

# Neighbors



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## In this issue

- 4 When is the Next Revolution? by Loretta Wrobel
  - 5 The Quiet Corner Fiddlers 10th Anniversary Show Submitted by Robin Rice
  - 6 Wrestling With the Angels of Democracy by Mark Svetz
  - 8 Harvesting the Nectar of the Gods by Dennis Pierce
  - 10 The Spring at Caisse Park by David Corsini
  - 12 Fiddling Neighbors by Chuck Morgan
  - 14 Gaining and Losing Biological Family by Phoebe C. Godfrey
  - 15 Plant a Row of Veggies for a Neighbor in Need by Pamela Wheeler
  - 16 No-Till Gardening by William Hooper
  - 18 Clean Your House - Cleanse Your Body by June Hyjek
  - 20 How to Start a Bakery by Andrew Gibson
  - 22 The End Game by Dan McGinley
  - 23 Spring Almost One Year Poem by Robin Lubatkin
  - 24 An Introduction to Wildlife in Connecticut by Jace Paul
  - 26 Little Things Mean a Lot by Bob Grindle
  - 28 A Reply to Radical Atheism and the Denial of God, Part 2 by Conrad McIntire Jr.
  - 30 Clarifying Gandhi #5: Caste Distortions by P.K. Wiley
  - 32 Natural Remedies for Arthritis; Reducing Joint Pain Naturally by Dr. Dr. Ashley Burkman
  - 34 Joshua's Trust Spring Walks Submitted by Angelika Hansen
  - 36 Trail Running By Rachel Tambling
  - 37 Access Agency Community Action News Submitted by John Murphy
  - 38 Ask Dr. Mac and Taking the Solar Plunge, Part 1 by Steve Woron
  - 40 Our Community Calendar Compiled by Dagmar Noll
  - 43 Making Music in Coventry Submitted by Ruth O'Neil
  - 45 Victorian Days in Willimantic Submitted by Lynn Duval
- ....And much more!

Cover photo: Female mallard ducks on a wooden jetty.

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

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

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# When is the Next Revolution?

By Loretta Wrobel



Recently I was formulating a talk about the Unexpected Revolutions and Changes in the 1970's, particularly focusing on the Women's Liberation Movement.

Prior to the rising feminist upheaval, other activists were making their voices heard across America. "Black is beautiful" was loud, gays fought back at Stonewall, and the peace movement (anti-Vietnam war) would not be denied. Those were electric times with high-energy protests and deeply committed people who were tireless and persistent. Hope was infectious, and dreams of a better world were believable. It was an intoxicating and delicious time to be in NYC where I attended graduate school during the early 1970's.

Fast forwarding over four decades, and where are we now? Changes heralding in a new era have been eroded. Laws protecting women, minority groups and the poor have been whittled away, as our Nation supports and rewards the rich and powerful. The theory goes that the wealthy deserve to grab all the cookies because they are so smart, so responsible and blessed. Anybody can make it to the top as long as you are white and male or the son of someone white and male. The door to creative enterprise only opens to corporations possessing the means and knowledge to pull the right strings.

Coming away from my revolutionary stint, I ache for insurrection. Times of radical alteration are dizzying, chaotic, amazing and filled with opportunities. Today we urgently require a revolution. I thirst for a revolution. The earth cries out for a revolutionary shift in how we respect our planet. Do you crave and dream of a revolution?

Reading the slimy politics of big fossil fuel companies exposed in Naomi Klein's *This Changes Everything*, I am appalled at the destruction that these amoral profit-at-all-costs businesses cause. How can you tear off a mountain, pollute waterways, load up trains with volatile fuel and send it through communities or pristine natural resources and feel that you are a part of humanity? The quest for increasing profits at higher and higher risks to people, animals, natural resources and ultimately the planet as a whole, has created a Frankenstein Hydra with insatiable hungers.

Here is the truth. We must fashion an outpouring, a grassroots movement that invigorates us with a promise of a saner, safer and more humane world where all our voices are heard. We recognize how out of control our world is. We read/hear/text about the absurdity with a nonchalant response, because we are so tired and battered by it all. Joking about the craziness is an attempt to cope and allows us to continue to function.

I say it is critical that we stop wasting time and energy. Empower yourself by embracing a cause (no dearth of choices)

and put your resourcefulness into action. Don't be fearful of speaking up; as in that manner you will make some important connections and find allies. We must gather comrades for support in negotiating the stream of double-talk, where what seems to be happening is denied and we are reassured that everything is good. That makes as much sense as buying new jeans with holes in the knees and pre-washed enough times so that the colors are faded.

The trick is to start small and allow the momentum to carry you. Become part of a local group championing something important to you. A dynamic group is fighting against the proposed fracked gas pipelines planned for Mansfield/Chaplin and other neighboring towns. Or join the feisty workers in fighting for the \$15 hourly wage so they can afford to work. You could point out the lunacy that corporate tax breaks is seen as beneficial and right, while Medicare paying for eyeglasses or hearing aids for old people would be considered bad policy.

There is a superabundance of ridiculous pending decisions in DC, such as TPP (Trans-Pacific Partnership), which has next to nothing to say about trade and has everything to say about corporate rule over people, government and economies. Proposed cuts for all services abound, alongside increased privileges for the big bucks folks. What about our healthcare premiums and co-pays rising while time with our doctors gets shorter?

The faint rumblings of revolution are being amplified. The NYC Climate March in the fall of last year turned up the volume. The shootings of black men added more conviction to the urgency for a system revamp. The tax laws continue to coddle the wealthy. College campuses are demanding fossil fuel divestment. Students are taking over buildings and engaging in civil disobedience, calling attention to the devastation caused by burning of fossil fuels.

As I enumerate these events, I surprisingly realize we are in revolutionary times. There is a groundswell of intelligent, resourceful, and social media wizards who are organizing, writing blogs, going to the streets, putting their lives on the line, and willing to risk arrest to stand up for social and economic justice for all.

The bad news is that there is much to scream and rant about. The good news is we have the capacity to communicate rapidly all over the globe. So don't miss out, be on the fighting edge, and crusade for a just and compassionate world where everyone shares the whole pie and cherishes our home.

# The Quiet Corner Fiddlers 10th Anniversary Show

Submitted by Robin Rice

The Quiet Corner Fiddlers began in 2005 when five musicians gathered at the home of Chuck and Noreen Morgan of Willimantic for a session of playing fiddle tunes. Everyone had so much fun that they decided to do it every Tuesday evening. Word quickly spread to other musicians and after a substantial number of fiddlers had joined, they decided to name the group Quiet Corner Fiddlers.

The group started playing every 2nd Tuesday of the month at a local restaurant in Willimantic, a practice that continued until the restaurant closed several years ago. During this time other venues began booking QCF to play for them: Scotland Farm Days, Coventry Haunted Happenings, Third Thursday in Willimantic, Civil War Re-enactments at Woodstock's Roseland Cottage, Soroptomist events in Lebanon, the Rhythm on the Rails series at the Train Museum in Willimantic, the opening of an art show at ECSU, the Coventry Regional Farmers Market, and others. The fiddlers still play out 2nd Tuesdays of each month, at local restaurants throughout northeast Connecticut .

This year to celebrate their 10th anniversary, the Quiet Corner Fiddlers of Northeast Connecticut will present a two hour show at the Burton Leavitt Theatre to benefit the Windham Theatre Guild. It's going to be an entertaining evening featuring over 20 fiddlers and singers from the local area. The program will include reels, jigs, waltzes, hornpipes, strathspeys, rags, foxtrots, polkas, hoedowns, blues, and older pops from various traditions including New England, Irish, French-Canadian, Finnish, Cajun, and Klezmer.

Mark your calendar now to join us on Saturday, May 9th at 8 pm to experience the music of the unique group that is one of the gems of the Quiet Corner. Tickets are just \$10 and can be reserved by calling 860-423-2245. All proceeds benefit the Windham Theatre Guild.

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Willimantic, Now and Then:

# Wrestling With The Angels of Democracy

By Mark Svetz

For quite some time now, I have been – to borrow the idea of the title to a book I just finished reading – “Wrestling with the Angels of Democracy.” To my own sad surprise, I have recently found myself thinking that democracy is a little like the unicorn of myth: everyone has heard of it, some of us know the mythology surrounding this legendary being, but nobody has ever seen it.

I saw a poster years ago that had a quote from Mahatma Gandhi. “What do you think of western civilization?” a journalist was said to have asked the great man. “I think,” Gandhi answered, “it would be a good idea.” This idea of democracy, and whether it is working, has been haunting me from the depths of my perception and awareness. Always, I fear I am asking the wrong question. As to whether it’s working, my answer would have to be no. The question that troubles me is: “Have we ever tried it?”

A few weeks ago, Sarah got a book through our wonderful system of interlibrary loans: *Wrestling With the Angels of Democracy*, by Susan Griffin. The title of the book intrigued me; it seemed to describe exactly the thoughts that have been bothering me. Susan Griffin takes a long, deep look at democracy and its roots in the United States. From the painful contradictions between high-minded declarations of freedom and “liberty for all” in a nation that allowed slavery for its first century of existence, Griffin goes even deeper to look at a people’s capacity for empathy and compassion, more essential to democracy than the Bill of Rights.

The picture isn’t pretty. Selection of our president is still in the hands of the Electoral College. The voting franchise was severely restricted for much of our history (women, after all, were not full citizens until 1920!), and voting rights are still under attack. From its very beginning, this nation has brutally displaced entire cultures of Native people, and embraced the enslavement of African people, for all of which there has been no atonement. “We The People,” it seems, have not really been trusted by our leaders from the start.

U.S. Citizens of Japanese heritage were imprisoned in



concentration camps during the war with Japan. Government agencies spy routinely on U.S. citizens, police departments arm themselves with combat weapons and equipment, while officers – often with little punishment – kill unarmed citizens at alarming rates. Citizens watch in helpless horror while corporations (in partnership with our leaders) destroy mountain ranges and pollute ground water in their insane scramble to wring every petrodollar from the very earth beneath our feet.

*Wrestling With the Angels of Democracy* was published in 2008. Writer Susan Griffin has been publishing poetry, plays and non-fiction since 1967. Her book, *Women and Nature*, published in 1978, is a classic of feminist philosophy, examining the connection between the oppression and

mistreatment of women and the destruction of the environment. Her powerful intellect and sensitive perceptions have given a generation of feminists a new lens with which to view the world. In this recent book, she gives us an insightful examination of the essence of democracy.

Griffin describes a scene from her childhood that she sees as an early lesson in democracy. The author recalls the time when she was very upset because her older sister had gone out with some

friends. Young Susan wanted to go with her sister, but when her father explained why she could not, he set the seeds of democracy in his daughter’s consciousness.

“She doesn’t want you to,” was the reason. That her father didn’t insist on his authority (“Because I said so!”), but rather talked to her about her sister’s separate desires and her right to be apart occasionally, forced Griffin, at this young age, to look beyond her own interest. It seemed to have made “not getting her way” easier to understand. After all, she loved her sister, and wanted the older girl to be happy. It seems as though this early introduction to empathy – trying to understand the feelings of another – began a lifelong habit of balancing community interests with self interest.

I consider this idea in light of the words and actions of our own leaders when, for example, the town budgets are defeated in Windham. There seems to be little evidence officials are trying to discern what the citizens of Windham want. They talk, instead, about strategy, as though the problem



Folks “wrestling with democracy” in New York City as part of Occupy Wall Street. The main demand of the Occupy movement has been for dialogue, which is the first and necessary step in democracy.

Contributed photo

will be solved if they can only get out enough of “their side” next time. There is a “winner take all” aspect to our governance that seems to perpetuate the interests of what might be a slim majority of a fraction of the citizens. We know that sometimes less than half of the registered voters cast a ballot. When we consider that less than half of the eligible voters register, we see what makes a “majority.”

Often, when I think of the Occupy movement, I find myself wishing we could all sit in a big room and talk about it for as long as it might take to understand the various points of view. In a democracy, it needs to be more complex than “yes” or “no”; It’s much more complicated than Democrat or Republican. We must have the time and place to talk about the nuance of our choices. It takes more than putting out “Vote Yes” signs on our lawns. I was appalled when Windham Town Manager Neal Beets (as quoted in the Chronicle) wondered why the town even votes on the budget. “We don’t vote on the Federal Budget,” Beets was quoted. My answer would be simple: We can’t call ourselves a democracy if we don’t make these decisions collectively.

Our communities make many important choices all the time. All of us, I imagine, want it to go our way, that is, we want to see the correct decision made. We must also recognize that, like Susan Griffin’s older sister those many years ago, we all have our own ideas about what is correct. It only stands to reason we will each be disappointed sometime, but to live democratically, we must embrace that disappointment for the greater good.

As I see our communities struggling with decisions, it seems that in many cases groups of people take turns forcing one choice on the rest of the community. In this way, it’s always “Yes” or “No.” That we sometimes take turns – Republican for eight years, Democrat for eight years – still doesn’t let us get much past this dichotomy, which has, by the way, become meaningless over the years. Team loyalty makes sense only in a game, not in a community trying to be a democracy.

*Wrestling With the Angels of Democracy* is hard work, but this insightful book has shown me a few good moves. I understand that the roots of democracy are not found in Robert’s Rules of Order, although that is a good tool. I understand that those roots are found in our own capacity of understanding and respecting our neighbors; they are found in our very human power of empathy and compassion. I believe we have to work out a way to listen to each other before we get to the decision-making. Our political dialogue takes place through costly ads in the media which allow for little or no nuance, let alone empathy or compassion.

So, I sit here, having just splashed water on my face, preparing to go back into the ring for another round. It is my hope that in this close, sweaty match, I will come to feel the contours and nuance of my partner. And that, perhaps is the essence: you see, when we *Wrestle With the Angels of Democracy*, we’re not opponents trying to dominate, but partners struggling to find a mutually comfortable position.

*Mark Svetz is a Tutor at Quinebaug Valley Community College in Willimantic. You can read more of Mark’s writing at [www.sarahwinterclothworks.com/writing](http://www.sarahwinterclothworks.com/writing).*



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# Harvesting the Nectar of the Gods

By Dennis Pierce

When it is past the time of making snow angels and you hear the gaggling of geese as they move north you know that it's that time of year that maple trees are ready to begin the ritual of releasing the sap that eventually turns into liquid gold.

Driving the backroads at this time of year, you look up from the challenge of deep mud and see an occasional web of tubing stretching from maple tree to maple tree. Then, you roll down the window and breathe in the sweetened air. Spring has sprung and the earthy goodness fills the woods surrounding Mansfield, CT.

It is sugar time and the cold nights and sunny days set into motion the running of sap. The lingering harsh winter that we have experienced in the Quiet Corner meant sap started running later this year but despite the challenges of Mother Nature, local producers still are able to create what I would call the nectar of the gods. In the old days, while living in New Hampshire, my memories of this time of year was that maple trees were surrounded by gray metal buckets which were slung from hooks beneath taps which were inserted into those trees. Today's trees are webbed with plastic tubing, where the taps let the sap run down toward a collecting point in the sugar house itself, there the sap is filtered prior to the boiling process.

I often write about local heroes. You know, the individuals that do not set themselves apart from others but every day they do amazing things that go unrecognized. One such individual is George Bailey. George and his wife process maple syrup and manage bee hives on Crane Hill Road in Mansfield. George's father came from Northfield VT before moving to Connecticut. From his father, George learned the sugaring process. As you drive down Crane Hill Road you can see the web of hoses that link the trees in the surrounding woods. Georges has 375 trees tapped for sap. As the weather freezes at night and reach forty degrees in the day the sap begins to dribble through the web of hoses. George estimates that in prime season he gets about 400 gallons of sap a day.

After the syrup goes through a filtering process



it moves through several stages in a large stainless steel evaporator. George then moves the liquid to a stove and by measuring with a hydrometer he can adjust the density by adding water. Based on the standards of the International Market there are three gradations of maple syrup: Golden A delicate, Rich grade A and Rich dark robust. George expects to yield 60 gallons of maple syrup this season. When I asked how he knows when to stop the process he responded by explaining that the taste of the sap changes and the run slacks off. This is what is called the bud run. At this point the taps in the trees are closing up with bacteria growth which blocks the run of sap, preventing it from leaving the tree.

For those readers that have never tasted real maple syrup you cannot imagine the intensity of the flavor that comes

from true maple syrup. Maple syrup has a long history in New England. Syrup became more popular after the British government passed the Sugar Act of 1764 which imposed high duties on imported sugar. The colonists, who learned from the Native Americans the processing of maple sap used this sweet nectar as an expression of protest against the attempts of the British Parliament's tax on the American colonies.

Earlier I mentioned about writing about local heroes, those individuals the go unnoticed but do so much to support local Connecticut Agricultural products. These individuals also have great stories to tell. I like to share these stories that these individuals bring to light. You see, George is always one to make sure that he is making the best maple syrup possible.

To validate his process he has sent off syrup to Vermont's Maple Syrup competition. To his surprise he took

Best of Show in 2001. That really must have made those Vermonter's upset. To think a Connecticut Yankee producing maple syrup right here in Mansfield, CT is better than Vermont's! Not only that, George did it again in 2005!

So now I hope you are eager to try Bailey's Maple Syrup. George can be found at the Storrs Farmers Market which is opening its summer season on Saturday, May 2nd. The market is located on Storrs Road directly in front of the Mansfield Town Hall. Their hours are from 3:00pm to 6:00pm. And you better get there early in the market season since quantities are limited George sells out pretty fast. Can't make the market? Give George a call at 860-492-9018 to make an



George Bailey in his 'sugar house.'

