

The Neighbors Paper

A little paper big on community

Serving the inhabitants and environment of northeastern Connecticut and beyond



Jean Pillo, Water Quality Monitoring Coordinator for The Last Green Valley, and volunteers Anne Roberts-Pierson and Karen Cote (left to right) at Quandock Brook in Sterling. Meghan Lally photo.



Dear Readers, Writers and Advertisers

Over the last few months I have been thinking more than usual about this publication. I came to the realization a change was necessary to make *Neighbors* more vital to our community. It needed to be more timely to better address contemporary issues, concerns and opinions. Events listed in 'Our Community Calendar' needed to be more up-to-date. With this issue *Neighbors* is, once again, monthly. Unfortunately that decision comes with another change. The funds are not available to continue publishing the mini-tab/magazine style. I know my wife, Karen, and many of you, will be disappointed. For this I am sorry. I also thought about publishing combined issues for January/February and July/August, but that won't happen. 'Stuff' happens year 'round that we need to know about in a way not expressed in other forms of modern media. Please let me know what you think.

Thomas A. King, Publisher

The photo of me and our grandsons was taken by Karen King.

Jump in to Help Monitor The Last Green Valley's Waters!

Submitted by Lois Bruinooge

The Last Green Valley, Inc. (TLGV) needs you! With hundreds of miles of rivers and streams, including more than 80 miles of National Recreation Water trails for paddling, our waters are a priceless asset for all to enjoy.

Volunteers are needed this spring and summer for an expanded water quality monitoring program. Training and equipment are provided, and TLGV will match your interests and availability with one of the monitoring programs. Learn about trolls and hobos, catch squirmy bugs, become a storm trooper, probe a lake, and make a long-lasting and positive impact in our National Heritage Corridor. The waters are ours and we all live downstream. For more information or to sign up, contact Jean Pillo at 860-928-4948 x 605 or email Jean.Pillo@Comcast.net.

The volunteer water quality monitoring program is a partnership between TLGV, Eastern Connecticut Conservation District, Connecticut Audubon Society Center at Pomfret, and many other nonprofit organizations, businesses, and local, state, and federal agencies.

Learn more about water quality monitoring at The Last Green Valley's website, www.thelastgreenvalley.org, which also offers information about programs, Rangers, business partners, contests, an events calendar and more. Keep up to date on TLGV's Facebook page, too.

The Last Green Valley is a National Heritage Corridor – the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. The Last Green Valley works for you in the National Heritage Corridor. We help you to care for it, enjoy it and pass it on!

Don't Stop Now

By Loretta Wrobel



The Women's March on Jan 21st was a day of exceptional uniting together. Most people I know didn't ask, "Are you going to the March?". The question became "What March are you attending?" All over the world, even Antarctica, an avalanche of warriors took to the streets to stand up for women's rights, which are fundamental human rights. Millions of people, including men and children in every continent, put their bodies on the line for equality, justice, fairness and love. For one day we were all connected.

I journeyed to Hartford and was elated to witness the multitudes gathering at our Capitol. Since I was cognizant of so many that were off to DC, Boston or NYC, I deduced Hartford would have a small turnout. I had underestimated the passion of my sister/brother Nutmeggers! We came boldly and proudly with the most ingenious signs that caused an uncontrollable burst of elation, hope and inspiration. That Jan 21 event left me giggling, dancing and thrilled to be an American. I was struck by the millions that marched all over the planet and that no, I repeat, no violence, occurred. It was a grand day of peaceful protest with connection and unity emphasized, featuring inclusion and caring for each other, as well as respect for the earth. Still many days

after, it reverberates in my heart.

Now that the March is over, how to navigate the next four years? To be sure the organizers did their homework and have a list of 10 actions following that glorious stampede of clarity and caring. It is not enough just to march one day, when our democracy demands a watchful and engaged citizenry. There are no miracles to keep our values and ideals intact. It is a work in progress.

All of us who perceive our freedom, way of life, and beliefs threatened, must monitor what is happening, at the Federal level and at our State Capitol. Examine whatever is salient to you, and keep your eyeballs alert to laws/regulations/executive orders that pertain to those issues.

As we move through the budget issues in Connecticut, please stay aware as to what cuts are proposed in an attempt to balance the budget. Often, funding affecting environmental issues can be on the chopping block. In view of the threats to the environment from the present Trump administration, ensuring the health of our Quiet Corner forests, meadows and waterways is paramount. Maintaining open space keeps our water free from pollution, captures carbon, and serves as home base for wildlife. Help our Quiet Corner stay rich in natural resources, including diversity of animals, birds and plants. Contact

continued on back page

Willimantic, Now and Then:

Around the World For Lost Love! A Love Story From the '80s

By Mark Svetz

The other day, I was sitting with friends having coffee at the Willimantic Food Co-op when the conversation turned to sanctuary and refugees. Oddly, I was reminded of my favorite St. Valentine's Day story: the one where a bunch of us called our US Representative in Congress to declare, in somewhat slurred speech, that we were granting asylum to an Australian woman who had come to Willimantic to find her long, lost love!

I first met Lorna Cameron in the early 80s, when she climbed onto a stool at the Victorian Lady and, ordering a beer, turned and said, "I wonder where all the lefties are in this town?" I was sitting with my old friends Tony and Kathleen Clark, a contingent of the political left in Willimantic; it was the shank of the day and we were finishing our drinks when Lorna walked in.



Lorna Cameron Contributed photo

One of us turned to this tall, weathered woman and said something like, "I guess you found us!" So begins a remarkable story.

You see, Lorna had arrived in Willimantic a few days before our encounter in the pub. She got off the Bonanza Bus at Bev's (the coffee shop that served as bus stations for many years). It was around 10 p.m., and she walked across the street with her satchel to the Hotel Hooker, where she assumed she could get a room for the night.

As she stood there trying to figure out how to get inside to rent a room, a Willimantic police officer stopped to ask if he could help. After offering to take Lorna to Mansfield and a real hotel, the officer asked why she was in Willimantic. This is where the story gets good.

Lorna was in the United States and Willimantic, looking for Ray Kelly, whom she had met when he was a young Marine, serving in the Pacific during World War II. The young man was on R&R (an official

continued on back page

Our Neighbor's Photography



©Jean Henderson

'Tide Water' by Willimantic fine art photographer, Jean Henderson. To see more of Jean's work visit her website: jeanhendersonart.com



Ed. note: I took a photo of Terry Pelletier (at right above) to accompany an article about his business and community involvement in our last issue. I received some negative feedback about the photo, so the least I could do was to try again. This time Terry, owner of Terry's Transmissions in Ashford, is accompanied by his two long-time employees, Dennis Anderson and Carla Pincine. Tom King photo

Our Community Calendar

Compiled by Dagmar Noll

Ed. note: In this issue our calendar will start early in the paper and wind its way through it.

March 1, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331

Theatre: Waiting for Lefty & Severance, 7:30p.m. \$7-\$30. Nafe Katter Theatre, UCONN, Storrs. Tickets: 860-486-2113 crt.uconn.edu

March 2, Thursday

Theatre: Waiting for Lefty & Severance, 7:30p.m. (See 3/1)

March 3, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. Exercise your right to assemble. Event followed by letter and postcard writing to our government officials. Peace & Protest Corner, Jackson Street at Valley Street, Willimantic.

Live Music: Bruce John & the Bandaleros, 6:30p.m. No cover. The Windham Club, 184 Club Road, North Windham.

Dancing: Quiet Corner Contra Dance, 7:30p.m. \$5-10. Called dancing by Rich Sbardella with The Wild Notes. Begins with lesson, regular dance begins at 8:00p.m. Soft-soled shoes. Alcohol- and tobacco-free. 172 Lake St, Coventry. Info: 484-844-5203 dcannell@freeshell.org

Theatre: Waiting for Lefty & Severance, 8:00p.m. (See 3/1)

March 4, Saturday

Rally: Vigil, 10:00a.m. - 11:00p.m. Two Wrasslin' Cats, 374 Town St, East Haddam. Info: 860-891-8446

Live Music: The Lonesome While, Spit-Take, La Neve, Lady Bizness, 2:00p.m. - 6:00p.m. No cover. Willimantic Records, 744 Main Street, Willimantic. www.willimanticrecords.com

Theatre: Waiting for Lefty & Severance, 2:00p.m. 8:00p.m. (See 3/1)

Live Music: Nat Reeves Student Jazz Ensemble, 7:30p.m. \$10-20. The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

March 5, Sunday

Mixed Media: Open Art Studios with live music, images, and conversation, 12:00p.m. - 5:00p.m. The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

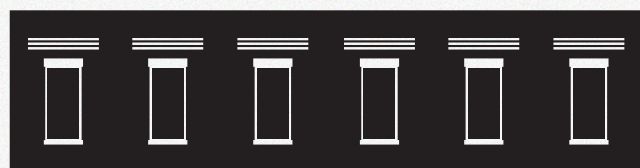
Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. Free. 5-7 mile hike. Friendly dogs welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Nature: Porcupines! With Gerri Griswold, 2:00p.m. - 3:00p.m. \$5-10. Meet a porcupine and learn about these critters. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Theatre: Waiting for Lefty & Severance, 2:00p.m. (See 3/1)

Live Music: Take Note!, 3:00p.m. Donation. St. Mark's Chapel, 42 North Eagleville Road, Storrs. Info: music@stmarkschapel.org www.take-note.org

Recovery: Refuge Recovery, 6:30p.m. Buddhist-oriented, non-theistic path to addiction recovery. 1491 Main Street, Willimantic. Info: 860-776-5848 or 860-334-8779 www.refugerecovery.org



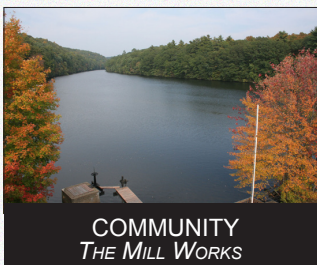
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1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS



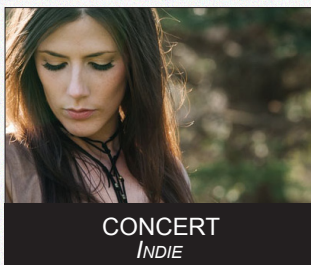
CONCERT
JAZZ

NAT REEVES
Mar. 4 | 7:30pm



COMMUNITY
THE MILL WORKS

FIRST SUNDAY AT TMW
Mar. 5 | Noon-5:00pm



CONCERT
INDIE

KRISTA BARONI
Mar. 11th | 7:30pm



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

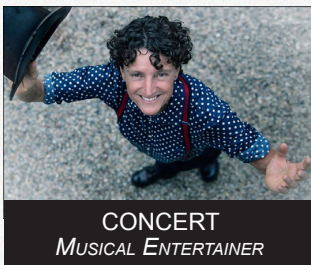
EC-CHAP
MEMBERSHIP & PROGRAMMING

INFORMATION MTG
Mar. 15th | 7:00pm



CONCERT
JAZZ

GREG ABATE QUARTET
Mar. 18th | 8:00pm



CONCERT
MUSICAL ENTERTAINER

ZOE LEWIS
Mar. 25th | 8:00pm

COMING UP IN APRIL!

- 4/01: PROVIDENCE MANDOLIN ORCHESTRA (CLASSICAL)
- 4/07: HORIZON BLUE (FOLK)
- 4/13: TALENT SHOWCASE (SHARE YOUR TALENT - CALL TO SIGN UP)
- 4/21: FILM SHOWING ~ "BUENA VISTA SOCIAL CLUB" (G)
- 4/22: PATTI ROTHBERG (INDIE/ROCK)
- 4/28: KALA FARNHAM w/ ASHLEE PARADIS (CONTEMPORARY FOLK)
- 4/29: JEFF PRZECH w/ DENNIS FANCHER (AMERICANA)

~ CHECK OUR WEBSITE FOR UPDATES ~

FILM SHOWING:
"A Hard Day's Night"
(G) 7:30pm: Mar. 10th

TALENT SHOWCASE:
(2ND THURSDAY OF THE MONTH)
7:00pm: Mar. 9th; Apr. 13th

Hosted by the
"Eastern Connecticut Center for
History, Art, and Performance"
(EC-CHAP)
INFO@EC-CHAP.ORG

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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

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

Neighborspaper LLC is a member of the Ashford Business Association and the Mansfield Downtown Partnership.

The Flashbacks: A Reminiscence

Part Six – The End

By David Light

“A long long time ago
I can still remember how
That music used to make me smile
And I knew if I had my chance
That I could make those people dance
And maybe they’d be happy for a while”
(American Pie / Don McLean)

Bob Peelstrom, David Light, Mike Giblin, John Paul “Buster” Horton, Bill Tyler, Bill Very, Jim Davis, Denny Pike, Gary Pomo, Jim Barrett, Tom Prescott – The Flashbacks.

Looking back on those years in The Flashbacks, I can’t help but feel a sense of wonder at how it all came together: four guys getting together in a music room at school one evening and over the next three and one-half years playing to crowds throughout New England and playing with such music icons as Bo Diddley (in a nightclub in Middletown), Chubby Checker (at the Groton Sub Base) and Jay and the Americans (in the tent at the Norwich Rose Arts festival)! There were many nights that I stood in front of the microphone telling myself: “Enjoy this moment. Enjoy this time together. It won’t last forever.” 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.

During my time in The Flashbacks I was a teacher (as were Bob Peelstrom, Mike Giblin and Bill Tyler) at

Lyman Jr. Sr. Memorial High School in Lebanon. I was also coaching basketball at Windham High School and at Lyman. Many of the basketball games were on Friday evenings, which required me to show up to gigs late or we did not schedule a gig at all. Of myself, Bob Peelstrom, Mike Giblin, and Bill Tyler, I was the only one who didn’t have children.

Our wives were missing husbands on many, many nights on the weekends: over three year’s worth. Early on I had made a promise to my wife, Susan, that when she got pregnant, my days in The Flashbacks would come to an end. The end of The Flashbacks was inevitable; no bands lasted forever (unless you are the Rolling Stones), but I can’t help but feel the promise I made to my wife brought that end sooner than later.

My last gig with The Flashbacks was at the Willimantic Armory in the fall of 1976. The band had made plans to bring on a new singer after my departure, making me feel good that at least the band would carry on. Knowing it was my last performance in front of the hometown crowd made me both nostalgic and energized. I recalled my days in The Sunns, the garage band I was in during high school, and that it was in the Willimantic Armory where we had competed in several battles of the bands. Flashing back, I remembered those music lessons on Railroad Street, and the standing in front of my bedroom mirror pretending to be Elvis. It all came back during that last performance. “Enjoy this moment. Enjoy this time together. It won’t last forever.”

“And I knew if I had my chance, That I could



make those people dance, And maybe they’d be happy for a while.”

The Flashbacks was a great outlet for each member’s creativity – we were energized by what we did, and that energy was displayed daily in the classroom. We found something we loved to do, and we did it with all of our hearts. And that’s what we wanted our students to do: find something you love to do and do it with all of your hearts. The Flashbacks was a wonderful trip: it helped us grow, it brought us pleasure to bring joy to others, and all of its members forever established a bond that lasts to this day, even if we are far apart. Bob was at the center of this universe. He realized our potential as a band, and he made us work hard to achieve it, just like he did with his students in and outside of the classroom. And yes, we did make people dance, and they were happy for a while.

It’s been nearly two years since my friend, Bob Peelsrtom, passed. Part of his legacy is The Flashbacks. These six parts of The Flashbacks: A Reminiscence have helped me to come to grips with his passing, and it was also an opportunity for me to recall a wonderful and enjoyable period in my life. From 1970 to 1978 Bob and I became great friends and comrades-

in-arms. The Flashbacks was secondary to what we really loved to do: teach. We had a great time teaching at Lyman Memorial Jr. Sr. High School. We had great kids, supportive parents, and wonderful teaching colleagues like Mike Giblin and Bill Tyler, original members of The Flashbacks. “Something touched me deep inside, The day the music died.”

By early 1977 The Flashbacks were no more. We went our separate ways, pursued our dreams, raised families, and got old. Yes, Bob Peelstrom’s legacy is a vibrant tapestry of which The Flashbacks is but a part. I am sure Bob would have enjoyed reading this six-part memoir, and he would certainly have some interesting and no-so-interesting things to add.

I had always hoped that someday there would be a Flashbacks reunion with all those who were members of The Flashbacks. Time ran out.

Please visit our Facebook Group Page: The Flashbacks and Their Rock and Roll Revival.



Quiet Corner Fiddlers

Join us for QCF playing out dates:

Tuesday, March 14, 7-8:30PM...
Midway Restaurant, 174 Route 44, Ashford

Tuesday, April 11, 7-8:30PM...
Lakeview Restaurant, 50 Lake St, Coventry

Fiddlers of all skill levels
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Info Bernie: b.schreiber@snet.net



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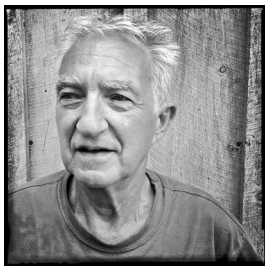
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Caterpillars in the Rainforest



By David Corsini



I'm back from my Earthwatch caterpillar adventure in Costa Rica. I flew to San Jose where I met up with 10 other volunteers and the two caterpillar scientists who led the expedition. The next day a small bus took us on a two-hour journey up into the rainforest to La Selva Biological Station. For seven days we did caterpillar-related activities and experienced the rainforest milieu. We then returned to San Jose for a farewell dinner and flights home. To get to our cabins at La Selva, we had to cross a long, sturdy suspension bridge over a river. On our first crossing there were three howler monkeys also using the bridge to cross the river. These monkeys were wild. One of them and I shared a moment of apprehension as our faces passed within three feet of each other. We relaxed as we went separate ways. The howlers were not often on the bridge but there was always a morning howler chorus.

High up in a tree near the bridge, a beautiful three-foot-long brown and orange iguana lounged. Iguanas know how to relax. The species was a Green Iguana and the orange coloration was because it was courting season. Sometimes three iguanas were seen in display at the same time. As we continued along the cement path to our cabins, a family of white-collared peccaries crossed in front of us. Birds were calling and lizards were scurrying away. We were in the jungle.

La Selva is a 16,000-hectare rain forest reserve that supports a large number of research projects and is a center for education about rain forests. I shared a cabin-like room with screened walls, electricity, and WiFi. The toilet and showers were shared and down a set of stairs. Meals were served cafeteria style where visiting groups of students also ate. The food was good to adequate.

