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No. 136

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## In this issue

- 4 Stand for Diplomacy, Yes to Iran Deal by Loretta Wrobel  
 5 Letters and emails  
 6 Next Year: "Grow Enough for the Woodchuck!" by Mark Svetz  
 8 Mansfield's Cloverleigh Farm C.S.A. by Dennis Pierce  
 10 Caring for an Aging Mother by David Corsini  
 12 Time-Space Place Entanglements by Phoebe C. Godfrey  
 13 Cooking Up Communitis submitted by Phoebe C. Godfrey  
 14 Democracy as 'Convivial Community?' by Len Krimerman  
 15 A Moment to Remember by Brenda Chapman  
 16 Biochar: An Old Miracle for a Modern Age by William Hooper  
 18 Dad and the Silver Clarinet by Chuck Morgan  
 20 More Rules for Filmmaking and Life by Dan McGinley  
 22 If This House Could Talk It Would Say...by Shirley Mustard  
 23 Unique Store Opens in Former Willington Train Station submitted by Cindy Caneen  
 24 The Protein Debate by June Hyjek  
 25 Flash Fiction: The End of Summer by Jennifer A. Powers  
 26 Running Multiple Races by Rachel Tambling  
 27 The Urgency to Slow Global Warming by Gary Bent  
 28 Clarifying Gandhi #7: Gandhi's Gifts to Speech by P.K. Willey  
 30 Epilogue by Tom Woron  
 32 Defending Lions While Ignoring Abortion by Conrad McIntire  
 34 Shooting Stars, Spaceships and the Milky Way by Bob Grindle  
 36 Some Truths About Trauma and Mental Health by Edmund Joyce Smith  
 37 A poem by Larry E. Zimmerman  
 38 The Packing House: Historic Performance Venue & Event Space by Tom Buccino  
 39 7th Annual Roots of Development's Bike/Walk submitted by Marian Bissonette  
 40 Dr. Mac by Steve Woron  
 42 A Philosophy That Transformed My Health And Impacted My Entire Life by Mary Hurley  
 44 When One Door Closes In Life, Another One Opens by Dan Blanchard  
 46 Your Local Community Media Resources by John Murphy  
 48 Fiddle and Song by Tom French  
 50 Our Community Calendar compiled by Dagmar Noll  
 53 Learning to Live Without Pain by Paul Recker



Photo by Sue Audette

....And much more!

Cover photo: The Hirakis place on Mt. Hope Rd. in Mansfield. Photo by Sue Audette. Sue is a member of the Quiet Corner Camera Club. See her article on page 44.

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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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# Stand for Diplomacy, Yes to Iran Deal

By Loretta Wrobel



Standing in the sizzling noonday sun on August 26th in downtown Hartford waiting for Senator Richard Blumenthal to arrive, I gaze around the circle of activists, my comrades, and wish for a better world. Many protestors have signs: Say Yes to Iran Deal, No War on Iran, Yes 2 Diplomacy, No More Wars, etc.

We are almost 100 strong on this day of standing up for peace and talking rather than bullying and killing. We chant “Give Peace a Chance” and “Yes to Diplomacy and No to War!” All of us form a substantial circle, each grasping a part of an impressive petition. This petition with thousands of names is to be delivered to our Sen. Blumenthal to demonstrate the support of Americans for the Iran Nuclear Deal. Why would we vote down a working dialogue with a country that has been closed down to us? Why throw away the deal because it is not the ultimate perfect document ever written? All negotiations are compromises. If we suspect Iran is building nuclear weapons, we can call for inspections. Why does this seem so simple to me and yet has caused such flack in our legislative body?

The Middle East is a conflict-ridden area that is misunderstood and demonized in our war crazy and frightened Nation. We don’t need more conflict in this area; we need more communication. The present deal on the table in our US Senate is not a flawless package; nevertheless, it opens the door for talking and negotiating with this stable and strong country. Ongoing talk and open communication hurt no one. We don’t need drone bombs or “boots on the ground”, as our candidates for Presidency are fond of saying. We need to meet with and educate ourselves about the Iranian people and treat them as equals.

Recently, I attended a talk in Northampton by Medea Benjamin, a cofounder of Code Pink, who has been to Iran and the Middle East on several occasions. When Code Pink goes to a country, they meet with the people and share stories, beliefs, fears and hopes. This may seem insignificant to those who have limited military minds. However, this is the path to learn about a country and its people. Plus it is a favorable occasion for Iranians to view Americans as people like themselves who want peace, a healthy environment and to live their lives surrounded by family and friends. America is not exclusively a country of bullies like Donald Trump and Scott Walker. When meeting traveling ambassadors like Medea and other members of Code Pink, citizens from other countries see different representatives of the US and learn that Americans also want peace and cooperation.

The Senate plans to vote on the Iran Deal immediately after the Senators return from the Labor Day break. It is

imperative that we send emails and call our Senators. As I write this, Senator Blumenthal has not revealed his decision as to vote yeah or nah. Sen. Murphy is in favor of the deal. Obama has vowed to veto the Senate ‘No’ vote. The Senate must gather 2/3rds of the vote to override the President’s veto. Please pay attention to this important vote and encourage others to demand a Yes vote in the Senate.

Secretary of State John Kerry helped craft this deal, along with representatives of several countries—Britain, Germany, France, Russia and China. We must not act like an oppositionally defiant teen and reject the chance for continued interactions and talks with Iran. Support our negotiators and all the other countries that want to avoid military confrontations.

Military confrontations enhance the corporations that sell war weapons and the tools for aggression. The multinational corporations and Israel want to keep Iran weak and see this Middle Eastern country as an enemy. The Iranians have not threatened or attacked us and seem to desire to keep the lines of diplomacy open. Let’s give this deal a chance. Our Country has many issues to focus on. We do not need another conflict zone in the Middle East. How many wars must we wage at one time? Isn’t one war “one too many”?

For once urge our legislators to listen to the voice of reason, and let’s use our words rather than our military might. We could transform our image from a trigger-happy country to a country that works on peace and diplomacy. This could give Obama an opportunity to demonstrate that receiving the Noble Peace Prize was not a mistake.

Sending delegations to Iran and other Middle Eastern Countries is a good idea. I doubt that most Americans know where Iran is located and would be unable to point it out on a map of the world. Even more salient, how many people know anything about the governing of Iran! I believe that with more knowledge comes more ability to understand differences and explore commonalties. Let’s take this opportunity to learn and discover more about Iran and its people. People-to-people delegations can be excellent for gaining cultural understanding and developing connections based on our humanity instead of our political and religious differences. Time for us to drop our arrogance and join the world.

We don’t need more military actions. We desperately need more meaningful interaction and communication. Putting out fires rather than starting them would be a good place to begin.

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# Letters & Emails

Dear Neighbors,

The July-August 2015 issue contains erroneous information about getting vitamin D from sunlight (page 18). The sun must be 50 degrees or more above the horizon for anyone to get vitamin D from sun exposure. Only peak exposure does any good, and only part of the year in New England. Also, the amount of required exposure varies for different people. If you wish to get D from the sun, you'll need to do some research concerning when it's possible to get enough, for your specific circumstances, and to balance the benefits against the risks of exposure.

Scott DeShong  
Hampton

June Hyjek replies-

While it is true that there are optimal times during the day and seasons in which the sun's rays will provide us with the most Vitamin D, this must be balanced against the damaging effects of those rays at those times. Yes, the exact hours, down to the minute, of peak exposure will vary by season, longitude and latitude, but the article was dealing with those of us here in this area and in the summer. Here, we experience the hottest part of the day and the most damaging rays roughly between 10 am and 3 pm, and with some common sense, we can safely enjoy the sun without necessarily consulting meteorological charts.

During off-peak times and cloudy days, our skin will still make Vitamin D when exposed to the sun, just not as much. The National Institute of Health agrees with this and says that, as a general rule, most of us will at least get some of our Vitamin D requirements this way. But this was the point of the article. Because of the potential harm full exposure of the sun can have, regardless of how much Vitamin D it will give us, we want to look at other ways to maintain proper Vitamin D levels and not count on the sun as our primary source.

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Willimantic, Now and Then:

## Next Year: “Grow Enough for the Woodchuck!”

By Mark Svetz

We have been waging a struggle of wills with a woodchuck in our yard this summer. It has left me thinking of my grandfather’s words many years ago when, trying to raise vegetables in the middle of the forest, he would sigh and say, “Next year, we’ll have to plant enough for us and the woodchuck.”



My grandfather managed to buy several acres of land surrounded by many square miles of state forest near Burr Pond in Torrington. Even at my young age, I was aware how idyllic this was, but I recall the struggles my grandfather and great uncle had trying to garden in that wild setting. There were many animals in the surrounding forest, and it was work keeping them out of the garden.

Sarah and I live in downtown Willimantic, just five minutes walk from the Willimantic Food Co-op, the Library or the Town Hall. Despite this relatively urban location, I find we have more problems with varmints and I am less philosophical than my grandfather was. The men in my family were not shy about killing. They would shoot – and eat – many of the varmints that lived in the woods, meadows and streams around the area. I learned to hunt and kill when I was shockingly young. Yet here were these two men showing such consideration for the critters raiding the garden that was so important to them.



When I knew them, my grandfather and his older brother Adam were kindly men, with whom I spent many hours walking and listening to the world around me. They grew fruit trees, including apple trees, onto some of which they had grafted several different kinds of apple, so the old Russet tree would bear Macintosh, Cortland and other types of apples. I loved to help as they bandaged the sprig of one apple tree onto a branch of another, winding the gauze and greasy mixture he used around the graft. It was mysterious to me, but no more so than Grandpa’s attitude when the woodchuck would wipe out his lettuce or bean plants. I expected him to make plans to kill the animal – dig it out and shoot it, or set a trap for it – but his forbearance was curious to me.

Not that they were always forgiving. I recall one afternoon when Uncle Adam and I were working in the garden and a porcupine fell out of a tree next to him. He whacked that porcupine with the hoe in his hand and it was a goner. Just like that! Whack! Dead porcupine.

I think of these men as we live with the woodchuck, deer, moles, and other animals. Today, we have different rules than my grandfather had. We are not inclined to kill the pests. And that’s all as it should be. We live in the city where there are presumably few animals to kill. I also believed – personal evolution being what it is – that I am more enlightened than my forebears, less inclined to hunt, fight or kill. But this struggle with the woodchuck has left me questioning my own beliefs. What are my obligations to my neighbors, furry four-footed ones as well as human?

Really, what I am thinking about is sharing. I know that we own the yard; it is our garden, and we enjoy, even if we don’t depend on, the food we get from it. The woodchuck also has some rights to this land, doesn’t it? The choice is clear between my family and the woodchucks, but is that choice necessary? Can’t we share it?

Our one acre of land in downtown Willimantic is teeming with wildlife. We have seen as many as five deer in our yard, grazing on our hosta, tomatoes, squash and other plants. Skunks frequent our yard, one even dug up a ground hornets’ nest a few years ago. Raccoons, possum and even mink have been seen in the woods behind our house. We are grateful for the skunks since they hunt other pests like wasps and hornets, moles and voles and I don’t know what else. But the woodchucks and deer are a different matter.

One year we had a fine crop of tomatoes with the fruit large, plentiful and just turning pink on the night the deer ate most of them. That led to a five-foot fence around the garden and containment – more or less – of the damage from deer. The fence also went under the ground a couple feet to keep the woodchucks out of the garden. All was well until early this summer when a young woodchuck showed up and dug its way under the gate.

My personal policy with the woodchucks and the deer – which I thought enlightened enough until I recalled my grandfather’s words – was to annoy the critters hoping they would seek easier meals. It had worked with the woodchucks we knew lived down in the small field behind our house. I shot at them with a slingshot when they came up the hill toward our house; we put rocks in their holes and generally interfered with them when we could. It seemed we had a truce.

This year, however, when our salad greens were getting large and ready to eat, we discovered a young woodchuck had dug into the garden. Assuming this was the offspring of past pests, I found myself unwilling to educate another generation of woodchucks, so we borrowed a live trap from our neighbor. We set the trap every day and watched as



the woodchuck found new ways to get into the garden and eat our lettuce, beans and squash, just beginning to bear fruit. We experimented with bait. Taking advice from friends, we even planted the rodents' favorites in little pots for the trap.

After quite a few weeks and quite a bit of lost produce, not to mention accidentally trapping a squirrel and a baby skunk, we were starting to think about better fencing. But one afternoon, Sarah and I returned from the Mt. Hope River, where we had spent a lovely evening, cooling off and enjoying the forest around us. Before coming inside, I decided to check the trap. I was surprised to find "Chuckles" (as I now called the woodchuck) sitting calmly in the trap. It had eaten all the bait – a half ear of corn, three melon rinds and a small pot of live lettuce – and seemed to be waiting for more when I approached the trap. We were excited.

We loaded the trap and Chuckles into the van and drove out to Hampton. We had decided to relocate Chuckles in the state forest, as far as we could get from any houses. We got there, unloaded the cage and opened the door. Chuckles took my encouragement and ran from the cage. It made a dash down an old road, moving amazingly fast for a roly-poly little rodent. Chuckles is now a wild woodchuck, and I hope, coping with the scarcity of squash, lettuce and beans.

As for me, well I am left in Chuckles' absence to mull my grandfather's words. You see, I am feeling rather cruel and self-centered to have taken this little – big appetite, yes, but still rather small – being from its home and left it in a strange wilderness. I think we would have gotten plenty of produce from our garden despite Chuckles' appetite. That night, I considered going out and setting the trap in the forest to see if Chuckles would take the opportunity to be brought home. But only for a moment, deciding instead to take the lesson offered by this experience.

The significance of my grandfather's words seems clear to me now. He was trying to tell me the woodchuck (like all creatures) has a right to the land along with us. I don't have to get the guns or traps every time someone samples my produce. There's enough for all of us. "Next year, I believe we will be able to grow enough for us and the woodchuck." I hear you Grandpa. It took me a while, but I hear you.

*Photos by Mark Svetz.*

*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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# Mansfield's Cloverleigh Farm C.S.A.

By Dennis Pierce

Most everyone finds adventure in trying something new. We stop at farm stands, go to the local Farmer's Market and some even dive right in and join a C.S.A. What is a C.S.A.? A C.S.A., or Community Supported Agriculture refers to a particular group of individuals who have pledged to support a local farm, where the grower and consumers are sharing the risks and benefits of food production. C.S.A. members or subscribers pay at the onset of the growing season for a share of the anticipated harvest; once harvesting begins, they periodically receive shares of produce. For those that are interested in supporting the local community, and are interested in how and where their produce is grown, this is an ideal situation.

Sometime adventures begin as a dream. Susan Mitchell, founder and farmer at Cloverleigh Farm C.S.A. lives her dream. While teaching science courses in upper state New York she had the opportunity to work with students to create a school garden. Let's say that is when the seed was planted. A change in career found her apprenticing at Holcomb Farm in West Granby, CT. She completed her training and through friends in Connecticut's agricultural network she ventured to seek out land in Mansfield, CT.