Dennis Pierce photo.

appointment. Bailey's Maples Syrup and Honey is located at 75 Crane Hill Road in Mansfield CT. George also has a Facebook page at: <https://www.facebook.com/george.bailey.9699>

It is a great time of year to go foraging. Find a field or spot where dandelions have not been treated with chemicals and pick the small new leaves. Wash well, dry, toss with cut up diced, cooked bacon and add the following dressing.

### Maple Syrup Dressing

#### Ingredients:

¼ cup of real maple syrup  
3 egg yolks  
¼ teaspoon of salt  
Dash of pepper  
1 tablespoons of lemon juice  
½ cup of heavy cream

#### Directions:

Heat the syrup to the boiling point, then let cool slightly.  
Beat the egg yolks in a small bowl and add syrup  
Return mixture to the stove stirring often. Heat for one minute, stirring constantly.  
Let it cool  
Add salt ,pepper and lemon juice  
Whip cream and fold it into maple mixture

The recent weather is disconcerting. One day warm and then another too cold. It appears to be so cold that the daffodils that have sprung up in my yard and woods are hugging themselves with their leaves just to keep warm. If you have a suggestion or a farm or local grower you would like featured in this column drop me a line at [Codfish53@Yahoo.com](mailto:Codfish53@Yahoo.com). Peas be with you.

## Poetry in the Park

Submitted by Judy Doyle

The schedule for Poetry in the Park in Willimantic has been confirmed for June through August. This event is always held the 4th Thursday of the month at 6:00 pm.

The readings this year are focused on translations, featuring poetry read by translators.

June 25: James Scully will read and discuss Ancient Greek and Quechuan works.

July 23: Rabbi Jeremy Schwartz will read works by the Israeli poet Israel Eliraz.

August 27: Vietnamese poetry will be read by Kevin Bowen--a poet, Vietnam War veteran, and past director of The Joiner Center at UMass-Boston.

All Poetry in the Park events are held at the Julia de Burgos Park, corner of Jackson St & Terry Ave, in Willimantic. Should it rain, the readings will be held at Temple B'Nai Israel, 1 block north of the Park on Jackson St. (enter through their back door).



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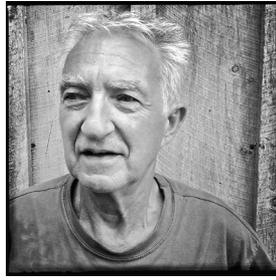


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# The Spring at Caisse Park

By David Corsini



On most days there is a steady stream of cars stopping to fill up water bottles from the spring at Caisse Park on Route 195. Over the last month I have been stopping at the spring to talk with these water gatherers. In addition to learning about why people use the spring water, I have learned a little about the history of the spring.

I became interested in our local spring after reading a book by Elizabeth Royte called *Bottlemania*. Her book revolves around a controversy about extracting spring water in Fryeburg, Maine. Nestle Corporation was extracting large quantities of spring water to sell in bottles and some people were upset. The book is not only about the pros and cons of bottled water and the issues involved when corporations extract water to sell at a distance, but also about water sheds, water treatment, water quality and water delivery in general. For many years I had seen people collecting water at the Caisse Park spring but had not thought too much about it. After reading the Royte book, I became curious about why people were stopping for this spring water.

On my first stop I spoke with a man from Hampton who had a shallow well that was close to the road and impacted by water runoff from the road. While his water was OK for household use, he was not comfortable with drinking the water. I had several conversations with other gatherers who spoke of shallow wells and issues of possible contamination from ground water. Several reported tests of their well water that had revealed bacterial contamination. One woman said she lived on a farm where nonorganic fertilizers were spread on the fields and she was concerned these chemicals would find their way into her well.

In addition to concerns about wells contaminated by bacteria and chemicals, several people talked with me about high iron contents in their well water. People talked of toilets with brown stains and deposits left when water was allowed to stand in jugs. Several people talked of their well water not tasting good.

One day I spoke with a woman from New London who had stopped to fill six gallon jugs. This woman came frequently to the Windham area to care for her grandchildren and stopped for water. She did not like the city water in New London. Although she had tried other spring water, she found this spring water better. While she was not one to make extravagant claims, she believed that use of this spring water had led to an improvement in her digestive problems. Several other gatherers stated that they had experienced relief of physical symptoms from use of this water or knew of someone who had. Of course, since relief of symptoms could have

resulted from the elimination of “bad” water, relief of physical symptoms does not necessarily indicate that this spring water has curative properties.

The spring is also a place to run into friends and acquaintances. One day I encountered and chatted with my former masseuse Diane Marion. She had stopped to fill up four glass gallon jugs that used to hold Carlo Rossi “cheap talking wine.” While most people stopping for water bring an assortment of plastic jugs, people who have read about the potential for chemicals from plastic leaching into water, use glass. Diane claimed that one of her friends had sent away a sample of this spring water to be tested and that the tests came back indicating the water had all sorts of beneficial minerals. She clearly believed that this water was not only not bad but particularly good.

On another day I encountered someone using blue plastic jugs. It turned out that these jugs had been purchased because they were made with BPA free plastic. BPA is a chemical used to harden plastic and has been thought to have potential negative effects on humans. I bought one of these jugs so that when I was at the spring, I would look like a water gatherer and people would be more willing to talk with me. Later, with an internet search, I learned that BPA-free plastic is really no less of a concern than other types of plastic. In BPA free jugs the chemical BPS had been substituted for BPA and the leaching issue was really the same. Oh well! Anyway, standing there holding my blue plastic bottle might make me look “more in the know” with some people who have yet to figure it out. And besides I am not sure I have enough talk in me to secure those glass bottles filled with cheap talking wine. On another day William Stallman, a friend and artist who has inspired me in my art endeavors, stopped to fill a few jugs. We talked about the quality of this water and the beauty and wonder of having this resource in our community. He also spoke of how disgraceful it was that people often left trash. When he stops for water, he often collects trash. It was Williams’s opinion that this spring should be considered a sacred place and treated with reverence. I agree.

While William and I were talking, a car arrived and started backing up towards us. The driver got out and motioned for us to get out of his way so he could get closer to the spring. I thought that was a little extreme until I saw him unload 12 crates each containing four gallon containers. He had come from West Hartford accompanied by his son in another car with an additional 10 crates. These men were not very talkative and only indicated this water was better than what they had in West Hartford. It sure seemed like a long way to come for water. Could this water be that good? Could he be selling it on the streets?

Some water gatherers had sad stories. One elderly couple who live in the Jensen adult community in Storrs told me that the community used to get good water from a

community well. Then at some point CT Water was brought in to “treat” their well water and the treatment made the water taste terrible. So they drive down route 195 through UCONN and then risk life and limb to get to the spout to collect water to drink and make coffee.

I wanted to find out about the history of the spring so I called local historian Bev York. She remembered, photocopied, and sent me a series of Willimantic Chronicle articles written by Tom Beardsley in the late 90’s. From these articles I learned that in the mid 1800’s the area around Caisse Park was a farm garden that supplied produce to a local restaurant on Main St in Willimantic. A big factor in the location of the garden was a good supply of spring water.

In the late 1800’s, a man who owned 22 acres of land in this area, donated eight acres to the town to be used as a park with the stipulation that the borough (Willimantic) maintain the “watering tub and pipe on Jackson St.” The stone pump house that is there today was built in 1938 with Works Progress Administration funds. I have yet to find any earlier information about setting up the piping of the spring.

So it appears that in the early days there was a water tub here that could be used by passing horses. Today a horse would have a very difficult time getting a drink at the spring because the spout from which the water flows is very low. In addition, there’s no tub and even filling jugs is a challenge. The stones around the water source are smooth and can be slippery. I met one elderly woman who had fallen during the winter. And as I have approached people who were collecting water, I have observed enough “plumber’s crack” to last me a lifetime.

Every once in a while the spring is closed and a cement barrier blocks access. This happens when a weekly test conducted by the Windham Water Works (WWW), as a public service, finds evidence of

coliform bacteria. The spout is then cleaned and additional tests performed. When three tests reveal no bacteria, the spring is reopened. It is believed by the personnel at WWW that the spring water is always ok but that the positive bacteria tests result from people with dirty hands touching the faucet where the water comes out.

There were a few people stopping at the spring who had household water from the WWW. One was a young man who said he like WWW water but his girlfriend was used to well water and didn’t like the water. So he came to collect water to “keep her happy”. And he added, “It’s better that way.” I hear you Bro! And a woman who said she had city water, claimed not to like the water and as she got in her car, she shouted back: “And my fish don’t like it either!” Perhaps if she had let the water sit for a bit to release the

chlorine, the fish would like it just fine. One day I walked up on the hill that is part of Caisse Park and encountered a large stand of skunk cabbage. This is indeed a wetland area fed by springs. I have no idea how to determine how much water is under this area. The spring flows 24/7 and 365. I heard of a spring in Meriden that sells spring water for 30 cents a gallon. It got me thinking about the possibility of bottling some of our spring water for sale. It could be called Willi Water? While the name has a nice ring to it, we should perish those thoughts. Please, let us consider the spring at Caisse Park a natural wonder and a sacred place that provides us with good tasting, free water.

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# Fiddling Neighbors

By Chuck Morgan

Everyone has life changing events. For me, one was in 1994 when fiddler and friend Al Joly invited Noreen and me to an Old Fiddlers' Club of Rhode Island concert at Ekonk Grange in Sterling. Driving south from Sterling Hill, the early spring aroma of the newly manured fields welcomed us. At the grangehall we joined the packed audience for the music. Using a trite expression of my era, "It blew me away". The wall of unamplified sound from 20 fiddles and a few guitars was overwhelming! They played old reels, jigs, and waltzes. None of the fiddlers played the tunes exactly the same, but it all blended together magnificently. Between tunes by the entire group, soloists showed their skills on individual pieces. Some were novices, some highly proficient and talented.....but all held the audience's appreciative attention. During intermission there was what their leader Frank Moon called "Eats"; tables full of breads, meats, condiments, desserts, and beverages in the kitchen, through which the entire audience filed to have their fill. I decided I wanted to be a part of this.

Al encouraged me, so I worked hard with my 5 dollar garage sale guitar, soon replaced with a nice acoustic Fender. Guitarist Al Bruno became my guru. He helped me enormously, and taught me to use barr chords. That fall I auditioned and became a club guitar player. Since 1929, I was the 332nd member of the Old Fiddlers' Club of Rhode Island <http://www.ofcri.webs.com/>. But within a few short years, the appeal of playing the fiddle became too much to resist, and I became a fiddler on a \$40 fiddle I won at one of Ernie Elridge's auctions.

The club was formed in 1929 from an earlier "Fiddlers Club" that could be traced back to 1912. Currently we consist of about 30 fiddlers, most of whom are from Connecticut. We perform at about 15 events each summer and fall, including the Lebanon, Brooklyn, and Woodstock Fairs. The audience often includes folks who have enjoyed us for years. To boost membership we offer free beginner fiddle classes in the fall.

Another group is the Quiet Corner Fiddlers [http://](http://www.qcf.webs.com/)

[www.qcf.webs.com/](http://www.qcf.webs.com/), about 25 fiddlers and accompanists. We began in 2005 with 5 fiddlers getting together every Tuesday evening to enjoy playing traditional fiddle tunes and improve our skills. Since then, as the word got around, we've consistently had a dozen or more show up every week at our sessions. We usually meet at one the fiddler's home. At our sessions we go around the circle, with each person in turn calling out a tune, playing it as a solo, then everyone else joining in. We generally use written music to learn a tune.



The Quiet Corner Fiddlers playing at Fred's Brick House Cafe in Willimantic several years ago. Fred's was a great venue for local music. Unfortunately, Fred's is now closed. Contributed photo.

Everyone contributes new tunes. Over the years we've played hundreds of different tunes. To keep our "repertoire" to a manageable level, once a year one of our members culls the tunes down to a one page list, removing tunes that are not used. Each year we invite well known professional fiddlers, or violinists, to present workshops for us. Among others, these have included Stacy Phillips, Yaroslav Tereshchenko, Kathy Clasper-Torch, and Dave Reiner.

That first year the Quiet Corner Fiddlers started a practice of playing every 2nd Tuesday at Fred's Brick House Cafe in Willimantic. We enjoyed many years there, until Fred closed a few years ago. We continue playing out on 2nd Tuesdays, holding our sessions at local restaurants including Lefty's (Willimantic), Lakeview (Coventry), Dog Lane (Storrs), and Midway (Ashford). On May 12 we'll be at The Crossings Restaurant in Putnam. We also play at a variety of other events such as Bruce John's Artists' Showcases, Willimantic 3rd Thursday, various farmers' markets, Woodstock's Pink Cottage, the Audubon Society, and Putnam's Fire and Ice Celebration. At these venues we sometimes have a set program, and at others we just go around the circle to keep it spontaneous. On May 20 we are playing for Altrusa at Windham Golf Course's Seasons Restaurant.

Quiet Corner Fiddlers marks it's 10th anniversary this year. To celebrate the Windham Theater Guild will present us in a two hour show Saturday May 9 at Burton Leavitt Theatre in Willimantic. We are working to make this a highly entertaining event that will feature over 20 fiddlers and singers, whom many will recognize as neighbors and friends. The program will include numerous tunes such as Ragtime

Annie (old time hoedown); Road to Lisdoonvarna (Irish); Les Appalache (French-Canadian); Stone's Rag (ragtime); Isa Kullen Jenke (Finnish); Ma Yofus (Klezmer); and waltzes such as Judith Waltz composed by deceased local musician Bob Thurston. Most of these tunes will be started as a solo, with everyone joining in the 2nd time around. We will also have singers performing classics like "Have I Told You Lately That I Love You" and "Lovesick Blues". We are trying to make it a show that will be both entertaining and promote traditional fiddling and songs.

Another major local amateur fiddle group is Connecticut's Bristol Old Tyme Fiddler's Club, founded in 1972 by Gerry Lagace. Gerry is also the longest serving member of Old Fiddlers' Club of Rhode Island. He joined in 1969, and is still very active. This group has about 75 members, ages ranging from 12 to 92. Most members play fiddle, however they also include mandolin, guitar, bass, banjo, spoons, washtub, piano, harmonica, accordion, and other instruments. They play throughout the year, primarily in western CT, but also at some local venues such as the traditional Thanksgiving dinner by St. Mary's Church in Coventry.

There are other local fiddle jams. One is Sue Hill's first Tuesday's jam at Pineloft Cafe in Berlin <http://oldtimeyjam.blogspot.com/>. Another fine session is Jam Francais, led by Dan Boucher in Bristol <https://www.facebook.com/jam.francais>, which focuses on preserving French Canadian Folk and Country Music. All these groups and jams welcome fiddlers of all skill levels.

So, if you're a fiddler, bring your fiddle and join in. Or if you just want to listen when we play out, you're welcome.

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Neighbors is Friday, June 19, 2015

# Gaining and Losing Biological Family

By Phoebe C. Godfrey

*"In my father's house are many rooms." John 14:2*



In my father's life there were many rooms, most of which I was not privy to enter. Yet back in September the door to one was unexpectedly blown open when I received an email from a young man explaining to me that he was my half-brother. At first when reading his email, I thought it was one of those spam emails where the person claims to be related or connected in a bizarrely intimate way and therefore they want you to wire funds to some remote corner of the planet. But as I read on the information became part of my own memories. Yes, we had lived in Belgium; yes, my father had had an affair with a woman there; and yes, my mother's name was Wendy. By the end of his letter I had to digest that I really did have a 37 year old half-brother named Alexander who had been in contact with my father (his biological father) his whole life, and yet about whom I had not known anything until now. He told me that my father had asked him not to contact me or my other brother but by this point in time he figured our father would have died or be close to dying. He feared we would find unexplained letters and photos from him and he didn't want us to be left with an unsettling mystery. In his concern for our feelings he was not acting like our father who had been initially angry with me for revealing his secret, even though it was Alexander who had contacted me.

On March 20<sup>th</sup> I painfully watched my 87 year old unconscious father convulse his way to the other side. I had had six months to explore my complex feelings for him in light of the emergence of Alexander, culminating in a smart-phone skype session between him and Alexander at his nursing home. Technology for all its contradictory qualities when it comes to both enhancing and fracturing intimacy, nevertheless brought together on a tiny screen, the faces of a father and a son who had only met in person once before. That meeting which had taken place twenty years ago was before the son knew who the man he met really was. I had tears in my eyes not so much because anything profound was said but rather because there was a bantering ease that defied the uniqueness of the moment, as if the conversation emanated from their genes, as opposed to their minds. Additionally, I was moved by my own openness to the possibility in that I was able to accept a reality that had had nothing to do with me and yet which now had become the singular most important event in my recent life. For like the easy banter between my father and his son, I too had quickly found that flow with Alexander as if we had always been in communication. Ironically, I as a child I had imagined having a second brother and although in my fantasy he was older than my other brother, he was always the one with whom I shared a deep

visceral bond. Alexander is 13 years younger than I am but in the six months that I have known him the imagined visceral bond has become real. It has in fact grown to the point that I will be going to visit him this summer thanks to the generosity of my oldest friend, known to me since I was eight when we both had just moved to Belgium. Her rationale for buying a ticket I myself couldn't afford, is that Alexander was born at a time when we were inseparable and so in that manner we are all emotionally connected.

As I sat by my father's bedside trying to hold his paralyzed hand as he slipped further from this realm, I was able to share with him that two days before I had been told I would be able to go visit his son. I can't say if he heard my words but regardless, since for me there was a secular last rights aspect to it in that by me going to meet his son I would be absolving his 'sins' through a new loving bond that would invite the threads of DNA to be continuously, yet newly woven into our family's social fabric. In meeting Alexander I will be, in provocative ways, re-meeting my father, while at the same time meeting someone who will perhaps in additional and unexpected ways embody my father's nature. I may see aspects of myself (other than in appearance as we do look alike), as well as aspects of my other brother, who quite contrastingly to me has decided he wanted nothing to do with what my sister-in-law referred to as, "the dark themes of infidelity, adultery, and illegitimacy". For them our father's death closes the door to any further exploration into his rooms, but for me a new adventure into the cartographic contortions of biological family, hence heredity, has just begun.