Even though our visit was during the "dry" season, for the first four days there were frequent periods of light to moderate rain, plus only one strong shower at night. During our walks in the forest, often raincoats were on and then off and umbrellas were up and then down. I was happy to have brought an umbrella, but after a few ups and downs my umbrella started to malfunction. I should have bought an industrial strength edition rather than my \$5.00 model. In addition, with the tangle between my suspenders, binocular harness and backpack straps, I was nearly strangled several times trying to get to my umbrella and raincoat. The humidity was always close to 100%. When the sun did come out, it was very uncomfortable and I wished for more cloud cover. There were some mosquitoes, but I did not find them bothersome.

The expedition briefing had suggested we bring tall rubber boots because of venomous snakes and mud. I am not particularly afraid of snakes and, in my experience, snakes are hard to find. The tall rubber boots I own are very heavy so I decided to chance it and only brought hiking boots. However, during introductory remarks the lead scientist talked of several experiences with venomous snakes, one involving a person who had lost a leg. EEK. So, a pair of rubber boots was found that I could use. While there were many cement paths through the Selva rainforest, we were often on muddy dirt paths or in the forest itself. One day our group found a Yellow Eyelash Palm Viper resting out in the open beside a path and a scientist, from another group, reported finding a five foot long Fer de Lance. Both of these are venomous. When walking on my own, I saw three small snakes but don't know the species. I was glad to have boots.

In this rain forest there were over 1600 species of plants and on our first walk the lead scientist tried to teach us a few on which they frequently found caterpillars. It was a bit overwhelming, but finally the scientist said we could focus on one shrub, called Piper, with leaves that had a sandpaper feel. On subsequent days I became good at locating this shrub and turned over thousands of leaves that to me looked like they had been damaged by caterpillars. But I found no one home. Then I saw that people who found caterpillars were finding them in rolled-up leaves

and I began to find caterpillars too.

All of us carried several three gallon-plastic bags, a magic marker and clippers. When a caterpillar was found, the procedure was to cut off the branch with the leaf and caterpillar and put it in a bag with more leaves. The marker was used to write the location of capture on the bag. Back at the lab, the scientists would identify the caterpillar and the plant it had been found on. This information was added to the bag with the magic marker and the caterpillar was assigned a number. The information was then entered into a computer data base and the bag placed on the counter. Later, one of the volunteers would take the caterpillar out of the bag and photograph it from several angles along with the ID number. The bag was then suspended from a bar with other bags. By the fifth day of our stay, there were about 100 bags with caterpillars. As the numbers being assigned to our caterpillars were greater than 34,000, I would say this aspect of the study had been going on for some time. The laboratory where the bags were stored was referred to as "the zoo".

The lead scientist of the project had discovered a new species of Lepidoptera that had been named after him. In recognition of that honor, he had a tattoo of the butterfly on his leg. While we were at La Selva, he received notification that a parasitoid he had discovered had been accepted as a new-to-science species. It looked like another tattoo was in order.

One day, as I was heading back to lunch, I spotted a rolled up leave on what to me looked like a dead shrub. I plucked it and unrolled it to find a bunch of almost too-small-to-see caterpillars. I bagged it. Back at the lab one of the scientists, who had better eyesight than me, said there were 12 tiny caterpillars in my leaf. The family of the caterpillars was Oecophoridae. These were caterpillars from a microlepidoptera--i.e., a very small moth. In addition, the scientist told me that it was likely that these caterpillars were of an organism that was new to science. Perhaps here was my chance to have the naming rights for an organism: *Pyalidae Corsinia*? Since I could almost not see the beasts, I decided not to cancel my return flight to wait until the caterpillars pupated and hatched. I wonder if I could have even seen the moth they turned into. So I guess I will have to wait on the tattoo.

The title of the Earthwatch project was: "Climate Change and Caterpillars in Costa Rica". I thought the main thrust of the project would be searching for caterpillars to see how many different species we could find. And we did search for and collect caterpillars but the scientists had progressed from simple cataloging of species to more complex research projects.

Over the last several years the lead biologist had begun to work with a biochemist to examine the impact of climate change on the biochemistry of plants and subsequent effects on the caterpillars that feed on those plants. The new research projects studied the influence of plant chemistry on caterpillar development and caterpillar immune systems.

For the new research project, the scientist had been growing Piper plants. Some of the plants were in small pots and some were planted directly in the forest. The plants were several years old and about a foot tall, with four to eight leaves. While all the plants were Piper, some plants were grown from the seeds of many different plants, while other plants had been grown from cuttings from one plant. Thus, there was a group of genetically identical plants and a group of genetically unique plants. Each plant had a metal identification tag.

For the research project to progress, the plants needed to be four or five feet tall. However, the dug-into-the-ground plants and potted plants had been placed along a trail in the forest where low light conditions had slowed growth. To speed up growth, the scientist had decided that all the plants had to be brought into greenhouse conditions with more sun exposure. So the 450+ plants had to be retrieved from the forest. The potted plants along the trail had to be carried out to the cement walkway and the ones that had been planted, had to be dug up, placed in plastic bags, and also brought to the sidewalk. There was mud. Then groups of plants were transported to the greenhouse, 1200

meters away, in a basket affixed to the front of a bike.

The scientists also wanted to know how the plants had been doing up to this point. So after the plants were brought to the greenhouse, every leaf of each plant had to be photographed. Each photograph was then analyzed using a computer app to determine the percent of leaf damage. It is not difficult to imagine that this was a tedious process.

While at 76 I was the oldest volunteer, the volunteers were a mature group of mostly retired people in their 50's and 60's. Most had been on other Earthwatch expeditions and were committed to doing whatever scientists needed done. There is a lot of grunt work involved when doing science, and we had volunteered to grunt.

Getting plants out of the forest and photographing leaves was not my cup of tea. I did help carry potted plants out of the forest, helped with the digging up of plants, but since my photography and computer skills are rudimentary, I did not participate in those areas. Thankfully, I soon developed a blister from the rubber boots and my digging up of plants was cut short.

On the last two days, rather than haul plants, I spent time in the "zoo". Here my task was to open the bags with the caterpillars and check to see if the caterpillar was: still alive, dead, or had pupated. If necessary, I would clean the bag of frass (caterpillar poop) and check to see if more leaf food was needed. The caterpillars were of many different sizes from small and very hard to find, to as big as my thumb. This task was a lot more enjoyable to me than hauling plants.

The La Selva Biological Station also had a group of nature guides for hire. During the times I was not working with the caterpillar project, I was able to join with three bird watching guides. These guides helped me find many birds new to me. For example, I saw two types of motmot, four types of woodcreepers, two types of toucans, two large woodpeckers, four types of parrots including the endangered Great Green macaw. Although I had anticipated learning more about caterpillars per se, I did enjoy my adventures in the rainforest and my time with the other volunteers and scientists. In addition, I consider it an accomplishment to get there and back without any major complication.

From listening to the scientists discuss their research and additional reading, I have learned some interesting facts about biodiversity. My next article will be on that topic.

Reduce Household Waste

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Dear Reader-

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T. King, Publisher

Nature's Case for Diversity

By Delia Berlin



Do you know why male bullfrogs sing? Most people know that their song is a mating call and that its purpose is to attract females. But only few know that not all male bullfrogs sing. In fact, each singing male bullfrog is usually surrounded by several silent "satellite" males. As females are attracted to a singing male, silent males try to intercept them and often succeed. While the singing males mate with more females, their songs also attract predators and therefore they tend to live shorter lives. Surprisingly, in the end both singing and silent bullfrogs produce approximately the same number of offspring, resulting in equivalent results in spite of their different reproductive strategies.

If you were a bullfrog, which kind would you be? For the frogs, that's not a choice. Their genetic predisposition, influenced by environmental conditions, determines their strategy each season. Suppose that frog predators became very numerous during a particular season. It may be very dangerous to be a singing frog during those times. But silent males may not be found and still survive in high numbers. Alternatively, imagine that bullfrogs became very scarce. How would they find each other to mate? In those conditions, singing frogs may save the day by attracting enough females to assure sufficient mating and offspring. Under either one of these extremes, some frogs may switch strategies. Lack of mates may tempt some silent frogs to sing, just as fear of predators may tempt singing frogs to lay low.



If environmental conditions were always the same, one of these strategies would soon become more successful than the other one and eventually all frogs would evolve that way. But environmental conditions are always changing, and so nature is wise to hedge its bets. This unpredictability of context is responsible for preserving both singing and satellite strategies in bullfrogs. It also explains a myriad of diverse patterns in all aspects of life. For most species, diversity of strategies provides resilience for survival.

Humans have selectively bred certain traits in agriculture for centuries. Whether breeding animals for better tameness or food production, or selecting cultivars for desirable output, we have gradually broadened the choices available to us. Through this process, we have learned that the optimal qualities of what we grow don't always go hand-in-hand with resilience. External conditions that we don't usually control, such as climate and pathogens, affect animal and plant varieties in different ways. Breeding for the most desirable qualities doesn't always preserve "resistance" to these insults. Now we understand that resilience to unpredictable conditions requires genetic diversity, and that old stock may need to be brought back into the gene pool to fight new adverse conditions. This requires compromise. For instance, a drought-resistant tomato may not be as tasty, or a mold-resistant strawberry may not be as prolific.

Here is a close-to-home example of this type of compromise: My husband and I minimally maintain what we call "a yard, but not a lawn" that is not just grass, but rather a "mowed" green area. All sorts of plants, including grasses, clovers, dandelions, plantains, violas, and many other common "weeds" form a variably-textured carpet that looks good enough to us. We never do anything to this

yard, other than mowing it.

While most of the time our yard looks less even and neat than neighboring lawns, during droughts it usually looks much better. To dedicated lawn aficionados the reason may be apparent, and not without horror: our yard ecology includes crabgrass, one of the most drought-resistant native ground covers. Allowing the crabgrass to coexist with other plants is not only good for the crabgrass, but also for the other plants, and for sparrows, who like crabgrass seed. While there is competition among all our yard's plants, crabgrass only takes over when others can't compete in the conditions. Meanwhile, it shades the soil and prevents erosion, preserving a chance for the other plants to make a comeback when conditions change. Examples of diverse survival strategies span everything, from the invisible (such as genetic variations and mutations) to the most visible (such as animal colors or "phases"), from the physical (like animal breeds) to the behavioral (nomadic versus sedentary groups), from the individual (introvert or extrovert variations) to the cultural (matriarchal or male-dominated cultures). The benefits of diverse strategies also spill out of the natural context into other fields, such as economics. Even beginner investors understand that diversification of financial portfolios makes good sense.

Conversely, it's easy to find instances when lack of diversity leads to disastrous consequences. Unbalanced retirement accounts may suffer mightily during market downturns. Inbreeding may result in terrible genetic defects and shortened lifespans. Monocultures are prone to devastation from unanticipated pests. In nature, as long as the potential exists in the genetic pool, selective mortality quickly develops resistance in surviving individuals. Only diversity can offer hope for adaptation and recovery.

For many of us, recent world events and our own presidential election have been difficult to process. Could the role of diversity in nature help us gain perspective about these events? It's easy to believe that a democracy should benefit from diversity of views in the electorate. Issue by issue, as the context changes, so does the adaptive value of each political position. A liberal stance may be helpful during certain economic conditions, but eventually more conservative policies may be needed. Shared respect for democratic values and civil discourse facilitate the exchange of ideas and healthy debate that maximizes the benefits of these transitions.

This argument supports the need to be more open to ideas of fellow citizens who may not be likeminded. This doesn't mean we should suppress our own ideas, but rather seek understanding and common ground through more dialogue and civil exchanges with others. Echo chambers create the illusion of idea exchanges, but they are the communication equivalent of inbreeding.

Our highly negative election campaign emphasized our differences. For example, "Obamacare" was one of the issues that we were supposed to be "for" or "against" – but the truth is that we all want access to good medical care. Those "for" were happy that we were moving in that direction, while those "against" were unhappy about the costs. A positive campaign may have focused on strategies to lower costs, but the apparent choice was "repeal" or "preserve" instead. Now, even "repeal" supporters are worried about their potential loss of insurance. But if we focus on solving problems instead of finding blame and arousing anger, we can still work together for the common good.

We also need to emphasize that people don't fall into pre-packaged categories. Not everyone who supported

Obamacare loved Hillary Clinton. Not everyone who liked Trump admired Putin. Few of us agreed with one candidate about everything. Focusing on narrower issues instead of broad labels helps keep discussions less personal and more neutral. Being for or against Obamacare is simplistic and antagonizing. Finding elements of Obamacare that most people like or dislike would be a great starting point to make improvements.

Research demonstrates that the broadening of constituencies in any working team improves collective creativity and problem solving. Diversity of views at the table does produce better outcomes. But equality and mutual respect are necessary ground rules for productive team work. These values are at the center of any democratic exchange. This introduces a problem that at first glance may seem like a paradox: Intolerance cannot be tolerated because intolerance's central premise is exclusion.

Our environment is rapidly changing in unprecedented ways. In the next few years, our polarized and divided world will present us with many conflicts and challenges. If we hope to resolve them peacefully, we must do our best to accept diverse points of view, to understand our different neighbors, to seek and experience other points of view. Kindness, in the broadest sense, is the only quality that can keep us human.

As we struggle to adapt as individuals and as a species, you may be a singing frog or a satellite frog. But for frogs' sake, you should not be a frog who wants to get rid of every other frog. Either we will rise above our differences to work together for the common good, or we will follow the dinosaurs in their path to extinction. One option is not as pretty as the other one, but nature doesn't really care. It is up to us to put the thumb on the scale, as hard as we can and for as long as we can, to try to tip it back towards civility, before it's too late.

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Tweeting Fascism@realDonaldTrump

By Phoebe C. Godfrey

In 1995, the Italian author Umberto Eco compiled a list of 14 common features which he felt described 'fascism', although as he stated, "fascism was a fuzzy totalitarianism, a collage of different philosophical and political ideas, a beehive of contradictions"



Similarly in 2003, someone known as Lawrence Britt supposedly "examined the fascist regimes of Hitler (Germany), Mussolini (Italy), Franco (Spain), Suharto (Indonesia) and several Latin American regimes" and also found 14 defining characteristics common to each (for detailed descriptions see link). I use the term 'supposedly' as there seems to be some dispute about Britt, including about his credentials, background and the legitimacy of his research. There are understandably similarities between the two lists (Britt may have been inspired by Eco), and although for one blogger Eco's 'slam dunk' Britt's, I found Britt's 14 characteristics perfect for my purposes. The reason for this is that they are more specific than Eco's, which one could argue makes them more simplistic and generic, hence less valid. However, 'simplistic' is the name of the game in the world according to Trump (here on out referred to as 45), and the limits of twitter further enhances this quality. Therefore, I have paired Britt's 14 features with 14 examples from 45's 1000's of tweets. Obviously, I am 'cherry picking' from his wide selection but it wasn't very difficult to make the connections, meaning these are just examples from many that could have been chosen, not to mention statements he has made but hasn't tweeted. I decided to only use tweets given Twitters' uniquely monologue, de-contextualized and instantaneous public quality.

I didn't plan to write about 45 as he currently dominates all media ("Fake" and otherwise) but his recent tweet on the media being the "enemy of the American people" compelled me to reply and to do so by raising the alarm that we must all be vigilant in our resistance to the world he is attempting to fashion in his own image. Additionally, I wanted to caution against the possibility of concluding that 'they are only tweets'. However, that is exactly the danger that we don't take them, him seriously and consequently we chose to do nothing. To avoid that end, I have also offered antidotes to further remind us that, as the 18th century British statesman Edmond Burke stated, "The only thing necessary for evil to triumph is for good men to do nothing".

Britt's Fourteen Defining Characteristics of Fascism:

1. Powerful and Continuing Nationalism -

(The whole 'Make America Great' campaign fits this excessive nationalism)

Donald J. Trump@realDonaldTrump 14 Jun 2016
AMERICA FIRST!

Antidote: Resist nationalism, support all nations and peoples of all nations.

Remember that "dissent is the highest form of patriotism".

2. Disdain for the Recognition of Human Rights -

(45 has made many statements about using water boarding and as inaccurately claimed that torture works)

Donald J. Trump@realDonaldTrump Feb 12

The crackdown on illegal criminals is merely the keeping of my campaign promise. Gang members, drug dealers & others are being removed!

Antidote: Resist human rights abuses, calls for the use of torture and the immigration ban while supporting human rights through the Sanctuary City movement and immigrant rights groups, as well as anti-racism education / organizations.

3. Identification of Enemies/Scapagoats as a Unifying Cause -

(This can be applied to so many of his claims about immigrants, women, minorities, LBBTQ people..etc but I chose a blanket statement)

Donald J. Trump@realDonaldTrump Feb 3

We must keep "evil" out of our country!

Antidote: Resist all forms of racism and hatred towards / demonization of those who are different from the majority either due to religion, gender identities, sexuality, physical abilities-disabilities...etc by supporting groups that are working in these areas

4. Supremacy of the Military -

(This has been an ongoing theme that Obama was weak [in fact his drone program has been extensive] and that 45 / American will reign supreme)

Donald J. Trump@realDonaldTrump 22 Dec 2016

The United States must greatly strengthen and expand its nuclear capability until such time as the world comes to its senses regarding

Antidote: Resist militarism and support Peace groups and the education of non-violence in schools. Support vet groups that promote Peace and solidarity with activists as in those who have gone to Standing Rock.

5. Rampant Sexism -

(This was just one of many I could have chosen...)

Donald J. Trump@realDonaldTrump 6 Apr 2015

"@laurasgoldman: .@realDonaldTrump why is it necessary to comment on .@ariannahuff looks? Because she is a dog who wrongfully comments on me.

Antidote: Resist sexism / gender oppression and support women's rights groups, women's health care organizations such as Planned Parenthood and LGBTQ groups

6. Controlled Mass Media -

(This is an ongoing theme -any media that critiques him and his cronies is 'fake')

Donald J. Trump@realDonaldTrump- 17 Feb 2017

The FAKE NEWS media (failing @nytimes, @NBCNews, @ABC, @CBS, @CNN) is not my enemy, it is the enemy of the American People!

Antidote: Support Independent Media (non-corporate media), public radio / t.v., non-American media, local media and public libraries.

7. Obsession with National Security -

(Again an on-going theme full of misinformation / 'alternative facts')

Donald J. Trump@realDonaldTrump Feb 9

SEE YOU IN COURT, THE SECURITY OF OUR NATION IS AT STAKE!

Antidote: Resist narrow views of national security and re-conceptualize through the lenses of inequality, fascism and climate change and work for promote equity, democracy and environmental justice.

8. Religion and Government are Intertwined -

(I chose of focus on his praise for a pro-life march)

Donald J. Trump@realDonaldTrump Jan 27

The #MarchForLife is so important. To all of you marching --- you have my full support!

Antidote: Support the Constitution 's separation of church and state and work to protect the public sphere from a pro-Christian agenda, support the right to choose and inter-faith collaborations.