Susan sought out mentors to help her with her new career. She quickly realized that educational resources were limited with the average age of the American farmer at 58.3 years old, the major concern in the agriculture industry is who would be there to help? Who will grow our food once our aging farmers retire? She and others started the New Connecticut Farmers Alliance, an organization that created networks that would help grow the potential for success in the future food economy and create a voice for the young farmer. It is an organization that is farmer lead, farmer driven.

Cloverleigh Farm grows 40 different crops ranging from tomatoes and cucumbers to fall offerings like broccoli, cauliflower, cabbage and squashes. While visiting the farm, the view looking south to Willimantic was pastoral with the meandering clouds and the darting swallows. Cherry tomatoes filled a nearby hoop house. While the plants, trained on



vertical ropes reached to the ceiling, their branches were heavy with a bountiful crop perfect for a group of visiting C.S.A. members who were picking tomatoes for a dinner of homemade ratatouille. The farm's C.S.A. offers several options for participation. Currently the farm's season is 18 weeks. Whole shares can be purchased or if you think you may not be able to utilize a whole share, half shares are also offered. Unique to Cloverleigh Farms student shares are also available. Student shares are at a decent price and are sized appropriately for a student's shopping list. Pick up is once a week with an optional choice of either Tuesday or Friday from 3:00pm to 6:30pm. If you are interested in participating next season mark your calendars now for this November. Check in mid-November to the farm's web site to find information for the next season.

Susan's life revolves around dreams that are really achievable goals. She hopes to grow membership to 75 shares next year with a long term vision to be able to provide 300 shares. Through sustainable planting and obtaining land to lease with the right conditions she hopes to live out her vision, providing good wholesome local produce available for the local community. No synthetic chemicals are used in the farm's growing process. This is sustainability at its best. Currently, the farm follows National Organic Program processes and Susan hopes in the near future she can obtain certification.

For further information check out Cloverleigh Farm's web site at: [www.cloverleighfarm.com](http://www.cloverleighfarm.com) The farm is located at 483 Browns Road in Mansfield, CT. Email address is [cloverleighfarm@gmail.com](mailto:cloverleighfarm@gmail.com)

As I end this column I leave you with several culinary options just begging to be tried out. I begin with ratatouille which is a perfect end of the summer staple. Not only because of the availability of the local ingredients but also it is a very healthy dish. I also included a great lemon mint dressing that was shared with me that I wanted to pass on. It is great on salad but also can be brushed on chicken when you are preparing out on the deck grilling. If some of you still have the remains of rhubarb plants harvest them before they go to seed. After removing leaves and washing them cut them up to bite size pieces and put into a bag a and freeze. This winter take them out and add them to a recipe of moist brownies. While savoring these fudgy brownies you can dream of summertime and think about the new opportunities to enjoy fresh produce and be part of a community that shares our love of food.



Susan Mitchell, owner of Cloverleigh Farm in Mansfield.  
Dennis Pierce photo





Veronica Herrera (left), Meg Hampton (rear) and Eva Lucia Wiles. Veronica Herrera is an Assistant Professor of Political Science at the University of Connecticut. Her friend Meg was visiting from Boston. Veronica is a member of the Cloverleigh Farm CSA. They were picking cherry tomatoes to use in a recipe for ratatouille. Dennis Pierce photo

Ratatouille (Serves 6)

**Ingredients:**

3 T. of olive oil  
 2 small zucchini  
 1 yellow onion  
 1 green bell pepper, seeded and chopped  
 2 garlic cloves, peeled and minced  
 2 tomatoes, peeled, seeded and chopped  
 2 small eggplants, cubed  
 Salt  
 2 T. chopped fresh parsley  
 1 T. chopped fresh basil  
 1 tsp. dried oregano

**Directions:**

Heat 1 1/2 tablespoons of oil in a large skillet over medium heat.  
 Add zucchini, onions, peppers, and garlic and sauté until soft... but not too soft.  
 Add the tomatoes and heat to evaporate the liquid.  
 Transfer mixture to a casserole dish.  
 Toss eggplant in a bowl with ½ tsp. of salt. Let rest for 30 minutes. Rinse with water and pat dry.  
 Sauté eggplant with remaining 1 ½ T. of oil until brown and tender.  
 Add eggplant onion mixture and stir.  
 Add parsley, basil and oregano and stir. Let cool and adjust seasoning if necessary.

Serve reheated or at room temperature.

If serving at room temperature you might want to drizzle some balsamic vinegar on each plate right before serving.

**Lemon Mint Dressing:**

**Ingredients:**

(makes 1 qt.)  
 ¾ cup & 2 T of lemon juice (bottled)  
 3 T of Dijon mustard  
 1 ¾ T of sugar  
 4 T honey  
 1 ½ T garlic chopped  
 1 cup mint, cleaned and stemmed  
 1 cup olive oil  
 1 t salt  
 1 t black pepper  
 (Mix all in blender)

Take advantage of all of the local produce available. Freeze, can or just create a dish with your children. Visiting a local farm or orchard and then preparing a dish is a memorable occasion that will last forever. If you have a suggestion or a farm or local grower that you would like featured in this column drop me a line at [Codfish53@Yahoo.com](mailto:Codfish53@Yahoo.com). Peas be with you.

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# Caring for an Aging Mother

By David Corsini

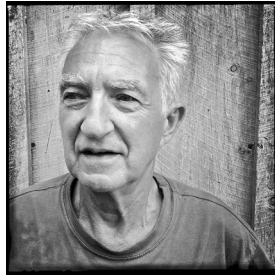
My father, Arthur, died in 1984 at age 77. It was not a surprise. There had been a heart attack in his mid 50's and several heart operations after that. In the summer of 1984 he was hospitalized by a heart event from which we did not expect him to recover. I remember sitting beside him as he was unconscious and monitored by several machines. It was strange to just sit with someone who was not responsive. At one point I got close to his ear and said: "Hang in there, Reagan is still president and we need your vote." He became agitated and bells on the machines began ringing and I feared I had done him in. However, he managed to survive my message and the heart event. He left the hospital and voted for Mondale in the November 1984 presidential election. My father died in December. Perhaps the election had something to do with it.

At that point my mother, Ruth, was 73 and living in the house in Westwood, MA where my family had resided since 1945. She drove, paid her bills, shopped and cooked, arranged for home maintenance, managed her medical appointments and had a network of friends. I visited every few weeks and she had regular contact with my sister who then lived in Fitchburg, MA. My mother died 30 years later in a nursing home at age 103 years 10 months. Over the 30 years, a long time, things changed slowly, her needs became greater and the responsibilities for my sister, who had moved to Vermont, and me increased and changed. Many decisions had to be made.

This is my remembrances of some of the events over those 30 years. I feel very fortunate that over the years my sister and I were in general agreement of what should be done for my mother and supportive of each other. We, in turn, had strong support from our spouses (or spice?) and extended family. And we were all fortunate that my mother had an active mind, exceptional memory, and generally positive disposition right to the end.

My house maintenance responsibilities included such things as mowing, fall leaf removal, weekly draining of rusty water from the steam furnace, staining of the porch, and care of the small goldfish pond.

When I was a teenager my father and I had built an 8' by 10' cement lined goldfish pond on a patio under several large oaks. This was a great spot for lunch and cocktails. Because the pond was shallow and became filled with oak leaves in the fall, before winter I would catch the goldfish and put them in a large tank in the cellar. Each spring I would bail



the pool to remove the debris, refill with water and replace the goldfish. The pool was a focus of the yard and source of a few family stories.

One year I had over wintered 19 goldfish in the cellar and put them into the pond before the oak trees had leafed in the spring. The week after I had placed the fish in the pond, I returned to find no goldfish. I suspected the neighbor's cat. But several weeks later I happened to talk to a neighbor who mentioned that she had seen a great blue heron at our pond. We knew of a great blue heron rookery about two miles from our house and apparently, before the oaks had leaves to hide the pond, a great blue had spotted our "puddle" and was rewarded when it came to check it out. And then there was the story of how one morning my mother, still in her nightgown, had managed to fall into the pond when feeding the fish.

By 1997 when I retired from UCONN and my mother was 86, my visits, involving a one hour and 45 minute drive each way, had become almost weekly. My sister, who lived in VT with a drive time of more than three hours, would visit occasionally for extended periods and my mother would also spend time in Vermont.



Over the years my role in managing her finances changed from sitting with her while she wrote checks to taking full responsibility for managing things. One task was to arrange for filing income taxes. As she got into her 90's her income was so low

and her deductions so high that she did not owe federal tax and the AARP tax assistants who came to the local senior center helped submit the forms. This worked fine for several years until one year I missed getting an appointment. So, I thought: "How difficult can this be?" and filled out the forms myself. Well, it turned out that it was a lot more difficult than this Ph.D. could figure out. She got audited and it ended up costing me more than \$300 to get things straightened out.

Although from time to time over the next years my sister and I would discuss moving my mother to either Connecticut or Vermont, we always decided against it. A move in either direction would put one of us four hours from my mother. Even into her 90's she had friends and family in the area, we had excellent paid caregivers for several hours a week, and her two sisters lived close by. Any change in residence also would involve finding new doctors and insurance hassles. In addition, neither my sister nor I were "spring chickens" and were dealing with aging issues of our own. I did not want to take day to day responsibility for my mother either in my home or across the street in a nursing home—even if that could be arranged. My sister was not eager to do that either. Most importantly, my mother wanted to stay in her own home as long as possible. There were things to do.

As arthritis became more of a problem for negotiating stairs, it became necessary to set up one floor living. Luckily there was a bathroom and den for a bedroom on the first floor. So, even though at first my mother would describe to me how she had crawled up to the second floor on her hands and knees and come down moving her butt one step at a time, eventually she stopped those excursions and settled in to one floor living.

We also became concerned about what would happen if she fell. Finally we convinced her to wear a Lifeline call button and a very helpful neighbor agreed to be the first responder with the fire department being second responder. There were several times the neighbor was called but most of these were false alarms. Upon occasion my mother would describe how she had fallen but managed to crawl to the stairs and with the help of the stairs she could right herself. These are not things children like to hear.

The lifeline program was one of the services provided by a regional elderly services agency. That agency also provided, for a small fee, a home health worker to come in weekly to do laundry and bathroom cleaning. The first person this agency sent was a local woman who wanted only part-time work. Even though this helper, because of her life circumstances, only came for a few months, she and my mother developed a friendship that lasted through correspondence and visits until the end of my mother's life.

The next helpers the agency sent were not from the local community, were irregular in attendance, had multiple life problems of their own, and had communication and attitude problems with my mother. After a few unpleasant experiences, we soon stopped these "helpers". At least the agency had provided an electric lift recliner chair that accompanied my mother to assisted living and eventually the nursing home.

When my mother could no longer drive or use stairs and it was more difficult to perform housecleaning, laundry and

cooking, it was necessary to bring in help more skilled than that provided by the Elderly Services Agency. From a list obtained from the local Council on Aging we found a local woman who would provide services. This person turned out to be wonderful. She shopped, cooked, transported my mother to hair and doctor appointments and was a delightful companion. This woman assisted my mother for over a year but had to stop as her life circumstance was changed by having twin grandchildren.

We were again lucky to find another local woman who could come for three hours twice a week, take my mother to appointments and, most important to my mother: "She bakes good cookies." At about age 95 my mother could no longer use a walker for excursions to the hairdresser and doctors. The caregiver could not manage to lift the wheelchair into and out of her car and so I became responsible to taking my mother to all appointments. With my visits once a week, this woman twice a week, occasional visits from my sister, and visits to VT, things went along pretty well.

Then at the age of 98 my mother began to experience "hallucinatory" type incidents. She would describe seeing a child and sometimes a woman in her room and she would describe the patterns on the wall paper as being in motion. My mother did not seem to be upset by the hallucinations but it was not a good sign. Her doctor was not sure if these changes were related to changes in vision, changes in cerebral function, or medication related. When my mother started calling her neighbor at night to come help her out and then failed to recognize him or his wife, it was time to move on. My sister came from Vermont and we started quickly visiting assisted living facilities hoping that my mother would qualify.

Next time our experience with doctors and assisted living facilities.

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# Time-Space Place Entanglements

By Phoebe C. Godfrey

*“A human being is part of a whole, called by us the ‘Universe’—a part limited in time and space. He experiences himself, his thoughts, and feelings, as something separated from the rest—a kind of optical delusion of his consciousness.”*  
Albert Einstein

When it came time for my father’s memorial I could not write a typical eulogy but instead turned a memory into poetic words.

*There is an image floating in the atmosphere of a father and daughter by a lake watching geese flying into an evening sunset. The father is old, his legs replaced by wheels, and the daughter nearing middle-age, shards of gray hair being caught in the soft fading evening light. The geese are noisy in their discussions of when to go and which way to fly and so the pair sits in silence and watches. The father sees their ease in flight as a mockery of his own cumbersome existence. The daughter sees their collective decision making as a hoped for union with her flock. Yet in this shared wanting what isn’t, thinking beyond what is they are in motion and in meeting. They have brought themselves back full circle to recognizing that they are alike in being together yet separate, content yet in opposition, still yet in flight.*

As I rewrite these words a new memory becomes superimposed upon this one and once again I turn it into poetic words.

*There is an image floating in the atmosphere of a brother and sister newly introduced standing on the shores of the Sea of Galilee. The heat brings an equal amount of genetically patterned sweat to drip from their skins, linking their bodies back to their biology and to the primordial lake within and without. The sister is older and has brought the ashes of their shared kin to immerse into the lake; the brother has yet to define how he feels about the remains of the one he never knew. Yet upon this shared shore they find a common plane, a time-space place where they have brought themselves back full circle to recognizing that they are alike in being together yet separate, content yet in opposition, still yet in flight. They then both sight about a mile out a white pelican, as if a magician had turned human dust into floating fowl. Like another upon the water scene, together they define what it means in a language beyond words, in a manner that triangulates them three as one.*

In early August I went to Israel and met my half brother and his family for the first time. I spent ten days exploring them and their lives and the possibilities of our new lives becoming increasingly entangled. Feminist physicist



Karen Barad explores the concept of “entanglements” in her book *Meeting the Universe Halfway* (2007). She states “... individuals emerge through and as part of their entangled intra-relating...” and that this is a process which makes it “...impossible to differentiate in any absolute sense between creation and renewal, beginning and returning, continuity and discontinuity, here and there, past and future” (p.viii). Although for Barad her theorizing of the concepts ‘entanglements’ and ‘intra-relating’ applies ultimately to quantum phenomena, she also applies them to the overlapping complexities of ontology (the nature of being) and epistemology (the nature of knowledge / meaning). For me as I reflect upon both the lived and the literary memories of these two incidents I know in my being, and in my being it is known that what Barad states is true. It is ‘impossible to differentiate in any absolute sense between’ anything and with increased physical and emotional entanglements the validity of that impossibility becomes enhanced. The geese in my first memory became the pelican in my second, the lake in New Jersey became the Sea of Galilee, my brother became my father, my past self became my future self, my father became his ashes that became the water upon which floated the pelican, upon which once walked a man, became that which the world could not speak but shared, became what my father and I could never speak but shared, became what my brother and I also could not speak but shared, became that which linked us all along the more immediate and intimate, to the more distant and universal, strands of life that, as Einstein observed, connect the parts to the whole. From this perspective there is no fixed beginning or end, merely change. As Lauren Oya Olamina, the empathic protagonist in Octavia Butler’s dystopian sci-fi novel *Parable of the Sower* (1993) states, as she seeks to birth a new spirituality for a world ravaged by climate change and social collapse, “All that you touch you Change. All that you Change Changes you. The only lasting truth is Change. God is Change”.