In this journey gaining and losing family I have learned that we benefit much when we accept reality, or more specifically when we accept others as they really are, as opposed to whom we need or imagine them to be. I know my father loved me from the language of his eyes but he never invited me or my other brother or even our mother into all of the contours of his life. He created multiple realities for himself and perhaps this was the only way he could exist in any of them, as a collection of pieces. I have imagined that in his house he roamed from room to room, one of which contained my family, another which contained Alexander and his mother, another which contained.... But then as I lovingly watched him dying it felt more like he too was in one of the rooms from which he would visit the others, as opposed to ever authentically living in his entire house. I do not believe in an afterlife and nor did he, but my hope is that somehow through death he can finally occupy the whole by letting the divisions go.

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# Plant a Row of Veggies For a Neighbor in Need

By Pamela Wheeler

For the second year, GROW Windham is sponsoring the Plant-a-Row Program, which makes it easy to grow food for a neighbor in need.

GROW Windham is a collaboration of community partners working to promote access to healthy food in the Windham region. Plant-a-Row supports local gardeners to grow food to donate to the community. Gardeners are asked to dedicate produce from a “row” in their garden to donate to the Covenant Soup Kitchen and other local food pantries. GROW Windham can help you get started, by providing vegetable seeds and seedlings to plant on behalf of the community, as well as assisting with the distribution of donated produce.

As a family gardener myself, I know how hard it is to know how much any planted crop will actually produce. It may be feast or famine! Many of us are already in the habit of planting enough for more people than are still at home as the years go by. It is a relief to know that now there is a way we can share the bounty and help provide for others.

Plant-a-Row is a collaborative project between GROW Windham, the Covenant Soup Kitchen, and the EO Smith High School Agricultural Education Department. GROW Windham started it last year, as a way to find homes for the many plants that were donated to the community, as well as to generate more fresh food for those in need.

You can learn more, or sign up to participate in Plant-a-Row, by contacting GROW Windham at [info@growwindham.org](mailto:info@growwindham.org) or call 860-4534 ext.312, or by visiting the EO Smith Plant Sale at the Mansfield Library on May 9th, or at the Storrs Farmers’ Market on May 16th or May 30th. Seedlings can be picked up from the EO Smith High School Greenhouse June 1st-5th, from 7:30-3:00. (Enter from the rear of the school, by the greenhouses; you can ring the doorbell and someone will let you in.)

Happy Gardening!

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16 Neighbors

Practical Permaculture:

# No-Till Gardening

By William Hooper

Since at least the time of Bronze Age Egypt, visual shorthand for ‘agriculture’ has been to depict a man behind a plow. In turn, even for those of us not engaged in professional-level agribusiness, the gardening season begins with turning up the soil. Whether by hoe, rototiller, or spade, those first rich clods of earth flipping over brings the satisfying feeling of the promise of new growth to come.

The millennia-long tradition of tillage springs from pragmatism. It flips moist soil over, allowing it to warm and dry, allowing planting a little earlier. It breaks up compaction so water and airspace infiltrate the subsoil. It takes weeds and old crop residues and buries them out of the way.

Unfortunately, it also kills beneficial soil life, dumps a large portion of the sequestered soil carbon back into the atmosphere, and encourages erosion. Finally, it tends to self-perpetuate, as tilling leads to soils more finely pulverized, which tend to settle into harder, more compact soil, which then requires tilling to break up. Tilling can also, over time, increase weed problems, as it can shred and spread roots and rhizomes of aggressive weeds, multiplying their numbers.

*“We know from historic agricultural research plots ... that a century of plowing can reduce soil organic matter levels to half of their natural amounts ... since tillage plots at Wooster were established in 1962, continuous no-till nearly doubled the organic matter in the top 2 inches, while plowing has reduced it by a third.”*

- Ohio State University Extension Service, “Soil Carbon Sequestration – Fundamentals”; viewable at <http://ohioline.osu.edu/aex-fact/pdf/0510.pdf>

For this edition of practical permaculture, we examine “no-till” agriculture methods for the home scale. Low-till and no-till methods make up some of the basic approaches followed in the permaculture model of soil and land development, because they mimic natural processes of soil building and lead towards deeper, richer, and lower-maintenance soils over time.

While decades of research and application show the viability of no-till for commercial farming, there remains details on that scale that shoot beyond the scope of both my personal experience and the scope of this article. For those interested in larger scale no-till, [www.no-tillfarmer.com](http://www.no-tillfarmer.com) and [research.wsu.edu/resources/files/no-till.pdf](http://research.wsu.edu/resources/files/no-till.pdf) will be better and deeper introductions to the subject.

For those of us operating on the home scale, whether that be a few square feet of tomatoes, or my great aunt’s ‘little kitchen garden’ of a quarter acre, let’s dig in further to the idea of not digging in.

Let me start by recommending that you probably *should* till your garden space this year. Ideally, for a new space,



or even for prepping an old bed for this season, approaches like hugelkultur (discussed in a previous column) might be applied. But whether or not you make hugelkultur mounds, or trench compost, or double-dig, establishing a new garden bed will require some kind of breaking up of the existing soil and plant life, and an old bed that hasn’t been maintained in no-till fashion may need it as well. However, starting from that ‘reset’ point onwards, let us adopt a new set of management strategies to avoid the costs of tillage in future years. Now, after you turn up the bed, you’ll use some combination of direct suppression and cover crops to limit weed competition, you’ll top-dress with soil amendments rather than till them under, and you’ll embrace planting through cover.

Whereas the use of a rototiller or double-digging approach kills many weeds by simply burying them, no-till approaches must instead control unwanted plant growth through direct suppression and outcompetition.

Direct suppression comes in several forms, each with its own set of economic and environmental concerns. Herbicides obviously make up one approach. Herbicides provide many benefits, and carry costs both obvious and subtle. Selective use of certain herbicides is allowed even in certified organic agriculture, and can be an integrated part of sustainable stewardship. That said, the subject is complicated, the practical skills to do it appropriately can be tricky, and I feel that herbicides can be largely avoided on the home scale via careful stewardship practices in other areas, so my focus will be on other methods.

Smothering suppresses weeds extremely effectively when done properly. Smothering can take the form of mulching with organic matter (leaves, composted wood chips, straw, cardboard, newspaper) that will break down and add to the soil, or can be done with sheets of plastic or landscape fabric. The first approach adds organic matter to the soil material over time, but requires significant volumes of material to implement and can involve a lot of labor. The latter approach can heat the soil up better, advantageous for plants looking for warm earth for germination, can be easier to install initially, and can usually be used for multiple years without replacement, but it often has higher initial costs, doesn’t naturally add organic bulk to the soil, and can create hot, moist havens for pathogens if it’s a water-impermeable barrier. I tend to favor thick layers of organic mulches, but my cardboard-sheeted garden beds can look a little unsightly early in the season, and without strategic placement of rocks, I get uncovered beds and a large pile of wet cardboard against the fence any time the wind gets intense.

Just picking weeds as they emerge will suppress them as well, but even vigorous weeding by itself doesn’t provide the moisture-saving, soil-life encouraging benefits that come with

## Bird Poetry

You reach  
You reach  
You reach  
You reach

You reach  
You reach  
You reach  
You reach

By Heather Fessenden and the songbirds of Bozrah, CT  
*Ed. note: Could it be an Eastern Towhee or Cardinal?*

mulch.

Cover cropping involves planting fast growing crops whose purpose is to outcompete potential weeds, shade and hold soil in place, and then be cut down to return their nutrients to the soil as other crops are planted. Classic cover crops include buckwheat (fast growing, aggressively weed-smothering, bee attracting), clover (nitrogen fixing, bee attractor), and winter rye (fast germinating, extremely cold hardy) among others. In a no-till garden, an appropriate cover crop gets sown as soon as weather permits, then gets cut or mowed down before it puts out seeds, preventing it from spreading. Before planting food crops, just cut or mow the cover crop down once more, leaving the cut up remains as mulch. If you're planting seeds, you can even mow or cut the cover crop again before the seeds sprout. You can even mulch on top of the cut-down cover crop to accelerate its return to the soil; just make sure your new seeds don't get mulched so deeply they never sprout.

Finally, for those who till in compost or manure every season, try instead top-dressing with it. This means, at the beginning of the season, just spread a layer of 'good stuff' at the surface. You can do the same around the base of nutrient-hungry plants. Nutrients will naturally get pulled into the soil by living creatures and water flow, and top-dressing is exactly how nutrients get incorporated into soil in the outside world. It's the system plants evolved to function under.

Adopting new ways of working with the land doesn't happen overnight. Give yourself permission to learn and to adapt at your own pace. Try with one area, then expand to others, as you gain confidence and experience. Trust the process, accept the feedback the land gives you, and keep growing.

*Permaculture (from "permanent" and "culture") is a conscious approach to design and implementation of systems, agricultural and otherwise, whose goal is sustainable production over an indefinitely long timeline, without assuming constant new synthetic energy inputs or betting on future technologies to correct current mistakes. WH*

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## Spring Cleaning!

# Clean Your House - Cleanse Your Body

By June Hyjek



With spring finally arriving, we start to open the windows, let in the fresh air and spring cleaning begins. It's a time for cleaning house and cleaning out. Many of us also feel the need to refresh the body, get rid of the winter bloat and renew our efforts to lose weight as bathing suit season approaches. To get a quick boost toward success, many people gravitate toward a cleansing or detox program. Juice fasts, the acai berry, supplements and hydrotherapy are all popular options.

Does cleansing work? Is it a good idea? If the goal is to lose some weight quickly, then yes, a cleanse can help to accomplish that. But a cleanse is NOT a good idea if the cleansing period is followed by a return to old habits or if the program is used as a long-term weight loss solution. That creates nothing more than a binge/purge pattern – which sounds a lot like bulimia.

The jury is still out in the medical community as to whether or not a cleanse works or even if it's necessary at all. But most agree that if the goal is to get healthy and cleanse the body of built-up toxins, then again a detox program may help. Cleansing can support the body by:

- Eliminating built-up toxins
- Reducing or eliminating gas and bloating, particularly after eating
- Removing excess waste from the colon walls
- Helping to regulate metabolism

This can be particularly helpful for people who are taking medications every day or have just undergone surgery. (Ok, also helpful after winter splurging!) But if your diet is generally healthy – limiting saturated fats and processed foods -- then a detox shouldn't really be necessary. Taking a probiotic daily and making changes to your diet can accomplish the same thing. And again, if the cleanse creates a binge/purge scenario, this can be very damaging to your health creating significant digestive long-term complications.

But if you want to detox, let's review some of the options. While juice fasts are popular, they can be high in carbs and sugar and much too low in protein, resulting in muscle loss, and in some cases, malnutrition. It takes a lot of fruit or vegetables to make one drink, so it can be an expensive detox as well. These fasts can also be difficult emotionally since we are conditioned to get satisfaction from the act of chewing food and you may be hungry.

The acai berry has gotten a lot of attention and is proclaimed to have some great health benefits in addition to the weight loss, such as:

- Improving cardiovascular and digestive health
- Providing antioxidants - much richer than pomegranate and blueberry
- Flushing toxins from the digestive system and fighting free radicals
- Increasing energy
- Promoting up to four times more weight loss than diet and exercise alone. (Note that no detox programs should be used without diet and exercise.)
- Depressing appetite
- Burning fat as effectively as green tea

Anecdotally, the Acai berry has gotten great results, and yes, there is some science behind it. But it is a short-term solution, not a long-term replacement for a healthy lifestyle.

You may also choose to take powdered or liquid supplements for cleansing, such as enemas, laxatives (both stimulant and non-stimulant), enzymes, or magnesium. There are many products readily available in health food and vitamin stores, and pharmacies. While these will help you to eliminate toxins, they often come with significant side effects, like cramping and diarrhea.

Hydrotherapy is another option growing in popularity. It works somewhat like an enema, but uses more water and doesn't have the odors or as much discomfort. Some people experience cramping, similar to what you would feel with a bowel movement. With the right hydrotherapist, it can be an effective and even comforting procedure. It has the added benefit of being convenient, requiring only a couple one-hour procedures to get the desired effect, but should still not be used as a long-term weight management solution. Be sure to go to an experienced and certified practitioner. Check out <http://cleanmycolon.com> for information on a highly qualified hydrotherapist, Constance Jones.

If you don't like any of these options, you can still cleanse your body naturally. And instead of doing it once a year, you can cleanse on a daily basis with these tips:

Eat simply, slowly and mindfully – put your fork down between each bite and completely swallow before taking another bite. Eat with gratitude, awareness and enjoyment. Include time for yourself – meditation, reflection, a walk in nature, yoga, journaling. Breathe deeply and enjoy the time to

be alone without any pressure to do anything else.

Drink a glass of hot or warm water with lemon first thing in the morning. Also, drink your water throughout the day (add lemon as well) at room temperature instead of cold. This will also help to stimulate digestion.

Enjoy herbal teas that help digestive function, like green or ginger teas.

Avoid saturated fats, processed foods and pre-packaged meals.

Eat foods that are easier for the body to digest. Your food will metabolize faster and is less likely to be stored in the body. Moderate meat intake and add more fruits and vegetables. Eat the vegetables steamed instead of raw to ease digestion.

Avoid refined sugars, high fructose corn syrup, white breads and grains, coffee and alcohol.

Incorporate foods into your diet that stimulate detoxification. These foods include: asparagus, broccoli, cabbage, cauliflower, kale, watercress, zucchini, apples, berries, cranberries, lemons, peaches, red grapes, yogurt, almonds and walnuts.

Spices can help you detoxify. Try cumin, garlic, ginger and parsley. Also try to include apple cider vinegar, flaxseed and olive oil in your regular diet.

While there are many opinions about the different options for detoxing, and just as many opinions about whether or not it's beneficial or necessary, ultimately each person needs to make the choice for themselves. Consider your health conditions, your goals, your finances and your lifestyle when making the decision, and consult with your doctor before taking any steps that will affect your overall well-being.

*As a MindBody Coach, Certified Hypnotherapist, Reiki Master and award-winning Author, June Hyjek offers extensive experience in helping clients manage their pain and stress, working with them to move through life's transitions with grace and peace. She is the author of "Unexpected Grace: A Discovery of Healing through Surrender" and a meditation CD, "Moving into Grace." Her book and CD offer hope, comfort and insights to help us move through the difficult times we all face in life. (www.junehyjek.com) Look for her Holistic Health Column in each edition of "Neighbors." June welcomes comments and suggestions for topics and can be reached at jhyjek@earthlink.net.*

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# How to Start A Bakery

By Andrew Gibson

Stefan Szafarek, of Lebanon, got his wish. Three years ago, Stefan, a disturbingly young retiree from both the law and commerce, decided that I would go into the bread business. I did but only with resistance and an epic learning curve.

Our families vacation in Maine. We have for several years. Part of my contribution is bread baking. Stefan said the bread was marvelous. He campaigned for me to bake commercially. I resisted for 1½ years. It just seemed crazy.

One August he called and said, “There is a organic market opening. They need a baker. Take them something”.

I protested but took several loaves. Such is the tug of vanity. My bread is, after all, marvelous. The market owners thought so, too. So, I appeared once a week and baked. It was the spark that got the bread concept seriously moving in my head. But the gig didn’t last.

The otherwise pure, always natural and ever hormone-free store never bothered to pay me. So much for associating organic with virtue. They came up with one excuse after another. Ultimately, they went out of business which I took as divine intercession. By that point, I had long since moved on.

Should I have taken them to small claims? Probably but the owner was likely a master at not paying vendors. Whether I obtained a judges order or not, I’d figured I’d never see a check. There are lots of way to legally finesse the court system. Many involved tying you up in wasting time. I chalked the whole thing up to experience and kept walking.

I walked to another kitchen. It was a bit larger and I could bake for two new accounts, the Willimantic Co-op and a wee lunch room in Mansfield, since shuttered. But the new kitchen soon decided the room that I used was better suited for donuts. There I was, back on the street.

The donuts never materialized. But it didn’t matter as I landed well. Dave Parrott who owns ‘Bagel One’ in North Windham gave me permission to use his kitchen after hours. Now, all of a sudden the sun shone on possibilities. I was able to develop wholesale accounts which stretched down to New Haven.

Five months later, I hired my first full-time employee through, Step Up, a program offered by the Veterans Administration. That was critical because I was doing the baking, the wrapping, the solicitations, the deliveries, everything. The pressure of doing it all was intense. I could feel it in my tightening stomach. On we marched.

Meanwhile, I established relationships with Connecticut producers. I went to them and said, “Give me your product to put in my bread and I’ll give you top billing on the label.” That resulted in many of the breads being baked with Connecticut produced ingredients.

We make goat cheese breads using Beltane Farm’s Cheese, Beer breads using Ten Penny Ale from Old Burnside Brewery, a corn bread using Connecticut grown cornmeal from

Still River Farm in Coventry and many others. Now all of our breads contain at least one Connecticut grown or produced ingredient.

I was hooked. Bread got under my skin. Szafarek had promised me that the bread operation could be highly successful, though he never told me about the amount of work it would take to get there. Still, I was intrigued by the possibilities and not afraid of the work. I was definitely not interested in just creating a Mom and Pop operation. If I couldn’t create a corporation, I wasn’t interested.

The operation was always successful enough to make the next step possible. I was building something though I couldn’t necessarily say exactly what that something was. I am building without a blueprint. Everyday is a surprise.

Then came farmer’s markets.