9. Corporate Power is Protected -

(This illustrates his conflation of Wall St with government.. as his cabinet picks illustrate- so much for draining the swamp)

Donald J. Trump@realDonaldTrump Feb 16

Stock market hits new high with longest winning streak in decades. Great level of confidence and optimism - even before tax plan rollout!

Antidote: Resist capitalism and support alternative economic models like cooperatives, local small-scale economies and policies that put people / planet before profits.

10. Labor Power is Suppressed -

(This has been 45's 'bigly-est' claim that he supports the American worker and yet with this tweet, according to the L.A Times, "...he was seeking to stifle dissent and weaken a powerful labor union")

Donald J. Trump@realDonaldTrump 7 Dec 2016

Chuck Jones, who is President of United Steelworkers 1999, has done a terrible job representing workers. No wonder companies flee country!

Antidote: Support labor unions and the rights of workers, fight for living wages and health care for all.

11. Disdain for Intellectuals and the Arts -

(For this category I added the sciences, in particular the science in support of climate change)

Donald J. Trump@realDonaldTrump9 Jan 2017

Meryl Streep, one of the most over-rated actresses Hollywood, doesn't know me but attacked last night at the Golden Globes. She is a....

Donald J. Trump@realDonaldTrump 6 Nov 2012

The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive.

Antidote: Support the arts / sciences and public education, as well as critical thinking and an ethically based strong counter-culture. Also, support policies to address climate change and an equitable-livable planet.

12. Obsession with Crime and Punishment -

(Again choices we wide here including tweets about meetings with Sheriffs, Police and other security groups such a ICE..etc)

Donald J. Trump@realDonaldTrump Jan 29

Our country needs strong borders and extreme vetting, NOW. Look what is happening all over Europe and, indeed, the world - a horrible mess!

Antidote: Resist militarization both domestically and abroad, support prison reform, citizens' review boards to investigate police brutality and rights for all under the law.

13. Rampant Cronyism and Corruption -

(This again was full of options but I chose to go with his attach on Nordstrom in terms of making his daughter's company a political issue)

Donald J. Trump@realDonaldTrump Feb 8

My daughter Ivanka has been treated so unfairly by @Nordstrom. She is a great person. Always pushing me to do the right thing! Terrible!

Antidote: Call for investigation into 45's conflict of interests and support politicians with the ethical standing to pursue. For a list see article in the Atlantic.

14. Control of Elections

(This was also a popular tweet about not only his great win but also how many more votes had been stolen from him)

Donald J. Trump@realDonaldTrump Jan 27

Look forward to seeing final results of VoteStand. Gregg Phillips and crew say at least 3,000,000 votes were illegal. We must do better!

Antidote: Campaign finance reform and vigilant citizen fact-checking, as in this much repeated claim about 'illegal votes'. It is not an 'alternative fact' but rather a lie and one that according to Bill Moyers could lead to voter suppression.

And so there you have what for me turned into a tedious / time consuming activity to locate all these tweets. But I think having them assembled in this manner brings clarity. Each individual tweet may not raise alarm but taken as a package after only, as Samantha Bee said 'one menstrual cycle in office', the aggregate picture is and should be seen as frightening. In fact, to wrap it all up Stephen Miller, 45's Senior Advisor, made an inflammatory speech this past week full of 'alternative facts' and clinched them all by unflinchingly stating that "...the powers of the president to protect our country are very substantial and will not be questioned".

In response 45 tweeted

Donald J. Trump@realDonaldTrump 12 Feb 2017

Congratulations Stephen Miller- on representing me this morning on the various Sunday morning shows. Great job!

Antidote:RESIST: You / Us / ALL!

Take Note! Benefit Concert

Submitted by Sarah Kaufold

The acclaimed a cappella ensemble Take Note! will perform a concert to benefit the community musical endeavors at St. Mark's Chapel and to help with the restoration of their special organ. The concert will take place Sunday, March 5th at 3:00 p.m. and will feature songs in a variety of musical styles, including jazz, traditional, and multicultural.

Take Note! is a 20-voice group, under the direction of Linda Tracy, and is comprised of select, talented local singers from diverse backgrounds. A nonprofit organization based in Mansfield, the group has performed without charge for the benefit of other local non-profit organizations. The Take Note! mission statement speaks to the spirit of the group: "Through performances in support of charitable endeavors, we are raising voices, raising spirits, raising hope."

Donations to St. Mark's Chapel Music Ministry will be accepted at the door. For more information, contact Sarah Kaufold at music@stmarkschapel.org, or www.take-note.org.

Horseradish Wars

By Ed Adelman

On Monday, April 10, Jews worldwide will gather with family and friends at Passover Seders to celebrate this festival of freedom. The Seder is both a meal and a ceremony, full of symbolism used to re-tell the story of the Jewish people's freedom from Egyptian slavery and to re-dedicate our thoughts and actions to freedom and justice for all today. Regarding symbols, horseradish has a prominent place on the Seder plate, as a bitter herb which represents the bitterness of life as slaves. It is noted and discussed, then eaten in a few different ways, usually with exclamations of pain, pleasure and more than a few tears.

Each year, as I grind my homegrown Passover horseradish I think of my mom and how she ruled the Horseradish Wars of the 80's, 90's and beyond. It was a fun and spirited competition but hers was always the stronger stuff. It was like my 4-1/2 stars versus her 5 every year. I always suspected some performance enhancing substance, but my accusations of kerosene-based additives could never be proven. I could do nothing but meekly announce, "But mine's homegrown ...and it's organic." "Who cares, let's clear some sinuses."

A few years back, the combination of a brutal winter and an early Passover complicated my annual ritual. I suspected I might be in trouble when I checked my horseradish patch a week before the Seder to find it under a foot of snow and frozen solid. I shoveled the snow and covered the patch with clear plastic to magnify any solar benefit, which, during a cold, cloudy week, proved to be very little. Two days before the Seder, I gave up and did what Mom always did; buy the root at the supermarket. I went through the process; chopping, shredding, pulverizing, adding vinegar and salt, but something was missing—my tears! Utter disappointment—no tears, no bite, no pizzaz. Aha! I knew she added something. I created horseradish with training wheels, horseradish for cucumber and mayonnaise sandwiches on crustless white bread at High Tea, horseradish that symbolized--nothing.

My wife, Elizabeth, sensed my concern and we both returned home the following day with jars of prepared horseradish from the supermarket. It was not too bad and at least we wouldn't be thrown out of the Seder. Then, on the morning of the holiday, I decided to give it one more shot, and, voila, the earth parted to my spade (Red Sea-like) and I wrestled free some half-frozen horseradish roots. Not much but just enough. I happily cleaned, chopped, shredded and pulverized, all the while emitting tears of joy caused by the fumes of pain. I found myself contentedly humming, "You just try sometimes, and you get what you need."

It was good stuff, eye-watering good, but we all knew that if Mom were still here, hers would be better.

March 7, Tuesday

Nature: Are Bats Bad For You? Learning Fact from Fiction, 6:30p.m. - 7:30p.m. Free. Anna Sjodin from UCONN speaks about her research on bats and patterns of disease in bat populations. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

March 8, Wednesday

Singing: Hampton Hoot Sing-Along, 6:30p.m. Hampton Library, 257 Main Street, Hampton.

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/1)

March 9, Thursday

Performance: Talent Showcase, 7:00p.m. Open to all ages. Live Music: Nat Reeves Student Jazz Ensemble, 7:30p.m. \$10-20. The Packing House at The Mill Works, 156 River Road, Willington. Advance sign-up & Info: 518-791-9474. www.thepackinghouse.us

March 10, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 3/3)

March 11, Saturday

Nature: Nature Immersion: The Art of the Sit Spot, 10:00a.m. - 11:30a.m. Discover the lost art of the Sit Spot. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Rally: Vigil, 10:00a.m. - 11:00p.m. (See 3/4)

Community Food: Maple Sugar House Tour, 1:00p.m. - 3:00p.m. Free. Field Trip to a local Hampton Maple Sugar House. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Ban Fracking Waste – Now Town by Town

By Cathy Cementina

A movement is happening in Connecticut, particularly Eastern Connecticut, and it has to do with hydraulic fracturing (fracking). As you know, Connecticut is not a state where fracking is likely to happen. However, Connecticut IS a state that may start receiving toxic, radioactive waste from the Marcellus Shale region of Pennsylvania. Fracking is a process used to extract natural gas and oil. Millions of gallons of a toxic chemical solution are injected underground at high pressure to crack dense rock and release oil and gas. Fracking fluids and contaminated solids come to the surface and need to be disposed of as waste. Currently, Connecticut has a temporary ban on the import of fracking waste from gas drilling only. However, this can change as early as this summer, as Connecticut's DEEP is mandated to submit regulations for review between July 1, 2017 and July 1, 2018. Once those regulations are in place, the door is open to fracking waste.

The three hazardous waste treatment plants in Connecticut that could apply for permits relative to treating the fracking waste have been non-compliant for all or most of the past three years, two with significant violations where discharge has exceeded allowable limits. We have no assurance that incoming fracking waste would be rendered safe and healthy for our communities. There are no good options for disposing of this toxic and radioactive waste or using its by-products. The dangers associated pose an unacceptable risk to health and safety, municipal and private property values, and natural resources.

Consequently, with the help from Eastern Connecticut Green Action (ECGA), local towns are taking the initiative to pass their own bans on fracking waste as a way to protect their communities should DEEP and our state legislature allow toxic, radioactive waste into Connecticut. These citizen-led initiatives have been hugely successful, with hundreds turning out to support and vote at town meetings.

Fracking waste bans have been passed in the towns of Andover, Ashford, Portland, Mansfield, Windham, Coventry, Middletown, Windsor, Washington and Branford. Towns currently working toward a fracking waste ban include Hampton, Chaplin, Eastford, Pomfret, Woodstock New London, Lebanon, Hebron, Bolton and Griswold.

If you are a resident in one of the towns where fracking waste bans are being considered, keep your eyes and ears open and get involved now! All kinds of forums and community meetings about this issue are taking place in the next few weeks. Should you have questions or interest, feel free to contact: Virginia Fulton, (860) 428-2470, VMFulton@earthlink.net or Dagmar Noll, (860) 456-4143, dags78@yahoo.com. We welcome you to join us in this movement to protect our properties, our communities, and our health.

Upcoming Eastern CT fracking waste forums & important public meetings:

Monday March 6, 2:30-4 pm, Connecticut College Shain Library Chu Room

Monday March 6, 7:00 pm, New London City Council, Council Chambers,

Monday, March 13, 7:00 pm, Woodstock Town Hall Mtg Room A

Tuesday, March 14, 6:00 pm, Griswold Board of Selectmen Meeting

Thursday, March 23, 7:00 pm, CT Audubon Center, 218 Day Rd, Pomfret

Connecticut's DEEP is mandated to submit regulations on fracking waste for review between July 1, 2017 and July 1, 2018. Passing as many local ordinances as possible now will hopefully provide political pressure to extend the moratorium or permanently ban importation of oil and gas drilling waste into Connecticut potential contamination of public and private property, soils, surface and ground water due to accidents, spills or leaks and inadequate treatment.

Cathy lives in Coventry and is a member of Eastern Connecticut Green Action.





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The deadline
for the April issue of
The Neighbors Paper
is Wednesday, March 22nd.

Willington's Ghost Fawn Homestead

By Dennis Pierce



I am very fortunate. Several years ago I sent off an email to Tom King, the Editor and Publisher of *Neighbors*, asking him if there was an opportunity to write a column for his paper and focus on buying local in Connecticut.

I am fortunate that he agreed. Since I have taken on this task I have met some amazing people that have a passion for bringing Connecticut Grown agricultural products to market. From vineyards to a distillery, from organic farms to flower growers, we are surrounded by a population of individuals that have built a connection to the land that makes up the Quiet Corner of Connecticut. These individuals have a direct connection to the land that we inhabit. By paying attention to the parcel that they tend it has taught them who they are, why they do what they do and how to go about living on this earth. In some sense it is a romance, a partnership with the landscape, as they are surviving on it and living well.

Last Saturday, the winter gave way for a glimpse of spring with warm winds as they hit your face. The sun passed through the woods creating shadows from the barren trees. Water dripped off the roofs as the snow quickly melted during the unseasonably warm weather. Last Saturday was a perfect day to visit a new farm in the area. In doing research for this column I had the wonderful opportunity to visit Ghost Fawn Homestead a startup CSA (Community Supported Agriculture farm) in Willington. Pulling up the driveway I saw the land stretching in front of me, typical of a glacially scoured New England farm surrounded by a well-trimmed woodlot. There I met Ken and Cari Donaldson. Hailing from Michigan taking a circuitous route through Olive Branch Mississippi, a suburb of Memphis, landing for a stint in Simsbury, they finally found the homestead of their dreams in Willington Connecticut. Here they found a 1936, Colonial farmhouse which was built on almost ten acres of fertile land. Although owned by one family for the next 79 years, it stood vacant for the last two decades. In spring of 2015, Ken and Cari Donaldson bought it, with the vision of growing healthy food for the local community. And so, with that dream and the willingness to work hard, Ghost Fawn Homestead was born. After settling down and talking to Cari and Ken I had to ask the question? Why Ghost Fawn Homestead? I thought maybe the house was haunted? No, after purchasing the property Cari told their children, a great family of sparkle eyed, energetic home schooled kids, that they would name the property after the first animal that they saw. One the children inquired, "what if it's a dead bug?" Cari then set some naming rules that left way for the farm's name.

Days later, Cari, while walking their dogs in the back field, along the woods, spotted a doe and her fawn. As she came back and described what she saw to her family she said, "There they were quiet as a ghost". And to that, Ken, her husband replied, "Well then that's the name of our homestead, Ghost Fawn Homestead."

Having minimal experience in gardening it appears that the family all have green thumbs. They are hoping that this year they will increase their membership to their CSA. They have founded their efforts on the following core values: We believe all people should have access to healthy food. We believe all people should have access to healthy communities. We believe healthy communities are best built on the local level. We believe that teaching how to prepare healthy food is as important as eating it. We believe livestock should have only One Bad Day, and the rest of their lives should be lived out respectfully. We believe our farm is a family business, and all members have valuable contributions to make to it. We believe that the land has been entrusted to us, and should be handed down to the next generation in better condition than we received it. We believe that food should be naturally grown. We believe food can be grown in a visually appealing setting, and that beauty is important to a community. We believe in pursuing renewable energy sources.

Ghost Fawn Homestead, is different. Opposed to several CSA's their variety of produce they offer is somewhat unique, creating a mix of standard vegetables but adding several nontraditional varieties. While their farm is not organic they use good agricultural practices and are sensitive to the process of being good stewards of the earth. Their crops range from 8 different varieties of tomatoes to beets and even local popcorn. Last year they had a bumper crop of jalapenos which were processed into what is called cowboy candy, a sugared mix of jalapenos and sweetener. I sampled some and it was chutney-like in consistency and went well on a sandwich. The heat was offset by the

sweetness and it melted in your mouth.

The farm is now taking new members with a 16 week growing season at \$500 a share and they would entertain the idea of selling half shares to smaller families. The farm's mission is to provide healthy food, produced in a way that builds, protects, and strengthens both the land and the community. Cari and Ken have a unique approach to social media. They maintain a Facebook page at: <https://www.facebook.com/ghostfawnhomestead/> and also a website that hosts podcasts about farm life and interviews with an array of personalities. Their website is ghostfawnhomestead.com. Their contact information is ghostfawnhomestead@gmail.com or their number is (662) 420-0253.

Looking forward to the summer, but knowing it will be a long time coming, I thought I would provide a recipe that could be found locally. Ghost Fawn Homestead grows kale and I truly think most people don't take advantages of the nutritious offering. These hand pies are great for a snack and can be packed for lunch.



Cari and Ken Donaldson

Dennis Pierce photo

Butternut Squash & Kale Hand Pies

Makes 12 plus servings

Ingredients:

Oil for coating foil
1 butternut squash, peeled, cored and cubed
3 tbsp. olive oil, divided
spices of your choice (I used salt, pepper, cumin, garlic powder, and chili powder)
2-4 cloves garlic, minced
1 bunch kale, de-stemmed and sliced into ribbons
1/2 cup water or broth of choice
salt and pepper, to taste
1/2 cup feta cheese
Pie crust dough of your choosing (for sake of time I cheated and used store-bought). I bought a two pack (two shells in one package).
2 eggs, beaten
kosher salt for sprinkling

Directions:

Preheat the oven to 400 degrees. Line two baking sheets with foil and smear oil on the foil. Set aside. Put the peeled and cubed butternut squash in a large zip top bag. Add 2 tbsp. olive oil and spices. Close the bag shut and toss the contents around until all of the squash pieces are evenly coated. Divide the squash onto the two prepared baking sheets. Bake for 15 minutes, toss the squash so all sides are cooked and bake for an additional 15 minutes, or until the squash is tender and cooked through. In a large skillet, add the remaining 1 tbsp. olive oil and heat over medium heat. Add the minced garlic and cook softly. Add the kale and stir to coat the greens with the garlicky oil. Cook uncovered for a few minutes, stirring occasionally. Add the water/broth and cover the skillet. Cook for 5 minutes, or until the kale has begun to wilt down. Turn off the heat and remove the lid. Add salt and pepper to taste.

Once the butternut squash is cooked, add it to the pan of kale, along with the feta cheese. Stir everything

together. Take a taste, and adjust your seasonings accordingly.

Remove the foil from the baking sheets, and line the baking sheets with parchment paper or wax paper. Using whatever pie dough you choose, use a cookie cutter or water glass to cut circles of dough (2 per hand pie). I made it with a circle that was about 3.5 inches in diameter. Place circles of dough for the bottom half of the hand pies onto the baking sheets. I was able to fit 6 per baking sheet. Place 2-3 tbsp. of the mixture on the middle of each circle of dough. You want to have a decent amount of filling in each hand pie, but also want to make sure that you'll be able to seal everything closed without filling spilling out. Top each with another circle of dough to make the top of the hand pie.

Use the tines of a fork to crimp the edges of the dough. This will help to seal the pies shut.

Brush the tops of the hand pies with the beaten egg. This will help to ensure that the hand pies get brown and crispy. Sprinkle each hand pie with kosher salt. Cut a small slit or two into the top of each pie to allow steam to escape.

Bake your pies according to the directions for whatever pie dough you've used. I baked mine at 400 for 20 minutes to get them to be golden-brown.

For a change you might want to try these using phyllo dough instead of regular pie dough.