# Cooking Up Community: CLiCK's First Annual Community Meal!

Submitted by Phoebe C. Godfrey

On September 14, 2014 artist Seitu Jones of St. Paul Minnesota orchestrated with grant funding, as well as 400 volunteers, a ½ mile long free community meal for 2,000 guests. His goal was to start a community conversation around food access and food justice and he felt there is no better way to do this than over a meal (see <http://www.yesmagazine.org/issues/cities-are-now/photo-essay-at-a-half-mile-long-table-chefs-farmers-and-volunteers-feed-a-neighborhood-for-free>). This was the inspiration for CLiCK and Grow Windham's first ever community pot-luck held on August 29th to which members of the community, in particular those who are involved with other local non-profits, were invited to bring a dish, as well as, their own utensils, and to join in a collective meal outside in CLiCK's beautiful orchard. Additionally, there was music and art activities, in particular attendees were invited to write or paint on pieces of wood what they like about Windham and the pieces are in the process of being attached to cedar posts in the orchard. As a gathering of about 80 community members, the meal aimed to solidify attendee's interest and appreciation of the people and the community in which they, we

live. From vegan gluten-free mac and cheese, to mole and quesadas, to peaches from the orchard, to farm fresh salads and savories, to chickpea chocolate chip cookies and fruit salads this meal represented the labors and loves, including the cultural cuisines, of all who attended. As world famous chef James Beard once said "Food is our common ground, a universal experience" and the more we take the time to grow it, to make it and to eat it slowly and together the healthier our bodies, communities and planet will be. If any readers are interested in getting involved is next year's meal, as we attempt to grow it to match its inspiration, do get in touch.




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# Democracy as ‘Convivial Community’?

By Len Krimerman

## A Revolutionary Cup of Coffee in a Living Room?

Once again, Mark Svetz has hit the crucial nail directly on its head. In his “Lets Change the World Over a Cup of Coffee” article (see July/August *Neighbors*), he writes:

*“To be 21st Century Activists, I think we have to start with a conversation, not just to see what makes us angry, but to find out what hopes and dreams we might share.... I have always believed one of the most revolutionary acts we can engage in is to speak with other concerned people, and — most important — listen to what they have to say. Activism today, it seems to me, is really finding the common ground. Let’s get together and talk about what kind of life we want our grandchildren to have, and what we can do to build communities to nurture those lives.”*

This is precisely the main message of Cecile Andrews’ beautifully written and thoroughly practical book, *Living Room Revolution* (LRR). Compare, for example, these thoughts of hers with those of Mark’s just quoted.

*“When we’re working for social change, we often forget the importance of community. We focus on goals. We’re here to win an election, to save the old-growth forest, or to get people to drive less. But the change doesn’t happen or it doesn’t stick because the change isn’t linked to community. We drop out because the meetings are tedious and unpleasant. People find excuses for not coming.*

*But it doesn’t have to be that way. No matter what you do, make sure people get to know each other and talk with each in a congenial way. For instance....take time to move around the room and greet people. Start your meeting with a “check in”. Periodically have small-group discussions... so that everyone gets to talk and make closer contact with others. Hang around at the end for convivial conversations. Periodically have pot lucks. Make the meetings enjoyable...”*

Cecile’s primary notion is that of “convivial community”; to the question, “How do we create change through community?”, she responds:

*When I do workshops, I ask the participants to recall times in their lives when they experienced community, and to reflect on how it felt. As I listen to their responses, the word that always comes to mind is conviviality — the quality of being companionable, congenial, agreeable, and amiable. [Conviviality is] an energy that involves people and bathes them with good will. It’s a concept that points the way in our search...to nurture caring, collaboration, and concern for the common good...For social change, then, creating convivial community is where we start — not as a separate thing, but in*

*anything we do.*

But Cecile does not stop with concepts, however instructive or insightful. LRR fully lives up to its sub-title — *A Handbook for Conversation, Community, and the Common Good*. It provides us with numerous examples, ranging in size and substance, of social change generated by conviviality. And with many useful lessons she has gleaned from her own practice of convivial democracy and that of others; e.g., eleven suggested guidelines for the “Art of Conversation”, including “Take the Risk of Saying What You Think or Feel”, “Appreciate Others”, “Listen”, “Ask Good Questions”, and “Laugh Freely”. Two chapters swiftly follow on sustaining focused and civil group conversations, and others later describe deeply democratic forms of People’s Education and ways of Remaking a Counterculture. Each of her twelve chapters offers a different, well-researched, and clearly described path by which ordinary folks can access our “true nature”: “At heart”, Cecile claims, “we are all teachers”, willing to “nurture, inspire, guide, challenge, and support others by talking with them”. As Thoreau once put it, “We are all school masters, and the universe is our school house.”

Certainly sounds good, but...

OK; I do resonate with almost everything in LRR and what Mark advocates. Still, there are some thorny questions. If convivial community, artful and respectful conversation, recognizing the teacher (and learner) in everyone....are such good things, why is there — seemingly — so little of them? Why do so many people in so many different locations and from so many different backgrounds appear to have little or no interest in empathetic dialogue or in searching for ways to create convivial community or to pursue the common good? Why, indeed, do so many of our neighbors seem to be disinclined or even resistant to engage in any sort of constructive social change?

These are not abstract or philosophical questions. Mark and Cecile are advocating for a very, very different culture than that we all are now submerged within. The road from here to there, as many folks before us in eastern Connecticut can testify, is neither short, smooth, easy to find, or without great dangers. I’m delighted to share that cup of coffee, or tea, but perhaps our first revolutionary and empathic conversation needs to focus on where and how we can find courageous and dedicated allies to join us in that long and worthy journey that begins with a single step. And, also, how to subvert or supersede whatever it is that keeps people not only from sharing their hopes and dreams, but from even imagining that they are entitled to have any.

Am I wrong-headed to raise these qualms? Maybe we should just plunge in, without worrying whether we’ll succeed, or determining how many others will take the plunge with us?

I’m eager to learn how anyone still reading thinks

about this, and to have a conversation with you about it – by email or in person at the Willi Food Co-op. Email me at [lennvgeo@mindspring.com](mailto:lennvgeo@mindspring.com).

Note: Cecile Andrews' Living Room Revolution, published by New Society Publishers in 2013, is available inexpensively as a used book at Better World Books: <http://www.betterworldbooks.com/living-room-revolution-id-0865717338.aspx>.

## A Moment to Remember

Submitted by Brenda Chapman

Deshawn Chapman turned nine this past July. He lives with his mother, Brenda Chapman, and attends North Windham School. He enjoys playing basketball, baseball and soccer. When he is not playing sports, he attends Legos Camp or is busy as a Cub Scout. He also attends the Julie Lang Studio of Dance in Manchester where he is perfecting his break dance skills.



When Deshawn was a little over the age of 4, his mother was driving him to the park. They were going to celebrate Martin Luther King, Jr.'s birthday. His mom turned on the car stereo and began listening to MLK's "I have a dream" speech. Reflecting on the many struggles that people of color have been subjected to, his mom began to cry as she listened to the speech. "Why are you crying?," Deshawn asked. Fighting back tears his mom pulled over on the side of the road and explained that she loved the speech and shared with the youngster the importance of the message. "I will learn that speech for you," Deshawn promised. And he did.

Editor's note: I would like to thank Brenda Chapman of Windham for her piece about her son, DeShawn. Many of us go about our busy daily routines and fail to recognize special moments with a loved one, friend or perfect stranger. In those moments we are presented with a choice. Do we end it abruptly and move on with our day? Or do we stop and let this precious time develop, to look someone in the eyes and really listen to what they are saying. And respond after compassionate thought. At the end of the day, we will pause and remember these moments. And look forward to more. Do you have a 'Moment to Remember?' Email or snail mail it to [neighborspaper@yahoo.com](mailto:neighborspaper@yahoo.com) or Neighborspaper, P.O. Box 430, Ashford, CT 06278.

Deadline for November-December issue of Neighbors is Friday, October 16, 2015



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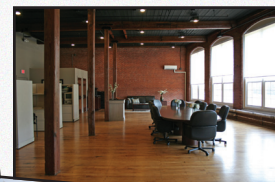


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# Biochar: An Old Miracle for a Modern Age

By William Hooper

In 1540, the Spanish conquistador Francisco de Orellana traversed the entirety of South America, following the Amazon river and its tributaries. His journey was a disaster; the majority of his men died or deserted, he failed to find the wealth he sought, and he accidentally introduced European plagues like smallpox in his wake. A well-meaning Dominican friar accompanied de Orellana on this voyage. The friar, Gaspar de Carvajal, eventually penned an account of the entire 2000+ mile voyage. Francisco de Orellana died a few years later, still trying to monetize his ill-fated journey into profitable conquering. Gaspar de Carvajal lived another four decades, notably sending repeated (but unfortunately ignored) reports to the Spanish crown begging for intervention on behalf of the native peoples, whom he saw suffering atrocities at the hands of Spanish overlords.

De Carvajal's record of the great river journey languished in obscurity for three hundred and fifty years. What few scholars bothered to find copies dismissed the work as propaganda and fantastical lies, given that it records extensive populations of settled peoples living in fortified towns connected by engineered roads on a landscape marked by large-scale construction. This was clearly ridiculous, as later explorers found nothing along the Amazon but scattered nomadic people living with stone-age tools, and as the science of soil chemistry advanced, it was shown that acidic and nutrient-poor soils sampled in the Amazon basin could not support large-scale agriculture.

In only the last generation, however, a massive shift in understanding vindicated de Carvajal's descriptions. In addition to archaeological and sociological evidence, two key realizations explained how large groups could live in the areas in question. First, it appears that native peoples 'farmed' the forests in many places. By cutting trees which did not produce edible fruit or nuts, combined with selective burning to stimulate regrowth, the forests were cultivated over centuries to be filled with food plants, allowing larger and more regular harvests than simple 'hunter-gatherer' cultures could achieve. This concept of agroforestry provides a main plank of permaculture thinking in the modern era. However, the other discovery forms my focus for this month – the re-discovery and new understanding of terra preta, the near-magical 'black earth' that fed a civilization in the middle of the rainforest. Terra preta deposits are found all over the Amazon basin. This dark-colored soil holds a much higher carbon content than normal topsoil, and this high carbon content is stable for centuries. This appears to be a result of earlier Amazonians deliberately adding pyrolyzed organic matter – that is, charcoal – to the soil, followed by organic wastes (compost, food scraps, etc.) This non-intuitive mash leads to an amazing act of soil alchemy. The finely-ground particles of pure-carbon charcoal are porous,

meaning they present (like a sponge) a huge surface area and many nooks and crannies. This huge surface area appears to be colonized by beneficial soil microbes, and the nooks and crannies saturate with water and the water-soluble nutrients that normally leach down out of the topsoil. As a result, the terra preta becomes super-dense with available plant nutrients, water, needed soil life, and so forth, and the charcoal itself is largely stable and inert in the soil, so these benefits persist year after year. In addition, the wood ash that came along with the charcoal helped counteract the natural acidity of the Amazonian soil, making it more suitable for many cultivated food crops.

Modern attempts to recreate the magic of terra preta lead to what is now called biochar, charcoal "charged" with bionutrients and mixed in with soil in order to increase soil fertility and sequester carbon.

Biochar comes from pyrolysis of organic materials, often 'waste' products like scrap wood and agricultural detritus. Pyrolysis is distinct from burning, which involves combining materials with oxygen. Pyrolysis, by contrast, involves heating materials in the absence of the oxygen, which causes the breakdown of complex organic molecules, producing various flammable gasses (syngas) and liquids (bio-oil) as well as leaving behind a large volume of pure carbon in a low-density, porous form. This 'fluffy' pure carbon is charcoal. When that charcoal is saturated with nutrient-rich broth, and/or mixed with compost and allowed to age, it becomes biochar, and it becomes a soil amendment without peer in the world.

Biochar's importance in permaculture derives not only from its soil-building ability, but from its carbon-sequestration capacity. To understand this, follow the life cycle of a tree. The tree grows, adding wood to itself by pulling carbon dioxide out of the air. The tree stabilizes the soil around its roots, usually causing further carbon to be pulled from the atmosphere as the soil gets richer. Finally, decades or centuries later, the tree falls. Now, all the carbon stored in the tree's wood will return to the environment. Some of it stays in the soil, consumed and incorporated into fungi and bacteria. Most of it returns to the atmosphere as CO<sub>2</sub>, in the exhalations of the termites and other creatures that eat the wood and digest it for energy.

Now imagine if that same tree is turned into biochar. Between 20% and 60% of its total carbon content becomes stable, inert charcoal. This charcoal is mixed with the soil, contributing to a much richer soil structure. In addition, the charcoal persists for centuries, locking its carbon content away from the atmosphere. Indeed, some climate scientists have proposed large-scale biocharing initiatives as a way to combat atmospheric carbon dioxide, the chief driver of global climate change. For reference, realize that burning one gallon of gasoline releases about twenty pounds of CO<sub>2</sub>, in exchange for energy. Turning one pound of wood into biochar locks up about a pound of CO<sub>2</sub>, while also releasing usable energy.

Now that you're excited about biochar's potential,



a word of caution. Do not go out and buy a bag of charcoal briquettes and mix them into your petunia bed. Commercial charcoal for burning is usually made with binding agents that you don't want in your soil, plus it's sometimes lightly coated with flammable materials to help it get started. Also, you want much finer grains than that. Secondly, don't make charcoal the old-fashioned way, where you get a big fire burning, then dump dirt on it to drive out the oxygen. This will make charcoal over the course of several days, but it releases huge volumes of potent greenhouse gases and air pollutants. The clean way to make biochar is using a retort or kiln system that captures the released gasses and feeds them back into the firebox, using them to further heat and pyrolyze the wood.

If you want to know more, including information on biochar-making, try these links: Small-scale biochar production: <http://www.biochar.info/biochar.biochar-production-methods.cfm>

Biochar International's "Why Biochar": <http://biochar-international.org/biochar>  
Cornell University's research on biochar (Fairly technical in nature): <http://www.css.cornell.edu/faculty/lehmann/research/biochar/biocharmain.html>

If you just want some biochar to add to your soil, or want to ask further questions about this or other topics I've covered, feel free to email me at [whooper@gmail.com](mailto:whooper@gmail.com). Until next time, 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*

## Ashford's Hungarian Social Club Celebrates 80<sup>th</sup> Anniversary

Submitted by Eva Annati

The club will hold a dinner and dance on Saturday, September 26<sup>th</sup> from 6pm to midnight. This special event will include an authentic Hungarian dinner of chicken paprika over spatzel noodles, cucumber salad and stuffed crepes for dessert. Live music will be provided by the Horvath Trio from New York City.