I was first introduced to the Lyme Market. I got into Lyme at the end of the season and was astonished to sell 50, 75 and 100 loaves on successive weeks. I couldn’t believe it. In addition to the taste of the bread, they were enthusiastic that I used so many Connecticut produced ingredients. Invitations to other markets quickly followed as a result.

I was invited, for the next season to sell at 40 Farmer’s Markets. I calculated that I could not supply bread to all the markets I had signed up for at Bagel One. It was time to move. I needed my own kitchen.

It took a year. In the meanwhile, I had to drop some of the FM’s. I couldn’t supply them all. We could only produce 1000 loaves a week maximum at the Bagel Shop. I needed to produce 1500. 40 markets dwindled to 27. Those 27 dwindled to 20 as the summer took off and each market expanded. It was easier to find folks to sell at FM’s than it was to generate the bread. The original hire I had departed. I hired another baker. Then I hired my son to run the operation while I was on the road selling. Then the second baker quit the day before we opened the store. Then I hired the pastry chef. Bakers have itchy feet it seems. What a zoo. Well, zoo or not, it actually worked.

I learned a lot. One thing I learned is that I didn’t need to sell in Fairfield County. I assumed Fairfield county was mecca. It isn’t. I sold at several markets there each week. Now I do one, Westport. I sell just as robustly up north and skip many iterations of a 3 hour round-trip freeway ride.

After some false starts, we got into our new quarters at 1569 West Main, Willimantic in Mid February. Business has been great. What have I learned so far? People like pastry more than bread. Pastry took off like a shot.

Interestingly, I had not anticipated doing any retail, much less pastry retail. The reason I did either is because the town of Windham requires it if I take space in a retail zoned area. I’m glad they do. Our slogan, Connecticut Gourmet: Bakers of Exceptional Breads has morphed into Connecticut Gourmet: Bakers of Exceptional Breads and Pastries. Who knew?

Pastries have over taken bread production and I was quickly confronted with a need to get my pastry chef her own set of ovens. Ah, artists! Everyone needs to be happy, not to mention that both baked goods and breads need to be in the display case when the first customer walks in at 7am. No longer does bread have to wait for pastry to finish before it takes its turn to bake.

So now what? We are gearing up for summer. We will do 30 solid Farmer's Markets. We will promote fund-raising for non-profit groups using our Cinnamon Loaf. The loaf tastes great, sells well and produces a simple, easy to administer fund-raising vehicle for any group. We will begin targeted advertising as new people discover us every day and we want to encourage more discovery. And, finally, we will expand. The bakery has done so well that we are adding space, adding equipment and adding personnel.

What's the moral of the story? There is a long road between concept and roaring ovens. The road isn't straight nor is it straightforward. You meet a lot of nice people along the way, and a few stinkers, too. You learn to quickly assess, change and move on. You learn to prepare yourself mightily in one direction only to learn that an alternative direction works better. Yet, if you hadn't prepared yourself well, you wouldn't be ready for the alternative. One of life's little ironies.

We aren't a mighty corporation yet. The Lear jet awaits and the Bentley is up on blocks. Our immediate challenges are food shows and salesmen.

In the first case, we are preparing for the major New York and Boston food trade. We will fish for contracts but contracts require automation. Without the ability to generate high volume which only automation can achieve, there is no point in going to Bean Town or anywhere else. We'll see what happens. At that point there will be two companies; one for the hand-made, high quality and low volume products we produce now and the other for high volume. We don't want brand confusion.

In the second case, we need folks on the road placing both the hand-made and the automated products in a variety of settings.

There is no end to the story. Only the next step. What's that? Franchising? Who knows. We'll prepare and see.

Wish us luck.

*Andrew Gibson left a cozy retirement to create an artisanal bread business named Connecticut Gourmet. He is located at 1569 West Main Street, Willimantic. Follow Connecticut Gourmet on facebook. See also connecticut-gourmet.com*

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## A Quiet Corner Film is Born, Part X

## The End Game

By Dan McGinley

We're at a critical point now, whereas a good portion of this film is done and we're looking at feedback from test audiences; people who have little or no knowledge about our work, but will view the first twenty minutes and tell us what they think.

The first reactions are well above what I suspected, and very encouraging. One gentleman said he expected a Blair Witch Project kind of "shaky handicap" film, but could not believe it was "movie theater" quality. That comment alone made everything worth it.

Then my friend and critic checked-in, after showing the work to his parents.

"They were confused," he said. "The story line isn't quite clear enough."

After five seconds of screaming and noshing of teeth (in my head), it is really no problem and easy to fix. I had been pondering that issue for a while, with a couple of scenes in particular.

Another issue is that we're too "close" to the film.

I think this happens during most artistic endeavors, when you work day and night on a project – whether it's a painting, writing a book, or anything of that nature – and it's hard to be objective, or see the project with "fresh eyes". So you show people and get opinions, which can be another mine field entirely. Everybody has an opinion, and some may vary greatly from the mainstream, so that nothing short of a Gallup poll will give you accurate results. Since I'm not about to send out hundreds of DVDs to get opinions, we have to use what we have.

Right now we're thinking of a crowdfunding approach with a twist. Unlike the majority of indy films who give perks for donations, we're considering selling Part I of this film for a set fee. The buyer is receiving a short film that stands on its own, but the purchase goes toward Part II.

By selling a short film as Part I yet promising Part II (now almost completed), we're about to win the Robert Rodriguez challenge, to create a film for practically nothing, which can challenge films made for several million. And by "practically nothing", I mean beer and pizza. I'm using my

MacBook Pro with Final Cut for editing, and two borrowed Panasonic DVX 100a cameras over ten years old. Okay . . . the Rode mic cost less than a hundred on ebay, so let's say less than a hundred. Wait! The beer may have actually added thousands . . . ahem. Strike that.

Beer and pizza . . . there's a selling point in itself. In a business where indy films average well over half a million dollars, we may have just made a pretty decent film for practically nothing.

So now comes the true test: A little more tweaking to get that story line solid, a killer taste of Part II with trailers, a serious soundtrack that won't bring copyright lawsuits, a poster or two, and a fundraising campaign with media attention that will give us more objective feedback needed to succeed.

It has been a long and erratic couple of years, with constant struggles for locations and time away from people's valuable weekends or evenings, but we are finally near that light glowing in the distance of an endless tunnel. We are wrapping this baby and having fun doing it.

The other night I was meeting with one of our actors, Joe Corbin, explaining how I have been losing my mind trying to devise a great ending.

In a manner of minutes we had nailed it, playing the "What if?" game with what we had, and what could happen in a big scene coming up.

Joe had put "fresh eyes" on the problem, and some back and forth solved everything. The beauty of objectivity working with the drive of passion can often be a wonderful thing. Embracing both is the magic mix often required to get things done.

Stay tuned. One step at a time . . .



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## Spring Almost One Year Poem

By Robin Lubatkin

If I planted your ashes  
 Would you grow back?  
 I could throw in some of the white whisker hairs  
 I found by your electric shaver  
 The one I haven't taken out of the medicine cabinet –  
 There are many of these short hairs  
 wedged in the corner of the cabinet door.  
 I could throw in one of your used guitar strings.  
 It would have oil and skin cells from your fingers on it.  
 I could throw in the piece of paper you left for me in my car,  
 a love note, with a term of endearment –  
 it would be a sample of your quirky handwriting,  
 and your big heart too.  
 Would that be enough to grow you back?  
 How about a sound bite – your speaking voice,  
 your singing voice?  
 How about a photo with your smiling face, your crinkly eyes  
 squinting into the South Point sun...  
 sun, and a sprinkling of tears...  
 hair skin cells oil handwriting voice smile eyes  
 ashes heart soul  
 Would that be enough?  
 Would that be enough to grow you back?

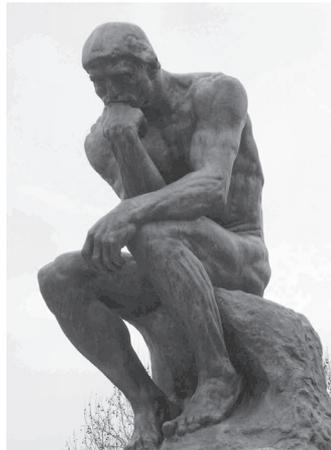
## The Think and Do Club Wants You!

Submitted by Edmund Smith

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

What kind of things do we talk about?

To date, we have discussed such wide-ranging topics as global warming, evolution, the nature of consciousness, the political economy of banking, the origins of the universe, and racism. We have also begun to explore the formal branches of philosophy,



such as metaphysics and epistemology. But we are not limited to any one discipline or topic, because life itself... philosophical!

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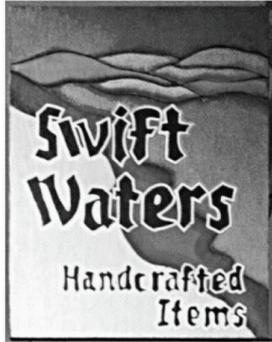
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## Eastern Connecticut from the Trails

# An Introduction to Wildlife in Connecticut

By Jace Paul

Spring is upon us, a much-needed balm after the severe winter, and my social media feed is rife with posts proclaiming the return of Connecticut's flora and fauna. Despite Eastern Connecticut's reputation as the "last green valley" and "quiet corner," the large mammal population (the most exciting animals to see) are, alas, concentrated in the northwestern region of the state. It's not unheard of to see bears in our area; Willimantic had a surprising visit from a bear just last year. But we're less likely to see bears, bobcats, and moose around than our neighbors on the far side of Hartford.

Nevertheless, the spring is a very active season for the animal population, and I've learned through many discussions about hiking with the public that most of us are woefully lacking in general knowledge about Connecticut's wildlife population. For example, a good friend recently expressed deep concern to me about cottonmouth snakes (*Agkistrodon piscivorus*) returning with the warm weather; she was surprised to learn that there isn't a single cottonmouth snake north of Virginia. Other friends tell me of hearing wolves at night (they've been extinct in CT for over a century) or seeing mountain lions (*Puma concolor*) in their fields (highly unlikely, but more on that later). I've also encountered a lot of general anxiety about encountering predatory species on the trails, and it's important to counter that irrational fear with plain facts about the types of animals one might encounter – and how much of a threat they pose.

### Bears

The bear population in Connecticut has risen slightly in the past few years but the vast majority of encounters with them actually occur on human territory - on farms where livestock are present, or at homes where outdoor trash becomes an easy meal. In Connecticut, only the black bear (*Ursus americanus*) species is present, and its population density is highest in the northwest region of the state, as I mentioned previously. In 2002, when the last count was done, the population of black bears in Connecticut was about 100. Black bears are timid omnivores and won't approach people unless they have a good reason to –

food, in most cases, provides that reason. In the unlikely event that you do see a black bear in the wild, you should keep your distance and never attempt to feed it.

### Bobcats & Mountain Lions

The bobcat (*Lynx rufus* or *Felis rufus*) is most likely the only extant wildcat species in Connecticut. Also concentrated in the northwest corner of the state, bobcats are exceedingly shy and confrontations with human beings are simply unheard of. The bobcat mating season runs from May to June, and they are most active at dawn and dusk. Unfortunately, bobcats are frequently misidentified as mountain lions, but the two animals are very distinct.



The presence or absence of cougars in Connecticut is subject to intense debate. For its part, the U.S. Fish and Wildlife Service declared the only native mountain lion species, the eastern cougar (*Puma concolor cougar*) extinct in 2011. Nevertheless, there are plenty of amateur websites claiming sightings of the elusive creature, even some alleging a "cover-up" by the DEEP to hide its presence. In the same year it was declared extinct, a mountain lion was hit and killed by a car in Milford. However, DNA testing later confirmed that the lion had wandered all the way from South Dakota.

The cougar requires large stretches of unbroken forest as a habitat - and Connecticut has almost none. It leaves fairly obvious evidence of its presence including scat and distinct tracks, and none have been found. At this point, it seems highly unlikely that there is any significant mountain lion population in Connecticut, but no doubt the debate will go on.

### Coyotes & Wolves

Not a native species, the coyote (*Canis latrans*) migrated from the west into Connecticut in the 1950s. Its numbers have been increasing ever since. Somewhere between 2,000-4,000 coyotes can be found throughout the state, proof of the mammal's adaptability to human disturbances. Coyotes mate for life, and families consisting of the male and female and some pups are typical, though it's not unusual to see them alone or in groups of two or three. Coyotes will attack pets and livestock but rarely approach humans. Their beautiful vocalizations can be heard at dawn and dusk, when they're most active. Mashamoquet State

Park is a great place to hear coyotes, especially at Wolf Den campground.

Just as bobcats are frequently mistaken for eastern cougars, the coyote is often thought to be a wolf. Alas, the noble gray wolf (*Canis lupus*) has not been seen in the nutmeg state since early American settlers hunted it to extinction a century ago.

#### Fisher Cats

The fisher is an interesting species. Not a cat at all, it actually belongs to the Mustelidae family along with otters and weasels. Fishers were hunted to the point of extinction for their fur, but were reintroduced to New England in 1989. They now exist in healthy numbers in Connecticut. Solitary and extremely shy, fishers are rarely seen by human beings, and attacks are unlikely. Fishers do pose a risk to small livestock and pets, however.

#### Moose

The DEEP estimates there are perhaps 100 moose in Connecticut, once again mostly in the high country in Litchfield county in the northwestern part of the state. Moose are wanderers, however, and there have been sightings in Union and Eastford and in the vicinity of Patchaug State Forest. While not prone to attacking humans, moose will become aggressive if threatened, especially when calves are present. The prudent hiker will never approach a moose or attempt to feed it.

#### Snakes

We're relatively lucky that there are only two venomous species in Connecticut: the northern copperhead (*Agkistrodon contortrix mokasen*) and the timber rattlesnake. The copperhead,



a pit viper, is a timid snake that's largely nocturnal during the warm months of the year. They avoid human beings and are therefore very likely to have fled long before you arrive in their area. A bite is almost never fatal to a healthy adult human being. Any bite, however, can cause extreme pain and tissue necrosis, so medical attention is a must.



they will bite aggressively.

Connecticut's wildlife population also includes three species of hares, the red and gray fox, opossums, shrews, otters, weasels, and more. Deforestation in our part of the state has taken an unfortunate toll on the populations of many species, but there are still opportunities to observe and appreciate our local fauna. Should you encounter one of the endangered or predatory species in your travels (bear, bobcats, moose, and cougars), help the DEEP keep track of them by giving them a call at (860) 675-8130.

In the next issue of *Neighbors*, I'll be looking at The Goodwin State Forest and some of the exciting bird, insect, and plant species one can find there.

See you on the trails.

*Jace Paul is a writer and photographer who lives in Willimantic. He is the author of two books of verse: Eggshells & Entropy, and King's Road to*

*Pleasant Street (and Other Poems to Nowhere,) and a number of screen projects including the series "AP Life."*

*Photos of hare and garter snake by Jace Paul. Photo of coyote was contributed.*

# Little Things Mean a Lot

By Bob Grindle

Nearly a thousand years have passed since Arabian, Chinese, Japanese and Native American star-gazers—the first astronomers, really—noted the appearance of what they thought was a new, or visiting, star. Chinese accounts of the event refer to it as a “guest” star, six times brighter than Venus and nearly as brilliant as the full Moon. It was reddish-white in color and had sharply pointed rays in all directions. Native Americans of Arizona and New Mexico drew pictures of the event. In a cave in White Mesa; on a wall in Navajo Canyon and at Peñasco Blanco in Chaco Canyon there are pictographs of a crescent Moon with a very large star next to it. For 23 days this celestial display was visible during the daylight hours and for nearly two years after that it could be seen with the naked eye at night.

It was mid-summer in the year 1054, July 4<sup>th</sup> to be coincidentally precise, and what these early observers could not have known was they were not seeing the birth of a star, but rather the death of a star. In earlier columns in this series, we have mentioned that stars eventually run out of fuel. When they do, the result can be a violent and fiery death that spews their innards out over millions and millions of square miles of space in what is called a supernova. The event we are referring to above is what we know today as the beautiful Crab Nebula. Modern scientists have determined that on July 5<sup>th</sup>, 1054, the Moon would have been just 2° north of the current location of the Crab Nebula, further validating the Native American drawings in the southwest.

When starting this month’s article, I didn’t intend to ramble on about supernovae and the death of stars-- there are a couple of interesting things to talk about that are coming up in May and June-- but the point I never tire of trying to make is how important it is to think of the sky over our heads, and the cosmos beyond, as much a part of our world as the earth and oceans at our feet. The Crab Nebula and the star that gave birth to it are among the most studied and photographed objects outside of our solar system. To think that observations made almost a millennia ago—and by civilizations, quite frankly, that we have historically underestimated—helped us investigate and

discover facts that lead to a deeper understanding of how the universe works, how light travels and, closer to home, how to reduce radio interference...those things inspire me to give-a-damn about what is going on all around me.