We are now entering into the fifth season. The fifth season you ask? Yes, the fifth. We have spring, summer, fall, winter, and mud. Mud season comes before the frost fully leaves the ground. Rather than water that is a result of the melting snow seeping into the soil, it stays near the surface. This process led Robert Frost in his 1934 poem "Two Tramps in Mud Time" to write, "The water for which we may have to look / in summertime with a witching wand, in every wheel rut's now a brook / in every print of a hoof a pond."

I don't say it enough, but thank you for taking the time out of your daily life to take the opportunity to read this column. Maybe even try out a recipe or two. But more importantly, for taking the time to get to know great people, like Cari and Ken. If you have a suggestion or a farm or a local grower you would like featured in this column drop me a line at Codfish53@Yahoo.com. Peas be with you.

Top Shelf Gallery

New at Hampton's Fletcher Memorial Library

Submitted by Janice Trecker

Fletcher Memorial Library in Hampton has inaugurated the Top Shelf Gallery in its downstairs rooms. The latest exhibition features realistic area landscapes by Brian Tracy.

After he took early retirement, Tracy went to UConn for a BFA in painting. He produces landscapes in oil and watercolor, as well as portraits, generally in conte crayon, at his Second Floor Studio in Hampton.

Tracy lists his influences as Andrew Wyeth, John Singer Sargent and Winslow Homer, and he has shown at the La Grua Center in Stonington, in group shows with the North East Ct Art Group, and in an open juried show at the Quinnabaug Valley Community College. He participated in the Open Studios at the Hampton Community Center last fall.

Also on view, a continuing exhibit of mostly area landscapes with figures from Janice Trecker. Trecker works in acrylic on board and has had solo shows at the Stevens Gallery at UConn, Windham Hospital, Eastern Expansion Gallery, and Law of Ice Gallery in Chicago, as well as appearances in group shows at Akus Gallery (ECSU), Silver Circle Gallery and Empty Spaces in Putnam, and various Windham Regional Arts Council exhibitions.

She is self taught but spent over thirty years attending weekly figure drawing sessions first at Hartford Art School and then at ECSU.

The current show runs through March. Fletcher Memorial Library hopes to attract other area artists to exhibit their work. Interested artists are encouraged to check out the space and to contact the library at fletchermemoriallibrary@gmail.com or to call during library hours: 860-455-1086.

Sanctuary City Re-visited

By Chuck Morgan

On January 17, 2017, Windham became a sanctuary city. This was done by a resolution passed by our town council. The resolution starts with a page of noble WHEREASes about what our community should be, morally, with which one may or may not agree. Then the resolution finishes with a list of nine BE IT RESOLVEDs that shall apply to all town officials, employees, volunteers, interns and contractors. It shall apply to council members who voted against the resolution, as well as to town employees, volunteers, and contractors who disagree with the resolution. The use of the word "shall" in the resolution indicates that failure to obey this resolution by town employees, volunteers, and interns will result in disciplinary action. It also indicates that contractors who fail to obey will lose their town contracts. It isn't clear how the two dissenting council members would be disciplined if they don't obey, but is clear that they must comply.

The first four BE IT RESOLVEDs generally prohibit the persons named above, which would include our police officers, from cooperating with the immigration laws of our country for a range of topics, mostly relating to inquiring about citizenship status, unless to comply with a court order.

The fifth BE IT RESOLVED directs that the Town Manager shall maintain certain records related to the resolution.

The sixth BE IT RESOLVED directs that all town services shall be made available to all residents without regard to citizenship status.

The seventh BE IT RESOLVED directs that our town shall make residential ID cards available to all who show proof that they live in town.

The eighth BE IT RESOLVED directs that the Town Manager shall provide a copy of the resolution to all town employees and shall conduct training in the resolution.

The last BE IT RESOLVED states that nothing in the resolution shall be construed to prohibit town employees from cooperating with federal immigration authorities as required by law.

One can read the resolution for oneself at <https://drive.google.com/file/d/0B-a0KT-TfOLbMVJhaTNHRm-91MmM/view>.

The Chronicle printed a front page article January 18, about the meeting in which the resolution was passed. On January 26, the Chronicle printed another front page article "Locals Worried...etc..." On January 30, the Chronicle, with one of their "threads," awarded the town council strong support for the resolution. Other than that, there have been only a few pro and con letters to the editor about the resolution.

I was at the town council meeting January 17. I was one of the citizens who spoke against the resolution. There were about a hundred resolution supporters, ranging from school children upwards. Many of them spoke in favor of the resolution, including Councilman James Flores, who left the council table to address the council as a citizen. Mr. Flores also interrupted one of the speakers against the resolution to indicate that the proper term was "undocumented immigrant," not "illegal immigrant." After the citizens spoke, most of the councilmen in favor of the resolution then spoke eloquently and passionately about helping our neighbors. These included Councilman Dennis O'Brien, who indicated that the resolution was legal, that he and Councilman Charles Krich are attorneys familiar with the legal issues, and to save the town money, they did not consult with the town attorney on the drafting of the resolution. One of the councilmen explained that when drafting the resolution they had sought the views of others. Another councilman speaking for the resolution was Councilman Flores, this time speaking from the council table. Another was Councilman Krich, who explained that it was very important to get the resolution passed before President Trump's inauguration. The vote was taken, after Councilman Flores read it in Spanish, and the resolution was passed 8 (Democrat, Bottom Line, and other) to 2 (Republican). Councilwoman Nectalis Martinez was absent. After the vote the hall burst into loud cheering and congratulations. That's the way I remember it.

The big question in my mind is how the town council can take it upon itself to speak for the entire community on such a divisive resolution. I voted for the town council to govern our town, not to represent me to the rest of the country with the council's own ideals, however lofty they may be. This resolution embarrasses me to my friends all over our country, because it falsely represents me to them. The question of being a sanctuary city should have been decided by our town electorate, not resolved by a council representing who knows who's special interests.

There are many reasons why illegal immigration should not be supported. I won't get into those reasons because I want to focus only on the manner in which this resolution was passed. Nor will I, for the same reason, discuss the quite possible negative consequences of the resolution on Windham.

In the best interests of our town, the Town Council should act quickly to reconsider and repeal the sanctuary city resolution.

Chuck lives in Windham.

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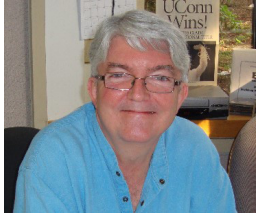
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Resources for Human Connection and Action

By John Murphy

This series is about the locally-based electronic media channels and programs in our region—across all distribution platforms—radio, TV, cable and web-based. I focus these columns on content reflecting many different experiences of life with a wide variety of social, political and cultural perspectives. Local news coverage is limited and these community channels offer a great opportunity to connect and learn.



This month I have exciting media news to share! Two special projects have been in development since last fall and now we are ready to go public and extend an invitation for you to join us. We announce these efforts in this month's issue and will report in more detail in the next *Neighbors*.

Local Media Take a Ride Along on WRTD—Join Us!

Speak Out Willi!

A Fusion of Public Access TV, Local Radio and Neighbors—a Traveling Community Conversation



Do you know what a “ride along” is? It can refer to the unique opportunity when a citizen travels with a police officer as a witness/ observer during a duty shift. This can be a powerful personal experience which could involve very serious matters or very funny situations, depending on the flow of life that day. Everyday life is the ultimate drama or soap opera, right? Perhaps you have seen one of the recent comedy films about ride alongs.

The Speak Out Willi media campaign takes the “ride along” concept and brings it to a much higher level of participation, sharing and reflection on how people in our region are really doing these days. All of us in our own ways recognize that things are far from normal, public dialogue about differences without yelling is hard to find, and trustworthy information sources are being drowned out by too many opinions masked as truthy facts.

What can we do to improve our personal lives and our community? What is the quality of our collective living?

We are doing a WRTD ride along on the various routes that criss-cross our region. Our media teams will visit and travel with the public for two-hours at a time—and sit in the rear section of the vehicles to stay out of the way of passengers. We're just gonna hang and see who would like to say something to our community. Simple, easy and potentially joyous, crazy, interesting, revealing and inspiring.

The good folks at the Windham Region Transit District (WRTD) approved our request to travel our streets on various bus routes all over our area. Thank you! We will have our mics and a small camera to provide you with a unique opportunity to sound off, tell your story, and share your comments and concerns about the issues of the day and how they impact you and people in our region.

This project will collect and share community feelings and realities as you see them! We want to avoid show biz or biting the heads off bats, there's already plenty of that already. We want to be low key and personal and supportive of those who choose to join us for conversation. Yes, conversation! We will be on the bus together with some time to share, so there's no need to rush and together we can make some real magic happen.

We are not looking for prepared speeches or rants—but all comers are welcome! If you, like that great newscaster Howard Beale, are as mad as hell and don't want to take it anymore, then jump on the bus and let us know! We will record everything you share with us and use our local media channels to connect you with as many people as we can. The more local communication we have during these times the better for everyone.

The media partners are listed below and I am very pleased to work with all of them to serve our community. Keep listening, watching or reading and we will keep you posted when we hit the road!



www.wecsfm.com

The Neighbors Paper
www.neighborspaper.com

Do You Remember When Willimantic Was Called Heroin Town on National TV in 2003?

Now We Have a Heroin Nation and We're Taking a Fresh Look at Willi

In 2003 Willimantic was featured in national coverage by the CBS program 60 Minutes, concerning drug trafficking and high levels of drug abuse and related social challenges in our region. It was hard-hitting and emotional and caused a wave of local reactions from all over the area. Dan Rather was the reporter.

The Hartford Courant also produced an investigative series report that dubbed Windham's Willimantic as “Heroin Town.” Many residents were outraged by this newspaper's report that used Willimantic as an example of the drug problems that many small city communities face in rural America.

Then-First Selectman Mike Paulhus formed the Blue Ribbon Task Force on Substance Abuse to examine Willimantic's heroin problem and make recommendation to the board of selectman for successfully addressing this problem with initiatives and solutions that improve the quality of life for Windham/Willimantic. T

I covered the Task Force extensively in many local radio and TV programs. For me it was a powerful opportunity to help a community communicate with itself as it worked through a real spiritual challenge.

There is a written record of the work of the Task Force and its recommendations—and our new programs will revisit these historical documents and explore what has happened since the 2003 media coverage.

We have some of the original TV programs in our archives and we are going to re-air them and invite as many of the original guests who were with us at the time as we can!

It is rare for people to re-connect this way after so many years and there is a lot of potential for interesting and worthwhile conversations. Let's compare then and now together—and bring along many others who also want to participate today! I hope it will serve as a family reunion of sorts, but with an agenda to help the family talk to itself once again and move forward with more purpose and unity.

I encourage you to revisit the history below and watch for our coverage as we take a fresh new look at Romantic Willimantic!

Here's a link to the original story that aired on CBS 60 Minutes:
<http://www.cbsnews.com/news/heroin-town/>

Here's a link to the related Hartford Courant series:
<http://www.courant.com/news/special-reports/hc-heroin-storygallery.html>

Three Community Media Resources for Coverage of Your Events and Issues

A great deal of programming about the spectrum of local life in our region is available throughout the year. Watch, listen and read—and let us know you are out there. Connect for cooperative action!

WECS Radio at Eastern Connecticut State University
The Pan American Express weekly music and talk series on Tuesdays 12-3 pm
90.1 FM and www.wecsradio.com
Many local guests from ECSU and the region
Contact John Murphy, Host/Producer, at john@humanarts-media.com

The Neighbors Paper
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How to Access CTV14 Programs on the Web anytime. Remember the Charter Public Access Channel has moved from channel 14 to channel 192.

1. Go to main website = www.ctv192.com
2. Open the Programming Tab and select “watch programs.”
3. When you open you will see a display listing current shows.
4. Make your selections based on program title or topic and enjoy!

So that's it for this issue. Thanks for sharing your time and thanks to those who have contacted me about previous columns. I look forward to introducing you to more programs in the next Neighbors. For more information about this series and to contribute information about your good work in our community feel free to contact me anytime. Keep the faith!

John Murphy
john@humanartsmedia.com
860-377-7166

Co-Producer of Pan American Express on WECS 90.1 FM on Tuesdays from 12—3 PM

Co-Producer/Co-Host with Bruce John of On the Homefront on Charter Public Access Channel 192

TLGV Seeking Spring Outdoors Walk Leaders

Submitted by Marcy B. Dawley

The Last Green Valley, Inc. (TLGV) is coordinating its second annual Spring Outdoors and is looking for walk and event leaders. Spring Outdoors launched in 2016 and was a great success. In 2017, Spring Outdoors will run from the Spring Equinox on March 20 until the Summer Solstice on June 21.

Similar to Walktober, nonprofits and businesses can benefit by hosting a walk or event that will connect people to their organization's lands, trails, waters, treasures, services and stories. Walktober was tremendously popular this past fall, drawing more than 64,000 people with almost 300 opportunities to enjoy all of our wonderful resources in The Last Green Valley National Heritage Corridor's 35 towns. Walktober leaders are encouraged to take this new opportunity to reach more visitors through Spring Outdoors. Land trusts, conservation commissions, trails committees, farms, historical societies and small businesses can again highlight what makes each of them unique.

If you have not been a Spring Outdoors or Walktober leader before, now is the time to step up! TLGV Project Administrator Marcy Dawley (marcy@tlgv.org or 860-774-3300) is ready to help. There is only one requirement to offer a Spring Outdoors and Walktober activity - you, your organization or your business must be a TLGV member or partner. It's that easy and it's fun!

Spring Outdoors promises to grow just as Walktober has done, and it will be wonderful to experience many of these properties, trails, museums, camps, woods, waters and more in both the spring and fall!

TLGV will develop a web-based brochure that can be downloaded and printed listing all of the activities, plus all of the choices will be listed on TLGV's Facebook page and website events calendar.

Learn more about the National Heritage Corridor and Spring Outdoors at The Last Green Valley's website, www.thelastgreenvalley.org.

The Last Green Valley is a National Heritage Corridor—the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. The Last Green Valley works for you in the National Heritage Corridor. We help you to care for it, enjoy it and pass it on!

Clarifying Gandhi #16:

Observance of Tolerance

By P.K. Willey

“Anger and intolerance are the enemies of correct understanding.”

“If you cannot feel that the other faith is as true as yours, you should at least feel that the men are as true as you.”— Gandhi

At present, if we believe the news, our nation is divided into seething, raging, ‘sides’. We seem to have lost the ability to converse with one another, to engage in friendly debate, in the service of a national cause: the health of society, the future for our children, the ethics of our country. Clearly our educational conditioning through media, through schooling, has not prepared us to genuinely tolerate one another. Our lack of tolerance manifests also in increasing violence upon intolerant voices and actions from the forces meant to protect society. It becomes a dangerous and lawless situation when we close the doors of meaningful interaction with one another through intolerance.

Gandhi held several observances or vows that were part of his personal philosophy, and consequently that of the intentional communities he fostered. Tolerance was not the word that Gandhi wanted to use for this observance, for it implies a passivity—as do the English translations of Ahimsa as merely nonviolence and Satyagraha as being passive resistance.

‘Tolerance’ here means the subjective prizing of another’s outlook. It requires steadfastness, fearlessness and endurance. It is the exercise of patience with everything, starting with ourselves. Through tolerance we obtain the inner room to learn to respond rather than react. Gandhi saw that:

“Tolerance gives us spiritual insight which is as far from fanaticism as the north pole from the south.”

“The golden rule of conduct...is mutual toleration, seeing that we will never all think alike and we shall always see truth in fragments and from different angles of vision.”

Parents role: Gandhi placed teaching tolerance rested primarily on parents. A co-worker noted:

“Gandhi believed that parents had a heavy responsibility to the children under their care. It extended not only to feeding and clothing the child, but to training the mind of the child. Everything they did or did not do had an effect on the mind of the child and the habits it formed. The child should never be encouraged to make unreasonable demands or do things which resulted in the formation of unwholesome habits. Parents had to set examples, wean and nudge, and above all make full use of the law of love, to train children in the duties that love casts on both sides.

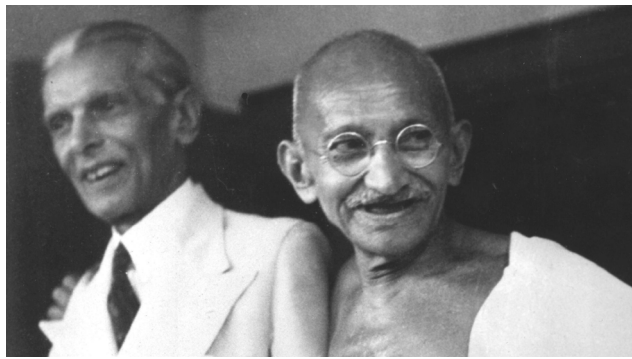
Tolerance builds a healthy society. India is a union of different nation states, each with different linguistic and cultural characteristics, like variances found in the European Union. In the monumental effort to bring widely different identities in India together to form a single nation, Gandhi noted:

“In a vast country like this, there must be room for schools of honest thought. And at the least, therefore, that we owe to ourselves as to others is to try to understand the opponent’s view-point, and if we cannot accept it, respect it as fully as we expect him to respect ours. It is one of the indispensable tests of a healthy public life and therefore fitness for Swaraj [self rule] If we have no charity, and no tolerance, we shall never settle our differences amicably and must, therefore, always submit to the arbitration of a third party, i.e., to foreign [or military] domination.”

Can we be dear friends with those whose outlooks differ drastically from our own? In regard to his own ideas on the personal and societal benefits of vegetarianism, Gandhi’s tolerance placed respect for the genuine liberty of others, to hold a different view, as more valuable than his own.

“It is not necessary for toleration that I must approve of what I tolerate. I heartily dislike drinking, meat-eating and smoking, but I tolerate these in Hindus, Mohammedans and Christians even as I expect them to tolerate my abstinence from all these, though they may dislike it.”

The exercise of real tolerance does not imply giving moral support without the ability to discriminate between right and wrong, to positive or negative behavior. Gandhi clarifies this with:



Gandhi (at right) longed for a united India, where Muslim and Hindu would live in mutual tolerance. Jinnah (l) became the founder and leader of a separated Pakistan. Cont. photo

“While there is no limit to love, there is a limit to how far bad behaviour should be tolerated. Weakness is not tolerance.”

Anecdotes: In his first community of Phoenix, in South Africa, Gandhi’s tolerance was tested in regard to the continued deliberate disrespectful behaviour of a student in the community school. An observer wrote:

“A boy of about 14 years who was among those receiving education in the Phoenix Settlement, was a great source of trouble. He appeared to be instinctively cruel and deceitful, and was guilty of many actions of cruelty to other children as well as to animals. Gandhi tried to deal with the boy with extra affection, tried to persuade him and wean him from his ways. There was no effect. Polak and other associates of Gandhi often complained to Gandhi. One day, the boy flung a cricket bat at the head of a younger child. Gandhi, who witnessed it, promptly asked Polak, who too was present, to thrash the boy. Polak did this, and for a time, a distinct improvement was visible in the behaviour of the boy...”