The Hungarian Social Club came into being in 1935 by a small group of Hungarian immigrants living in the area. They wanted to have a place to congregate and to carry on their old world traditions.

Throughout the year many functions take place at the club and the public is welcome to share in the festivities. For more information and to make reservations for this special event call Irene at 860-593-5916.

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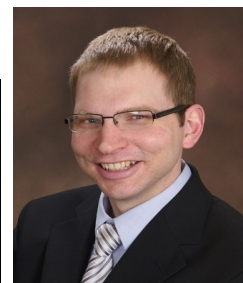
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# Dad and the Silver Clarinet

By Chuck Morgan

When Dagmar Noll asked me to write an “inspiring piece about learning and playing music,” I wasn’t sure. Then I thought back on all the entertaining, informative articles in Neighbors by Mark Svetz, and decided to try, somewhat using Mark’s writing as a model.

In grammar school in New Orleans in 1948, we had music lessons with wooden sticks to play rhythm. Those considered talented were quietly given a tambourine or triangle...the rest of us continued to make do with our wooden sticks. Later our teacher sent us home with a form for our parents to purchase a “tonette”, or “recorder”, to continue our music education. After the tonette we were encouraged to continue with a real instrument, if our parents would purchase one.

Well that’s where things rested for a while; I forgot all about music. Then one day when we met Dad getting off the Claiborne Avenue streetcar from work, he had a black case in his hand. When we got home, he gave it to me and I opened it. Imagine my excitement when I saw inside a shiny metal clarinet that he and Mom bought from Werlein’s Music on Canal Street.

I guess I learned to play it OK. I remember having to stand in front of the class and play a tune. I played “The Marine’s Hymn”, a great favorite of mine at the time.

About 1950 our family moved to a small city in southwest Mississippi. It was a pleasant place surrounded by fields, pinewoods, and low hills. It was founded about 1850, on the Illinois Central mainline. I remember a cotton gin, lumberyard, creosote plant, oil field, clothing and lawn mower factories, and the usual assortment of commercial businesses. There were lots of fields amidst the woods....I remember cotton, corn, and probably soybeans.

When I went to junior high, co-located with Brookhaven High, I joined the junior high band. I have great memories that fall of learning to march at 7:00 AM on the football field. The band director Mr. Moore taught us to march in formation and play our instruments. There I formed friendships I still remember fondly. We were a small group, but looked forward to joining the high school band. About this time the high school band got new uniforms to replace their worn out red ones. We in the junior high band took this opportunity to outfit ourselves with the old uniforms. I can remember

rummaging through the old uniforms with my friends Carolyn, Jimmy, and Hugh T, trying to piece together enough uniform parts to outfit ourselves. I don’t think Mr. Moore was too happy about this, but he let us try anyway. Whether or not we were ever successful at using the old red uniforms, I just don’t remember. I do recall us playing at some performances, perhaps a football rally marching through Brookhaven on a Friday afternoon. Those were wonderful times.

Anyway, by the time I finished the 8th grade, I guess I had become a fairly adequate clarinet player for junior high. I remember going with my friend Hugh T, who played trumpet, to a one or two week summer music camp at Southern Mississippi State College in Hattiesburg. There I learned a lot about being in a band. We auditioned the first day, and I was

surprised to find that I was placed with others playing 1st clarinet.

Later I came under the musical influence of David Hobbs, 3 or 4 years ahead of me in school. He was an interesting guy. At a time when most of us wore blue jeans and plaid shirts, David always wore slacks. Although still a teenager he was very mature and dignified for his years. He was well known to all in school as an outstanding clarinet player. He later became

principal clarinet in a major orchestra. Although of medium height and delicate looking with very fair skin and and rosy cheeks, he seemed well respected by all his classmates. I can recall him in the midst of his football team classmates at recess laughing and joking with them in an easy, highly self-confident manner. About the time I entered high school David showed up at our house and, with considerable aplomb, told me that he was going to make me into a clarinet player. No discussion.... that was just the way it was going to be. Whether Mr. Moore had asked him to take me under his wing, or David had just decided that he wanted the challenge of molding a clarinet player, I never knew. But David was a good taskmaster. Along with interesting etudes, he assigned me a certain exercise to play every day, to build up lip muscles and musical tone. I hated that exercise. It was about 10 minutes of slow, boring notes over the range of the clarinet, as loudly as I could play. David didn’t hesitate to bawl me out when I truthfully told him how little I had practiced the previous week. Later I learned to fudge a little on how many hours I had practiced. But his mentoring paid off, and that summer I made the Mississippi Lion’s All-State Band. With over 100 other band members



The author (2<sup>nd</sup> from right) on tenor sax and his band, circa 1956.

Contributed photo

we had a week of marching and rehearsals at Mississippi State College. Then we were off on a week's bus trip to the International Lions Club Convention at Atlantic City, where we won the band competition. One of our drum majorettes was Mary Ann Mobley, who was Miss America 1959, later co-starred in two Elvis Presley movies, and had a distinguished movie, TV, stage, and public service career.

So those are a few memories of my musical beginnings. They are part of my lifetime joy in amateur musicianship. Thanks to Mom and Dad for getting me that first clarinet, thanks to Hugh T and others for becoming the first of many close music friends, and thanks to David Hobbs for making me practice and become a pretty good clarinet player.

## Joshua's Trust Walk/Talk

Submitted by Angelika Hansen

Saturday, September 26<sup>th</sup>, 10:00am

Join Scott Matthies and Gary Griffin for a walk/talk at the H.E. Preston Sanctuary in Hampton. They will discuss various methods used in an attempt to control invasive plants, such as Japanese Barberry, Bittersweet and Multiflora Rosa. The walk will go through a wooded area where a thick stand of Barberry has been removed and the methods used will be discussed. The walk will also pass along a field edge where repeated attempts have been made on the thriving Bittersweet and other invasives. Finally an area will be viewed that the State Department of Forestry and Horticulture used in their efforts to control invasives. Directions: the Sanctuary is 3 miles north from Hampton center, across from Kimball Hill Rd. Look for the Joshua's Trust sign at the entrance. For information, email Scott at [scottmatthies@charter.net](mailto:scottmatthies@charter.net).

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Neighbors

A little paper, big on community

# More Rules for Filmmaking and Life

By Dan McGinley

In the last issue I addressed the first ten rules of Werner Herzog's twenty-four "rules for filmmaking". Here are the remaining fourteen:

**Rule 11: Ask for forgiveness, not permission.**

We filmed in a few cemeteries without permission, and made quite a racket doing it, with lights and gear and guitars and very loud screaming, but only one incident involving police. Other than an officer putting a hand to his weapon and telling me "Stand back and don't move," everything went pretty well. I wasn't gunned down, and the police were very understanding. They let us continue after learning why a small child was screaming at the top of his lungs in a cemetery, at night. The child was, after all, a minion of Satan. The bravest move to date was filming our leading lady walking the length of a high-end hotel lobby to the phones. Staff at the reception desks watched with interest, but since Mellissa was carrying a guitar and appeared rock star cool in a black leather jacket, they probably thought she was some celebrity getting filmed by Fox News or Entertainment Tonight. Whatever they reckoned, nobody challenged us. The best guerrilla score was after the Chairman of a local library refused to let us film there, but we did it anyway. If it survives edits, you can enjoy that crazy little scene when the film comes out, and have a good chuckle knowing this tidbit. My local taxes paid-off.

**Rule 12: Take Your Fate into Your Own Hands:**

I used to have a "career" for a large engineering firm, working first as a land surveyor, then as an environmental scientist and GPS tech. When the recession took that company down hard, I lost my job and was suddenly unemployed as a man in his fifties, with a family and responsibilities. After nearly two years of searching, I was lucky to land a job that had nearly five-hundred applicants, but a brutal and important lesson was learned. I'm not depending on other people for job security and fulfillment. I need to work for myself, and make it at something I do very well and am very passionate about. At the risk of sounding arrogant, I have truly paid some dues and won enough awards on the path to discovering what I love and can do best, but now I have to execute and carry through to judgement day. The clock is ticking.

There was an intensive study concerning people with a short time to live, whereas they were asked about regrets.

Nearly 100% responded that they had never chased a dream, or tried to make a living doing their true passion. That they had always been "clockers;" punching time cards for some employer until retirement, etc.

I'm not stupid though – the day (actually night) job remains – but I am driven, and driven like a madman. Life is too short, and I'm going for it. Hell or high water, I will make films and try to make them entertaining, if not relevant to some degree.

**Rule 13: Learn to Read the Inner Essence of a Landscape**  
The Quiet Corner has scenic landscapes in spades.



Anyone who watches a good western will often notice lengthy landscape shots establishing the panoramic setting of this beautiful country heading toward the Pacific. Some of the most stunning scenes can be found in films like *Chato's Land*, with Charles Bronson playing an Apache warrior. "Who ARE those guys?" is a familiar line from *Butch Cassidy and the Sundance Kid*, whereas you can see dust rising from miles and miles away, as a determined posse bears down on our favorite outlaws. The area in Windham County hosts thick forests and swamps that can easily become the Louisiana bayou

country we need to depict, without a costly trip down south. At night our microphones are loving those peepers and other loud "swamp creatures". We may be filming in and around Ashford, but if cameras are used properly, you are looking for gators in the water.

**Rule 14: Ignite the Fire Within and Explore Unknown Territory**

I would say that filmmaking itself was unknown territory, after the fire within ignited and spread rapidly. I spent countless years hunched over keyboards from electric typewriters to word processors to early computers and onward, hating the sedentary process of sitting . . . hunched over keyboards . . . to tell a fictional story or describe real events. I was always just trying to translate scenes in my head when the answer was there all along, to just grab some equipment, learn how it all works, and make the story come to life before our very eyes. A few years ago it was definitely uncharted territory, but now it's familiar ground, and that fire is exacting a scorched earth policy. Right to the very end.

**Rule 15: Walk Straight Ahead, Never Detour and . . .**

**Rule 16: Maneuver and Mislead, but Always Deliver**

I'm going to say that he means even if you have to juke and jive a little, never deviate from the end result, and since film is all about smoke and mirrors, you still have to get there, to the end, and never quit. Walk straight into the fire, but dance a little to keep from getting burned-up.

#### Rule 17: Don't be Fearful of Rejection

We've been showing our first half-hour to countless objective viewers, and looking for criticism. Everything is considered and studied carefully to see if it helps or hurts the overall film. This is why writers have editors, agents, and personal critics they value highly. Find the flaws, turn me down for whatever reason; we will learn, improve, and move on to deliver something better. Test audiences and their critiques are pure gold.

#### Rule 18: Develop Your Own Voice:

Otherwise, your success is always limited as a "tribute band" to someone else. You will always be known as "just like" someone else. Learn from them, yes. Study their moves, but in the end you have to develop a unique voice or stamp, period. The rock group Heart started out as a Zeppelin band, but definitely found their own way. I may love and sometimes imitate a Sergio Leone western move, but it's in a different context, and I can apply "contrived timing" to movement other than worn cowboy boots clomping across worn plank floors.

#### Rule 19: Day One is the Point of No Return

No doubt. If you are on a fulfilling journey, then that first day is full of wonderment, discovery, and a brave new world unfolding before your very eyes. Down the rabbit hole and into Wonderland. There's no turning back, and challenges are welcome. Day one will eventually become a viewing audience, and a new journey begins.

#### Rule 20: A Badge of Honor is to Fail a Film Theory Class

Never took one, although I studied film and filmmaking in college. A "theory" class never made sense to me; I prefer a proven hypothesis. Theories are great for ideas, but not tangibles.

#### Rule 21: Chance is the Lifeblood of Cinema

I think taking chances blankets all of the above, so yeah – I'm taking some extreme chances here, except with money. I didn't max any credit cards or go into debt making this film. I've approached complete strangers, did a little guerilla filming day and night, maybe grabbed a few short hairs or ruffled the feathers of people with roads named after them, but then again every new venture is full of risk, and the word "no" often means "find another way". If your football team is stopped on first down, you still have three more to go, and often plenty of time on the game clock. Pick another play and execute. If we get rained-out of a scene . . . wait. Rain often adds a great atmosphere. Thanks Mother Nature. We took a chance and you gave us one. Be upbeat, find your path, and rock on!

#### Rule 22: Guerilla tactics are Best

#### Neighbors 21

I'm going to say no. It sounds great, but it sounds like Hunter S. Thompson, or a drunk indy guy whispering in your ear at a midnight party. Excuse me, I would like to talk with Spielberg a moment, and we can all name a lot of his movies that weren't done with guerilla tactics. Probably all.

#### Rule 23: Take Revenge if Need Be

The library scene was definitely inspired by a suitcoat towny saying "no". Revenge is sweet, so cue the evil laughter and counter that punch with gleeful creativity.

#### Rule 24: Get Used to the Bear Behind You

Since Herzong was referring to an actual bear he filmed, it makes sense. But he also means that sometimes you have to adjust with your environment and get things done. We constantly had drunks distracting a shoot right off main street, in a town which shall remain nameless. The cast and crew showed a lot of patience that night, and cameras rolled on to capture some incredible footage. Metaphorically speaking, there were lions, tigers, and bears, oh my.

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# If This House Could Talk It Would Say...

By Shirley Mustard

Let's give yet another round of applause to historian Bev York for her inspired implementation of this project. It is a community based history and public art project. First created and produced by residents of the Cambridgeport section of Cambridge, Massachusetts. Projects of a similar nature take place annually in neighborhoods and communities around the United States. The concept is to collect and present local history, and historical anecdotes, through a collaborative activity in which residents and businesses post hand written signs and graphics in front of their homes and businesses telling stories and offering information from the recent or not-so-recent past. The descriptive signs are on open display for passers-by to read and learn from as they walk along the streets.

Judging from the interest and positive feedback it was a tremendous success. Unfortunately, the signs were collected before everyone had a chance to read the unique information displayed. The best viewing was on foot, and, to that point, WVNA member Donna Young has a wonderful idea to display them again during Walktober. Anyone reading this ready to pick up the ball?

The white profile of a gabled house contained some amazingly diverse bits of history and humor. Among the latter was a heartfelt plea at one abandoned, faded Queen Anne which simply stated, "Please help me!"; and "No waiting in line" at a house with a two-seater outhouse.

A surprising bit of info was noted that a 1999 Super Bowl ad featuring Jim Calhoun was filmed at one house.

An Arts and Crafts 1919 bungalow on Chestnut Street was occupied by Archibald Sharpe. He was an architect whose office was at home. We've heard from some long-ago Natchaug School students that he was also "shop" teacher there in the 1920s and early '30s.

We can't describe all of the fascinating signs, so for now we'll note a few. The original house at 267 High St. (opposite ECSU main entrance) was built in 1850 and moved to its present location in 1890 by ox sled to be used as a rental property. In the following year, William Grant, a former slave, moved his family and business as stonemason here. Other interesting details of his life are included on the sign.

One rare message on If This House Could Talk sign

says it would tell of an apology from Woodrow Wilson, 28th U.S. President, to the owner Samuel Harvey for not sending a letter to certify that he had completed a course at Wesleyan University while both were there in 1890-1.