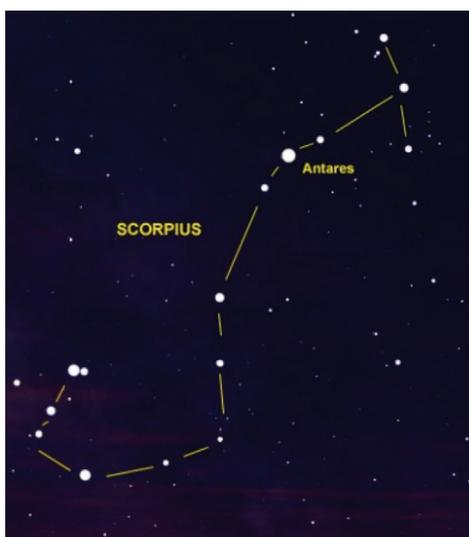
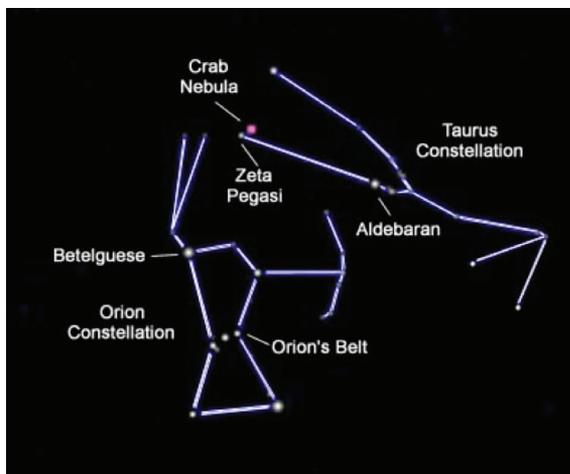
Back to the present... By the time you’re reading this, May will be well under way and, as the Moon begins to wane down from full on May 3<sup>rd</sup>, you might get a chance to notice the bright star Spica very near the Moon—good viewing will be from about the 9<sup>th</sup> till the 23<sup>rd</sup>. Just look south some time after 9 pm and allow your gaze to drift up to just below the moon. The slightly twinkling, bright star Spica, Latin for “ear of grain”, is only a scant 5 degrees beneath the gibbous Moon. Spica is in the constellation Virgo, and despite the complicated and difficult to unravel tales of the ancients, one of the enduring myths is that Virgo rises into the spring skies in late March as the world begins to come back to life and stays around through the harvest season in late September.

All month long there will be opportunities to view the planets Saturn, low in the southeast early in the month, and right in the middle of Scorpius and the reddish bright star Antares; Venus in the west in Gemini, very near the twins Castor and Pollux and jeweled-pendant close to a thin crescent Moon; and Jupiter, also in the west, though not quite

so far as Venus, and blazing brightly right next to a first quarter Moon. But don’t wait for a special event: the meteor shower that doesn’t live up to its hype, the comet that burns out on its way past the Sun or any of the celestial episodes that as simple a thing as a cloudy sky can spoil.

June will be as filled with chances to enjoy the planets and stars as May, with the added possibility of catching a glimpse of Mercury, a really elusive little guy who will slip

in and out of view in the predawn hours early in the month. Later in June, Scorpius will be high enough to see the entire constellation, from the head through the stinger, with Antares, the brightest star in Scorpius and one of the more interesting stars of the night in full blaze. Antares is a monster of a red-giant star, nearly a thousand times larger than our Sun and ten thousand times brighter. Of the stars easily visible with the



naked eye, this would be a candidate for the next supernova. Antares has burned through its hydrogen supply and is rapidly fusing its helium into the heavy elements that it will soon hurl back out into the universe to become the planets and perhaps the lifeforms in another part of the universe.

Life is so full of so many tiny events that can come together like the individual notes in a piece of music and, without even noticing it, a minute, an hour or even a day has gone by without a crescendo, or touchdown, or checkered flag or any of the other ways we like to signal a big event. There is simply no wrong time to step out into the night and look up at the wonders of the sky, or to hold a loved one's hand, or enjoy the flash of blue that is a bluebird's quick flight, or pause to enjoy the aroma of the neighbor's barbecue or listen to the raucous sound of children playing. There is a song from the days of my parents' childhood, a song that my mother would sing occasionally...a great line was "little things mean a lot." Sometimes the little things are everything.

On Friday night, June 12<sup>th</sup>, we'll be at the H.E. Preston Sanctuary in Hampton for an evening of stargazing. If the weather is not agreeable to stargazing, we'll plan on the 13<sup>th</sup>, but if you have a bit of free time that night, the Preston Sanctuary is a great place to take a short walk and sit out on a south facing hill with a blanket or folding chair, a pair of binoculars—I plan to bring a telescope—and soak up a bit of star culture. Twilight falls about 8:15, to find your way up the hill, and we'll be there until 10:30 or so, so bring a small flashlight for getting back to the car.

*Bob Grindle is a Windham Hospital retiree and a student in the Astronomy minor at Eastern Connecticut State University.*

## Connecticut Open House Day, June 13th

Submitted by Angelika Hansen

This one-day statewide event is designed to showcase Connecticut's world of history, art and tourism. Joining in the celebration is the Atwood Farm Museum in Mansfield Center.

When Isabelle Atwood of Mansfield, left her estate to Joshua's Land and Historic Trust in 2012, she intended that the property become a farm museum. She wanted to preserve and display the buildings, grounds and implements of this 19<sup>th</sup> century farm. Over many years, she collected farm and textile tools toward that end. Isabelle maintained the barn, blacksmith shop, carriage shed, pigsty, corncrib and the little red house which became the Weaver's Cottage in the early 20<sup>th</sup> century. The cottage now houses a large loom, spinning wheels and other weaving implements.

The public is invited to the very first opening of The Atwood Farm Museum during the statewide Open House from noon to 4 pm. – located at 624 Wormwood Hill Road, Mansfield Center. For more information about Joshua's Trust and The Atwood Farm Museum, visit [www.joshuastrust.org](http://www.joshuastrust.org).

Deadline for July-August issue of  
Neighbors is Friday, June 19, 2015

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## The Dawkins Delusion - Part Two

## A Reply to Radical Atheism and the Denial of God

By Conrad Mcintire Jr.

I am supposed to disregard the numerous arguments that all seem to point to God, whose logical premises lead to a solid conclusion and instead follow the illogical faith based steps outlined by Dawkins? When numerous arguments all point in a different direction. (because of limited space here I suggest readers goggle these arguments to learn more)

Solid arguments such as:

1) The Cosmological Argument from Contingency (which Dawkins avoids dealing with in his book)

2) The Kalam Cosmological Argument based on the Beginning of the Universe (amazingly Dawkins doesn't dispute the premises of this argument -he can't) that leads to the conclusion of a creator God who started the universe. He complains this 'cause' hasn't been shown to be omnipotent, omniscient, good, etc., disregarding that the argument doesn't aspire to prove such things but it does lead us to the conclusion that there exists an uncaused beginner of the universe, a powerful, personal creator, who may, for all we know, also process the further properties listed by Dawkins!

3) The Moral Argument Based upon Objective Moral values and Duties. This argument says that if God does not exist, objective moral values do not exist. Objective moral values and duties clearly do exist. Therefore God exists. We have already seen that Dawkins has said 'there is no purpose, no evil, no good, nothing but pointless indifference.' And yet Dawkins does try to touch on an argument he calls the Argument from Degree which barely resembles the argument presented here. He even goes so far to offer his own ten commandments for guiding moral behavior seemingly oblivious to the contradiction with his ethical subjectivism foundations.

4) The Teleological Argument from Fine Tuning. In the last 50 years scientists have discovered that the existence of intelligent life depends upon an extremely complex and delicate balance of initial conditions given in the Big Bang itself. There are over 80 constants, that are not determined by the laws of nature. Now all of these constants come together into an extraordinary narrow range that allow life on this planet. If these constants or qualities were altered, even slightly, the life permitting balance would come unglued and no life would exist. Scientist Roger Penrose, a mathematical physicist at Oxford (the same school as Dawkins) comments that the odds of the Big bang's low entropy condition existing by chance are on the order of one out of 1010 (123). Penrose goes on to

say "I cannot ever recall seeing anything else in physics whose accuracy is known to approach, even remotely, a figure like one part in 1010(123). And its not just each constant or quantity that must be fine tuned; their ratios to each other must be also finely tuned. So improbability is multiplied by improbability until our minds are staggered by incomprehensible numbers! This fine tuning is due to either physical necessity, chance or a designer. Its not due to physical necessity or chance. Therefore it points to a designer. Dawkins attempts to rescue chance as an answer by adopting the hypothesis that there exists an infinite number of randomly ordered universes composing a sort of World Ensemble. He tries to explain this in several ways. He concedes that yes there was a Big Bang but it was just the latest in a series of big bangs. He seems oblivious to the fact that the Oscillating model, like the Steady State model, and Vacuum Fluctuation model have been rejected by the vast majority of modern scientists He further suggests that perhaps another scenario is that daughter universes are born out of parent universes, perhaps in black holes. Is there any concrete evidence for any of this? No, its all speculation, we might as well say the universe popped out of the rabbit hole in Alice in Wonderland.

What I find interesting is that Dawkins has said he is 99% sure there is no God. As we have seen the chances of the universe being here are so much greater, one out of 1010 (123). Since the universe is here and God would be a very good bet at such less odds. I actually have another reason to believe in God!

5) The Ontological Argument from Possibility

To these 5 I would add three more reasons to believe that God exists

1) The Experience of God. Many people through out history have claimed to have experienced God. Maybe that is a bit subjective but still cannot be denied.

2) Near Death Experiences - while greeted with skepticism by some, there is no denying that people have had experiences that seem to indicate we are not just flesh and bones, that we do indeed have a soul that survives death, this would point to God.

3) The resurrection of Jesus of Nazareth. I have spent considerable time analyzing the different theories as to what gave birth to Christianity. In a book I wrote in 1996 "He is There and is Not Silent"(reviewing evidences for God-being & being reprinted this year) I reviewed 7 theories, such as hallucination, woman went to the wrong tomb, disciples stole the body, etc. None of these theories best explains what

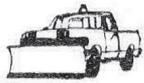
follows. When you look at the core fact that a movement of people grew on the claim they saw the resurrected Jesus and they no longer were afraid to be thrown to loins and speared by the Romans, you can only conclude something remarkable happened. To my thinking the two best possible answers are the disciples stole the body or the resurrection happened. However what did these simple fisherman gain if they stole the body and invented a story? They all got themselves killed when they could have been peacefully fishing in the sea of Galilee! People will die for a lie that they think is the truth. People do not die for a lie that they know is a lie. The resurrection best fits the facts and if that is true then it is clearly evidence for the existence of God.

The evidence pointing to the existence of a Supreme Being, as I have shown, zeros in from a number of arguments from science, logic and history. Reviewing Dawkins arguments against God, so many of them based on faith, not evidence, I (and many others) don't have enough faith to be an atheist. I really wonder if Dawkins really believes his own material. Indications are he may realize how weak his arguments are. He has refused, even when called upon to do it by some of his atheist friends, to meet well known Christian philosopher and debater, Dr. William Lane Craig in a debate on the existence of God at Dawkins own school in Oxford. Craig has debated numerous atheists including Anthony Flew in 1998. Despite pleas from the British Humanist Association and Premier radio, and invitations from the Oxford Christian Union and the Cambridge Debating Union, and Craig himself, Dawkins did not show up on Nov. 7, 2011 for the debate. A chair with his name on it remained empty and Craig made his presentation unopposed! Dawkins has also refused to debate Dr. Stephen Meyer, who wrote "Darwin's Doubt" and "Signature in the Cell: DNA and the Evidence for Intelligent Design". Why? Doesn't he think his arguments are good enough? I still have hope for Dawkins however if he follows the evidence. Anthony Flew, the voice of atheism for 50 years, throughout the second half of the 20th century, concluded in the early 2000's that microbiology and the complexity of DNA could not have arisen by chance and required an intelligent designer. All his life Flew had stated he would follow the evidence, and when Cementina's Window of Science opened up for him, it didn't blow away "religious myths", it blew away his atheism. In 2007 Flew wrote "There is a God - How the world's most notorious atheist changed his mind"!

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Open Letter to Arundhati Roy cont.

## Clarifying Gandhi #5: Caste Distortions

By P.K. Willey, Ph.D.

Dear Arundhati Roy, [...]

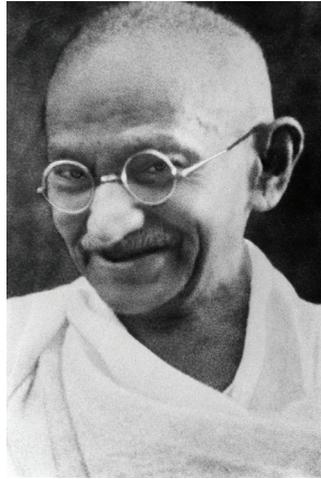
Varna versus Caste

You told Laura Flanders how surprised you were that you could not find any response from Gandhi to Ambedkar<sup>1</sup> about the 1927 Mehad satyagraha in which you claimed thousands of untouchables militantly marched to get drinking water from a well restricted to “touchables” only. This indicated to you that he was not really concerned about untouchable work done by Ambedkar. The problem is, your historical facts are wrong. You did not even look to find his response. It is easily found through the indexes of the Collected Works. When Gandhi finally learned of the incident, more than a month later, he wrote about it in his public newspaper, *Young India*, on April 28, 1927:

Untouchability itself has no reason behind it. It is an inhuman institution. It is tottering and it is sought to be supported by the so-called orthodox party by sheer brute force...

I cannot help thinking that Dr. Ambedkar was fully justified in putting to test the resolution of the Bombay Legislative Council and the Mahad Municipality by advising the so-called untouchables to go to the tank to quench their thirst. No incident of this character should pass by unnoticed on the part of associations like the Hindu Mahasabha interested in this reform... There is nothing like the growth of enlightened public opinion for eradicating everything evil, which untouchability undoubtedly is.”<sup>1</sup>

The correspondent of that time gives a very different account of history from what you said in the Flanders interview. From his report, it was not a pre-planned satyagraha of thousands on a militant march to the well as you have said. The facts are that “untouchables” had gathered for a conference. Before the meal break, with the encouragement of Dr. Ambedkar leading them, they went to the well located in the “touchables” Brahmin district, and quenched their thirst. The touchables were unaware that such an action was going to take place. Those witnessing were enraged, and spread rumours that the untouchables planned a temple entry. They mobbed the temple, and when no untouchables came to attempt entry, they went into a frenzy, and attacked every untouchable



they could find in the street, including untouchable shops. The untouchables in the conference hall were safe, although taunted, and no untouchables, including those attacked, responded violently.

This account is so different from what you have said on an international forum. I am left wondering: why do you want to make Gandhi appear as a person who ignored Ambedkar and promoted caste? It was very simple to find the correct information. Why didn't you look for it?

I wondered why Gandhi had taken so long to respond, and reviewing the material found that not only was he under constant touring for the beginning of March, 1927, but on March 28th, a telegram to Mirabeau from Mahadev Desai explained that Gandhi was suffering from overwork, nervous exhaustion, and high blood pressure. He was finally forced to go to Mysore and take bedrest, to avoid an attack of apoplexy. Did you think there could be a reason for Gandhi's lack of immediate response?

To define caste to Flanders, you said, “Caste is essentially a question of entitlement and ancestral occupation.” However, this is not the meaning of the word caste that Gandhi referred to in his day. Here again, I see your lack of understanding the root principles that provide the philosophical basis of Indian culture. I hope you will take the time to deeply examine those core principles. They provide an inspiring standard for living life. Universal and inherent, they cannot be brushed off because people are ignorant about their application.

Gandhi is correct. Hinduism as such, offers many gifts to humanity as a whole. Among them is the acknowledgment of varna, which has been translated to you as caste, to which you are applying your definition of that word from your context, which you see in operation today. Gandhi was both a social reformer and a religious reformer. He approached the concept of caste through varna, an entirely different perspective. To apply this perspective to your world, you need to translate the ideas rather than quote out of context. At age 64 he said,

Whilst I have said that all men and women are born equal, I do not wish, therefore to suggest that qualities are not inherited but, on the contrary, I believe that just as everyone inherits a particular form, so does he inherit the particular characteristics and qualities of his progenitors, and to make this admission is to conserve one's energy. That frank admission, if he will act up to it, would put a legitimate curb upon our material ambitions, and thereby our energy is set free for extending the field of spiritual research and spiritual evolution. This is the doctrine of varna ashrama Dharma which I have always accepted.

This did not mean that Gandhi felt people should be forced to

follow the vocations of their ancestors:

“Neither I nor anybody else can impose the restriction on anyone. Varna Ashrama is not a man-made law to be imposed or relaxed at his will. It is natural to man in his regenerate state.”

Gandhi's definition of varna is idealistic and pragmatic at the same time. For example, the child of a carpenter is very likely to know more about carpentry; therefore it's much more efficient for them if they should take up carpentry. Gandhi saw one's material occupation – the labour of the body – as secondary to the pursuit of philosophical inquiry – the labour of the mind – for life satisfaction. After attaining our basic requirements in order to simply live, genuine contentment and satisfaction comes by the ways in which we use and occupy our minds. While Gandhi's order of precedence may not be shared by all, the argument of efficiency is the same argument that forms the true idealistic basis for capitalism; in essence, that people should work at what they do best, thereby achieving greater returns for themselves.

Genetic research is now finding that behavioral tendencies, qualities and characteristics are indeed passed down. Tendencies to smoke, suicide, overeat, as well as propensities like criminality can be found in the human genome. Even our occupational choices and the qualities to carry them out, such as entrepreneurial skills, have genetic markers. Genetic research is proving the truth of varna-dharma.

Gandhi never encouraged hardening of caste lines, nor the permanent assignment of occupation based on one's entrance to this world, nor unequal valuation of the labour provided by each section of society. He stood for varna-ashrama (different from your simplistic view of caste) from an idealistic, efficient point of view, encouraging inter-caste marriages and fluid movement between social strata (himself being born into a merchant caste, and in life assuming the traditional roles of a Brahmin – philosophy, Kshatriya – defense, Vaishya – farmer, and Shudra – service).