Every situation we face has its context. Time, circumstance, relationships and respective natures of the people involved are all relevant to the means used. In his second community in South Africa—Tolstoy Farm—Gandhi again had recourse to physical violence to alter the behaviour of a student. The anecdote shows his analysis and reflection:

“One of the boys in the Tolstoy Farm was wild, unruly, given to lying, and quarrelsome. On one occasion, he broke out most violently. I was most exasperated. I never punished my boys, but this time I was very angry. I tried to reason with him. But he was adamant and even tried to over reach me. At last, I picked up a ruler lying at hand and delivered a blow on his arm. I trembled as I struck him. I dare say he noticed it. This was an entirely novel experience for them all. The boy cried out and begged to be forgiven. He cried not because the beating was painful to him—he could, if he had been so minded, have paid me back in the same coin, being a stoutly built youth of seventeen, but he realized my pain in being driven to this violent recourse. Never again after this incident did he disobey me. But I still repent that violence. I am afraid I exhibited before him that day, not the spirit, but the brute in me.”

Later, as the need for communal unity and religious tolerance rose in the national agenda, Gandhi changed the name of this vow from tolerance to Equality of Religions. As he went around India he pressed this point again and again:

“The need of the moment is not one religion, but mutual respect and tolerance of the devotees of the different religions. We want to reach not dead level, but unity in diversity. The soul of religions is one, but it is encased in a multitude of forms. The latter will persist to the end of time.”

“All religions are divinely inspired, but they are imperfect because they are products of the human mind and taught by human beings. The one Religion is beyond all speech. We should have equal regard for all human beings—for the wicked as for the saintly, for the impious and for the pious—but we should never tolerate irreligion. This idea may need elaboration...”

In our times, the success of the Civil Rights Movement led by Dr. Martin Luther King Jr., was due to its deeply religious appeal, to a universal moral conscience, along with the movement’s abidance in the Constitution of the United States. Since then, the notions of liberty and the right to pursue happiness, have been altered. Pursuit of happiness has come to mean individual expression regardless of social effect, instead of Abe Lincoln’s cultivation of happiness found in moral conscience, truth, what Gandhi called God, used to serve and benefit society This is irreligion. Bringing our seemingly divided neighbors to the table of moral conscience, and exercising tolerance there, will be the balm that unites us in facing our common foes: that which is detrimental to the health and well being of our children, to other children; to stop war.



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Warm Up Body & Soul With Feisty Chili Cook-Off

Submitted by Mary Oliver

Windham, CT--Are you looking to have a hot time on a Saturday night? Join CLiCK in celebrating the 325th anniversary of Windham with good food and good company with our first annual Chili Cook-off! The fun begins on March 25th from 4pm to 7pm! If your chili recipe makes mouths water or jaws drop, you just might walk away victorious. All are welcome to create, vote on, or just taste chili in categories like:

Kid-Friendly Chili—can you please the most discerning judges of all?

Adult—for subtle (or not so) discerning palates

Crowd Favorite—does your chili appeal to the masses?

Hottest—spice things up!

Most Unique—show us your best non-traditional chili recipes!

Attention Chili Makers: All chili must be made on site at CLiCK. Our kitchen will be open for cooking the week of March 20th. Please call to reserve a time to create your masterpiece. There is a \$10 registration fee for chili makers, who will have full access to all kitchen facilities at CLiCK.

Suggested donation for attendees is \$10 per person, max \$30 per family.

CLiCK Willimantic is a commercially licensed community kitchen run on cooperative values at 41 Club Road, Windham, CT, 06280. For more information, please call 860-786-7907 or send an email to office.clickwillimantic@gmail.com.

click



March 11, continued

Kids: Weaving, 2:00p.m. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Singing: For Pete's Sake Pete Seeger Tribute Sing-Along, 7:00p.m. \$10. First Congregational Church of Woodstock, 543 CT-169, Woodstock.

Live Music: Kristen Baroni, 7:30p.m. \$10-20. \$12-15. The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

March 12, Sunday

Hiking: Bluebirds and Nest Box Monitoring, 2:00p.m. - 3:30p.m. \$5-10. Learn to monitor bluebird nest boxes and build your own. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Live Music: Rani Arbo & Daisy Mayhem, 4:00p.m. \$20. Bread Box Folk Theater, 220 Valley Street, Willimantic. Info: 860-429-4220 www.breadboxfolk.org

Recovery: Refuge Recovery, 6:30p.m. (See 3/5)

March 13, Monday

Film: Tapped: A Documentary on Water, 7:00p.m. Free. 46 Spring Hill Road, Storrs. Info: "Second Monday Film Series" on Facebook. qcf.webs.com

March 14, Tuesday

Live Music: Playing Out Sessions, Quiet Corner Fiddlers, 7:00p.m. Midway Restaurant & Pizza, 174 Ashford Center Road (Route 44), Ashford. Info: b.schreiber@snet.net

Environment: Legislative Briefing on Energy and Climate Opportunities in CT, 7:00p.m. Town Council Chambers, Audrey P. Beck Municipal Building, 4 South Eagleville Road, Storrs.

March 15, Wednesday

Hiking: Senior Walk, 12:00p.m. - 2:00p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education



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



AT&T: Passing the Buck

Over the last year we've heard a lot about email servers getting hacked and getting access to our personal emails and passwords.

One of the biggest breaches was Yahoo. The Guardian news service reports, *Yahoo said on Wednesday it had discovered another major cyber attack, saying data from more than 1bn user accounts was compromised in August 2013, making it the largest such breach in history.*

The number of affected accounts was double the number implicated in a 2014 breach that the internet company disclosed in September and blamed on hackers working on behalf of a government.

An "unauthorized party" broke into the accounts, Yahoo said in a statement posted on its website. The company believes the hacks are connected and that the breaches are "state-sponsored".

My fiancée Amy was directly affected by this breach, along with several of my long time Mac clients who called me in a panic when they were locked out of their email accounts. These accounts were taken over by hackers who changed their passwords.

Now many internet service providers (AT&T, SNET, SBC to name a few) partnered with Yahoo to provide email service to their paying customers. But all these companies were bought out and absorbed, diluting the companies responsibility for the original Yahoo email services these people enjoyed.

Below is the actual letter we wrote to Channel 30 NBC Troubleshooters when contacting the appropriate companies yielded no help whatsoever. The actual

email was changed to "myname@yahoo.com"

Dear Troubleshooters, This doesn't involve a dollar rip-off amount directly, but I think is worse and no one is doing anything about it. It's a problem a lot of Yahoo email users are having and directly relates to a story you aired about the huge Yahoo security breach of millions of users.

has proven you CAN'T unmerge the 2 emails causing a nightmare to be explained later.

I'm not sure when, but later AT&T bought out SBC, inheriting the millions of merged regular email of Yahoo AND all of the SBC, SNET (and other subdomains) emails. Then within the last few years Frontier bought out the, I believe the internet portion of AT&T. This is now the problem.



The problem:

Late summer of this year my (merged) Yahoo email was hacked (specifically myname@yahoo.com). People on my address list were getting spam from this email address. I promptly tried to change my password

and could not. I tried every available method to me online without a result. I was just going in circles in menus. I spent hours and hours trying.

I researched the problem online and many people with these merged accounts were having the same problem without a way to resolve it. Yahoo has no phone customer service and I tried calling AT&T and they only sent me in the same familiar online circles, getting me nowhere. After some time of just going nowhere they brushed me off to Frontier Communications whom supposedly inherited the email accounts with the buy-out of AT&T DSL customers.

A Frontier tech actually laughed at me when I told her the problem when I was transferred to them as they have no record of my email at all. Really? (As a side note, my fiancée' had the same prob-

Backstory:

I've had a standard free Yahoo email account since the early 2000's (specifically myname@yahoo.com). In 2006 I decided to buy the internet DSL service from "SBC" (formally SNET), I got a free email with the DSL account which I created (specifically myname@sbcglobal.net). Now I believe at this point SBC was employing Yahoo for all it's email chores and duties.

At some point SBC wanted its email users to merge any existing independent Yahoo email accounts together with our SBC emails. So, for example, if you owned userguy@yahoo.com and also owned username@sbcglobal.net, SBC Yahoo wanted you to merge them together so any email going to one would end up at the merged email. So you only had to check 1 email to see the emails of both emails. Any research I have found

Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Meeting: EC-CHAP Informational Exchange Meeting, 7:00p.m. Discuss the Eastern CT Center for History, Art and Performance mission membership and program/support opportunities. The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/1)

March 16, Thursday

Hiking: Senior Walk, 10:00p.m. - 12:00p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

March 17, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 3/3)

History: Washington, Rochambeau, and the Trail to Independence, 7:00p.m. Author Sal Lilienthal and historian Sal Carmosino. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420.

Singing: Sing! Quiet Corner Song Swap, 7:00p.m. Vanilla Bean Cafe, 240 Deerfield Road, Pomfret

March 18, Saturday

Skill Share: Survival Series: Fire Starting, 10:00a.m. - 11:30a.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Skill Share: Gardeners Roundtable, 10:00a.m. - 11:30a.m. Workshop for gardeners of all levels to share best practices and pitfalls for gardening in Eastern CT. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Rally: Vigil, 10:00a.m. - 11:00p.m. (See 3/4)

Lecture: Venezuela, 2:00p.m. - 3:00p.m. Free. Local immigrant speaks on Venezuela's geography and ethnic diversity. Includes food tasting. Mansfield Public Library. Info: mbissonnette54@gmail.com

Fibre Arts: The Timeless Art of Dyllis: Forty Years of Creative Clothing, opening reception, 4:00p.m. - 6:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178.

Community Food: Progressive Dinner, 6:00p.m. - ? Suggested donation \$45. Move from house to house in the Hill Section of Willimantic eating delicious food as you go and meeting new people. Tickets: 860-208-6257.

Live Music: Greg Abate Quartet in Concert, 8:00p.m. \$20-25. The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

March 19, Sunday

Skill Share: Taxidermy Basics, 1:00p.m. - 2:30a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Recovery: Refuge Recovery, 6:30p.m. (See 3/5)

March 20, Monday

Film: Just Eat It: A Food Waste Story, 6:30p.m. - 8:00p.m. Mansfield Community Center. Registration: 860-429-3015. Info: 860-429-3333.

March 22, Wednesday

Nature: Predation and the Ecosystem, 1:00p.m. - 2:30p.m. Discussion on the relationship between prey and predator. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Book Club: "A Naturalist Buys an Old Farm", Edwin Way Teale 3:00p.m. - 4:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/1)

lem with his SNET email. Neither AT&T nor Frontier has any record of his email either. Both companies point to each other and say the other should service it!

Sept 2016: Anyway, frustrated to almost the point of tears to change my Yahoo password, I gave up and created a gmail account. I still couldn't change my password in Yahoo. Dead end.

Currently:

As a old SNET user on Dec 20th my fiancée' got a email from Yahoo entitled "Re: Important Security Information for Yahoo Users" which gave him a link to change his password. I figured I would try this again and he shared the link with me to the password change (<http://att.com/emailpasswordreset>). No matter what I did it didn't work. When I did a password reset I noticed the password reset request was being sent a unknown fraudulent email which looked like this "dumdum...@dumdum.com". Once again any attempt to recover is just futile. So now someone has complete control of my account and I'm locked out. All the help provided on Yahoo FAQ pages shows how to change a password but nothing, nowhere does it tell how to RECOVER a stolen account once it's hijacked and they taken complete control of it!

The Y website provided a phone number for help from AT&T. I called and went through the same endless circles of no results. (I have a cell phone account with AT&T which is not related to this problem, but they keep asking for that account number which is irrelevant.) Once again AT&T brushed me off to Frontier to solve the problem. They literally laughed at me as they had no record of my email: myname@yahoo.com. I have easily spent 10 hours on the phone.

Question

Who is REALLY is responsible for the millions of SNET, SBC-global, ATT emails? Each time a company is acquired the problem gets worse and worse?? Right now AT&T points at Frontier and Frontier points back to AT&T!! Neither AT&T, Frontier or Yahoo is any help. Who's responsible?

How do I regain rightful control of my original Yahoo email?? Tens of thousands like me I'm sure are affected.

Please help!

Amy Van Winkle
Vernon CT

Now I urge you if this has happened to you to call NBC30 Connecticut at this number and tell them it's happened to you. 1-844-303-RESP

Or you may also fill out the complaint form online at: <http://www.nbcconnecticut.com/troubleshooters/submit-tip/> Someone is responsible for being able to recover our emails!

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

In Case You Haven't Heard-I've Gone to the Dogs

By Noah King



As a full-time professional Realtor at Home Selling Team, I am excited to introduce Homerover, the new home buyer program where you can indulge both your passion for a new home and support our local dog rescue, Our Companions Animal Rescue in Ashford.

If you are in the market for a home this year and buy (or sell) a home with a Home Selling Team Realtor, a \$250 donation is made in your name to Our Companions, landing you a spot on the Rescuer's Row giving level in the Henry and Katharine K. (K.K.) McLane Society. This isn't the first time HST has "gone to the dogs" -we did a Facebook promotion a while back and donated the proceeds to a charity that rescued dogs left behind at foreclosed properties. We have noticed over the years that many clients love dogs and we discovered that HST does too: 9 of 13 agents at HST have dogs! You can see the HST dogs at homerover.com.

We are always looking for creative and relevant ways to be your local choice when you are looking to buy or sell property in our beautiful part of Connecticut. Watch for our next innovative program: Needs & Wants. If you have suggestions or ideas of how I can be of assistance email me at: noah@homesellingteam.com

Keep Your Mind Sharp

Submitted by Blanche Boucher

CLIR, UConn's lifelong learning program, begins its spring session in April. Come join us to hear UConn president Susan Herbst, learn about plea bargaining, GMOs, mindfulness, and the reaction against globalism, and explore themes and concerns of the Enlightenment then and now.

These are only a few of the many classes offered; a fee of \$20 covers any or all of them. For a complete listing see clir.uconn.edu or the brochure available at your local library or by calling 860-570-9012. Classes are held during the day on UConn's Depot campus on Route 44.

A New Grief Counseling Resource In Eastern CT

By Sarah T Bland, LPC, MAAT



There is much less attention to death and dying in Western Culture than in the East. As evidenced by the 3 days most people are given as bereavement leave. Depending on each family's cultural and religious background grief is often suppressed, sometimes for years to avoid the deep heartache it brings. Unfortunately it always catches up with us either physically mentally, spiritually or a combination of all. We all deal with grief in a unique way and in our own time. The gift of human connection is integral in moving through grief, yet so many people feel disconnected and adrift, unable to find anyone with whom they can freely express themselves without fear of judgment. I think some progress has been made in the last 50 years, but much more room for growth is left.

As a teen and young adult I began working as a hospice volunteer. During my Studies in Creative Art Therapy I furthered my experiences in Human services both with the mentally ill and terminally ill. Years later returning to the Storrs /Mansfield area where I grew up I took a position at a local in-home Hospice as a bereavement/volunteer coordinator. In my role I ran several bereavement groups a month and visited families and patients in their homes. During this time I met my friend/colleague, Kathryn Hayden, RN. We envisioned a safe environment for the bereaved in Eastern CT where one can share and be supported in their grief. We dreamed of providing services so desperately needed in our area no

matter the circumstances of the loved one's death or the nature of the relationship to the deceased.

I went on to earn my Master's degree in Art Therapy and became a Licensed Professional Counselor. During my schooling I did an internship at Connecticut Hospice in Branford (The first Hospice in the United States), which was invaluable and reignited my interest in working with end-of life and grief counseling.

Kathryn in the mean time had earned her Certification in Death, Dying and Bereavement (Certified Thanatologist); I have a Bachelor's Degree in Psychology and became a Registered Nurse.

Fifteen years after our vision began Kathryn and I are at a place to bring it to fruition. We now have an office space of our own in Mansfield Center where we are providing both individual and group therapy/support to residents of Eastern CT. See griefsharedllc.com, email sarahblpc@gmail.com or call 860.942.8933 if you have questions and for a list of current groups and services.

As a hospice volunteer, bereavement therapist, and professional counselor to children, adolescents, and adults I have walked down the road of healing with my clients, exploring their personal story and working with them to better handle the suffering that we all face in life. We would be honored to learn more about your personal journey through grief.

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Black and White
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Aunt Evie's Attic - Part 1

By Jim McGaughey

I still don't know why, 40 years ago, my Aunt Evelyn thought I would be a good candidate to serve as executor of her estate. She asked me about it one evening when I was having dinner with her and Grandma. Apparently, the lawyer who was drafting her will had suggested she ask a younger relative. At the time, however, I was a questionable choice. True, I was past the defiant, experimental period of young adulthood, when my argument with the world was at its loudest, and everyone, including myself, had serious doubts about how I would turn out. But, I still hadn't settled on anything resembling a stable path: I had bounced between various jobs and lengthy periods of unemployment, my beard was long and scraggly, and my entire wardrobe consisted of a drawer full of tee shirts and several pairs of well-worn blue jeans. While I had begun to think about applying to law school, I hadn't told anyone about that yet. (I was still trying to figure out how to explain away my dismal undergraduate record.) Maybe Evie had more faith in me than I did myself. Or, maybe it was just a matter of birth order and age. As a single woman with no children of her own, she had showered my sisters and me with attention and fun as we were growing up. I was the oldest of her brother's children, and as I was still in my twenties, I was a good bet to be around when the time came. It may have been as simple as that.

Sadly, the time came last year. Our much beloved Aunt Evie died at the age of 92, following a brief illness. She was living in the same small ranch house she had moved into in 1951, with her mother and ailing father – my grandparents. Grandpa died four years later, when I was five years old. Grandma lived another 30 years, passing away at the age of 98 and leaving the house to Evie. Evie had retired from her job with the phone company several years before that, which had left her and Grandma free to pursue their mutual devotion to their cats. At first there were two, then three, then four. No cats were ever better fed, stroked more soothingly or accommodated more thoughtfully with specially arranged window seats and small doors cut into the porch screens so they could exit and enter at will.

Evie was one of the most up-beat people I have ever known, and certainly the most up-beat person in our family. She loved music, boating, golf, singing in the choir at her church, and watching the loons from the dock in front of her cottage on Lake Winnepesaukee. And, of course, her kitties. Characteristically, on the day my sister and brother-in-law found her in distress and drove her to the hospital, Evie repeatedly sought and received their assurance that her cats would be fed and taken care of – all of them, including the strays she had been feeding on the back porch.