Another signpost example has historical significance because of its original owner. John A. McDonald, the founder, editor, and president of the Willimantic Chronicle Printing Co. built the house at the northeast corner of Summit and North Streets in 1892, not to live in but to use as rental and guest property near his fine residence at 215 Church St. McDonald was the great-grandfather of Vincent and Kevin Crosbie, the late publisher and 5th generation to own the daily.

We apologize for highlighting so few of the more than 100 signs which were proudly displayed by owners on North, Walnut, High, Washburn, and Bolivia Streets, as well as Lewiston Avenue. If someone would lobby to have the signs included in Walktober, a valuable community project could be a huge boost for Willimantic's image and a lot of fun for walkers. We can make it happen. In the meantime, more historical background on our homes will be included in future issues of this publication. We know

you will be amazed at their diversity and impressive stories.

This article appeared in the June 2015 issue of the Willimantic Victorian Neighborhood Association newsletter of which Mustard is the editor and feature writer.

If This House Could Talk will indeed be included in the Last Green Valley's WalkOctober activities. The signs will be displayed from October 10 through October 25.

When this vernacular Victorian was built in 1881, it was on the outskirts of the city.

Only 2 families have lived in this house since 1885.

Two horses, Billy & Dolly, lived in the barn, ever ready to pull the carriage for the family as needed!  
Their names are still visible above their stalls.

A three-hole outhouse stood at the west end of the barn until 1990.



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# Unique Store Opens in Former Willington Train Station

Submitted by Cindy Caneen

Shabby Chic 'N' So Much More opened recently on Route 74 in Willington. The shop occupies the former Willington train station across the parking lot from Track Nine Diner. The shop offers something for everyone including unique gifts, painted furniture, lamps, clocks, glass vases, wall art, soaps, lotions and much more. Shopkeeper Louise Hansen, a retired ex-restaurant owner, puts an extra touch on each of her pieces. She puts a special meaning on 'upcycle.' The shop is filled with colorful furnishings and many wonderful gifts. Louise turns modern pieces into nostalgic ones at affordable prices. The shop also features artwork by local painter Dennis Hartigan. Inventory changes constantly. You are welcomed through the front door with music from the 50's and 60's playing on the porch. Stop in and have a look. You are bound to find something for that special someone. Even yourself! The address of the shop is 14 Tolland Turnpike (Route 74), Willington, CT. Hours are Thu. & Fri. 10a-3p and Sat. & Sun. 9a-3p. Phone: 860-933-7224.



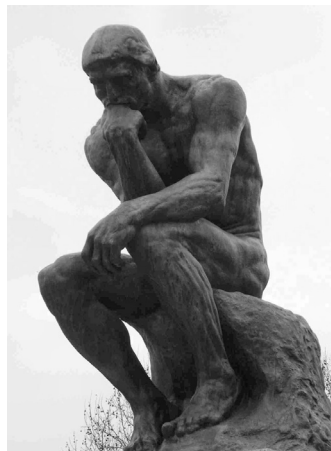
## The Think and Do Club Wants You!

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,

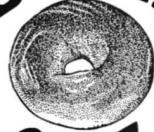


such as metaphysics and epistemology. But we are not limited to any one discipline or topic, because life itself... philosophical!


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# The Protein Debate

By June Hyjek

You hear different opinions about diets every day – high protein, low-fat, vegan, paleo, vegetarian – which is the best? I think it's impossible to advocate one type of diet for everyone. We make our food decisions on our philosophies, lifestyles, religions, goals, likes and dislikes. But no matter what type of diet you decide on, it's important to maintain moderate protein intake. What's moderate? About 35% of your daily calories should come from lean protein sources. That's a little higher than past thinking, but we now know more about the importance of protein in the health of our bones, muscles, cartilage, skin and blood. In particular, we know that the body depletes proteins more quickly when under stress or when healing, which means you need even more.



Here's the other part of the question – plant or animal-based protein? Unless you have ethical reasons for eliminating animal protein from your diet, there's no need to do so from a wellness perspective. A vegetarian or vegan diet is not "healthier" than diets that include meat, fish or poultry. Our bodies are equipped to metabolize and take nutrients from animal proteins. If you stick to high-quality lean sources, including grass-fed beef, free-range chicken and wild-caught low-mercury fish, they can help to keep you healthy. Other sources of protein either have a low protein to carbohydrate ratio (like beans or quinoa) or low protein to fat ratio (like cheese), which means it's tough to eat enough to get your 35% without overloading on carbs or fat. Vegetarians and vegans often have difficulty getting the proper amount of protein in their diets. To completely eliminate animal proteins usually means relying on "meatless" alternatives, which are fake and processed protein sources.

When your body is low on protein, hunger and cravings take over and you usually want carbs or high-sugar foods, and you want them fast. These foods create a "feel-good" chemical reaction in the brain that makes us want even more food, even when we're not hungry anymore. Eating protein will actually decrease your hunger and sugar cravings, and keep you satisfied longer. So you can fight those cravings by eating protein. Here's how:

Have a high-protein breakfast. There have been many reports in the news lately about whether or not breakfast is still "the most important meal of the day," and the jury is still out. Some studies have shown that people who skip breakfast have actually lost weight. Other studies say breakfast revs up the metabolism. I believe having breakfast or not is probably more of a lifestyle decision. But if you are going to have breakfast, make it rich in protein. This suppresses ghrelin, your hunger hormone, while a high-carb breakfast, like cereal, does not.

Eggs are a miracle food. Unless you have a cholesterol problem, eating two eggs a day is considered healthy and packs a great amount of protein. If cholesterol is

a factor, switch those whole eggs to egg whites. Add some fresh fruit (great source of fiber) or low-fat plain Greek yogurt, and you've got a fantastic breakfast. Try pouring egg whites with some chopped up vegetables of your choice in a muffin pan. Bake until solid. You'll then have healthy, individual egg muffins that are easy to pop in a microwave to heat or take with you on your way.

Stick with the lower fat versions of traditional breakfast meats, like smoked salmon, turkey or Canadian bacon. And there's no reason breakfast has to be breakfast foods. Use up your leftover chicken or fish for an easy protein morning boost.

Be prepared with low-sugar, low-carb snacks. When you're low in protein, your body needs energy and you begin to crave foods that will provide fuel quickly. But those high-sugar foods you think you want, and are readily available, will only increase blood sugar and result in the release of insulin. Taking in too much sugar, leading to too much insulin, turns off your body's ability to burn fat.

So don't reach for chips or a cookie. Instead, try a handful of nuts (almonds and pistachios are the best) or some low-fat plain Greek yogurt. (Why Greek? It's higher in protein.) Have some celery or piece of fruit with low-fat natural peanut or almond butter. Prepare snack bags of proper portions (20 for most nuts) ahead of time and have them readily available for when those cravings hit. You'll be giving your body what it really needs and your sugar cravings will disappear.

Practice mindful eating. Even if you're getting enough protein, you may not be metabolizing it well. Eating too quickly or not chewing enough can interfere with how your protein is absorbed, as can drinking too much fluid with your meals. Also keep this in mind if you're taking some sort of acid blocker, which will alter metabolism as well.

So take your time with your meals, being mindful of the process of putting food in your mouth and of the food you're eating. Be aware of the colors, smells, textures and tastes. Try putting your fork down between each bite. You'll be less likely to overeat because your brain will catch up with your stomach. Don't eat alone or in front of the TV or computer. Make your meals a social, enjoyable experience. If you do this, you'll be creating a less stressful mealtime environment and give your body the chance to relax, which will help you metabolize all your food better and allow you to get the full nutrients from what you eat.

*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.aplaceofgrace.net or 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 june@aplaceofgrace.net.*



## The End of Summer

By Jennifer A. Powers

The wife sat near the fire next to her husband. The flames spit sparks and scattered like fireflies. She watched her husband sip sweet white wine from a crystal glass inherited from her grandmother. She couldn't place it but something felt off and it turned her stomach. She peered over at her husband for comfort, receiving nothing but a split face, half shadowed, half burning. His right eye, the one glossy in light from the fire, appeared tearful, like he was sorry.

She couldn't place it: did I shut off the iron? Close the garage door? Turn off the stove? Her mind was getting worse—the other day she'd forgotten her uncle died the year before. But the doctor said it was normal forgetfulness due to a hormonal imbalance. I can't place it, she thought.

I'm sorry, her husband whispered into the fire.

For what? she asked.

He did not respond. He began to cry. She'd never seen him cry in their twenty-six years of marriage.

For what? she asked again. Robert. Robert.

Oh, God, he said. He stood, walked up a small hill past the rose bushes, and back to the beach house.

She stood too. Where are you going? You still have half a bottle.

He entered the house. He pulled down the shades and flicked on the outside light. A square of yellow stretched across the lawn. The chill in the air was like a cold hand caressing her neck.

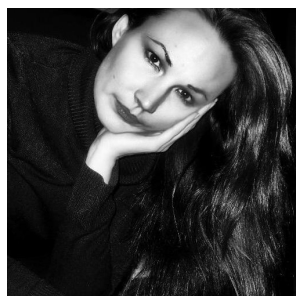
And then she remembered with blunt force like a rock to the head.

No.

Within her invisibility she tried to detect a heartbeat. But all she heard were ocean waves, crickets in the grass, crackling fire. The dying flames beat around long pieces of burnt wood resembling bones. Something slipped away from her. She felt like the balloon a child had let go of.

The moon was bright and high and it made the white beach house glow like a ghost hovering in the yard, a ghost she did not recognize, and it frightened her. It frightened her because the realization mirrored herself, and the cold hand caressing her neck was her own.

Jennifer A. Powers earned a BA in English from UConn and an MFA from WCSU. She has short stories published or forthcoming in *The MacGuffin*, *Folio*, *Diverse Voices Quarterly*, *Grasslimb*, *Hawai'i Pacific Review*, among others. She is currently working on a book. Please visit [www.jennpowers.com](http://www.jennpowers.com).



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Running With Dr. Rachel

# Running Multiple Races

By Rachel Tambling



Back when I first started running, everyone I knew was training for one event. We would pick a race - a 10k, a half, a full, and train for that one race. We would build our training program around the race, run it, and then enjoy the feeling of accomplishment. Lately, more and more people are choosing to run in back-to-back races. Some run multiple events in one day, or one weekend. Others have been planning seasons that include three or more events in a series. I've tried running in multiple events and I love it! In this Running with Dr. Rachel, I will provide tips for running in multiple events in one season.

Plan your season around the events as a whole, rather than around one event. For example, this fall I will run four marathons in four weeks. My goal is to run four marathons in four weeks, not to run one marathon well, with a few extra after that. Planning to run only one marathon, then running four sets me up for disappointment, fatigue, and injury. Plan a training season around your goal - which is multiple events in the season.

When running in multiple events, you simply can't train the way you do for a single event. your base fitness has to reflect the nature of your challenge. When building your base, build a base fitness that will prepare you well for the challenge at hand. This means I need to run high mileage multiple weeks in a row to prepare for my four marathons in four weeks extravaganza. Doing Dopey? Plan to run long runs back to back most weeks, with three to four consecutive days of running. Match the training to the specific challenges of your goal.

Let your body be your guide. When you're striving for a new goal, it can be tempting to push through aches and pains. Treat the body well, and listen to its cues. Achieving a multiple event goal requires a healthy, fit body.

Find a cross training activity that you enjoy. Engage in it often to prevent burn out and to recovery from bouts of hard running.

When you have multiple events in one day, practice running twice in one day. Learn how your body responds to multiple events and work on a rest/fueling/hydrating plan that mimics the specifics of your goal events.

When you have multiple events across multiple weeks, every event before the last is part of the training for the last event. Plan paces and race strategy accordingly. Remember that every event you run is preparation for the next, so a tough day or a poor performance is just part of the training

process.

Learn to recover well and practice recovery throughout the training. Develop recovery strategies that suit you and will work within your goal time frame. Develop a long and short term view on recovery. Think of recovery not just as something done in the days or weeks after an event, but something done in minutes and hours after each event. What you do in the first few minutes after racing, and in the next several hours, can make a big difference. Develop a daily routine for recovery and wellness. Practice season-long recovery strategies, too, including such as massage, foam rolling, and other body work. The quality of your next race depends on your ability to recover as well as you can in the time that you have before the event.

The goal after your first event is to be recovered enough to race again. When races are very close (hours to days), accept that some fatigue will be part of every event after the first. When you have a week between events, use that week to recover, rest, and prepare the body to race again. As the time between events becomes longer, expand the rest/recovery time and start to add in easy-paced running. Use the time between events to maintain the fitness you have, not to train.

Racing multiple events can be exhilarating and can add a new challenge to the racing season for even the most accomplished runners. When planning carefully, runners can have great success (and a lot of fun!) running multiple events. Need help planning your multiple event calendar? Consider hiring a running coach and talking to others who typically race more than one major event in a season. Most importantly, enjoy every event. Each race is a new opportunity to enjoy the sport of running, to meet new people, and to have fun!

Each column will feature tips and training advice inspired by reader questions. Send your questions to Coach@DrRachelRuns.com - to see your questions answered in print.

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. This publication would not be nearly as unique without submissions from local residents who care about each other and their community. T. King, Publisher

## The Urgency to Slow Global Warming

By Gary Bent

The first thing to note is that I said "slow" instead of "stop" global warming. Even if we cut all greenhouse gas emissions today, that would not stop global warming. Carbon dioxide remains in the air for an average of 100 to 200 years before it is permanently removed. The earth would continue to warm for this time until the temperature of land surfaces became adjusted to the excess heat stored in the oceans.

The carbon dioxide in the air comes from human activity, primarily the burning of fossil fuels. Vegetation and oceans emit carbon dioxide, but they absorb more carbon dioxide than they emit. Only humans emit carbon dioxide and do not absorb any of it. Humans have put 959 billion tons of carbon dioxide into the air since 1780.

Climate scientists have been saying for the past decade that we must keep the temperature rise from 1780 to 2100 below two degrees Celcius (3.6 degrees Fahrenheit). If we don't, global warming will cause catastrophic climate change. How catastrophic depends on how far above two degrees Celcius we go. Some people might say, "How can two degrees be important? After all, the temperature changes 20 to 30 degrees from day time to night time". The temperature change the scientists are talking about is the average temperature change at every location on earth for every day of a year.

Scientists have been able to use temperature proxies such as tree rings and ice cores to determine the average temperatures back to 10,000 years ago. This data shows that for 10,000 years the temperature changed by 0.7 degrees Celcius until 1780. What we call civilization started 10,000 years ago. We have benefited from having very little change in temperature over that period.

If one looks at the temperatures, from 1780 to 2014, the temperature has already increased by 1.4 degrees Celcius. That means we can only afford a 0.6 degree Celcius (about one degree Fahrenheit) rise until the end of this century. We have never experienced such a rapid temperature change since we began agriculture and domesticating animals.

The temperature rise depends on the amount of carbon dioxide in the air. We are presently increasing the amount of carbon dioxide in the air by about 16 billion tons a year. Scientists predict that, when another 565 billion tons of carbon dioxide is emitted into the air, the temperature rise will surpass the two degrees Celcius threshold. At the present rate of emissions, we have 36 years until we reach that temperature increase.

