:

“In counsel she is my counselor; in action she is my servant; in religious performances she is my partner; in tolerance she is like the Earth; in affection she is like unto my mother; in bed she is like the celestial Rambha; and in play she is my companion. Such indeed, O Lakshmana, is my beloved.

Internally, the wife worships the Goddess within her, through the external observance of *pativrata*. As a manifestation of this ideal, graciousness and sweetness in the home atmosphere are actively cultivated. Harsh speech, bickering, rudeness are viewed as violations and are sincerely avoided by those brought up with the ideal picture for married life as a means to self-realization and harmony.

To an external eye, what may appear to be a denigrated woman accepting rude and obnoxious behaviour from her husband without a murmur, may internally be a person striving to manifest an ethical ideal, through refusing to allow negative speech to proliferate in her home atmosphere, someone who may be working towards a bigger goal of harmony in the home rather than petty justifiable reactions. Such a discipline takes tremendous courage, concentration, faith in a core Being, and self-sacrifice. Numerous are the Indian husbands who, once the vigor of youth has duly left their limbs, awake in awe to a humble appreciation of their wives’ immense patience, charity, purity, dedication and perseverance that they had received despite 30-odd years of their own arrogant and often demeaning behaviours. This recognition has often transformed those men to singing paeans in praise of their wives.

This is not to imply that in the ideal, the wife is expected to accept abusive behaviour or vice-versa. To allow abuse, is to allow the perpetrator to darken their own light within themselves. Numerous stories, folklore, plays (as in Kalidas’ *Shakuntala*), depict intelligent, forthright, outspoken women, full of dignity, well informed as to their role and duty to a Being of truth within themselves and their husband, not brooking any slight upon that Being.

Gandhi was highly educated in the English style; Kasturba was semi-literate, but well educated to the ideal of Indian womanhood, and the duties required to bring that ideal into manifestation. As he gained insight into his ideal of truth, he left no stone unturned to follow it, whether or not she or anyone agreed to the new changes in his lifestyle. But Ba was a true *saha-dharmacharini* the silent leader and partner of her husband in following *dharma*, or duty to the Supreme Being. Because his goal was fidelity to his conscience, she gave him her full support, always. Kasturba chose to follow Gandhi, even when it meant undergoing the tortures of prison life, which were to nearly kill her in South Africa. Her view of their marriage bears further examination.

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## More Letters and Emails

To the Editor-

Windham is now the sixth town in Connecticut to approve a local ordinance banning fracking waste, joining Washington, Coventry, Mansfield, Portland and Andover. This vote was supported by hundreds of folks who signed petitions, wrote letters and contacted Town Council members. Sixty people came out to a Public Hearing in support of the ban, including Windham’s State Representative, Susan Johnson. I am especially heartened that Windham Town Council’s support for this important ordinance was unanimous across political affiliations. Our leaders chose to protect our town from predatory pollution industries. They stand with other CT towns and hundreds of municipalities in NY state that have already been protected by fracking waste bans.

But our work is not over.

The moratorium against the “storage or disposal of fracking waste in Connecticut” (Public Act 14-200) mandates that CTDEEP submit regulations for review as early as next summer, and CTDEEP Commissioner Klee has not supported a state-wide ban. Time is short, and citizens are working in other Connecticut towns to follow Windham’s example and enact similar local protections.

Ashford is the next town to bring this issue to a vote. If you are an Ashford resident, your help is needed to make Ashford the seventh Connecticut town to protect its residents from toxic, radioactive fracking waste. Save the date in your calendar: a Town Meeting is scheduled for Monday, November 21 at 7:30p.m. for Ashford citizenry to consider and vote on a fracking waste ordinance.

Residents of other eastern CT towns may contact me at [dags78@yahoo.com](mailto:dags78@yahoo.com) or 860-456-4143 for the first step in moving a ban forward in your town. Folks can learn more about fracking waste and town-wide fracking waste bans at [easternctgreenaction.com](http://easternctgreenaction.com) (Eastern Connecticut Green Action) and [foodandwaterwatch.org](http://foodandwaterwatch.org) (Food & Water Watch).

Dagmar S. Noll  
Willimantic, Connecticut

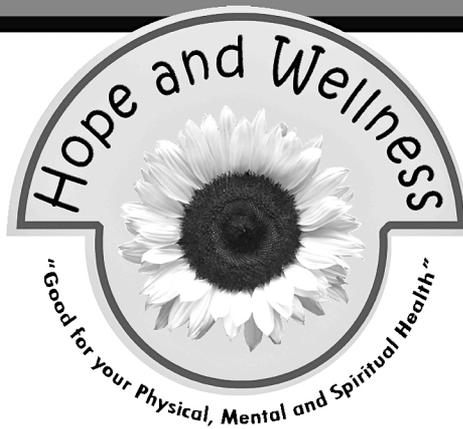


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