A Call for Historians, Artists and Performers

Submitted by EC-CHAP

The Eastern Connecticut Center for History, Art, and Performance (EC-CHAP) represents an important cultural resource serving communities and visitors to Eastern Connecticut and beyond. The Center's purpose is to bring a heightened awareness to the significance of local history and historic preservation; provide an appreciation for the visual arts through education, creation and display; and offer performance events and opportunities for creative expression in music, film, dance, literature, and theater.

The EC-CHAP is a member-based 501(c)(3) nonprofit organization that operates the Gardiner Hall Jr. Museum and hosts an assortment of performances and events at The Packing House, both located at The Mill Works, an historic landmark in Willington, CT. Revenue is generated from memberships, sponsorships, ticket sales, program and rental fees, and tax deductible donations from individuals, families, and

organizations. 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.

SUPPORT AND ECONOMIC VITALITY

From the African proverb, "It takes a village to raise a child", so it goes with cultural organizations. Our ability to survive and successfully achieve our Mission is only possible through the support of our local and regional communities.

It is interesting to note that the relationship between vibrant cultural organizations and the communities within which they reside and provide support is reciprocal in nature. Research supports the existence of a positive relationship "between strong arts participation and presence, and prosperity in a community, economically, socially and individually."1 The American

Despite the best efforts of intensive care specialists, Evie's condition rapidly deteriorated in the hospital. She passed away less than a week after her admission. After the funeral, and after all the kitties (including the strays) had been rounded up and taken to an adoption shelter – a place Evie had generously supported over the years – I sized up the task of cleaning out the house and preparing it for sale. The furniture, much of it self-assembled, had little monetary value. And, aside from some old family pictures, there didn't appear to be anything with sentimental value either. Years earlier, Evie had given the heirloom furniture, china, silverware and jewelry she had inherited from Grandma to various relatives. She wanted to make sure those things would stay in the family. Walking through the house, I noticed that some of the wallpaper had faded unevenly, and that the kitchen floor was pretty worn. So, I knew that some updating would be in order before the house could be listed. But, other than that, it seemed that the business of cleaning it out and readying it for sale could proceed fairly quickly. That was before I checked the attic.



When I was a kid, I loved climbing the pull-down stairs into that attic, mostly because that was where Grandma kept the toys that Dad and Evie had played with when they were young. There was a set of heavy, metal WW I-era toy army trucks made by the Keystone Company, and a Buddy-L bi-plane which shot out of its spring-loaded hanger when

you pressed a lever. Those had been Dad's. Evie's favorite had been a bouncing wooden rabbit you could sit on, a kind of teeter-totter equipped with a hinge on one end, and, on the other, a narrow seat just behind the bunny's upright head. A large, open coil spring supported the seat and imparted the bounce – a pinching hazard that would never be allowed today. There also used to be a case with old 16 mm. home movies Grandpa had taken of fishing trips, cruises, and outings at the shore. At family gatherings, I was sometimes able to persuade Dad to set up the old projector so we could watch them. I especially liked seeing Dad and Evie as young children, cavorting in the waves down at the shore. Dad used to wear a bathing suit that looked like it was made from a sleeveless undershirt sewn to a pair of shorts. Eventually, the film became cracked and moldy. What could still be salvaged had been taken to a photo lab, where it was copied onto VHS tape. That was over 25 years ago, so I knew the movies were no longer there.

The attic looked much as I remembered it: dimly lit by two small windows and a few bare lightbulbs that were activated by pull chains – if you could find them. Evie had piled a dozen banker boxes filled with old bank statements and tax returns near the stairs, but apparently hadn't disturbed any of the stuff her parents had stored sixty-plus years earlier, when they moved in. Several things immediately caught my eye, including two large, framed diplomas, printed in flowery Latin script, identical except

for the dates. The oldest was from 1870, when Great-Grandpa graduated from Jefferson Medical College in Philadelphia. The other was dated 1910. That was the year Grandpa officially graduated from the same institution, although he had actually satisfied the requirements a year earlier. Dad, the third-generation physician in our family, graduated from Jefferson in 1944. They weren't awarding those big, decorative diplomas during the war years, but, later, I did find a picture of him in an Army uniform, standing next to Evie, who was wearing a fur coat – something she would have refused to wear, on ethical grounds, later in her life. The Army uniform dates the picture to World War II, when Evie was in college and Dad in Med School. They both look impossibly young.

During World War II, most medical students were enlisted in special Army or Navy programs that allowed them to satisfy their service obligations while continuing their professional educations, albeit at an accelerated pace. Dad had to cram four years of med school into just three years – a grueling experience that entailed significantly heavier-than-normal course loads, accelerated exam schedules and no vacations. Ironically, while he wore an Army uniform to all his classes, Dad never served as a medical officer in the Army. As he was completing his internship, he was contacted by the Navy Department, which was desperately recruiting young doctors in anticipation of a planned invasion of the home islands of Japan. There were estimates of as many as one million U.S. casualties. So, Dad transferred to the Navy, and wound up in San Diego, assigned to a ship that had been earmarked to participate in the invasion, but which, by the time he arrived, was being used to transport troops from forward bases in the Pacific back to the States. The war was over.

Over, but not forgotten. And neither was the First World War, at least not in that attic. Memorabilia from both conflicts seemed to be concentrated in an area near the window in one of the gable ends. I found a large box there, filled with papers and pictures, and carried it downstairs for a better look. Among other things, it contained a Lowell Thomas War Map of the World, printed in 1942 by Rand McNally and distributed by Sunoco, which evidently was a major sponsor of Lowell Thomas' radio broadcasts. Even if travel was discouraged and gasoline was rationed during World War II, thanks to maps like that one, Americans could follow radio news reports from the far-flung places with strange-sounding names where our troops were being sent.

Under the map, I found a number of letters, pictures and documents related to both my grandfather's service as an Army doctor in WW I, and my Dad's as a young Navy doctor at the end of WW II. I'll write more about that, and about other things I found in the attic next time.

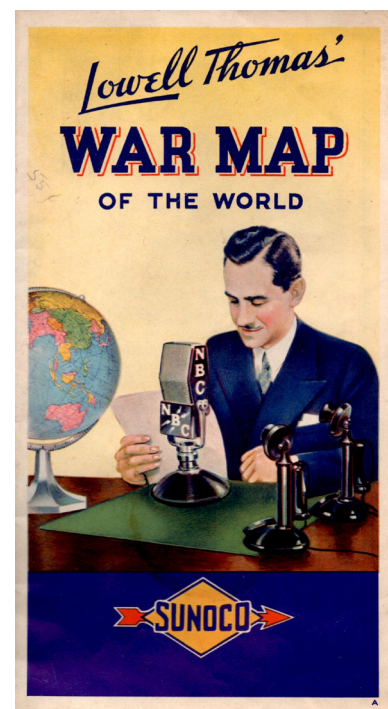
opportunities – and to solicit your feedback and participation. Please join us for the next meeting:

-7:00pm, Weds., March 15 at The Packing House, 156 River Road, Willington, CT.

Refreshments provided, RSVP's appreciated at info@ec-chap.org. For more information and details, please visit www.ec-chap.org or call 518-791-9474.

Sources:

1)Lionheart Theatre Company. "How the Arts Impact Communities". Aug 3, 2015. www.lionhearttheatre.org/how-the-arts-impact-communities/. Reference: Guetzkow, Joshua. 2002. Working Paper Taking the Measure of Culture Conference, "How the Arts Impact Communities: An introduction to the literature on arts impact studies". Princeton University. 2)American Planning Association (APA). 2011. Arts and Culture Briefing Papers 05, "Economic Vitality: How the arts and culture sector catalyzes economic vitality". Chicago, IL. www.planning.org. 3)APA 2011. A&C Briefing Papers 03, "Community Character: How arts and cultural strategies create, reinforce, and enhance sense of place".



Away With End-Times Talk: From Resistance to Revolution

By E. J. Smith

Fight, Flight, or Freeze?

In this era, in which the shadowy evil of neo-liberalism has shifted to the glaring evil of 'alt-white' neo-fascism, we find it hard to conceive of a remedy, finding ourselves at odds with our erstwhile friends and at times even with ourselves. It is as if a nightmare took hold of our senses, the kind that brings a monstrous visage, depriving us of our very breath, for reason of its totalizing power and chilling rapidity of movement.

Under these circumstances, it is easy to fall victim to depression, hopelessness, and a pervasive sense of doom. Under these circumstances, it is imperative that we grasp that these feelings are exactly what correspond to the administration's hopes, in projecting their power as they have. To the stalwart no-nothings who grated their teeth under the perceived 'leftism' of the neo-liberal agenda, the fear and trembling induced by the election of Trump is music to their tone-deaf ears. The aftermath of the election, for those previously convinced of the merit and inevitable triumph of Clinton, was a shock analogous to the 9/11 events, a fearful journey into darkness and insecurity.

Not long after this depressive paralysis ensued, however, the instincts that have borne us along these millennia kicked in. In the days following the election, hundreds of thousands of people, not only here in the U.S., but around the world, took to the streets, airwaves, and social media to righteously deride the circumstances of their incarceration within the 'new world order' of the Orange Overlord. This response, though unsustainable at such levels on a daily basis, resurged to much greater heights on the day of his inauguration and subsequently with the Women's March.

With the same rapidity of movement, the Orange Administration has implemented edicts on several fronts to delivery on its pre-election's nefarious promises. To wit (as of this moment), the removal of references to global warming in the White House web page, the announcement of plans in place to construct a wall along the Southern border, a rescinding of the Trans-Pacific Trade Agreement (the only arguably good news), a moratorium on admission of refugees, and the cancellation of funds dedicated to birth control here and internationally. Clearly, any list such as this will find itself quickly outdated by the current blitzkrieg of measures that issue from the Supreme Commander's diminutive hand.

It would seem that the many acts of resistance to these highly destructive measures have issued from a 'productive depression,' seen in mental health terms as a state of intolerable gloom that is only relieved by actions intended to disprove the hopelessness of the situation. Presently, these actions are in evidence more and more, guided by no motive force other than a healthy immune response by the body politic.

The good news is that it could not be otherwise. While bombs that fall in the woods of other countries are unlikely to be heard (by us), bombs that fall on us most certainly are. The somnolence induced by the brilliant marketing of the Obama Regime ensured that middle class citizens by and large remained comfortably numb to the continuation and elaboration of Bush initiatives, which in fact outdid its predecessors in such non-trivial matters as expanded acts of war, broadened domestic surveillance, and immigrant expulsions. Given this circumstance, many on the Left have scorned mass resistance spear-headed by erstwhile apologists for egregious crimes past. It is an axiom of political truth, however, that once the masses are put in motion, there is no predicting where that motion will lead. In the present case, the radical elements of society, the perpetually poor, people of color, women, youth, LGBT, and others have infused fiery perspective, leading beyond the otherwise placebo safety of the Democratic Party agenda.

This state of affairs is to be championed and further developed. At the end of the day, the class elitism loudly brandished by Rule of Orange has neatly set the majority of the country against the federal government, in effect building solidarity among our own ranks while consolidating the core of die-hards into thunderous goose-step. It is the goose-step and its thunder that I will now turn to.

It Can't Happen Here?

Referencing the Nazi paradigm, it is important to note the differences and similarities that confront us. In the case of Germany, the fascist regime's origins were nourished in the aftermath of WWI by the terms of victory imposed by the Allies, rendering Germany virtually hostage to American and European economic demands. The Weimar Republic was an empire struggling for its own 'piece of the action' in such far flung regions as East Africa, China, and the South Pacific. With a tradition of monarchical absolutism, it was not hard to sell the image of

a modern Caesar to large sections of the German people. With a long history of continental anti-Semitism as a rallying point, the Nazis could galvanize public opinion against Jews in the same breath as denunciations of democracy, communism, and other symbols of difference. Similar steps were taken, under similar circumstances, in the case of Japan, which built its own social base for war upon pride of empire and a legacy of royal rule.

Here, the seeds of fascism have never been far from the 'tree of democracy.' From the beginning, the colonial state took its cues from imperial England, exterminating native peoples, importing slaves, and subjugating women and the poor. Further expression of this Manifest Destiny ethos is to be found in the resurgent racism that has been with us since the end of the Civil War. In its development, however, the United States has leaned on the revolutionary moorings of the Enlightenment, to some degree detaching from the absolutism in order to enlist the support and energies of broader sections of the population, in effect reluctantly bringing the 'riff-raff' of common humanity to the table. This table has proven to be a messy one, causing inadvertent disruption of an orderly process of rule—a circumstance that continues to this day. In the promulgation of rights, the rulers of this country have found themselves in a precarious situation, in which the broadening of rights leads to the diminution of oligarchic rule, while the clenching of power imperiously, as now, results in resistance, revolt, and ultimately, to revolution. Upon these tortuous shoals, the ruling class has found itself internally conflicted, almost to the point of an all-out palace coup (notwithstanding the Putin card), deciding finally on the installation of a dictatorship that does not mince words about its mashing of rights and of people.

What are we up against, and what do we do?

The United States is the largest empire in the history of the world. It possesses the greatest wealth ever amassed, has the most developed military might by far, and leads in other areas of dubitable distinction. In light of these facts, it has been largely assumed that, outside of a nuclear war, there is no way this mighty goliath can be defeated. Taking the facts above cited into account, the one element that renders this, as all other empires vulnerable, is the allegiance of its people. Knowing this to be the case with a perspicacity that eludes the common folk, the government has relied heavily on a compliant media, combining news reports and cultural productions, that produces an effect that is at once mesmerizing and disabling. Fear is a leading force for building compliance, its ugly twin, hatred, faithfully following in its footsteps. Ignorance is of course bliss, and blissful ignorance is where the merits of entertainment come in. As the Roman poet, Juvenal, once remarked, the people can be pacified by 'bread and circuses.' Electronic distractions and subsidized food allotments have helped keep society's most volatile elements at bay; but this cannot continue indefinitely, and won't.

The United States is a country of 320 million people and counting. If statistics can be trusted, about 15% of us are below 'the poverty line,' a line that is widely disputed in applicability to what we really need to survive. As per the Huffington Post, this number represents about a quarter of what it costs to live in New York City and about a third of what it costs to live in a smaller municipality like St. Louis. So it can safely be said that a much larger number than 15% live in poverty. This does not count, of course, the millions that are now in jails and prisons throughout the country, having no source of income whatsoever, and the undocumented, whose financials, for obvious reasons, are not readily available. Add to this the other sources of discontent: the ravages of life within the military, the misery of what work is actually available and done, the abiding war against women and people of color (only exacerbated now by public encouragement), the militarization of schools, the mounting effects of eco-destruction on communities. And on.

It is no exaggeration that this great array of sources of discontent is the very basis for the change that we seek. Sad as it is, no great change can occur until enough of us find our circumstances intolerable. This is another axiom of history. If oppression breeds resistance, class war from the top down earns a reciprocal response. This ought to be no more controversial than any law of physics. And, as with a weather report, the latter claim is not prescriptive (being as such prescriptions never work anyway), but descriptive. Leadership can neither in an opposition nor contain it. It can only be conducted, as if directing a current. Presently, the ubiquitous Orange Overlord and his pronouncements have stunned the public with their surging and sweep. But the public, the true mass in this equation, can and must reconstitute itself, as a tidal force before which no wall can stand. This time, this force will not spell reform, but revolution.

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America's Team

By Tom Woron

I went into work the day after the Super Bowl in a state of shock combined with major disappointment. The New England Patriots had won the Super Bowl the day before. My disappointment and displeasure over the outcome of the big game really showed and was very obvious to my superiors and co-workers. Many of them thought that I would have been overjoyed that the Patriots won the Super Bowl due to the fact that the team does represent the region that I have lived in all of my life. In addition, I am a big fan of the Boston Red Sox, the only Major League Baseball team in New England. Logic would dictate that my being a huge Red Sox fan and being a life long New England native, I should have been very happy about the Patriot's victory. Still, my walking around in a daze and being in a state of almost paralyzing depression marked my Monday at work the day after the Patriots won the Super Bowl. That day was fifteen years ago.

Back in my teen years there were a large number of football fans in my high school. It just seemed like the majority of them were big fans of the National Football League's Dallas Cowboys. It was only fitting since the Cowboys always seemed to win. Everything seemed to always go right for the Cowboys. It appeared that the Cowboys very often benefited from wrong calls by the NFL's officials. This was long before coach's challenges and reviewing of plays to determine correctness of calls was allowed. Furthermore the Cowboys' opponents very often seemed to make a critical mistake when it appeared that they had the Cowboys beaten. The Cowboys never failed to take advantage of mistakes by their opposition to turn what seemed like a certain defeat into an improbable victory. Dallas always seemed to run away with first place in their division by mid season. The Cowboys had great players such as Tony Dorsett, Harvey Martin, Butch Johnson, Drew Pearson, Randy White, Ed "Too Tall" Jones and a legendary quarterback in Roger Staubach.

The Dallas Cowboys won the first Super Bowl that I watched, Super Bowl 12 the culmination of the 1977 NFL season. I rooted hard for the Denver Broncos in that game but the Cowboys blew them away. I really wanted to see the arrogance of the Cowboys fans at school suppressed but it was not to be.

I asked a number of Cowboys fans at school if they were from Dallas or anywhere in Texas. They all answered "no." The next question was if they had any family ties to Dallas or Texas. Again the answer was "no." "Then why are you a Cowboys fan then, just jumping on the bandwagon because they seem to always win?" I would ask irately.

With few exceptions, baseball fans in Connecticut typically followed one of the regional teams, the Boston Red Sox, New York Yankees or New York Mets. However it seemed that football fans adopted NFL teams from all over the country as their favorite. In Connecticut you had Oakland Raiders fans, Pittsburgh Steelers fans, Miami Dolphins fans, Green Bay Packers fans and of course numerous Dallas Cowboys fans. All of these teams had won NFL championships in recent times. In the late 1970s there was not a single San Francisco 49ers fan to be found anywhere in New England. They would start sprouting up in the mid 1980s for obvious reasons.

Anyway, in the late 1970s it seemed that few people around central Connecticut were even remotely aware of the existence of the New England Patriots football team. There were few persons walking around with anything that said "Patriots" on it and I don't remember anyone wearing a shirt with the name "Grogan" on the back (then Patriots quarterback Steve Grogan). Although the Dallas Cowboys were not to win another Super Bowl until the 1992 NFL season, they were consistently good and competitive for many years after 1977. In 1978 the nickname "America's Team" was first used in reference to the Dallas Cowboys. The name stuck. The team and some of their fans came across as very arrogant and obnoxious at times. As far as football fans were concerned either you loved the Cowboys or you found them repulsive and couldn't stand them. It was black or white with no gray area. The "America's Team" label only fueled resentment toward the Dallas Cowboys among non-Cowboys fans.