Thus the urgency to reduce fossil fuel emissions, not increase them. The expansion of natural gas transmission and distribution pipelines in Connecticut is the wrong direction to go. Natural gas is a dirty gas; it is a greenhouse gas that traps 86 times more heat than carbon dioxide over a period of 20 years. Any leakage of natural gas exacerbates global warming. A recent scientific study found that 33% of the natural gas, 50% of the oil, and 80% of the coal needs to stay in the ground between 2010 and 2050 if we are to keep the temperature below two degrees Celcius.

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# Clarifying Gandhi #7: Gandhi's Gifts to Speech

By P.K. Willey, Ph.D.

Speech is the most potent weapon and tool that we have in our persons. To help maintain peace in society and among all aspects of human relations, speech has had careful prescriptions, restrictions and safeguards placed upon it, sanctioned some way in all religions, indigenous societies, cultures, and common sense.

Critically examined, it is clear that Gandhi worked in constant awareness of serving the truth within himself through speech. His talks, writings, even his silence, were all part of his monumental effort to control and regulate the stream of his expression through speech, beginning through thought.

Even in Gandhi's day, the power of truthful speech in society had long been in decline. He noted:

"In the old days, the word of mouth of illustrious persons was regarded as good as a bond. They concluded transactions involving millions by oral agreements. In fact, our entire social fabric rests upon the sanctity of the pledged word."<sup>1</sup>

In his autobiography, Gandhi shared his painful shyness and lack of self-confidence during his youthful London years. He confessed he was often unable to speak publicly, with any sense of ease. Later, he found:

"My hesitancy in speech, which was once an annoyance, is now a pleasure. Its greatest benefit has been that it has taught me the economy of words. I have naturally formed the habit of restraining my thoughts. And I can now give myself a certificate that a thoughtless word hardly ever escaped my tongue or pen."<sup>2</sup>

An adroit lawyer, his careful 'certificate' clause of 'hardly ever' was undoubtedly due to his personal relations. Gandhi kept himself mindful of his use of speech through many means. Of his handful of personal possessions, Gandhi cherished a gift given to him by friends from Japan, a set of three little monkeys, carved into caricatures of 'see no evil, hear no evil, speak no evil' kept upon his desk.

The sound of Gandhi's voice penetrated the world-mind that had access to its amplification, which radio was to give it in the 1930's and onward.<sup>3</sup> This first television interview with Gandhi was before he went to the Round Table Conference in UK, and illustrates his method of speaking: [www.youtube.com/watch?v=dpjBWw5w444](http://www.youtube.com/watch?v=dpjBWw5w444) Gandhi saw that in each use of speech there is an ethical core which could be honoured or deviated from:

"A Journalist's peculiar function is to read the mind of the country and to give definite and fearless expression to that



Gandhi on train in India with a radio mike from Chicago. His arm rests on the early model of the tri-coloured Indian flag which had a spinning wheel in its center. Gandhi wanted this flag, a symbol of thought and speech, to be the national flag, to elevate awareness of the necessity for united labor and economics that would support an independent, self reliant, India, in which all would be participants. Contributed photo.

mind."<sup>4</sup>

He sought to not only inform the public mind, but to 'reform' it, in light of the universally inherent ideals that he was experiencing within himself. He founded his first newspaper in South Africa, Indian Opinion, later on in India he established Navajivan (New Life), and Harijan (Child of God – the name he used to create an awareness in India's class stratified society of the equality of the down trodden – now known as untouchables, and self-referred to as Dalits, the 'depressed'). He recognized the ethical role of the press in informing society truthfully, with an eye towards its upliftment:

"The Press is called the Fourth Estate. It is definitely a power, but to misuse that power is criminal."<sup>5</sup>

While in Europe that winter, Gandhi went to see the innovative educator Maria Montessori in Italy, to learn about her methods of education. Montessori told her young students and teachers who were assembled to hear Gandhi speak:

"I have a great thing to say to you—the Soul of Gandhi—that great Soul of which we are so conscious, is here with us incarnate in his bodily form. The voice which we shall soon have the privilege of hearing is that voice which sounds throughout the world. He speaks with love and not merely with his voice does he speak but with his whole life. Such a rare thing is this, that when it happens, every ear listens."<sup>6</sup>

Hearing her tribute, Gandhi wept. After meeting Montessori, Gandhi sought to implement aspects of her ideas and outlook into his Basic Education programs: that learning takes place all the time spontaneously; the totality of life – the home, environment, community – are a school, and through unstructured learning and play, community serviced and based, real learning takes place.

Viceroy Lord Reading wrote a letter to his son about his meetings with Gandhi; including observations of Gandhi's

speech:

"I have had many opportunities of judging him... there is nothing striking about his appearance...and I should have passed him by in the street without a second look at him. When he talks, the impression is different. He is direct, and expresses himself well in excellent English with a fine appreciation of the value of the words he uses. There is no hesitation about him and there is a ring of sincerity in all that he utters... Our conversations were of the frankest; he was supremely courteous, with manners of distinction...He held in every way to his word in the various discussions we held."<sup>7</sup>

Vinoba Bhave, who sought to follow Gandhi's precepts from his days of youth, said of Gandhi's use of speech:

"It was not Babu's<sup>8</sup> habit to use exaggerated speech; I can remember no other man who weighed his words with such care. We must therefore understand everything he said in the full meaning he gave it."<sup>9</sup>

"He was always very careful not to utter anything that was untruthful, that was not the fruit of deliberation. He was always engaged in political activity, yet the example he set of discipline of speech remains unique."<sup>10</sup>

It was an incredible gift to human culture world wide: Gandhi brought the power of truth back into public expectations of speech. This anecdote from Vinoba shows how Gandhi's mindful use of speech had a tremendous social effect in raising the awareness of truth in the environment around him:

"I remember how, during the agitation against the Rowlatt Act, when Babu was stopped while on his way to the Punjab, it led to widespread disturbances in the Punjab and a wave of anger swept the country. There was violence and sabotage in Ahmedabad. Many houses were burnt. This made Gandhiji very sad. It was all against the tenets of nonviolence. I was at Sabarmati Ashram at the time. I was a young man of twenty-five. A few of us went to the riot-stricken city and the neighbouring villages and tried to persuade people to desist from violence. "Brother," we said, "You have not done well. Gandhiji does not approve of it. He is distressed by it. Gandhiji does not wish you to act thus. He can never wish that you should indulge in arson and violence. When has he ever told you to do such things?"

People answered, "You are too young to understand. Do we have to learn from you what Gandhiji says? Only Bhima understands what Yudhishtira means. Yudhishtira just speaks out. Bhima knows what the import of the speech is."<sup>11</sup>



Early amplification of Gandhi's voice. Contributed photo.

Clearly they believed that a political leader's utterances should be capable of two different interpretations... He should mean one thing and say another...Gandhiji, people thought in the beginning, perhaps did not quite mean what he said about nonviolence. Maybe he felt that the country was not ready for violent action and had to speak the language of nonviolence so as not to get on the wrong side of the law.

It was only when Gandhiji started on his Fasts to atone for the violence committed by the people, when he took suffering upon himself, that people realized that he was a leader of a special kind. The belief gradually deepened that Gandhiji meant what he said. The power of the word thus began to operate. It was a new phenomenon. Gandhiji's penance created a new respect for the power of the word. This power of the word is a necessary condition for democracy."<sup>12</sup>

...If the power of the word becomes blunted, the power of arms will take its place. The power of the word springs from immaculate thinking. It does not call for increased outward activity. It is the result of inner cleansing."<sup>13</sup>

Yet, during Gandhi's negotiations with Jinnah (Jinnah advocated for India to be divided into India and Pakistan), the trust in Gandhi's words weakened with the influence of divisive political forces. Vinoba noted:

The public, as also political opponents and the Government, began to suspect that, though Gandhiji said one thing, he had perhaps in his mind something quite different. Just as Jinnah's word was not trusted by the Hindus, there were Mussalmans who had lost faith in Gandhiji's word. The power of the word had declined. The outcome was there for everyone to see. What happened in India at the time Swaraj (Independence) came was a direct consequence of the decline of the power of the word.

Gandhiji spent the time in acute suffering. People had ceased listening to him. Nevertheless it is beyond doubt that in public behaviour Gandhiji showed unique truth-mindedness and made the power of the word gain in respect. I am not aware of anyone else who did as much for the purification of politics...Really speaking Gandhiji never practised politics. What he pursued could only be called service of the people."<sup>14</sup>

Gandhi's example outlines an ethical standard for the use of speech; for aspiration and dawning peace.

Endnotes:

1 Tendulkar, D.G. (1920). Mahatma: Life of Mohandas

*continued on page 43*

# Epilogue

By Tom Woron

For the last issue I recalled my memories of following the Vietnam War in the news from the signing of the Paris Peace Accords in January 1973 to the final surrender of the governments of Cambodia and South Vietnam to Communist forces in April 1975. As mentioned, it was difficult for me as a young school kid to believe that the events happened the way they did in the spring of 1975. A couple of years earlier my fifth grade history teacher stated very firmly to the class that “the United States is the most powerful nation on the earth.” With those words in mind, I would ask myself, “How could this have happened after American military forces fought for years to keep South Vietnam and Cambodia free from Communist control? If the United States is the most powerful nation on earth how is it that we did not win that war?” Obviously, the Vietnam War was more complex than I understood at the time. Over a period of many years after April 1975 I would study the whole history of the Vietnam War and better understand it. And why not study it? After all it was the big event happening in the world at the time I was a kid growing up. My parents, relatives and anyone over 40 years of age in the mid 1970s constantly talked about World War 2 and their memories of it. I figured some day in the distant future I would likewise recall the ending years of the Vietnam War and be able to describe what it was like to follow it in the news as it was happening.

After so many years of American military involvement in the long, frustrating, and costly war to prevent South Vietnam and Cambodia from being taken over by Communist forces, President Gerald Ford declared May 7, 1975 as the last day of the Vietnam Era as far as the United States was concerned. The defeat of the U. S. supported anti-communist governments of Cambodia and South Vietnam in April 1975 was seen as a humiliating defeat for the prestige of the United States. The American psyche was definitely severely wounded. There was a belief in Washington D.C. among the American leadership that the United States would now be viewed as weak and an unreliable ally to its friends around the world. But America was finished with having anything to do with Vietnam or the two countries next to it that were very much a part of the Vietnam War, Laos and Cambodia.

Not so fast. There would be one short final chapter, an



epilogue so to speak, to America’s long military involvement in Southeast Asia. One last battle was to be fought and it was coming real soon.

The daily newspaper, The Hartford Times, arrived on the front porch as it always did, in the late afternoon of May 15, 1975. The big front-page headline was a bit of a shock and read “U.S. WRECKS 3 CAMBODIAN BOATS.” Whoa! What’s going on? Cambodia recently became an enemy country having been taken over by the Khmer Rouge (the Cambodian Communist faction). Thinking that I had seen my last headlines about war in Cambodia the month before I was a bit puzzled. What the heck happened?

Not quite a full month after the U.S. supported Cambodian government surrendered to the Khmer Rouge Communists and not even two weeks after the final surrender of South Vietnam to North Vietnamese and Viet Cong Communist forces, a situation came about that aroused the United States and before we knew it, United States military forces were back fighting in Southeast Asia.



Two Khmer Rouge gunboats are seen during seizure of US container ship Mayaguez. USAF photo.

On May 12 a United States merchant ship, the SS Mayaguez, was sailing near Puolo Wai, a small island off the coast of Cambodia. As far as the United States was concerned the Mayaguez was legally in international waters. With Cambodia now ruled by the Khmer Rouge Communists, they saw things differently. Claiming that the Mayaguez had intruded into Cambodia’s territorial waters, Khmer Rouge gunboats approached firing machine guns and rocket propelled grenades across the bow

of the ship as warnings. The Mayaguez captain, Charles Miller, ordered the engine room to stop and shortly after several Khmer Rouge soldiers boarded the ship and took control of it. One Mayaguez crewman managed to broadcast a distress signal.

When news of the seizure of the Mayaguez by the Khmer Rouge reached Washington D.C., President Ford met with the National Security Council (NSC) to discuss the situation. With the psychological wounds in the U.S. Government brought about by the recent defeat of the U.S supported governments in Cambodia and Vietnam still fresh, President Ford and the NSC were in no mood for further humiliation at the hands of the small Khmer Rouge Navy with their capture of an American ship. In addition, the Ford Administration did not want a repeat of the 1968 Pueblo Incident.

The American intelligence ship U.S.S. Pueblo was captured by North Korea in January 1968. Before United States military forces could take any action to prevent it, the Pueblo was taken to the North Korean mainland. The

Pueblo crew was held captive for almost a full year. The ship, however, was kept by North Korea. The incident was a great humiliation for the United States. With all this in mind President Ford and the NSC decided to use decisive military force to take back the Mayaguez and rescue its crew of 39 men. The U.S. Air Force, Navy and Marines were ordered into action. Time was a critical factor in preventing the Mayaguez and its crew from being taken to the Cambodian mainland where any rescue operation would be much more difficult if not impossible.

After the seizure, Captain Miller was ordered by his captors to follow a Cambodian gunboat to the mainland. On the 13<sup>th</sup> of May U.S. Air Force and Navy aircraft spotted the Mayaguez anchored off of the Cambodian Island of Koh Tang about 40 miles from the mainland. The American aircraft

were to keep an eye on the Mayaguez and prevent it from being taken to the mainland. For two days the American aircraft and Khmer Rouge gunboats and ground forces that were near the Mayaguez exchanged fire. On May 14 a fishing boat, escorted by gunboats, took the Mayaguez crew to the Cambodian mainland. Fearing an American attack, the Khmer Rouge commander there refused to take responsibility for the captives. The fishing boat then took the Mayaguez crew to another island off the coast. While the fishing boat was en route to the mainland, American pilots reported that they saw Caucasians aboard. In the exchange of fire the American aircraft destroyed three of the Cambodian gunboats that were around the fishing boat.

Around 3 A.M. on the morning of May 15, U.S. marines in Thailand boarded helicopters that were to take them onto the American destroyer U.S.S. Holt. The plan was for the Holt to get alongside the Mayaguez and from there the Marines would storm aboard and overpower any Khmer Rouge soldiers aboard the captive ship. Just before sunrise U.S. aircraft dropped tear gas on the Mayaguez in preparation for the Marine assault on the ship. At about 8 A.M. the Holt got positioned right alongside the Mayaguez and 48 U.S. Marines charged onto the ship. They found nobody aboard it. Within minutes the Marines raised the American flag. The Holt then took the Mayaguez in tow.

Believing (incorrectly as it turned out) that at least some of the crew of the Mayaguez were being held on Koh Tang Island, an assault by the Marines to take control of the island began around 6 A.M. The Marines figured the taking of Koh Tang would be easy with only a few lightly armed Khmer Rouge soldiers there but they got more than they bargained for. There were many more enemy soldiers on Koh Tang than previously thought and they were heavily armed with machine guns, mortars, and rocket propelled grenades. The Marine assault on the island and the unexpected heavy resistance from the Khmer Rouge resulted in a furious firefight for control of Koh Tang.