Universal laws are recognized universally. To give you a small example: the other day, I was at a meeting for something we are trying to start here in one part of the USA, called the 'Repair Cafe'. This is a movement, begun in Holland, to help people in consumer societies learn to repair and reuse items rather than throw them away. We had already held our first Café, for which I had glibly volunteered to sharpen knives and polish brass and copper. I had never sharpened knives, but had seen it done in India, and felt confident I could muster up the skill. Although I succeeded in sharpening about 14 knives, albeit with a somewhat scuffy reaction on the blades, I found out later I was meant to put water on the grindstone, and some other pertinent details. The committee organizer told me that the next month, a lady would come from a family that had been knife sharpeners for generations before. This statement in a land of middle classes! Varna is not deprecating in any way, when equality is a societal ethic.

Gandhi faced tremendous social difficulties when he

got to India and opened his first community at Sabarmati to untouchables. Keep in mind that his own wife and relatives were not in favour of having untouchables join. Family members left him, funding was withdrawn, yet he persisted in bending the arrogance of the caste-minded into service of those whose humanity had been affected by their actions for generations. Eventually, people who wanted to be married in his ashram had the ceremony done by an untouchable. Gandhi himself only attended marriages that were between untouchable and touchable couples. This was one man, who did all in his power and sphere of influence to spread equality, education, and awareness on behalf of the down trodden throughout India.

### Your Ideal Bhangi

Your comments on his article, "My Ideal Bhangi" show that you do not understand the tremendous effort Gandhi was making in every direction to eradicate caste thinking. He was stuck with his rigid peers, who saw scavenging as a caste. The elite were not about to give up power, privilege and most importantly, servants. By the way, do you have any? Its hard to live in India without 'help', although I managed. As a middle class American, the very idea of having servants is sickening.

Gandhi dealt with this particular sanitation issue his whole life. Of course, being a bhangi is not a varna of any sort. However, being a socially concerned person, concerned for the health and well being of others, may have genetic markers. A concerned person, may choose to pick up other people's excrement, left by those too ignorant to handle it themselves, like Gandhi did.

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# Natural Remedies for Arthritis- Reducing Joint Pain Naturally

By Dr. Ashley Burkman

Those who suffer from arthritis understand how chronic pain can wreak havoc on more than just joints. Mental health, sleep and energy can all begin to suffer when you live with chronic joint pain. Symptoms of arthritis typically include swelling and pain with restricted range of motion in one or several joints. Joints most commonly affected include knees, hips, shoulders, hands and spine. Arthritic conditions are often classified based on the type, location and number of joints involved. Determining the type of arthritis and mechanism of joint involvement will help to point in the direction of appropriate treatment.

## Getting Evaluated

The first step in treating arthritis is a full evaluation. Labs and imaging can be done to assess which type of arthritis is being suffered from. Degenerative, or osteoarthritis, is the most common type of arthritis that typically develops after injury or overuse. Repetitive motions like running or sewing can increase the chances of degeneration in a joint.

Autoimmune arthritis is due to the body inappropriately attacking its own joints, resulting in pain and often-irreversible damage to joints. Psoriatic arthritis is typically associated with a psoriasis rash on the skin. Infectious disease can also be the culprit for joint pain, including tick illnesses like Lyme disease. It is important that you are evaluated appropriately to obtain more targeted treatments and improve outcomes.

## Reduce Inflammation Naturally

A common driver of all types of arthritis is inflammation. This can increase joint pain and continue to increase damage of joints. Lab tests can be drawn to assess the level of inflammation or attack being done on joints and therapies can be employed to reduce this inflammation. There are many ways to reduce inflammation naturally via lifestyle and supplementation and is where naturopathic medicine offers an array of support.

### 1. Diet

It has been shown that diets high in sugar and processed grains can increase inflammation markers in the body. It is always advised to reduce sugar in the diet and focus

on adequate protein and fiber intake to mitigate sugar cravings. Nightshade vegetables like tomatoes, egg plant, peppers and potatoes have been known to exacerbate joint pain in arthritis patients as there seems to be a link to nightshade vegetable and joint damage. Testing for and avoiding food intolerances are another way to reduce inflammation. Food intolerances are inflammatory reactions that crop up hours even up to days after ingestion of a particular food. Dairy, gluten and eggs are examples of common food intolerances.

An elimination diet, cutting a food out of the diet for at least 3 months, followed by an introduction, adding a food back into the diet, can be a helpful way to assess how food

affects joints. It is also helpful to have a food intolerance panel run to help act as a road map to guide appropriate food choices. This will not only improve joint health but digestion and energy too!

Seventy-five percent of Americans are “chronically dehydrated.” Simply not drinking enough water and instead drinking dehydrating beverages like coffee and soda can be a significant driver of joint pain. Joints need a fluid cushion

to prevent stiffness and maintain range of motion. Adequate water intake is a must for joint health. Reducing caffeinated drinks and aiming to drink half of your body weight in ounces in water is a good way to start improving hydration status.

### 2. Exercise

A sedentary lifestyle is related to an increase in joint pain. Joints in motion stay in motion and joints that are stationary become rigid and stiff. Moderate exercise, even a 30 min walk, will help to improve circulation to the joints and maintain range of motion.

Exercise also helps to maintain a health body weight. For every extra pound of weight on the body there is a 4-pound increase of pressure on the knee joints specifically. Weight reduction can reverse and reduce joint pain, specifically in osteoarthritis.

### 3. Omega 3's

Essential fatty acids, like omega 3's, are needed for the body to naturally quell inflammation. Foods including walnuts, chia seeds and salmon are rich on omega 3 fats. Supplements like fish oil can be used to further offer anti-



inflammatory benefit to improve joint mobility, fluidity and reduce pain.

#### 4. Botanicals

The overuse of pain relief NSAID medications like aspirin, ibuprofen and naproxen can lead to irritation of the stomach lining, can be toxic to the liver and damage the kidneys. While short-term NSAID use may not cause lasting organ damage, continued use is not an appropriate treatment for the pain of arthritis.

Anti-inflammatory herbs are a very effective way at reducing arthritis pain and can naturally preserve joint health without organ damaging side effects. Herbs like turmeric (a bright orange root), boswellia (resin from a shrub) and bromelain (from pineapple) are commonly used to treat and prevent arthritic pain.

Herbs can also be used to assist in eradication of infectious disease causes for joint pain. Herbs considered anti-spirochete, or anti-Lyme, can be used to minimize joint involvement.

Typically, herbs can be used as a counterirritant, reducing pain by stimulating nerves in the skin around the affected joint. Capsaicin, a constituent of chili peppers can be applied topically to naturally reduce joint pain.

#### 5. Cartilage Supplements

Cartilage acts as a cushion that covers joint surfaces and acts as a shock absorber. When cartilage begins to wear down in osteoarthritis or is attacked and destroyed in rheumatoid arthritis, the cushion is reduced and pain results. Supplementing with specific types of cartilage has been shown to protect joints and reduce the pain of arthritis.

#### 6. Adequate Sleep

Several studies have shown individuals who suffer from insomnia are more likely to develop arthritis and are less likely to respond to arthritis treatment. Sleep is a time for restoration, especially for the joints. Repair and healing is more likely to occur during nighttime hours and when sleep is cut short there is less time for restoration to occur. There are several reasons why sleep can be difficult, making sleep evaluation part of a naturopathic assessment in arthritis management.

Treating arthritis can be a complicated matter, however, investigating all causes and contributing factors to arthritis is a must when it comes to alleviating joint pain and improving quality of life.

*Dr. Ashley Burkman is a board certified licensed naturopathic physician at Connecticut Natural Health Specialists, LLC in Manchester, CT. She is in network with most insurance companies and is now taking new patients. For appointments, please call (860) 533-0179.*



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# Joshua's Trust Spring Walks

Submitted by Angelika Hansen

Wednesday, May 13 10:00 am

What is better than a day in May and a hike to discover spring wildflowers? Join Joshua's Trust members, Deb and Jim Russel for a walk around Pigeon Swamp Preserve in Lebanon. This is a beautiful preserve with an abundance of wildflowers. So put on your hiking shoes and come join them for this easy 2 mile loop walk. To reach the trail head, follow Rt. 32 to intersection w. Rt. 203. Turn on to Main St., cross Babcock Hill Rd, follow to end of pavement about a mile. The gravel entrance to the preserve has plenty of room for cars to park. Well behaved dogs on leash are welcome. Rain cancels.. For more information or update, call Jim Russell at 860-377-3687

Thursday, May 21 7:30 am

Join Steve Morytko as he leads a bird walk at the Hubbard Sanctuary in Chaplin. The grassland, wetlands, edge and nearby forest habitats attract many species including Cerulean Warbler (a beautiful threatened species-photo at right) and a number of other breeding and migrating species. The grassland habitat, unique among Joshua's Trust properties, attracts Bobolink-another threatened species in Connecticut. We often have outstanding looks at several much sought after species. Novice and experienced birders are welcome. Bring binoculars, a few extra pair may be available if you don't have them. The walk is expected to be 2 - 3 hours but leave when you need to. The walk will be rain or shine, so please dress appropriately. Property is located behind Chaplin Town Hall along Rt. 198, just north of intersection w. North Bear Hill Rd and Chaplin St. Parking is straight ahead near the fence when you drive in. For information and updates please call Steve at 860-680-5728



Saturday, May 23 10:00 am

Join Fran Funk, Joshua's Trust member and well known photographer at Allanach-Wolf Preserve in Windham for a "Photography Walk" Fran, a photo journalist with the Chronicle for 23 years, will show different things to photograph, tailored to the interests of and observations made by the group. It will be an easy walk of approximately 2 hours. Bring a camera if you wish, but it is not necessary. Property is at 165 Back Rd., in Windham. Call 860-742-8654 for information.

Saturday, May 23 9:00 am – 11:00 am

Brent and Roseann Gottier will lead a walk at the Doris and Al Tobiasson Memorial Forest. Doris Tobiasson's inspired teaching of American Literature, fostered in her students, inc. Brent and Roseann, a lifetime love of Thoreau, Emerson and others, The 84 acre forested parcel was part of the Tobiassen family's homestead on Grant Hill Road. The walk is co-sponsored by Conserving Tolland and Joshua's Trust. Directions: Rt. 44 to Grant Hill Rd., north on Grant Hill, 2.8 miles to Noah Lane. Turn right on Noah Lane, go to end, park on right hand side of the cul-de-sac where the trail begins. For more information call 860-896-1502

May Bird Walk with Steve Morytko

Place and time to be announced. Please, check [www.joshuustrust.org](http://www.joshuustrust.org) for updates

Wednesday, June 3 1:30 pm

Join Marian Matthews, Steward of the Byles Sanctuary for a moderate difficulty walk. It will take you by a meadow, through forest and next to the Mt. Hope River. Near the beginning of the walk, after a short ascent, is a steep descent. After that, the walk is easy and pleasant with some short ups and downs along the way. It is approximately 1 1/2 miles in length and should take to hike it about an hour and a half. For additional information contact Marian Matthews at 860-420-8544. The Sanctuary is located on Rt. 44 in Ashford, 1 mile east of the junction of Rts. 44 and 80. The Trail entrance is on the north side of Rt. 44 across from the North Veterinary Clinic. Parking is at the trail head

Friday, June 12 8:30 pm

We invite you to join us on this evening at the H.E. Preston Sanctuary in Hampton to spend a couple of hours under the night sky of Eastern Connecticut. Your star guide is Bob Grindle, Windham Hospital retiree, astronomy student and Hampton resident.

Have you ever stopped for a moment, looked up into the evening night or early morning sky and felt just a little bit dazzled by the twinkling array just over your heads? Wondered what a particular star was; how far away it was; how long it has been there; how long it will continue to be there? Maybe you've wondered how long stars live, and what happens when they die...does it matter at all, and if it does, why? Our very earliest ancestors used the same sky we live under today as a sort of story book. They noticed patterns, gave those patterns names and built complex, fascinating and timeless stories

that we repeat even these thousands of years later. In case of rain or total cloud cover, the date will be June 13. Bring along a blanket, light-weight folding chair, pair of binoculars (any kind), a small flashlight (we will provide the red tape to preserve our night vision), we will provide star charts that will help remember what we've seen.

Dress comfortably for you. We will do a little walking,

but this is not a hike.

The Sanctuary is 3 miles north from Hampton center, on the west side of Rt. 97, across from Kimball Hill Rd. It is marked by a Joshua's Trust sign at the entrance. Parking is along the highway and on the grassy shoulders. For information, contact Bob Grindle at 860-617-3662

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Running with Dr. Rachel

# Trail Running for Beginners

By Rachel Tambling

In my last column, I wrote about spring running – spring is a great time to add trail running to your training to take advantage of spring weather and use our beautiful trail system. In this Running with Dr. Rachel, I will provide basic tips for getting started with trail running.

First, find a good trail. No single trail is the same. From wide, crushed rock trail like the airline, or rail trail, to single track cutting through trees, trails offer a wide variety of running surfaces and scenic options. In Connecticut, we are lucky to have an amazing trail system including the blue blazed trails, Joshua's Trust trails, and a variety of town-maintained trails. Get to know your trail by researching online, or by asking other runners and hikers.

Once you've found a good trail, prepare for the hazards you might find on the trail. If it has tall grasses or thick underbrush, consider wearing pants or tall socks to deter ticks. If your trail is sandy or has small, loose stones, tall socks or gaiters will help keep debris out of your shoes. While many trail runners use specially made trail running shoes, which have more aggressive tread and a closer to the ground feel, they aren't always necessary. Consider how "technical" your trail is when selecting your footwear and gear. Generally, a more technical trail is one that is, more narrow, winding, steep, or has trail hazards like roots and rocks. Use good judgment in planning your trail run in order to match your trail with your ability.

Next, focus on safety. Take your dog or a buddy, or write your route out and share with a loved one. Make sure someone knows where you are going and how long you'll be gone. Consider carrying water and a snack. Carry your cell phone and identification for emergencies. Once on the trail, keep your eyes on the trail so avoid rocks and roots. Focus on looking three to four feet ahead to create an imaginary "line" of travel, a plan for where you going to step for the next few steps. This will keep you focused and alert to potential hazards. Finding a line will become easier as you become more comfortable running on the trails. Make sure that you're alert and be aware of landmarks and trail markings.



When trail running, it's best to run by time, rather than distance to begin. Trail running can be exhausting at first and it can take much longer to cover the same distance on a trail than on a road. I generally add one to two minutes to my pace per mile, even on trails I know very well. Slow your pace and take time to look around and enjoy the beauty of the trails. Run by time, effort level, or heart rate and avoid comparing your trail pace to your road pace.

Finally, work to improve your trail running performance by including strength and balance exercises into your training two to three times per week. Exercises that strengthen the calves, ankles, and feet are particularly useful. Consider adding lunges on a pad or stability disk, single leg



squats, bridges, dead lifts, calf raises, and other exercises using a wobble board or stability disc to develop foot and ankle strength and stability.

Once you've tried trail running, grow your confidence by running on the trails at least once per week. Try new trails and make friends with other trail runners. As you grow in your confidence and strength, tackle more technical trails, or sign up for a trail race. Trail running can be a great way to see new sights, meet new people, and enjoy Connecticut's natural beauty.

Enjoy the trails!

Each column will feature tips and training advice inspired by reader questions. Send your questions to [Coach@DrRachelRuns.com](mailto:Coach@DrRachelRuns.com) – to see your questions answered in print.

# Access Agency Community Action News

Submitted by John Murphy

## Windham Area Hour Exchange News

Happy Spring! My report for this issue shares good news in two areas of community interest and public service:

I am pleased to report a growth in membership and activity within the Windham Area Hour Exchange. Current membership is just under 200 with 17 new applications pending—and we hope more readers of *Neighbors* will consider joining this unique engine for volunteer service and time dollar exchange.

I also have wonderful news to share about the creation of a new feature in *Neighbors* coming this summer—*Neighbors en Espanol!* Thanks to the good spirit and generosity of Tom King our publication will begin adding 4-8 pages of new content in Spanish in every issue. It will debut in the next issue!

## Growth Through Leveraging Community Collaborations and Time Dollars

The Windham Area Hour Exchange is Connecticut's only functioning time bank program. Time Banking is a human engine for generating and managing and rewarding volunteer activity in our region.

Time dollars are a community currency that members earn by using their time, energy, skills, and talents to help others or to serve community organizations. For every hour of service you provide to another member of the Windham Area Hour Exchange you earn one time dollar. You can then spend your time dollar on services provided by other Exchange members. The variety of services available is only limited by the number, diversity, and service offerings of individuals, organizations, and businesses that join the Exchange. How does this work? It is much simpler than it first seems. In our market economy the natural tendency is to inject money into an exchange relationship but for time banking it does not belong! With time banking no money changes hands and there is no IRS involvement in any form. In the Exchange, everyone's time is equal — no matter the service being provided. Windham Area Hour Exchange membership is open to all individuals, businesses, and organizations regardless of residency or location.

In recent months we expanded the number and depth of our organizational partnerships. This networking of local groups increases both the range of community service opportunities for members as well as the options they will have for using earned time dollars to receive services from other members.

The current list of organization partners follows—are you a member of one of them?

My Windham Art Project  
Windham Theatre Guild/Willimantic Arts & Eats  
Grow Windham

CLiCK— Commercially Licensed Cooperative Kitchen  
ECSU Center for Community Engagement

I am also in conversations to involve other arts organizations and the No Freeze Shelter Project. There are so many ways to connect people of good will with positive energy who share a love for our community.

The Windham Area Hour Exchange can serve as the heart and time bank for this volunteer network—to recruit and connect people with higher efficiency and effectiveness. It is still early in 2015 and with this unique support system we can share many successes.

Learn more and think about joining! The Exchange offices are located at the Access Community Action Agency, 1315 Main Street, Suite 2, Willimantic, CT 06226, and (860) 450-7400. Contact John Murphy, Director of Volunteer Engagement at ext. 7458—that's me by the way. Email john.murphy@accessagency.org. The agency website is www.accessagency.org.