As the NFL was well into the 1978 season The Dallas Cowboys seemed to stumble and fall. After ten games their record was six wins and four losses with six games to go. Surely they would be defeated at least a couple more times in the six games left. Surely they will not win their division. They might not even make the playoffs!! Wishful thinking only as it turned out. From



that point on in the regular season everything worked out for "America's Team" as they won all of the last six games and won their division once again.

As 1978 was coming to an end, my father was watching the end of an NFL playoff game before 60 Minutes was to come on.

"Who's playing?" I asked.

"The Rams and the Vikings" he answered.

"Which team is the Rams?" I asked expecting him to identify them by the color of the uniform.

"They're the guys with the yellow curve on their helmets to make them look like rams" my father answered.

I thought that was really cool! The Los Angeles Rams team did look like animals with the curves on their helmets looking like ram horns. I really liked that.

The following week the Los Angeles Rams were to play the Dallas Cowboys for the National Football Conference championship with the winner going on to play in Super Bowl 13. By now having a distaste for seemingly endless Cowboys success and thinking the Los Angeles Rams looked cool, I adopted the Rams as my favorite NFL team. The Cowboys crushed the Rams in that NFC championship game.

At the time of my choosing the Los Angeles Rams as my favorite football team, I had no idea that they had a reputation for failing to win their most important games (just like a certain New England baseball team at the time). The Rams had great teams in the 1970s but up to 1978 they always failed to reach the Super Bowl.

From the 1970s through the 1990s the New England Patriots had their ups and downs. I myself rooted for them as a second favorite team since they represented the region I live in. However, I stuck with the Rams as my number one favorite. The Patriots fielded some good teams that didn't advance very far in some years. Other years they had outright horrible records. The New England Patriots actually got to the Super Bowl once in the 1980s and once in the 1990s but did not come close to winning it either time.

When the 2001 NFL season and playoffs were winding down, the New England Patriots once again earned a Super Bowl berth under the leadership of coach Bill Belichick. Their opponents in Super Bowl 36 were to be the heavily favored St. Louis Rams (formerly Los Angeles at the time and now formerly St. Louis). The Patriots did not stand a chance according to most sports analysts.

For Super Bowl 36 in early 2002 I was in a bit of a quandary. I didn't really want to see the Patriots lose another Super Bowl and have my region become noted for losing but I had to root for the Rams since by then I had been known as a diehard Rams fan for many years. The New England Patriots surprisingly dominated Super Bowl 36 for most of the game. However with the score tied late in the game the Patriots, led by young quarterback Tom Brady, drove down the field and kicked a late field goal to win the game. My region ruled the football world!! That's great! But they beat my favorite Rams, hence my obvious disappointment at work the next day.

Many football fans thought that the Patriots victory in Super Bowl 36 was just a fluke of luck. However, the New England Patriots, with Tom Brady as their full time quarterback, established themselves as a force to be reckoned with. Two years later the 2003 New England Patriots won Super Bowl 38, again a close game decided by a field goal in the final seconds. Around then I started to really notice a lot of people wearing things that said "New England Patriots" on them. Many Patriots uniform shirts with the name "Brady" on the back also became a somewhat common sight. If two Super Bowl victories in three years were not enough, the Patriots were back a year later to win Super Bowl 39. By 2005 the name Tom Brady had become a household name around the country.

For the next ten years the New England Patriots were consistently competitive qualifying for the NFL playoffs in all but one season. During that time the Patriots appeared in Super Bowls 42 and 46 both against the New York Giants. But the Giants had the Patriots' number both times defeating them in two close games. By the end of the 2014 NFL season it had been 10 years since Bill Belichick, Tom Brady and the New England Patriots had won football's ultimate trophy.

Super Bowl 49 at the end of the 2014 season saw the New England Patriots facing the Seattle Seahawks, winners of Super Bowl 48. Late in the game it appeared that the Patriots were going down to certain defeat but a heroic defensive play gave the Patriots an improbable victory in Super Bowl 49. Improbable victory! The Patriots were really looking like the Dallas Cowboys of long ago.

The last Super Bowl, number 51, was the sweetest



one for Patriots fans. Seemingly having nothing go right for them, the New England Patriots found themselves trailing their opponent, the Atlanta Falcons by 25 points mid way through the third quarter. In what used to be something the Cowboys of the past often did, the Patriots mounted what seemed like an impossible comeback to win Super Bowl 51 in overtime. An unbelievable game that made Tom Brady a legend.

Wasn't it American Patriots in the 1770s in Massachusetts that got events rolling leading to the founding of the United States of America? Can we now call the New England Patriots "America's Team?"

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Submitted by Virginia Walton,
Mansfield Recycling Coordinator

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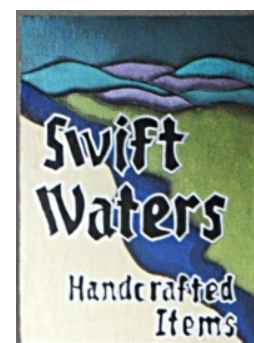
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Looking Up:

Astronomy from the Back Seat of a 1951 Studebaker Convertible

By Bob Grindle

I'm sitting here at the keyboard tonight trying to decide how to corral all these many ideas rattling around in my head into something like a coherent article. A couple of days ago, while reading a story in one of the large national newspapers, I noticed a picture of a 1950's-era Studebaker. In a nostalgic leap, I was carried back to my youth, remembering my best friend Danny's pride and joy: a 1951 Studebaker Commander Convertible. It wasn't an especially beautiful car, being more than eight years old by then, but at least the top didn't leak and its six-cylinder engine ran smoothly. Danny and I worked together. After school and track team practice, we would often work until nearly midnight at a local drive-in restaurant...the kind of root beer and burger joint that grew to fame in the late fifties and sixties and gave rise to the job description of "car hop."

After work, several of us car-hops, cooks and cashiers, would pile into Danny's car and, on the way home, if the night was clear and warm, we might all stop and talk about the gazillion things that are important when life's canvas is still pretty much just a dreamer's sketch pad. The cars of old—that being the 50's, 60's and 70's, plus maybe some of the 80's—were often rather much like pieces of furniture. Several people could lounge about, on and in them, at a drive-in movie, at the beach, at a secluded overlook or perhaps just while parking on the way home from work. The group of us would hang out and talk well into the wee hours and occasionally the summertime constellations would make for captivating



Orion, with Sirius in Canis Major to the lower left Cont.photo

stories of ancient allegories that sometimes have surprising relevance to today's world—even when the today was back in the early 60's. Each one of the five of us brought a different set of interests and skills to these late night hang-outs. Danny was a skilled musician who could play guitar, saxophone or piano equally well; I was always full of stories and the latest science info; Rhonda was a great movie buff who could go on for what seemed like forever reciting lines from almost any movie...think Oz, Gone with the Wind, River Kwai and Ben Hur; Rhonda's sister, Catherine, would sing and dance anywhere for almost any reason; and Doug was our resident 17-year-old grumpy old man.

This little band of nighthawks; not unlike bands of native American warriors or villagers, or ancient mariners, or merchants on the silk road, or hunters, or travelers or countless other groups of our early ancestors, would make up stories to fit our fantasy of the moment. The stories of the Greeks and Persians and Egyptians and native Americans and Africans and Chinese, to say nothing of the Polynesian Islanders, were all fantastic and imaginative and filled with connections to the cultural history of each group. Those Studebaker nights under summer skies were much the same. If we couldn't remember the name of the God whose thunderbolts Aquila the eagle was said to have carried—it was actually Zeus—then we would stretch the tale and include Jupiter or Neptune or Thor and sometimes Juno or Hera.

Occasionally I step outside while writing this article to chat with the stars—which of course is to talk with myself. Orion is spectacular tonight, but the hunting

What is OMT and What Can It Do For You?

By A.J. Eckert, DO and Katelyn Zachau, DO

Imagine an ocean. This ocean is calm, peaceful, beautiful. Now imagine a small boat on that ocean, with no oars to steer, guided only by the whims of the sea and a small rudder that sometimes activates. The boat tips and flows to the sea's deep rhythms. This brave, lone boat has one passenger. Sometimes a wave sweeps by, leaving the boat barely upright, and its passenger teetering on the edge. But there will be no man overboard, no sunk boat on this vast sea. This is a safe space, after all.

The passenger settles in to the sounds of the waves crashing, the gulls singing and the wind in the distance. At once, everything hushes, and the boat has reached the fabled still point: everything moves into synchronous balance with the wind, the water, the boat, the rudder, and the passenger. Nothing moves and all is peace. All that is living breathes and aligns with nature.

...And we're back.

What I described above is not the beginning of a guided meditation or a journey into self; it is in fact an osteopathic technique called CV4 Bulb decompression. It is used by osteopathic physicians to improve sleep, decrease anxiety, and reduce headaches.

Specifically, a patient lies flat on his/her back and the physician cradles the back of the patient's head—the occiput—with her thumbs. The physician then gently encourages the skull bones to go into extension and discourages flexion, (if this is all gobbledygook, don't worry—the point is the tiny impact the physician is making to locate health in the body--) until a still point is reached. This is described as a general softening and warmth of the surrounding areas of the patient's head.

The CV4 Bulb decompression is also how I explain OMT to patients.

That calm, serene ocean is you: you as your physical body, with all its ligaments, muscles, bones, joints, blood, dura, aches and pains. Waves crashing, rocky cliffs, and other disruptions to the boat are old or new injuries, floating to the surface to be heard, as the boat passes near. The boat—or more accurately its rudder—is the physician, following and promoting your healing journey. The physician listens. She listens for the stillness, and she listens for the waves. Both are equally important to her. Both tell important parts of your story.

The passenger on that boat is you, again, but this time in the form of your mind and your awareness, or whatever else you choose to call your noncorporeal bits. In an overall healthy individual, the ocean/your body generally stays in harmony with its collective players, and thus the initial ride—the physician's assessment into your being—is not particularly bumpy. As your physician assesses the physical and mental status under the ocean/your body's

surface, the boat may veer into rocky territory. The ocean/your body is helpful along the ride: There's that neck injury from 3 years ago, it notes; watch out for that ancient knee cartilage tear from college soccer, it's still doing a number on the hip.

The boat rudder/physician learns where and how injuries and wellness manifest in your body, and the passenger/your mind starts to make surprising connections brought forth by this journey. That 8-year-old headache started when my elbow tendon gave out, it thinks. My feet feel tingly ever since my right hip started hurting, it notes. The passenger is also clear to determine what courses may be too rocky; which territory is hostile and must be avoided. The rudder, the ocean, and the boat listen and follow. Besides, in the end, the ocean is your body and your safe space.

What is Osteopathic Medicine?

Osteopathic physicians (D.O.'s) believe in the body's ability to heal itself, the interconnectedness of the body and the integral function of mind, body, and spirit. The philosophy emphasizes the physician's role as a conduit to remove obstacles to healing. In addition to allopathic (M.D.) training, osteopathic physicians receive additional specialty training the neuromuscular system. This additional training combined with a holistic perspective gives practitioners a unique approach to healthcare.

Osteopathic physicians are required to go through a residency of their choosing and are board certified. They may specialize in any recognized field, including surgery, primary care, and neuromuscular medicine. What is osteopathic manipulative treatment (OMT)? OMT is a form of manual medicine that involves physical manipulation in order to restore alignment to the musculoskeletal system. D.O.'s are trained in a spectrum of techniques, from high energy, direct techniques to more subtle, indirect techniques. These different methods work directly on the muscles, bones, fascia and nerves.

What does OMT feel like?

Your visit should include an exam with a proposed treatment plan. The doctor will look for the "key lesion" or the source of your symptoms. She will then work to reduce your symptoms through a variety of hands on approaches including stretching, gentle pressure and resistance. Sometimes some gentle stretching may be experienced, but you should not feel discomfort or worsening pain. Most patients say: "it feels good" or "it feels like nothing until I go to stand up and my pain is gone"

How often do I have to be treated?

The goal of OMT is lasting change that you can maintain on your own. Depending on your condition, you may be seen every couple of weeks at first. The treatment plan is individualized. Chronic conditions that have been



1951 Studebaker Champion Convertible Contributed photo
dogs that have accompanied him for a billion years are brilliant as well. The fiery red eye of Taurus, Aldebaran, shines brightly in what always appears to be Orion's cosmic adversary. Aldebaran, from the Arabic for "follower", was one of the four sacred stars of Persia, but in the Hindu legend was a beautiful young princess pursued by her lecherous father. In a note closer to home, the Dakota Sioux actually used stone markers to predict the summer solstice by observing the passage of Aldebaran.

The point of all this rambling tonight is a kind of playful suggestion that astronomy is actually a bit of fun. To sort of paraphrase Shakespeare, 'the fault is not over our heads, it's in us.' We all need to look up more. Not just when the Sun or Moon is being eclipsed, or the Perseids are scorching the sky, or the Moon is being SUPER (seems to happen a lot, don't you think?). Grab hold of the little things and spend time with someone you care about, talking about god-knows-what, while basking in a bit of starglow.

Some little things to look for: During the first 5 days of March, the waxing Moon will be in Taurus, and on the evening of the 4th will almost touching the red giant Aldebaran. As Daylight Saving Time begins on March 12th, the full Worm Moon will be passing directly under Leo. And, on March 29th, a fine sliver of waxing crescent Moon will be right next to the rarely seen Mercury.

Bob Grindle is a Windham Hospital retiree and a student in the Astronomy Minor program at ECSU.

around for years may take longer to treat. Many patients require only a few visits.

How much does it cost?

OMT is a procedure generally preformed at office visit. It is covered by almost all insurances.

Who is an ideal patient for OMT?

OMT is appropriate for all ages, from newborns to geriatric patients. In fact, many hospitals offer an osteopathic service to newborns. Because of the array of gentle techniques D.O.'s are trained in, the treatment can be tailored to most ages, settings, and levels of health.

What about pregnancy?

Feel assured that your physician is aware of the physiological changes of pregnancy and can adjust your treatment accordingly. OMT could be considered category A (in other words, the safest level of treatment), as it provides musculoskeletal pain relief and supports a successful delivery but has no risk to the fetus.

How do I know if OMT is the right approach for me?

Osteopathic medicine pairs well with both traditional and integrative medicine. Some patients respond very quickly and easily, some take a few visits and, still some patients are best served by other avenues of medicine—frequently the best way to know for sure is to speak to your D.O.

OMT has evidence and success stories for:

- Some types of back pain
- Pregnancy associated pains, postpartum
- Babies with trouble sleeping, trouble feeding
- Musculoskeletal injuries, such as knee, hips, ankles, wrists, shoulders, elbows
- Some types of numbness /tingling (including conditions such as carpal tunnel syndrome)
- Autonomic dysregulation
- Headaches
- Constipation/ bowel dysregulation
- Sinusitis/ Upper respiratory infections
- Non-cardiac chest pain

Osteopathic philosophy emphasizes that every patient is unique and their health is made up of their own collection of experiences, injuries, and successes. There is no one treatment that works best for everyone. Talk to your doctor to see if OMT is a good treatment option for you.

For more information contact your local Osteopathic Physician or go to www.osteopathic.org.

Dr. Zachau and Dr. Eckert at Board Certified Family Practice Osteopathic Physicians practicing at Connecticut Natural Health Specialists, LLC. They are in network with more major health insurance companies and are accepting new patients.

By: EC-CHAP

We are pleased to introduce the Eastern Connecticut Center for History Art, and Performance, "EC-CHAP" for short.

EC-CHAP is a newly formed member-based non-profit 501.c.3 organization representing an important cultural resource serving communities and visitors to Eastern Connecticut and beyond. The Center's purpose is to bring a heightened awareness to the significance of local history and historic preservation; provide an appreciation for the visual arts through education, creation and display; and offer performance events and opportunities for creative expression in music, film, dance, literature, and theater. EC-CHAP hosts all programming in The Packing House.

EC-CHAP is hosting an "Information Exchange Meeting" at 7:00pm, Wednesday, March 15th at The Packing House, 156 River Road, Willington, CT. We will share our mission, membership details, and programming and support opportunities - and hope to obtain your input, suggestions, and interest in joining us on our creative journey. The meeting is open to the public and refreshments will be provided. RSVP's appreciated at info@ec-chap.org. Please visit our website at www.ec-chap.org or call 518-791-9474 for information.

Here's a look at the line-up of offerings at The Packing House for March. Please check our website (www.thepackinghouse.us) for changes, additions, and weather cancellations

"COMMUNITY OUTREACH" – Quarterly

EC-CHAP continues to offer the "First Sunday at The Mill Works" series, a community outreach effort to promote historic awareness and exposure of the arts, culture, and resident creative professionals to local communities. With the introduction of programming at The Packing House, we have transitioned from a monthly schedule to a quarterly seasonal schedule.

Spring "First Sunday at The Mill Works" (Community Event). Sunday, March 5th: Join us for an afternoon of activity, performances, fun and refreshments! During the day, visit the Gardiner Hall Jr. Museum, and artist studios and work spaces of resident Community members. Meet local author Felix Giordano and local musician Edmund Smith. Performances in The Packing House include the Hall Memorial School "Select Chorus" led by Jason Philips at 1:00pm; Take a "Drum Ride" with master percussionist Bob Bloom at 2:00pm. Bob will present an interactive drum session for all ages; and experience Nat Reeves, Internationally renown jazz bassist presenting "Music, Images, and A Little Conversation" at 2:30pm. Nat will share some live jazz riffs and take the audience on a photographic journey of his international travels with culminating Q&A. Noon to 5:00pm. Free admission - Open to everyone!

"Talent Showcase" – 2nd Thursdays

Our Talent Showcase is designed as a platform for local and regional performers to share their talent. Showcases are scheduled on the 2nd Thursday of the month (March 9th) from September through June. Admission is free and open to the general public.

Musicians, film makers, puppeteers, dancers, poets, comedians, and creative artists of all ages are invited to perform at The Packing House. Here is an opportunity to showcase your work in an intimate historic venue before a live audience. Test ideas and concepts and solicit feedback. PA / sound reinforcement (up to 3-mics) and video projection provided. Invite your friends, colleagues, grandma, second cousins, the guy next door, and everybody you know! Doors 6:30pm / Show 7:00pm.

We strongly recommend that those interested in performing call to register in advance (518-791-9474). Performers may also sign in at the door before the show (time permitting). Doors open at 6:30pm with the show beginning at 7:00pm.