While the fight for Koh Tang was going on, U.S.

aircraft bombed military targets on the Cambodian mainland. It was then that the Khmer Rouge leaders realized that they had gone too far with their seizure of the Mayaguez and that the United States meant business. Shortly after, the fishing boat with all 39 Mayaguez crewmembers aboard and flying a white flag, approached a U.S. destroyer, the U.S.S. Wilson. The Mayaguez crew, all of them unharmed, were then transferred to the Wilson.

Once it was learned that the Mayaguez crew had been released unharmed and were back in U.S. hands, the Marines on Koh Tang began to disengage and withdraw from the island. The Khmer Rouge on Koh Tang though, were not going to let the Marines off easy. They went from defending the island to attacking the withdrawing Marines with increased intensity.



U.S. Marines board the SS Mayaguez.

Contributed photo.

The battle continued throughout the day as U.S. Air Force helicopters flew through heavy enemy fire to evacuate the U.S. troops. It wasn't until after dark on the night of May 15 when all of the Marines were finally evacuated from the island.

With the rescue of the 39 crewmen of the Mayaguez through the use of overwhelming military force, President Ford scored a major political victory for himself and achieved a major boost in morale for the United States. The front cover of the May 26, 1975 issue of Time magazine had the headline "FORD DRAWS THE LINE." Indeed the military action was viewed as a message to the world about the dangers of pushing the U.S. too far after the defeats of the two U.S. allies in Southeast Asia the month before. What wasn't spoken too loudly was that the use of military force to rescue the 39 Mayaguez crewmembers cost the lives of 41 U.S. servicemen.

The seizure of the Mayaguez and the use of military force to rescue the crew became known as the "Mayaguez Incident." Since it happened so shortly after the end of the Vietnam War, most if not all historians tack the incident onto the end of the Vietnam War. The Vietnam War was fought to prevent Communist forces from gaining territory but the Mayaguez Incident action was not fought for that purpose. Nonetheless, the Mayaguez Incident is widely viewed as the official final battle of the Vietnam War. The names of the American servicemen killed as a result of the seizure of the Mayaguez are the final names on the Vietnam Veterans Memorial in Washington D.C.

Although the Mayaguez Incident was a victory for President Ford, he did receive some criticism for what many thought was his acting too hastily to use military force when the crisis might have been solved through diplomacy. However, it appears that at that time, in mid May of 1975, Gerald Ford was not going to pass up an opportunity to give the Cambodian Communists a "bloody nose."

# Defending Lions While Ignoring Abortion

## “Why the Emperor Has No Clothes”

By Conrad McIntire

I was fascinated earlier this month by the public reaction to two events. The killing of a lion named Cecil in Zimbabwe, Africa, and also the release of a video showing a Planned Parenthood doctor discussing how they could dismember an unborn human child and harvest body parts such as brain, heart, liver, etc..

What actually stunned me was that while the Planned Parenthood disgrace got some news, Cecil the lion popped up all over social media and national news sites and for a while became one of the biggest news items in the world! After seeing a picture of a child wearing a lion outfit I really thought more deeply about this. At first I thought it was almost amusing but then I saw some of the totally ignorant and illogical statements popping up on Facebook and elsewhere attacking writers who dared to question the consistency of getting all worked up over a dead lion but ignoring the killing of 8,500 unborn children each day! I begin to wonder what does that tell us about some people in this country? Perhaps more importantly what does that tell you about their intelligence and ability to logically reason?

The dis-connect with logic was on full display with other things I read in the past. Professor Steven Wise of Harvard and Professor Peter Singer of Princeton actually advocating for personhood for apes, while both being in favor of abortion and in Singer's case he thinks the same arguments for abortion hold up to 28 days after birth and it should be perfectly legal for parents to kill a child up to then! He uses the exact same logic that is used in pro-choice arguments for killing in the womb, that killing a new born baby is never the equivalent to killing a person because it lacks rationality, autonomy, and self-awareness. At least he is logically consistent with his own thinking! Continuing on the subject of animals are you aware of the fact that you can get sentenced from 1-2 years in jail for killing an eagle? A recent newspaper article told how Senator Richard Blumenthal stated he wants animal abuse to be felony crime. I agree, but Richard Blumenthal is one of the most pro-abortion members of the Senate. Why are animals of higher value than children in his thinking? Why have Senators Blumenthal and Murphy proudly co-sponsored and passed a resolution making Sept. 25 National Lobster Day while at the same time supporting Planned Parenthood after the video showing the sale of baby body parts? Perhaps the moral compass of America would be better served with focus on saving the lives of innocent children at the same time people are worrying about lions, apes, eagles and lobsters!

I have always loved animals and have had pets my whole life. I certainly do not approve of hunting animals for sport and it appears what happened to Cecil being lured out of a National Park and killed in an alleged illegal hunt was a shame. But

does it deserve the kind of attention it got? Cecil the lion had a better life than many people in Zimbabwe where there is a shortage of water, electricity and jobs. Seventy-two percent of the people live below the poverty line and Zimbabwe has a 15% HIV rate, one of the highest in the world. What about them? Lions have always been listed in almost every top ten predator and man killer listings of animals. Again if Cecil was lured off the preserve and killed that's a crime. But an estimated 700 people were attacked by lions last year to and about 250 killed (which is more than Great White Sharks kill). What about them?

Now what about the connection between the rights of animals to live and the rights of babies to be born? Why were so many people using a right to live argument about a lion yet trying to maintain a pro-choice position about abortion? I have always been pro-life but have never really thought much about it. Until now I have never written an article about it. I do take the position however that if life of the mother is at risk then abortion may be a necessary evil. I also make an exception in the case of rape, and believe the morning after pill should be taken if possible, and any decisions after that should be made with counseling. I would clarify my position as both pro-choice and pro-life. When people make a choice to have sex, they have made a choice that can lead to another life. And I believe all life is sacred, it deserves a chance. Having made the first choice, they have no right to terminate a life just because it's an inconvenience. Your choice was made before that. Ninety-seven percent of abortions are done as a method of birth control because the baby is in the way of how someone wants to live their life. Is that morally right?

In preparing this article I asked 6 people if I could interview them about an article I was writing and how they felt about the death of Cecil the lion. I read numerous other comments on social media. The number one thing that stood out by what I read and who I interviewed was the consistent use of words “innocent”, “defenseless”, “cruel” and “deserved to live”. After agreeing with them I asked the 6 people I interviewed what their position was on abortion! For a second you could have heard a pin drop. I think they could see where I was going. Five of the six admitted they were pro-choice. So when I asked if the child in the womb was “innocent” and “defenseless” (it is) and therefore it “deserves to live” rather than “cruelly” be torn apart, (as outlined in the Planned Parenthood video) I got some very strange reactions as they struggled to get around the logic they were just using in defense of a lion. One lady tried to tell me that sometimes it's loving to kill the unborn child because we have too many people in the world and maybe they can't take care of it. Really? By what kind of logic can you use describe murder as a form of loving. Would it not be more loving to let the child be born and give it up for adoption? She didn't really give an answer.



Another person used the pro-choice party line “we don’t really know when life begins”. Really? Not if you let science give you the answer. Dr. Alfred M. Bongioanni, professor of pediatrics and obstetrics at the University of Pennsylvania stated “I have learned from my earliest medical education that human life begins at the time of conception...I submit that human life is present throughout the entire sequence from conception to adulthood...This is human life at every stage.” Professor Hymie Gordon, Mayo Clinic says “By all criteria of modern biology, life is present from the moment of conception.” Dr. Jerome LeJeune, professor of genetics at University of Descartes in Paris stated “after fertilization has taken place a new human being has come into being.” He said this “is no longer a matter of taste or opinion” and “not a metaphysical contention, it is plain experimental evidence! Once again science agrees with the Bible for as King David said “For you created my inmost being, you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made...(Psalm 139:13-14)

When I asked about at what stage they felt it was a human life, one of the answers was at whatever point it could live outside the womb. But as I pointed out that was an arbitrary answer. Why is this answer any good? What about a heartbeat. I asked if living things are alive if they have a heartbeat? Well yes. According to the Endowment for Human Development a baby (fetus) has a heartbeat starting around 3 weeks and 1 day after fertilization. At 40 days you can detect brain waves. Seriously isn’t this a life, every bit the equal of Cecil the lion, who everyone stated in the interview has a right to life! The most logical position to take would be if we are not sure when life begins then we should err on the side of life!

Another attempt to disconnect from reality was to question whether the unborn baby was a “human person”. There was no getting around my evidence for life. “Human Person” however is another game of words. As Dr Bongioanni added in his interview “I am no more prepared to say that these early stages (of development in the womb) represent an incomplete human being than I would say that the child prior to the dramatic effects of puberty...is not a human being. This is human life at every stage.” Let me ask this, if the fetus is not human what is it? This is a slippery road when you try to redefine the word “human”. Adolf Hitler in 1923 stated that “the Jews are a race but not human.” And when he came to power he used that belief to murder 6 million Jews and he did it legally. Slavery was justified because as the Dred Scott ruling showed he was not the same class of human. I think it’s time we learn from history and stop playing games with the definition of what is scientifically shown to be human life!

Perhaps the most illogical defense of pro-choice I got was “I would not personally have an abortion but you can’t tell others what to decide unless your willing to take care of the child.” Let’s dissect the logic here. When I asked why this lady personally would not have an abortion she stated that she thought it was a human life. So I asked you wouldn’t commit murder but your ok with others doing it? While she did not like my choice of words she acknowledged that was her position. As for the idea that I don’t have a right to say abortion is wrong unless I am willing to care for the baby that is the same

logic as saying “You don’t have the right to tell me to stop beating my wife unless your willing to marry her”! Clearly the offender is not off the hook because someone else won’t take their responsibility. As for the argument that no one would help, a quick search of the internet would show that there are thousands of pro-life service providers dedicated to the well being of mothers in crisis pregnancies who choose life for their children.

In finishing let me turn around a quote on facebook which played a big part in my writing this article. The writer criticized an article which at its core asked the same question I am asking. Why are we more concerned about the killing of animals and not using the same logic about our unborn children? His rant was he felt sorry for everyone “so incredibly enslaved to one rigid political ideology that they are totally incapable of thinking independently of it”. I think he needs to look at the illogical ideology he himself argues from. If he does he will find like the famous story of the emperor, “he has no clothes”.

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## Looking Up:

## Shooting Stars, Spaceships and the Milky Way

By Robert Grindle

There is an old French proverb that ‘autumn is the hush before winter’. True enough, there are times when the chill of the autumn air can sink into a person deeper than your bones, quieting your soul as something primeval is touched by this never ending connection to the very genesis of our planetary home. If you happen to be a lover of autumn-- and I would guess most New Englanders are-- that proverbial ‘hush before winter’ this coming fall should be a real pleasure.

In addition to the riot of color, the smell of wood smoke, the rustling of leaves, and lengthening shadows, there

will be a total eclipse of 2015’s largest full moon, the Harvest Moon, a few days after Fall officially begins. On Sunday, September 27<sup>th</sup> at 10:11 pm, the eclipse will become total and last for a little more than an hour. One of the more enchanting features of a total eclipse is the return to total darkness that begins after the brightness of the sky-dimming full moon has left. For an hour or so the stars return, and in less time than the duration of a finger-

snap, our brain can appreciate that the laws of physics apply as simply to the cosmic motion of planets, moons and stars as they do to the gravity of an apple falling into the grass.

There is no need to wait until the end of September, however, since both morning and evening skies during September and October will be full of cool things to look at. The Moon, four of the planets, and several stars all play major roles in this seasonal pageant. If you prefer sky-watching in the evening and have a place to sit with good southerly views, September affords a great chance to watch Saturn and the red supergiant star, Antares, in the southwestern sky. Saturn will appear as a bright white, non-twinkling object and, if you extended your arm fully with clenched fist, Antares will be about one fist length to the East (left) of Saturn. Antares will appear reddish and, though it’s very nearly as bright as Saturn, its red color will mute the actual appearance. Gradually, as the month progresses, you will see—about mid-month—the waxing crescent moon very near Saturn. The Moon will serve nicely as an indicator that, yes, you have correctly identified the planet Saturn.

Morning sky watching in both September and October will be at least as rewarding as night viewing. In the early September pre-dawn, around 4:30/5:00 am, Venus will

dominate the eastern sky. To her left (north), the reddish Mars will appear, and on September 10, the thin, waning, crescent moon will separate the two planets. Later in September, a couple of days before the eclipse in the night sky, the pre-dawn sky, again around 5 am, will be filled with planets. High in the eastern sky, the brilliantly bright Venus forms a line with newly rising Jupiter low above the horizon and Mars about midway in between.

As September advances into October, the planets of the morning sky continue their upward journey. Jupiter moves closer and closer to Venus and eventually, late in October, as Jupiter and Mars are nearly on top of one another, a mere half

a degree separated, Mercury appears low on the horizon. Four planets for the simple price of going outside an hour before sunrise, around 6 am. The Sun rises at around 7:03 on the seventeenth of October.

Also, early in October the constellation Leo is rising in the morning sky. Hard to see because of the increasing sunlight, Leo’s brightest star, Regulus, will be very near Venus by the second week of October and should be easy to pick out. Unlike the cool,

red Antares, Regulus is a blue-white star that burns much hotter and 140 times brighter than our Sun. Although Regulus is fifty times younger than our Sun, it burns with such intensity that it is very near the end of its life: only a few tens of millions of years left. Poor thing!

You can’t just walk out and look up at the night or day skies for a few minutes and expect to feel the excitement and mystery and majesty that comes from understanding the world around us. Like almost any feature of the world around us, it is the repetition of the experience that makes it special and gives it deeper meaning. To hear an especially beautiful piece of music or a deeply meaningful song once, and only once, would create an ache that would be hard to explain. Like walks along the beach, hikes up the mountain or hanging out with friends, spending time looking up at the sky is something best done as often as the weather and your time allow. It doesn’t have to be for long periods of time, but if you do it often the rewards will last forever.

On Wednesday night, August 12<sup>th</sup>, in the wee hours of Thursday morning, I convinced my wife to accompany me to a nearby field at 3 am. There, on a blanket, under an absolutely moonless sky, we lay talking about the thousand-plus things that anyone talks about at that ungodly hour and watching the



Perseid Meteors, which, like flashes from a disco ball, moved in every corner of the sky. There were dozens of them, not just near the constellation Perseus, but also to the North, South, East and West. As our eyes grew more adjusted to the deeply dark sky, the Milky Way swept directly through the summer triangle formed by Vega (directly overhead), Altair and Deneb. I was enchanted. I turned to Lin, our eyes now so accustomed to the night that we could actually see one another, seeking affirmation that she was as thrilled as I.

"What's that?" she asked as she pointed skyward.

"Where?"

"The star, straight up overhead. Moving to the East. It's not a plane is it? There are no lights."

I located the object she was talking about. Straight up overhead, just like she'd said, quietly sweeping from West to East. "That's the ISS, International Space Station."

"Of all the crazy things you've dragged me out to see," she said, "that's the coolest." An hour later the Sun was coming up and we walked back to the house to re-begin our day.