## Local Media Update – *Neighbors en Espanol!*

Beginning with the next issue *Neighbors* will reach out to our local Latino and Hispanic communities in a BIG way! An effort is currently underway to present 4-8 pages of content in Spanish from people and organizations in our region who want to share local news and information, creative writing, photography or event listings.

We are reaching out to local businesses to help us cover the costs of including these extra pages as well as for printing additional copies for expanded local distribution to reach a much larger readership. If you are interested in helping us please contact Tom King at *Neighbors* or me at the Access Agency. It would be great to have a small group of supporters from the start—and we can grow this magazine as the word spreads.

One exciting aspect of this effort is the connection I am building with other local media channels to create a more conscious and active network of Latino and Hispanic media producers. We have two excellent resources:

WECS Radio at Eastern at 90.1 FM and on the web at www.wecsradio.com.

Spanish music and culture programs currently on Friday mornings and Sundays.

Charter Public Access TV on Channel 192 in our area and on the web at www.ctv14.com.

A new version of the 20-year old “On the Homefront” series is being created in Spanish, with Latino/Hispanic co-hosts and completely focused on the local communities.

If you are interested in participating in this new media network, if you have stories to share, or if you want technology training please contact me at the Access Community Action Agency, 1315 Main Street, Suite 2, Willimantic, CT 06226, and (860) 450-7400. Email john.murphy@accessagency.org Best wishes everyone for a great summer and keep the faith!



# Ask "Dr. Mac"

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



### Login Nag in Yosemite

*Q: I just got my all new iMac with Retina 5K display last week and I'm still going through all the settings to have it behave the way I want. One thing I noticed is that every time it goes to sleep or the screen saver kicks in, my Mac will require me to enter my user password when I wake it up.*

*What is a great security feature if you work in an office is somewhat of an annoyance to me, simply because I work from home and no one except my wife ever gets to touch my computer, making this password an extra step that I don't need.*

**A:** I'll show you how to stop OS X Yosemite from requiring a password after waking up your Mac.

Obviously, if security is important to

you, you should avoid what I'm about to share. If you work in an office or if you have people around your computer, again, skip all that and maintain a high level of security on your machine.

**Step 1:** Go to  > System Preferences...

**Step 2:** Select Security & Privacy.

**Step 3:** Click on the General tab.

**Step 4:** Uncheck the option that says "Require password 5 minutes after sleep or screen saver begins." As an alternative, you can always increase that time, while still maintaining a certain level of security.

**Step 5:** A pop up will ask "Are you sure you want to turn off screen lock?" Make sure you're completely ok with this and select Turn Off Screen Lock. Restart.

Once this is done, you won't have to enter your password every time you wake your Mac after it went to sleep or after the screen saver was activated.

*Q: I just installed Yosemite 10.10 on my white 2008 Macbook.*

*After the install I noticed it runs really slow. Using Safari is painfully slow too.*

**A:** There are two things that would've improved an older



computer prior to

## Taking the Solar Plunge Part 1

### The Meet and Greet

By Steve Woron

I've been wondering for years about solar powered electricity but I was always reluctant to pull the trigger on initiating a first step to finding out more. I tried researching other people's experiences on the web and found very little to go on. I must admit I was hesitant because I would notice a lot of solar power offer emails in my spam folder. It wasn't encouraging to see these emails considered as spam, and spam is usually lumped in with other nasty communications often trying to cheat and steal from people. So this always had me uneasy.

But last year I got a small flyer in my mailbox which looked more legitimate so I hung on to it always meaning to call. Well before I knew it, winter came around and I figured that idea was dead till springtime. And I was just lazy to call.

This brings us to March 2015. I walked into Home Depot in

Manchester CT and saw a person at a table with a laptop and a big banner sign for Solar City. I proceeded to complete my business at the nearby service desk and toyed with approaching the young man at the SolarCity table. I figured I'd like to know more, so I thought; here's my chance. (I gave more credibility to the Solar option since this table and display was in a Home Depot. If the Solar thing was a total scam, I doubted Home Depot would endorse them with a booth right where customers enter their stores...)

I hadn't heard of SolarCity so I asked about the basics of the solar power promise. But before any of my questions could answered the first step was to pull up a Google Earth picture of my house. After my house was pulled up on the representative's laptop we were able to see the size and shape of my home's roof. The picture also showed the amount of shade my roof received during noon and also which direction it was oriented. It was also important for SolarCity to know when my house was last reshingled. The last thing they want to do is put solar panels on an aging roof that needs to be redone. We scheduled a in-home consult to learn more. I also needed to get a history of my 1 year electric usage which was online. Next time Part 2 (how to save on your electric bill...)



an upgrade to a newer OS X, those would primarily be to increase the amount of installed RAM available to the System, and to install a newer larger capacity hard disk drive. This would help an older system, too. Yosemite likes computers with at least 8 Gb of RAM. That's A LOT of RAM and only newer computers can even hold that capacity.

Regarding Safari speed; make sure you don't have any anti-virus software always running. My understanding is that this can really slow down Yosemite.

*Q: My MacTV won't update passed OS 5.3. Nothing works including restarting and unplugging/restarts. What's a guy to do?*

A: If your problem persists get yourself a micro USB cable (sold separately, it's actually a charge cable to most Android devices including the Nook and Kindle tablets, also some cameras), you can restore your Apple TV from iTunes:

Basically you'll need to do a clean "restore". This is a last resort as a Restore "forgets" all your passwords and set-

tings. From the Apple TV menu you can attempt this but chances are if the update did nothing, neither will the Restore command. Why? I don't know. So onward...

Remove ALL cables from Apple TV. (if you don't you will not see Apple TV in the iTunes Source list)  
Connect the micro USB cable to the Apple TV and to your computer with the working iTunes.

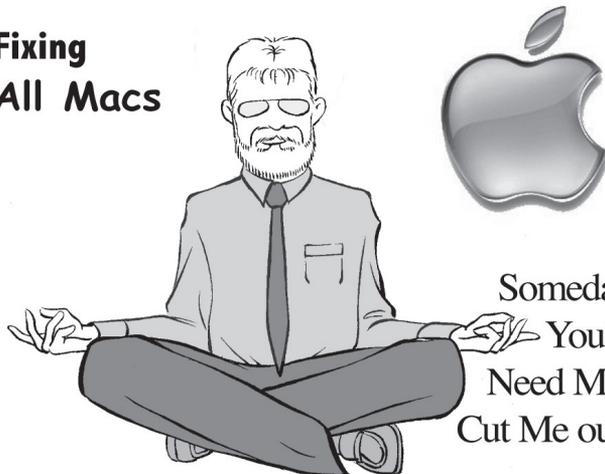
Reconnect the power cable (only for Apple TV 3)  
Open iTunes.  
Select your Apple TV in the Devices list, and then click Restore. This can take up to an hour. But when it's done it will have the latest upgrade complete. The bummer is you'll need to put back your Netflix info and Apple ID user and password.

Some users have had success restoring the personal data direct from their iPhones through Apple TV's prompts and instructions via iCloud.

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

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40 Neighbors

# Our Community Calendar

By Dagmar Noll

## May 1, Friday

**Reading:** Friday Book Club “The Invention of Wings”, by Susan Monk Kidd, 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Fundraiser:** Annual Windham County 4-H Auction and Tag Sale, 5:00p.m. Woodstock Fairgrounds, Woodstock.

**Theater:** A Midsummer Night’s Dream, 8:00p.m. \$30. Jorgensen Theatre, UCONN, Storrs. Info: 860-486-2113 crt.uconn.edu

## May 2, Saturday

**Fundraiser:** Friends of the Pomfret Public Library Book Sale & Tag Sale, 7:00a.m. - 12:00p.m. Pomfret Community School Cafeteria, Route 44, Pomfret.

**Skill Share:** Spring Trail Workshop, 9:00a.m. - 3:30p.m. Learn skills used in trail construction and maintenance. Whitney Property, Oliver Road, Lebanon. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Festival:** First Sunday Weekend at The Mill Works, 10:00a.m. - 5:00p.m. Factory tours, open studios, refreshments, photography exhibits, modern dance performance, live music, and more. Free. Info: 518-791-9474 www.themillworks.us/events.html

**Kids:** Pre-teen Book Discussion, “Scumble”, by Ingrid Law, 10:30 a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Puppetry:** Arjuna’s Meditation, 1:00p.m. & 3:00p.m. A classic Javanese shadow puppet play. \$10. Ballard Institute and Museum of Puppetry, 1 Royce Circle, Storrs. Info: 860-486-8585 emily.wicks@uconn.edu bimp.uconn.edu

**Theater:** A Midsummer Night’s Dream, 2:00p.m. & 8:00p.m. (See 5/1.)

**Fundraiser:** Annual Windham County 4-H Auction and Tag Sale, 5:00p.m. (See 5/1)

**Live Music:** Bruce John, 6:30p.m. - 9:30p.m. Hilltop Restaurant, 39 Adamec Road, Willington

**Live Music:** Arc Iris, 7:00p.m. \$15. The Annex, 866 Main Street, Willimantic.

## May 3, Sunday

**Community Food:** Willimantic Lions Pancake Breakfast & Plant Sale, 7:30a.m. - 11:00a.m. \$6. Elks Lodge, 198 Pleasant Street, Willimantic.

**Festival:** First Sunday Weekend at The Mill Works, 10:00a.m. - 5:00p.m. (See 5/2.)

**Hike:** Long Distance Guided Hike: Lake Loop, 12:00p.m. - 3:00p.m. Enjoy Pine Acres Pond from all angles on this 5-7 mile hike. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Film:** The Untold History of the United States, 12:30p.m. -

1:45p.m. Free. Storrs Unitarian Universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

**Theater:** A Midsummer Night’s Dream, 2:00p.m. (See 5/1.)

**Festival:** Hop Fest, 2:00p.m. - 6:00p.m. Craft beer, delicious food, and live country music. Jillson Square, 645 Main Street, Willimantic. Info: willimanticbrewingcompany.com/hop-fest

## May 5, Tuesday

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Kids:** Be Homeful Paddington Storytime, 6:30p.m. Free. Willimantic Public Library. 905 Main Street, Willimantic. Registration: 860-465-3079 willimanticlibrary.org

## May 6, Wednesday

**Dancing:** Shake Your Soul, 6:00p.m. – 7:00p.m. \$5. First Church Congregational, Route 195 & Rt 89, Mansfield Center. Info: 860-933-6747

## May 7, Thursday

**Hike:** Senior Walk, 12:00p.m. - 2:00p.m. A moderate, casual walk on forest trails. Not just for seniors. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Presentation:** Remembering the Armenian Genocide, 6:00p.m. Free. Willimantic Public Library. 905 Main Street, Willimantic. Registration: 860-465-3079 willimanticlibrary.org

**Film:** Four Horsemen 7:00p.m. Free. Storrs Unitarian Universalist Church, 46 Spring Hill Road, Storrs. Info: 860-428-4867.

## May 8, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Windham Textile Museum, 411 Main Street, Willimantic. Clean around the museum and in front of the Mills. Info: bevishistory@yahoo.com

**History:** Historical Society May Meeting and Program, 7:30p.m. Retired Connecticut State Archeologist Nicholas Bellantoni reviews the highlights of his career. Town Council Chambers, Town Hall, Mansfield. Info: www.mansfieldct-history.org

**Lecture:** “On the Wild Side: Exploring the Flora and Fauna of the Last Green Valley”, 7:00p.m. Free. Talk by TLGV Ranger Bill Reid. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

## May 9, Saturday

**Festival:** Ashford Seniors Spring Fair, 9:00a.m. - 2:00p.m. \$15. Ashford Senior Center, Route 44, 25 Tremko Lane, Ashford. Info: 860-428-6502

**History:** “Lives & Legacies: Prudence Crandall’s African-

American Students”, 10:00a.m. - 3:00p.m. 2015 Spring Symposium. \$20. Prudence Crandall Museum, 1 South Canterbury Road, Canterbury. Registration: 860-546-7800 x7.

**Nature Study:** Rodents & Small Mammals, 10:00a.m. - 12:00p.m. Learn about the important role moles, mice and other “pests” play in our ecosystem. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Kids:** “Just Plein Fun”, 2:00p.m. Discover Plein Air drawing and painting. Register: 860-456-2178. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: www.millmuseum.org

**Live Music:** Quiet Corner Fiddlers 10<sup>th</sup> Anniversary Show, 8:00p.m. - 10:00p.m. \$10. Burton Leavitt Theatre, 779 Main Street, Willimantic. Info: 860-423-2245 www.windhamtheatreguild.org

### May 10, Sunday

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

### May 11, Monday

**Kids:** Nature’s Alphabet: Pre-School Program, 10:00a.m. - 11:30a.m. Read stories about ‘A’nts, ‘B’utterflies and ‘C’aterpillars, followed by a walk on the Children’s Discovery Trail. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

### May 12, Tuesday

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Live Music:** Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. The Crossing Brew & Pub, 45 Main Street, Putnam.

### May 13, Wednesday

**Dancing:** Shake Your Soul, 6:00p.m. – 7:00p.m. (See 5/6).

### May 15, Friday

**Gallery Reception:** Willimantic Art Attack, 6:30p.m. - 9:30p.m. ArtSpace Windham Gallery, 480 Main Street, Willimantic.

### May 16, Saturday

**Skill Share:** Harvest Tour with State Forester and Logger, 8:45a.m. - 12:00p.m. Tour of a harvest in an oak stand with DEEP Forester. Pre-register by May 14. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Fundraiser: Popup Plant Sale,** 9:00a.m. - 12:00p.m. Fundraiser for the Garden Club of Windham. 750 Main Street, Willimantic.

**Festival:** Riverfest, 9:00p.m. - 4:00p.m. River paddle, fishing derby, kayak demonstrations, bands, food, kid games. Willimantic Whitewater Park, 28 Bridge Street, Willimantic.

www.willimanticwhitewater.org

**History:** Apron Strings: Tied to History, 4:00p.m. \$10. Reservations: 860-456-2178. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: www.millmuseum.org

### May 17, Sunday

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

**History:** Total War in the Mountains: A Journey Through the Remains of the Italo-Austrian Front in World War One, 4:00p.m. \$10. Talk by Roger Benham. Dugan Hall, Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

### May 19, Tuesday

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Reading:** Mystery Book Club “What Strange Creatures”, by Emily Arsenault, 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Fundraiser:** Friendly’s Fundraiser for the Windham Textile & History Museum, 5:00p.m. - 8:00p.m. 20% of the bill goes to the Museum. West Main Street, Willimantic.

### May 20, Wednesday

**Dancing:** Shake Your Soul, 6:00p.m. – 7:00p.m. (See 5/6).

**Live Music:** Artist Showcase, 7:00p.m. - 9:00p.m. \$5. St. Paul’s Church, 220 Valley Street, Willimantic. Info: 860-429-4220 www.breadboxfolk.org

### May 21, Thursday

**Live Music:** Bruce John, 6:30p.m. - 9:30p.m. Hilltop Restaurant, 39 Adamec Road, Willington

### May 22, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Kramer Middle School, 322 Prospect Street, Willimantic. This will be the site of the Victorian Home Tours and we want to tidy the area. Info: bevishistory@yahoo.com

### May 23, Saturday

**Live Music:** Bruce John, 12:00p.m. - 2:00p.m. Oliver’s, 490 Boston Post Road, North Windham

**History:** Tour Old Willimantic Cemetery, 4:00p.m. \$8. We will be placing flags on some soldiers graves. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

**Live Music:** Artist Showcase, 7:30p.m. \$30. St. Paul’s Church, 220 Valley Street, Willimantic. Info: 860-429-4220 www.breadboxfolk.org

## 42 Neighbors

*calendar continued from page 41*

**May 24, Sunday**

**Nature Study:** Interpretive Center Day, 9:00a.m. - 5:00p.m. Explore the center and History Museum. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Community Food:** Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Smart Play. Route 44 across from the town offices, Ashford.

**Hike:** Great Park Pursuit: Picnic Hike, 11:00a.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

**May 27, Wednesday**

**Dancing:** Shake Your Soul, 6:00p.m. - 7:00p.m. (See 5/6).

**May 28, Thursday**

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**May 29, Friday**

**Live Music:** Bruce John, 6:30p.m. - 9:30p.m. Hilltop Restaurant, 39 Adamec Road, Willington

**May 30, Saturday**

**Live Music:** Bruce John, 12:00p.m. - 2:00p.m. Oliver's, 490 Boston Post Road, North Windham

**Kids:** Children's Discovery: Life Inside Flowers, 12:00p.m. - 2:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**May 31, Sunday**

**Community Food:** Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Natchaug Jam. Route 44 across from the town offices, Ashford.

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

**Hike:** Long Distance Guided Hike: Lake Loop, 1:00p.m. - 4:00p.m. 5-7 mile hike. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**June 2, Tuesday**

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**June 3, Wednesday**

**Dancing:** Shake Your Soul, 6:00p.m. - 7:00p.m. (See 5/6).

**June 4, Thursday**

**History:** Lantern Tour of the Camp Meeting Association's village, 7:00p.m. \$10. Willimantic Camp Meeting Association, Rt. 32, Willimantic. Info: 860-208-5591 victorianwillimantic.org

**June 5, Friday**

**Reading:** Friday Book Club "All the Light We Cannot See", by Antohony Doer, 2:00p.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

**Live Music:** Classic Brass Concert, 7:00p.m. Free. First Congregational Church of Willimantic, 199 Valley Street, Willimantic. Info: 860-208-5591 victorianwillimantic.org

**June 6, Saturday**

**History:** Victorian Home Tours, 11:00am - 4:00pm. \$20. Tickets: 322 Prospect Street, Willimantic. Info: 860-208-5591 victorianwillimantic.org

**Community Food:** Victorian Teas through the day. \$15. Willimantic. Reservations: 860-428-7573 victorianwillimantic.org

**History:** Town Hall Tour by Mayor Eldridge, 7:00p.m. Free. Windham Town Hall, 979 Main Street, Willimantic. Info: 860-208-5591 victorianwillimantic.org

**History:** Dressing from Corset to Gloves, 7:00p.m. \$10. Demonstration of Victorian era etiquette and fashion life. Arts at the Capitol Theater, Main Street, Willimantic. Info: 860-208-5591 victorianwillimantic.org

**June 7, Sunday**

**Community Food:** Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Sally Rogers. Route 44 across from the town offices, Ashford.