"ACOUSTIC ARTIST SERIES"

The Packing House offers a unique space and sound for acoustic music. The Acoustic Artist Series includes programming with focus on acoustic instrumentation and vocals. Upcoming concerts for March include:

Nat Reeves Student Jazz Ensemble in concert (Jazz). Saturday, March 4th:

During the past 30 years, Nat Reeves has been one of the top bassists in jazz. His supportive and stimu-

lating playing has uplifted a countless number of sessions and recording dates (most notably with the great altoists Jackie McLean and Kenny Garrett) and he has led his own CD State of Emergency. Both as a performer and an educator, he has made a strong impact on the jazz world. "Noted for his artful articulation, time, tone, taste and irrepressible sense of swing and fluid invention, Reeves has always been a favorite of all kinds of instrumentalists, but a particularly special favorite of super saxophonists. His resume included work with an array of top performers at gigs world-wide from Tel Aviv to Tokyo, in famous venues ranging from the Village Vanguard to the Montreaux Jazz Festival." - Owen McNally, The Hartford Courant. During the past year, Nat Reeves has traveled the world including performing in India and Japan, at the San Francisco, New Orleans, Detroit and Atlanta Jazz Festivals, and with Pharoah Sanders at Dizzy's at Lincoln Center. Click here for more about this artist. Nat will be joined by the Hartt School Jazz Students Andrew Wilcox - Piano; Sarah Hanahan - Alto Sax; Josh Noel - Tenor Sax; Nathan Serot - Trumpet; Zayne Couch - Guitar; and Ethan Gueldenzopf - Drums. Doors 7:00pm / Show 7:30pm. Tickets \$15.00 Advance (online) / \$20.00 Door / Special Student Pricing - \$10.00 Door with valid I.D.



Krista Baroni in concert (Indie). Saturday, March 11th:

Krista Baroni is an American singer-songwriter born and raised in the quiet Massachusetts suburbs, who currently calls the city of Providence, Rhode Island her home. An artist with two full length, independently released albums under her belt; Krista released her sophomore album in 2015 (The Alabaster Girl), to critical praise and national recognition. Victor Infante of the Worcester Telegram & Gazette called it, "the most beautiful album I've heard in a long time." And Boston blog Red Line Roots said "Warm textures, great songwriting, and a timeless quality define Baroni's latest effort. This record just scratches the surface of how deep this songwriter's talent runs." Krista has performed extensively throughout the Northeast and Southeast U.S and concluded her first European tour in May of 2016. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.



Greg Abate Quartet in concert (Jazz). Sat., March 18th:

Greg Abate jazz saxophonist, flutist, and composer continues as an International Jazz/Recording Artist with 225 days a year touring the globe. After completing his work at Berklee College of Music in 1970, Greg went on to play lead alto for the Ray Charles Orchestra, and has continued to share the stage with numerous renowned jazz artists to this day. In 1978 Greg formed his group 'Channel One' which was a favorite in the New England area and from there had the opportunity to play tenor sax with the revived Artie Shaw Orchestra under leadership of Dick Johnson from 1986 to '87. Greg ventured out as post hard bop soloist playing Jazz Festivals, Jazz Societies and Jazz Clubs throughout the U.S. Canada and abroad, including most of Europe, UK, and Moscow and Georgia Russia. Greg's newest release The Greg Abate Quintet features Phil Woods, Jesse Green, Evan Gregor and Bill Goodwin (Rhombus Records). He will be joined at The Packing House by Matt deChamplain on piano, Josh Uguccioni on bass, Ben Bilello on drums. Doors 7:30pm / Show 8:00pm. Tickets \$20.00 Advance (online) / \$25.00 Door. Special Student Pricing - \$10.00 Door with valid I.D.



Zoe Lewis in concert (Jazz). Saturday, March 25th:

Zoe Lewis is a band in a body! Vintage jazz, gypsy jive, latin grooves, international folk and funk originals on anything from the piano to the spoons! This multi-instrumentalist, singer-songwriter, vaudevillian hails originally from the UK but has made Provincetown, MA

her home for the last 25 years. She's traveled to over 70 countries picking up grooves and stories along the way, released 8 albums of original material, toured with Judy Collins, the Indigo Girls, Richie Havens, Patty Larkin, Nanci Griffiths and has even opened for Pat Benetar on the ukulele! She has won numerous songwriting awards, her songs have appeared on Broadway, in documentaries, in commercials as well as creating 2 Musicals. One of her songs became #1 in the children's satellite radio charts. She also leads a 1920's SPEAKEASY, Zoë Lewis and the Bootleggers, performing prohibition jazz and swing to the summer crowds on Cape Cod. Her show is theatrical, upbeat and fun. A true artist. This British transplant is blessed with the uncanny ability to uncover the extraordinary beauty in the seemingly ordinary. Tickets \$15.00 Advance (online) / \$20.00 Door. Special Student Pricing - \$10.00 Door with valid I.D.



"THE PACKING HOUSE FILM SERIES"

EC-CHAP offers a number of full length artistic films, shorts, documentaries, and original film screenings from local and regional filmmakers. Our next film showing is scheduled for Friday, March 10th, at 7:30pm:

"A HARD DAY'S NIGHT" (G). "The year is 1964 and four young lads from Liverpool are about to change the world - if only the madcap world will let them out of their hotel room. Richard Lester's boldly contemporary rock n' roll comedy unleashes the fledgling Beatles into a maelstrom of screaming fans, paranoid producers, rabid press and troublesome family members, and reveals the secret of their survival and success: an insatiable lust for mischief and a life-affirming addiction to joy." (Rated 8.5/10) - Rotten Tomatoes. Time Magazine rated it as one of the all-time great 100 films. Doors 7:00pm / Show 7:30pm. Suggested donation \$5.00.

Tickets, Reservations, CANCELLATIONS, and Contact Tickets for all shows can be purchased online at www.thepackinghouse.us/upcoming or at the door. Table reservations and cabaret seating available. Unless specified otherwise, all events will feature Bring Your Own Beverage & Food "BYOB&F" - wine & beer ONLY (I.D.s Required). Snacks and soft drinks will also be available. Doors open 30-minutes prior to show time.

Specific program cancellations will be listed on The Packing House website (www.thepackinghouse.us/upcoming). Cancellations due to weather will also be listed on the News 8 website at www.wtnh.com.

Did you know that The Packing House is available to rent for your event? Whether it's a business meeting, a creative project, or a private function, we can support your needs in our historic setting. Call anytime for details.

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

March 23, Thursday

Environment: Public Information Session on Fracking Waste, 7:00p.m. With Food & Water Watch. Connecticut Audubon Center, 218 Day Road, Pomfret. Info: 860-456-4143

March 24, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 3/3)

March 25, Saturday

Skill Share: Spinning, 10:00a.m. - 1:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Skill Share: Medicinal Weeds of Connecticut & Their Use, 10:30a.m. - 12:00p.m. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Rally: Vigil, 10:00a.m. - 11:00p.m. (See 3/4)

History: Mill of the Month goes to a Drum Factory, 1:00p.m. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Environment: Composter Sale & Seminar, 1:00p.m. - 1:30p.m. Sponsored by Agriculture and Conservation Commissions and Ashford Business Association. Ashford Town Hall, 5 Town Hall Road, Ashford.

Skill Share: The Apiary Series: Start Your Hive, 1:00p.m. - 2:30p.m. Learn where and how to get supplies and start a bee hive. Goodwin Forest Conservation Education Center,

Boy Scouts enjoy winter camping

By John D. Ryan

STAFFORD, CONN. – Yes, you can comfortably camp in the winter-time. Just ask the Scouts from Troop 21, in Putnam. They just spent a successful weekend camping and fishing in Stafford Springs. “It’s fun to get the kids out and show them they can camp and fish and have fun in the winter,” said Scoutmaster Peter A. Lombardo, of Putnam. “We make sure the boys had the right equipment for winter, and the tents go up just like in the summer. It was a really good time.”



Troop 21 Senior Patrol Leader Richard L. LaBonte, Jr. (left) and Scout Nathan Olson prepare lunch, during the Putnam troop’s recent weekend camping trip to Stafford Springs.

Photo: John D. Ryan

With permission from the landowner, last weekend Troop 21 pitched their tents and set up their gear along the pond and woods at Quatrano Farm, on private property in Stafford Springs, so Lombardo and other volunteer Scout leaders could teach the boys how to camp in the snow, including, among a number of activities, fire building, camp cooking, ice fishing, animal tracking in the snow and using a map and compass.

Chartered to St. Mary Church of the Visitation in Putnam, Troop 21 is open to any boy aged 11 to 17. Scouts do not have to be Catholic or be members of the church. Lombardo noted that a Boy Scout troop’s operations are run by the boys, with the adults overseeing transportation and making sure everyone is healthy and safe. “Scouting helps to build character and leadership in young men,” Lombardo said. “We show boys they can have self confidence and do things they wouldn’t otherwise challenge themselves to do. We’d love to have more Scouts in our troop and show them the fun we have.”

Among other activities, Troop 21 started its year with an August fishing trip, followed by a hike up Mt. Monadnock in New Hampshire, a science and technology program for Scouts at the U.S. Coast Guard Academy in New London and marching in the annual Holiday Dazzle Light Parade in Putnam.

The Scoutmaster said there’s more to come by the time the troop’s program ends with a week of Scout camp in July, with Troop 21 preparing for a shotgun-shooting weekend, a food drive for local, needy people, a Paw Sox game in Pawtucket and a fly fishing trip.

For information about joining Troop 21, leave a message on the troop’s Facebook page: <https://www.facebook.com/Boy-Scout-Troop-21-623300507859093>

23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Community Food: Chili Cook-Off, 4:00p.m. \$10 registration fee for cooks. CliCK Willimantic, 41 Club Road, Windham. Info: 860-786-7909 office.clickwillimantic@gmail.com

Dancing: Roots of Development, 6:00p.m. - 11:00p.m. \$20.00. Live band, Haitian art and raffles. Elks Lodge, Willimantic. Tickets: bewell444@gmail.com

Kids: A Family Book Event, 7:00p.m. With award-winning author and illustrator Barbara McClintock. Co-sponsored by the Ashford Business Association and Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420.

Live Music: An Evening with Zoe Lewis, 8:00p.m. \$15-20. The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

March 26, Sunday

Nature: Climate Change 101, 2:00p.m. - 3:00p.m. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Recovery: Refuge Recovery, 6:30p.m. (See 3/5)

March 29, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 3/1)

March 30, Thursday

Live Music: Tuesday Saints, 8:00p.m. The Stomping Ground, 132 Main Street, Putnam.

March 31, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 3/3)

Community Food: Building Stronger Communities Through Food, 8:00p.m. Dinner and lecture with Mark Winne. CliCK Willimantic, 41 Club Road, Windham. Info: www.markwinne.com

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The Neighbors Paper possible. T. King, Publisher

March 25, 2017

2 Special Events Under 1 Roof



Babcock Library • 11:00 a.m.

Family Book Event

Award-winning local children’s author and illustrator **Barbara McClintock** will share her book *The Gingerbread Man*.

Highlights include:

- Interactive read-aloud
- Book signing (some of Ms. McClintock’s books will be available for purchase at the event)
- Cookies and Hot Cocoa

Knowlton Hall • 10:00-2:30

HOME SHOW & BUSINESS EXPO

Meet and support some of the 400 local Ashford, Eastford & Willington Businesses including...

Contractor and Carpentry Services, Printing Services, Small Engine Repair Services, Real Estate Services, Flooring, Artist & Artisans, Landscaping, Banking, Roofing, Greenhouse Plants, Heating Services, Salon & Day Spa, Tree Services, Website Development, Bed & Breakfast, Craft Spirits, Transmission Service and many more.

FREE Admission • Door Prizes

Please bring a non-perishable food item for the Ashford food bank

March 25, 2017

Complete the day with another great event!!!
Town Office Building (Lower Level) • 1:00-1:30 p.m.

COMPOSTER SALE & SEMINAR

Learn the best methods for composting from a Master Composter from UCONN. A 65 gallon composter will be available for purchase on that date for delivery on a later date. The cost is only \$50.00. Bring a check made payable to the TOWN OF ASHFORD. Any questions, please call Carl Pfalzgraf at 860-429-0144. This offer is available to residents in Ashford, Eastford & Willington.



- Redmon stationary bin composter breaks down your kitchen food scraps and yard waste into a rich, earthy-friendly fertilizer.
- Heavy-duty polypropylene with a 65 -gal. capacity retains heat and moisture, so you compost more efficiently.
- Breather holes help speed up the composting process and 4 access doors help you retrieve composted material.
- Convenient snap-on lid prevents curious animals from sneaking inside.

This event is sponsored by the Agriculture Commission, The Conservation Commission and the Ashford Business Association

Loretta Wrobel from front page

your State senators and representatives when you hear of environmental threats. Our environment depends upon your support and attention more than ever.

We are inundated by news from Capitol Hill in DC and need to keep our balance as we digest the latest happenings. I feel it is imperative for me to not flood my senses and exhaust myself. It helps me to set priorities and allow myself time to restore and rejuvenate. Each of us has our own limits. We must respect ourselves in order to retain our balance, stay grounded and clear.

An action slated for March 15th is sending postcards to the White House. Simply share your thoughts regarding the policies of the present Administration, and send it to the Oval Office. You can address it to President Donald J. Trump, The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500. Our President is fond of declaring that everyone is fine with his policies and executive orders and he has not heard any complaints or concerns. If you have opinions, please let him know via the postcard. If we all mail the card on the same day, they will arrive in a heap for his excellency to peruse.

It is urgent for me to gather support in these challenging days, when I am assaulted with new executive orders, shocking tweets and alternative truths. I assume the plan is to overload the opposition so we tire and become unable to react. Be considerate of your own wellbeing. It is unhealthy to stay tuned to outrageous and negative behavior daily. Pick your battles and issues.

I am optimistic because people are responding against the new regime's policies that stand in opposition to our Country's basic values. I am awed by the outpourings of people who protested the immigration ban, especially the lawyers who raced to the airports to offer pro bono assistance to those that had been detained. This is what democracy looks like.

I have been privileged to take part in numerous conversations regarding the political condition of our Country. More than ever, individuals who have never been political are participating in the political process. This new era of engaged citizens, who are committed to protecting the values/beliefs that have made America strong, reassures me. We are a Nation of amazing diversity, perhaps more so than any other country, which means we have many differing opinions and ideas about how our government should operate. Sharing, discussing, and raising our voices to let each other and our elected representatives know our opinions, can only enhance us. In our Country, the freedom to express ourselves is cherished by all. Use your voice, your energy, and your pen to show up for what you hold dear.

Democracy requires work, and we are demonstrating Americans are capable, indomitable and tough. Let the energy of The Women's March carry you forward, and please don't stop now.

Mark Svetz from front page

'time out' from the war for soldiers) in Australia when they met and fell in love. Ray went back to the War and they never saw each other again. Now, in her 60s and widowed, Lorna decided to come look for her lost Marine.

It turned out the police officer knew Ray Kelly and took Lorna to his house on Prospect Street. Ray was at the Elks having a few drinks, as he did most nights, but his kitchen door was open and Lorna walked in. Lorna made herself at home and was sitting at the kitchen table, having a cup of tea when Ray stumbled in from the Elks. I never really knew what happened when he discovered this woman, from another time and another world, sitting at his kitchen table after a regular night drinking with his mates, but I can imagine.

Lorna, who became a dear friend with whom I corresponded for many years, was a rare and wonderful woman. Large (over six feet tall), opinionated and full of stories, Lorna took up a lot of space where ever she was. She told great stories about her adventures in Australia. In the 1950s, she founded a neighborhood center in an old shed. This center, called the Tin Shed Neighborhood Center, got very little money from the government and did a lot to help people in trouble. It was a grass roots effort that helped a lot of people over a very long time. I believe it might still be operating in St. Albans, a suburb of Melbourne.

Lorna was involved in community struggles. Like us, she had fought to ease homelessness, poverty, political disenfranchisement, police harassment for many years. I think this was part of the basis of our friendship: We were all veterans of the fights committed people wage in the modern world.

Many of us here in Willimantic were part of what we called "The Urban Club." This was a space we rented collectively and used for parties, political gatherings, art shows, poetry readings, music and much, much more. Lorna was a fixture at the Urban club for the time she was in Willimantic. We all had long conversations about our

various experiences in the world, and she made many good friends while she was here.

Lorna did rekindle the romance with Ray, but it wasn't all roses and candle-light dinners. Ray got sick – bone cancer, I think – and Lorna spent her time nursing him. She took good care of him, I believe, until he died a year or so later. It sounds like a tragedy, and I suppose it was, but Lorna believed she was called here to Willimantic to take care of this man she had loved so long ago. She felt fulfilled, 'though saddened, by the experience.

Thinking about Lorna, I am reminded that Love Stories are not always about happy endings. Sometimes – I think Lorna would agree – love is really about selflessness, responsibility and doing the right thing. I believe Lorna did the right thing when she came and found Ray, and even more so when she stayed with him to the end. This was no Hallmark card or box of chocolates; this was traveling around the world to find your lover, and then nursing him through a terrible death from cancer. St. Valentine would be proud.

Lorna had adventures while she was here. I recall she went to the New England Women's Music Festival, where she made a lot of friends and had a ball. "I couldn't believe they all just took their clothes off!" she told me with delight after she returned. But what with all the caring for Ray, the hours at the Urban Club and other adventures, Lorna really didn't have time to think about details like her visa. She told me one day it had expired maybe a year before.

Consequently, several of us were thinking about Lorna's visa, and we came up with a so-called plan. I had worked in Eastern Connecticut as a reporter during the 70s and had a friendly relationship with U.S. Representative Sam Gedgejenson. Our "plan" was to call Sam and tell him we were granting asylum to Lorna at the Urban Club. Sam was amused, as I recall, and eventually got his staff to take care of the problem without an international incident, much to our disappointment at the Urban Club!

Lorna returned to Australia. A few years later, she came back for a visit. We wrote back and forth, but after some years that faded. I learned that she died in 2014 at

the age of 94. I couldn't help but think of how she must be missed. She must have been a fierce advocate for her community. Lorna was an activist from the core of her being; her thoughts, dreams and hopes seemed to move her seamlessly into action, even here in Willimantic, where she arrived in the middle of the night as a stranger.

Lorna wasn't a stranger for long. So many people came to know her, experience her energy and life force. This community embraced Lorna and her extraordinary love story. She found a home in Romantic 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.

Hampton Hoot (enanny)

Next Hoot – March 8

Submitted by Anne Christie

The Hampton Hoot is now on the second Wednesday of each month.

The Hoot is an old-fashioned get-together for those who love to sing and/or play folk music. All levels and all traditional instruments welcome.

Led by accomplished folk musician, Jaime Boss. At Fletcher Memorial Library, 257 Main St., Hampton. 6:30-7:45 pm.

For more info contact: Jaime@hotstringsguitar.com or 203 218-6199.

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