**Festival:** First Sunday Weekend at The Mill Works, 10:00a.m. - 5:00p.m. (See 5/2)

**History:** Victorian Home Tours, 11:00am - 4:00pm. (See 6/6)

**Community Food:** Victorian Teas through the day. (See 6/6)

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

**History:** Windham Center Cemetery, 1:00p.m. \$10. Guided by Cheryl LeBeau. Info: 860-208-5591 victorianwillimantic.org

**History:** Opening Day at the Mansfield Historical Society Museum, 1:30p.m. - 4:30p.m. Exhibits on the Construction of the Mansfield Hollow Dan and on the Diaries of Mrtin and Almira Parker. 954 Storrs Road, Storrs. Info: 860-429-6575 www.mansfieldct-history.org

**June 8, Monday**

**Film:** Shadows of Liberty, 7:00p.m. Free. Storrs Unitarian Universalist Church, 46 Spring Hill Road, Storrs. Info: 860-428-4867.

**June 9, Tuesday**

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

*calendar continued on page 44*

# Making Music in Coventry

Submitted by Ruth O'Neil

Dedicated to fostering a love of learning music and devoted to serving the community, the Song-A-Day Music Center in Coventry has been in operation since 2002. Owned and operated by area musicians and educators, Ruth O'Neil and Jim Hammitt, Song-a-Day is a full service music store that offers music instruction in all categories of instruments and voice. In addition, Song-a-Day is one of the only area locations that offer lessons in the Alexander Technique by licensed instructor, Paul Recker.

Song-a-Day carries new and used instruments, accessories and supplies along with a full inventory of music and instructional books. The Music Center is affiliated with nationally known Veritas Instrument Rental, and provides a full instrument rental program. Song-a-day also offers instrument repairs.

"We pride ourselves on the level of personal service we give to customers. Our size is small, so we can't carry every item available on the music market...but if don't have it, we can get it for you. From guitar strings and saxophone reeds to sheet music to drum pedals", says owner Ruth O'Neil. "Our fifteen experienced music instructors accept students of all ages (typically no younger than 4) and levels. Once students are ready, there are performance opportunities for their accomplishments in public. Song-a-Day students have performed at various farmers markets, senior centers, CT Open House Day and other community events. "

The Song-a-Day Music Center manages the Song-a-Day Music Fund, which has provided an annual scholarship to a graduating senior for over ten years. Applications for this year's scholarship are now available.

The Song-a-Day Music Center is located at 2809 Boston Turnpike (Route 44) in Coventry. For more information call 860742-6878 or visit their Facebook page or [www.Songadaymusic.com](http://www.Songadaymusic.com)

## WANTED

The Gardiner Hall Jr. Company:  
Original Photographs, Artifacts, & Oral Histories

The Friends of The Mill Works, a nonprofit group organized under Windham Arts, has established a local museum focused on the development and operation of the Gardiner Hall Jr. Company. The objective of this permanent installation is to examine the historical impact and contributions this company has had on the Town of Willington and its residents over a period of more than one hundred years. The museum will be located at The Mill Works, formally the home of the Gardiner Hall Jr. Company.

The Friends group is seeking original photographs, equipment, artifacts, and any physical items associated with the Gardiner Hall Jr. Company, its founders, employees, and customers. Items that are donated or loaned to the museum will be identified by the donor's name, and included on display and in any print materials created for the museum. In addition, the Friends are also interested in conducting interviews with folks that may have worked for or had a relationship with the Hall Company. The intent of this collection is to create an opportunity for the residents of Willington and surrounding towns to learn about the technical innovations, production methods, and the application of unique management practices that shaped the local area.

If you possess any related items, have knowledge of any, or are interested in sharing thoughts or reflections about the Hall Company, please contact The Friends of The Mill Works:

Email: [info@friendsofthemillworks.org](mailto:info@friendsofthemillworks.org)  
Phone: (860) 836-7516 or (860) 487-3827

Thank you for your Support!  
Board of The Friends of The Mill Works

Dear Reader-

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

T. King, Publisher



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44 Neighbors

*calendar continued from page 42*

### June 10, Wednesday

**Dancing:** Shake Your Soul, 6:00p.m. – 7:00p.m. (See 5/6).

**Kids:** Flying High Frisbee Dogs, 7:00p.m. Summer reading program kickoff. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 [www.babcocklibrary.org](http://www.babcocklibrary.org)

### June 12, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Willimantic Whitewater Park and the driveway to the RailRoad Museum on Bridge Street in Willimantic. Info: [bevishistory@yahoo.com](mailto:bevishistory@yahoo.com)

### June 13, Saturday

**Kids:** Old Home and School Week and the Circus Comes to Town, 2:00p.m. Discover townwidecelebrations of yesteryear. Register: 860-456-2178. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: [www.millmuseum.org](http://www.millmuseum.org)

### June 14, Sunday

**Community Food:** Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Jashua Cleaver. Route 44 across from the town offices, Ashford.

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

### June 17, Wednesday

**Dancing:** Shake Your Soul, 6:00p.m. – 7:00p.m. (See 5/6).

### June 20, Saturday

**Fundraiser:** Support the Museum Tag Sale, 10:00a.m. - 2:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 [www.millmuseum.org](http://www.millmuseum.org)

### June 21, Sunday

**Community Food:** Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Roots Dulcimer Group. Route 44 across from the town offices, Ashford.

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

### June 23, Tuesday

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 [www.babcocklibrary.org](http://www.babcocklibrary.org)

### June 24, Wednesday

**Dancing:** Shake Your Soul, 6:00p.m. – 7:00p.m. (See 5/6).

### June 25, Thursday

**Poetry:** Poetry in the Park, 6:00 p.m. James Scully reads and discusses Ancient Greek and Quechuan works. Julia de Burgos Park, corner of Jackson St. & Terry Ave, Willimantic. Rain location at Temple B’Nai Israel on Jackson Street.

### June 26, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help

tidy up town! Bring gloves and bags to the Old Willimantic Cemetary and the VFW lawn. Park in the Stop & Shop lot, West Main Street, Willimantic. Info: [bevishistory@yahoo.com](mailto:bevishistory@yahoo.com)

### June 27, Saturday

**History:** Mill of the Month Trip to Millyard Museum, Manchester New Hampshire, 9:00a.m. Carpool. \$10. Reservations: 860-456-2178. Meet at the Windham Textile & History Museum, 411 Main Street, Willimantic. Info: [www.millmuseum.org](http://www.millmuseum.org)

### June 28, Sunday

**Community Food:** Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Gypsy Hearts. Route 44 across from the town offices, Ashford.

**Film:** The Untold History of the United States, 12:30p.m. - 1:45p.m. (See 5/3)

### June 30, Tuesday

**Kids:** Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 [www.babcocklibrary.org](http://www.babcocklibrary.org)

## Storrs Farmers Market Opens

Submitted by Kathleen M. Paterson

Storrs Farmers Market begins its twenty-first season on Saturday, May 2. Storrs Farmers Market will be open every Saturday from 3:00 pm to 6:00 pm on the front lawn of the Mansfield Town Hall from now through Thanksgiving. The Market is open rain or shine.

Storrs Farmers Market has been providing fresh, locally-grown foods for the greater Mansfield community since 1994. Everything offered at the Market is grown or produced in Connecticut. In fact, the average distance from farm to market is just 13 miles!

Storrs Farmers Market offers a vast array of locally-grown and -produced foods throughout the year. Because everything is grown locally, the offerings change with the season. Visitors to the opening Market will find spring greens; beef and pork; eggs; fresh-baked breads and pies; locally-roasted coffees; local honey and maple syrup; jams and jellies; and more.

Find out what will be available at each Market: email [StorrsFarmersMarket@gmail.com](mailto:StorrsFarmersMarket@gmail.com) to receive weekly email newsletters. Storrs Farmers Market can also be found on Facebook, Twitter, and Instagram. Visit [www.storrsfarmersmarket.org](http://www.storrsfarmersmarket.org) for more information.

Free and ample parking is available in the Town Hall municipal lots. The Market is conveniently located in Storrs Center next to WRTD and UConn bus stops and within walking distance of several residential neighborhoods. Bicycle racks are available in front of the Town Hall and at the Mansfield Community Center.

## Victorian Days in Willimantic

Submitted by Lynn Duval

A series of events beginning on May 23 will kick off the 16th annual Victorian Days in Willimantic on June 6 & 7, 2015. Presented by the Willimantic Victorian Neighborhood Association, visitors will once again take on a trip back in time to experience the beautiful Victorian lifestyle once enjoyed in Willimantic, Connecticut where more than 600 Victorian style homes are listed on the National Register of Historic Places.

On Saturday, May 23, at 4 pm join local historian Bev York for a guided tour of the Old Willimantic Cemetery on West Main Street to benefit the Windham Textile and History Museum. Discover art and history in this outdoor museum. Call 860-456-2178 for more details or to reserve tickets.

On Thursday evening, June 4 there will be a Guided Walking Tour of the historic Willimantic Camp Meeting Association on Route 32.

On Friday, June 5 the public is invited to a free-admission British-style Classic Brass Band Concert at the First Congregational Church, 199 Valley Street.

Saturday evening, June 6 at 7 pm, "Dressing From Corsets to Gloves" presented by Kandie Carl at the Capitol Theater, 896 Main Street, will be an entertaining opportunity to learn intriguing facts about fashion, home life, and etiquette during the Victorian age. Tickets are \$10.

On Saturday, June 6 & Sunday, June 7, the Home Tour will open seven Victorian homes/ historic sites for guided tours. Tickets \$20.00

New this year - "If This House Could Talk," where homes not open for the Tours will display yard signs relating an historical, architectural, or interesting fact about the home. Other weekend events include tours: Windham Center Cemetery, Windham Mills property, Windham Town Hall, and the Wright's Pleasant Street Garden. The Windham Textile & History Museum and the Jillson House will also be open. The Northeast Connecticut Railroad Museum will feature train rides at its Museum off Bridge Street. Additionally, visitors will enjoy Concerts, Museum Exhibits, Art Shows, Architectural slide show, vintage cars, and horse and wagon rides. The always-delightful Victorian Teas will be held on Saturday and Sunday at 11:30 am, 1:00 and 2:30 pm. Tickets are \$15.00 and reservations are a must. Call 860-428-7573 for tea reservations or to receive a brochure and full details of Home Tour events. Also visit [www.victorianwillimantic.org](http://www.victorianwillimantic.org)

**Photos wanted!**

**See your photos in print!**

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### CLICK's Grand Opening Celebration

"A Taste of CLiCK"

Saturday, June 20<sup>th</sup> 2015

2:00 pm to 5:00 pm

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#### Featuring:

Music

Food

Drink

Kids Activities

Tours

"Mason Jar" Raffle

Membership specials

Cooking demonstrations

## Gardeners Wanted!

*Want to use your gardening talents to help create and maintain beautiful gardens at an animal sanctuary?*

Volunteers needed to help with the design and maintenance of our 40-acre sanctuary in Ashford.

*No experience necessary.*

Mowing help also needed.

Any amount of time would be helpful!



**OurCompanions.org**  
46 Floeting Road  
Ashford, CT

#### Questions?

Leave a message at 860-242-9999 x317  
or email: [Krystal@OurCompanions.org](mailto:Krystal@OurCompanions.org)

46 Neighbors

# Where to find Neighbors

## Ashford

Ashford Spirit Shoppe  
Wooden Spoon Rest.  
Terry's Transmissions  
Ashford Post Office  
Babcock Library  
KSK Market  
Dizzy's Cafe & Bakery

Booth and Dimock  
Library

## Eastford

Eastford Post Office  
Coriander

## East Hartford

Raymond Library

## Bolton

Bolton Post Office  
Lyndale's Stand  
Subway-Bolton Notch

## East Windsor

Geisslers Market

## Hampton

Hampton Post Office  
Hampton Library

## Chaplin

Zlotnick's Gas/Conv.  
Chaplin Post Office  
Pine Acres Restaurant

## Lebanon

Green Store

## Columbia

Saxon Library  
Columbia Package

## Mansfield/Storrs

Holiday Spirits  
Bagel Zone  
D & D Auto Repair  
Villa Spirit Shoppe  
Storrs Post Office  
Mansfield Senior Ctr.  
Mansfield Town Hall  
All Subway shops  
Nature's Health Store  
Starbucks

## Coventry

Highland Park Market  
Meadowbrook Spirits  
Coventry Laundromat  
Meet Me on Main  
Café  
Subway  
Beebe House Rest.

People's Bank  
Storrs Comm. Laund.  
UConn Bookstore  
UConn Co-op  
UConn Student Union  
Willard's  
Tony's Garage

## Mansfield Center

Mansfield Library  
Angellino's Restaurant  
East Brook Mall  
HST Realty  
Lawrence Real Estate

## Mansfield Depot

Thompson's Store

## North Windham

Bagel One  
Subway  
No. Windham P.O.

## Pomfret

Vanilla Bean Rest.  
Pomfret Post Office  
Baker's Dozen

## Putnam

Antiques Marketplace  
Putnam Library

Subway

## Scotland

Scotland Library  
Scotland Post Office

## South Windham

Bob's Windham IGA  
Landon Tire  
So. Windham P.O.

## Stafford

Middle Ground Cafe  
Subway

## Tolland

Birch Mountain Pottery  
United Bank  
Tolland Library  
Tolland Post Office

## Vernon

Subway shops  
Nature's Grocer

## Willington

Track Nine Diner  
Willington Pizza I & II  
Willington Hill Pkg.  
Willington Post Office  
Willington Library

First Niagara Bank

## Windham/ Willimantic

Clothespin  
Laundromat  
Schiller's  
Lily Pad  
Cafemantic  
Willimantic Food  
Co-op  
Willimantic Pharmacy  
Main Street Cafe  
Nita's  
Design Center East  
That Breakfast Place  
Olympic Restaurant  
Subway/BJ's Plaza  
Super Washing Well  
Windham Town Hall  
Willimantic Public Lib.  
Windham Senior Ctr.  
Elm Package Store  
Willimantic Int. Design

## Windham Center

Windham Post Office

View all issues of Neighbors from January 2013 to present on our website: [neighborspaper.com](http://neighborspaper.com) You will also find advertising and circulation information

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### EVENTS

**5/14 TAKE A DRUM RIDE • 7pm**  
Bob Bloom • EASTCONN's Capitol Theater

**5/28, 5/29 VAUDE-WILLIE • 7pm**  
Bill Dougal, Suzanne LaTulipe, Dan Coyle • Textile and History Museum, Dugan Hall

### VISUAL ARTISTS

Imna Arroyo • John Byrne • Edmond Chibeau • Ryan "ARCY" Christenson  
Bill Dougal • David Fenn • Gail Gelburd • Belinda Gabryl  
Cynthia Guild • Tom Hebert • Jean Henderson  
Nancy Hoffmann • Andy Jones • Nicolas Khan • Hea Kim • ECSU Knitting Club  
Emily Kohn • Eleanor Linkkila • Alex Moshier  
Kathryn Myers • Kacee O'Brein • Afarin Rahmanifar  
Scott Rhoades • Kenneth SaintOnge • Elisha Sherman • Jim Turner & Horizons  
ECSU Visual Arts Club • Jessica Wagner • Tenzin Wangchuk

For more information and the Project Booklet visit:



**MyWindham.org**



Contact Gail Gelburd, Curator at [Artimages@my.easternct.edu](mailto:Artimages@my.easternct.edu)

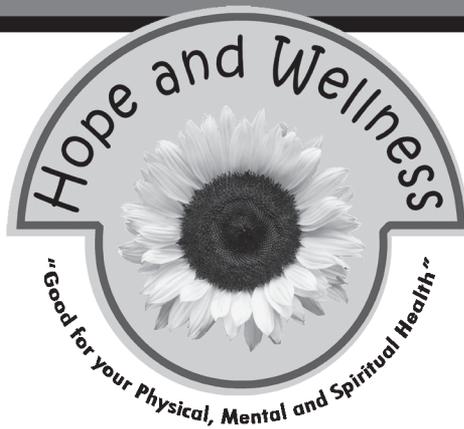
Department of Economic and  
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# Hope and Wellness Center and Salon



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## Wellness Center Staff

**Hope Mayhew, Owner**  
 Master Reflexologist and Teacher  
 Natural Health Consultant

**Nicole Banks**  
 Massage Therapist  
 Reiki Practitioner

**Bobbi-Jo Wicklund**  
 Nail Technician/Artist

**Tina Hernberg**  
 Usui Reiki Master Practitioner

**Tammy Lavigne**  
 Esthetician

**Sarah Garrison**  
 Stylist, Paul Mitchell Specialist

**Rachel Meikle**  
 Stylist, Redken Specialist  
 Keratin Product Certified

**Kate Bentley**  
 Stylist, Paul Mitchell Specialist  
 Make-up Artist

**Deborah Maccarone**  
 MA, CH  
 Advanced Study in  
 Educational Psychology  
 Certified Hypnotist

**Jim York**  
 American Red Cross-C.P.R.  
 First Aid Instructor

**Darlene Reviczky**  
 Team Coordinator