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# Some Truths About Trauma and Mental Health

By Edmund J. Smith

The word ‘trauma’ is bandied about widely these days, at times aptly describing events that have befallen individuals, at other times euphemistically referring to uncomfortable situations that, to some people’s minds, might represent earth-shaking changes, but may in fact prove mere disruptions in business as usual.



As a therapist, it has come to my attention that many of the diagnoses that are found in the DSM handbook, be it the IV or the soon-to-be activated V, name disorders that, by the accounts of many psychologists, psychiatrists, and clinical social workers, are etiologically attached to conditions of trauma. These would include many of the personality disorders as well as the mood disorders. DSM series has never made its mission the uncovering of origins of the conditions it describes. Its value, if it has one other than as a guide to billing for insurance companies, is in its extensive description of behavioral clusters, based on observations within clinical settings. These clusters, however, may eventuate from largely dissimilar circumstances in the case of the various subjects who manifest them. For this reason, the treatment of these ‘disorders’ must remain topical, which is to say, it is the treatment of symptoms.

The advent of modern neuro-science, one would think (and with it the evidence provided by genetics) would seem to ensure that at last real science can account for the occurrence of such disorders as listed above. Unfortunately, such is not the case. As yet, there are not specific genes noted to encode for them, only the identification of chromosomes on which certain genes are found that have a greater incidence of frequency in the cases of people identified as ‘schizophrenic’ or ‘bipolar’. Despite such suggestive data, no greater grasp of the problem is achieved. The reason is that the latter evidence only alludes to ‘a pre-disposition’, and does not indicate what might trigger the symptoms in one case and allow them to remain dormant in another. I would now like to introduce a theory that might be of use.

When I was in graduate school, I had to present on the topic of schizophrenia. In my readings about psychotherapy and schizophrenia, I came across the writings of R.D. Lang, a psychiatrist whose work now has long since been out of vogue. In his case studies, conducted mainly among British working class families, he noticed that a hallmark of these families was a component of emotional contradiction of the experiences of the children who had grown sick. What this means is, there was a persistent pattern of parents denying the reality of what the child was experiencing. This pattern was often accompanied by what Bateson called ‘the double bind’. If the child expresses love, she is rejected, if she fails to, she is admonished for her coldness. The inability of parents to directly confer affection,

the preponderance of control-based parenting, including physical and emotional abuse as a means to power and control, contribute to the pathologization of childhood, and by extension, of human life.

Here it may be useful to revisit the word ‘abuse’. Abuse, etymologically defined, is the ill-use of something or someone. The ‘use’ of humans may be defined as their treatment, as required by their biological natures. As mammals, we require exceptional amounts of nurturing (perhaps more than other mammals, in that our neoteny, or period of maturation through parenting, is so long-lived. In addition, as with other mammals, play is a crucial component of our development as learners- a fact the educational system seems to have forgotten. To restrict or in some cases virtually eliminate the elements of nurturing on one hand and play on the other would appear to provide the perfect storm for mental illness to flourish. In the withholding of love – or its demonstrated absence- neglect and abuse exist as an effective one-two punch to knock the light out of young lives (and keep it out, with reinforcement later in life).

In accounting for the myriad paths by which people go crazy, it might be useful to turn to an entirely different science-geology!- as a metaphor. All rocks are known to break under stress. These facts can be easily understood as obtaining in the living world as well as in the ‘world’ of rocks: all solids have different tolerances for stress, or force. So do we. They all break under stress according to their specific natures. So do we. The difference, which is where the comparison ends, is that we intentionally subject rocks (and other substances) to extremes to discern their composition and nature. But when we subject humans to extreme conditions, we attribute their destruction to inner frailties, as if the conditions they live within must be normal. Apply this principle to social life as we know it.

## Paradigm Shift

During the 1980’s there was a huge paradigm shift in psychology as well as in politics. The conservative tenor of the Reagan Era coincided with a pushback against the social gains made in the 1960s and 70s, including in the social psychology of oppressed groups. Voices for liberatory theories of counseling, such as those of Carl Rogers, Rollo May, and Erich Fromm yielded to the injunctions of biological determinists, whose stock in trade, a la Richard Dawkins (now known in an entirely different connection as militant atheist) was the position that that we as a species are molded by biological imperatives that set us against one another, and which require social controls to keep in check. Further, the onus of mental illness (and associated physical symptoms) was placed on the individual as specified by their genetic pre-dispositions. A summary of this trend, known as biological determinism, can be found in the following passage from a WIKI article:

‘The 1970s and 1980s saw a revival of a more watered-down biological determinism. Two main scientific

factors in this resurgence were the discovery of DNA by Watson and Crick in the 1950s and the application of ethological research to humans in the form of sociobiology starting with the 1975 publication of E.O. Wilson's *Sociobiology: The New Synthesis*. The rightward shift in the political climate also contributed to this trend. Newer forms of biological determinism repackaged older eugenic and hereditarian ideas in newer, fancier jargon. Public debate over biological determinism erupted once again in the early 1990s with the publication of Richard Herrnstein and Charles Murray's neo-eugenicist tract 'The Bell Curve.'

A noteworthy implication of this trend was the notion that, just as race (itself a politically-loaded construct) could be viewed as a determinant of such complex phenomena as intelligence and moral compass, other genetically traceable characteristics could now explain mental illness. What these conclusions set the stage for was a society-wide rejection of responsibility for the provision of environmental conditions conducive to mental health. Indeed, the implication became, 'a person's inability to cope rationally is either a) a function of his/her genetic makeup or b) a function of laziness, or some other voluntary component of psyche. In either case, there was no imperative to address any of it from the perspectives of parent education, social programs ensuring material safety nets, or critiques of the cultural obsession with violence. Contained within this stance was a minimization of trauma as a mental health factor, a failure that has thus far only partially been addressed through the imposition of catastrophic events such as Columbine and 9/11 on the national consciousness.

#### Mental Health?

If there is one fact that stands in sharp, yet invisible relief throughout the history of mental health treatment, it is that there is no coherent theory as to what mental health itself is, or what corresponds to its maintenance. Though the Human Potential Movement, with such figures as Abraham Maslow and Fritz Perls, emphasized the existence of great summits to be scaled towards self-realization, this journey has never seriously been framed as one at which the common run of humanity has so much as a shot. Instead, we are inundated with reports and explanations of mental pathology that neither clarify their origins or provide for solutions that are other than provisional. What is needed is a unified theory of mental health.

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Deadline for November-December issue of  
Neighbors is Friday, October 16, 2015

## Retirement

By Larry E. Zimmerman

Who would have thought  
That days so slow  
Would turn to days so fast

Who would have thought  
That years so long  
Would now become the past

Who would have thought  
That tasks so hard  
Would now be naught to fear

Who would have thought  
That folks so strange  
Would turn to friends so dear

Who would have thought  
My eyes would tear  
And chest would breathe a sigh

Who would have thought  
The day would come  
When now I say good-bye

*Larry Zimmerman is a senior poet of the Thread City Poets, Willimantic, CT. He has published two poetry books and 24 novels. Most of the books can be reviewed on his web site - amstonbooks.com.*



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38 Neighbors

# The Packing House: Historic Performance Venue & Event Space

Submitted by Thomas D. Buccino

The Packing house at The Mill Works is a special place. Its heavy hand-hewn chestnut beams, wooden floors and ceilings, and brick construction present a unique ambiance for creative activity and innovation. Once a part of the Gardiner Hall Jr. Company and Andover Tool & Die operation, this historic hall constructed in 1870 now provides an intimate environment for performance and events.

The 'Friends of The Mill Works', a non-profit group operating under fiscal agreement with Windham Arts, is sponsoring programming at The Packing House focused on acoustic music, film, dance, literature and the creative arts. Program donations and sales from refreshments and collateral items are all applied to the continuing efforts of preserving the facility, infrastructure, and improving the performance experience.

We have been working hard to retrofit this historic space with high quality 21<sup>st</sup> century technology and amenities. A new 32-channel audio system is in place to accommodate live sound and recording opportunities; a video projection system and flat LCD screen have been installed for film showings, audiovisual presentations, and event messaging; a donated Yamaha P22 acoustic piano is in place; and lighting and wi-fi systems as well as acoustic treatment are in the works.

*An intimate performance space where acoustic music, dance, film, and literature come alive...*

The Friends will host two showings of the feature film "Limitless" (Rated PG-13) on Saturday, September 12<sup>th</sup>, and Sunday, September 20<sup>th</sup>. The film stars Bradley Cooper, with Abbie Cornish and Robert Di Niro. The showing of this film is strategically scheduled just prior to the CBS airing of the new pilot series "Limitless" adapted from this feature film. Doors open at 6:30pm, show time at 7:00pm. Though not required, reservations are suggested by calling 518-791-9474. A \$5.00 donation is requested at the door and snacks and soft drinks will be available.

The first "Talent Showcase" is scheduled for Thursday, October 15<sup>th</sup> from 7:00pm to 10:00pm at The Packing House. This ongoing series will provide an opportunity for acoustic musicians, independent film makers, puppeteers, dancers, poets, comedians, and creative artists to showcase their work and test ideas and concepts in an intimate setting before a live audience. Performers interested in showcasing their work must call in advance to register and be placed on the schedule for the evening. Registration deadline is October 10<sup>th</sup> for this



Showcase. The Talent Showcase is sponsored by the Friends of The Mill Works and open to the general public. A \$5.00 donation is requested at the door and snacks and soft drinks will be available. Call 518-791-9474 to register.

*A unique event space available for creative projects, meetings, recitals, workshops, and receptions...*

When programs are not scheduled, The Packing House is available for rent as a flexible 3,500sf event space, perfect for creative projects, meetings, recitals, workshops, receptions, memorial services, community events, and much more. The Packing House has a physical seating capacity of up to 250, depending upon configuration. Our current facilities can accommodate table seating for 120 and theater seating for 200. A small dedicated staging area with refrigeration and cabinet storage is also available within the space for catered events, and there is plenty available power to support live music or DJ applications.

The Friends of The Mill Works are always seeking new members as well as volunteers to assist at events and planning committees. If you are interested in learning more about how you can help as a member, volunteer, donor, or contributor, please call Cindy at 860-487-3827, Gigi at 860-836-7516, or email [info@friendsofthemillworks.org](mailto:info@friendsofthemillworks.org). Visit our website at [www.friendsofthemillworks.org](http://www.friendsofthemillworks.org). Please see our introductory article, p16-17, in the March-April 2015 issue of *Neighbors*. Go to [neighborspaper.com](http://neighborspaper.com) for archived issues of *Neighbors*.

The Packing House is located at The Mill Works, 156 River Road, Willington, CT, 06279. For information about The Packing House, scheduling a tour, event reservations or talent registration, please call Tom at 518-791-9474. Visit our Events page at [www.themillworks.us/events.html](http://www.themillworks.us/events.html).

# 7th Annual Roots of Development's Bike/Walk

Submitted by Marian Bissonette

On Sunday September 27th 2015, Roots of Development, will hold its 7th annual community bike/walk –art and healthy alternative event at E O Smith High School, Storrs, Ct. Roots is a non-profit organization whose vision is for a world in which the very communities living in poverty are the ones leading the fight against it. [www.rootsofdevelopment.org](http://www.rootsofdevelopment.org)

Some of the E.O Smith's seniors and many local businesses, have chosen this day to help provide its community with holistic wellness opportunities geared to bring together the community and encourage healthy lifestyles for everyone. Community members of all ages can sign up to participate in a 40 or 20-mile bike ride through the scenic rolling hills of Mansfield, and for non-cyclists sign up for a 3 to 5 mile walk through UConn's campus. All participants are required to raise or donate a minimum of \$20 to benefit Roots of Development. Helmets are required for cycling: participants 19 and under must download our waiver from the event site and bring it to the event signed by their legal guardian. Upon returning from your activity you will receive a Subway sandwich, ice cream or SweetFrog yogurt, and the chance to win ski tickets from Ski 93 Trips, or an activity monitoring sports band. For your safety we ask you follow all the rules of the road. We will have a sag wagon at the event and Aaron Paterson from Storrs Center

Cycle will be on the premises to help with any last minute bicycle adjustments. Participants will be given a route map & emergency contact card. Cool down and stretch after your event with a yoga class run by our very own local man, Joseph Cavanagh owner of UYoga Storrs.

Children are welcome and invited to participant in lawn games, hula-hoops and drawing activities from 9:30 am– 11:30 am. In addition Pastries4Pets will be holding a dog photo competition for the best athletic or health conscious dog photo. The Roots event supports local businesses as well. Many vendors will be at the event selling healthy products or providing hands-on services such as massage therapy, reflexology, Reiki and more. Just to mention a few, Robert Cutting from Cutting Edge Chiropractic, Tess Grous from Ava Anderson non-toxic products and the owners from Elegant Edge Spa and Radiance Skin Care will be happy to provide you with information to continue living a healthy lifestyle. The complete list is on our event site under the event details page. The event will close with prize giveaways, the awards for the dog photo contest, an annual Roots project update from Exc. Dir. Chad Bissonette and live musical performances. Anyone registering in advance on our event site will get an event Tee shirt. For a detailed account of the day's event: registration, times, maps, vendors, services, prizes and dog contest rules, visit us at [www.rootside.org](http://www.rootside.org).

# 2nd Annual Wellness Expo At Willington Library

Submitted by June Hyjek

When the staff at the Willington Public Library hosted its first wellness expo in 2014, they got an earful. They discovered the community was eager to learn about holistic solutions for getting healthy. The people who came were so interested and engaged in health and wellness, they told the staff they wanted more! What could the librarians do but give it to them!

So a second Wellness Expo was planned, but program manager, Deb Linares, went a step further to give her community what they so eagerly wanted. In January of 2015, she launched a year of wellness: "A New Year – A Healthier You." Throughout the year, the library has offered many educational programs, providing information on a wide variety of holistic practices and philosophies. (Check out their website for workshop schedules, <http://www.willingtonpubliclibrary.org>.) Their valuable and popular programming continues with the 2<sup>nd</sup> Annual Wellness Expo.

This year's Expo will be held on October 3, 2015, from 9:00 am to 2:30 pm, in the Community Room on the lower level of the library. The expo will feature local vendors and practitioners representing many aspects of wellness including essential oils, energy therapies, reflexology, massage

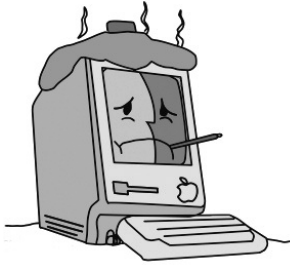
and skin care. Local farms will also be present, as well as some of our local authors. In addition, the CT State Police will be demonstrating Car Seat Safety.

Ms. Linares is committed to providing valuable wellness programming for the area, and believes this expo offers a great opportunity to connect the people in the community with the knowledge and gifts of the vendors and practitioners.

Find your healthier you by coming to this popular expo! The library is located at 7 Ruby Rd. (Rt. 320) just off Rt. 74.

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## BEWARE RANSON-WARE

### Problem:

An unexpected popup (examples below) appears alleging the detection of "viruses" or the existence of some unsafe condition that needs to be addressed with great urgency:

These scams can appear on any web browser running on any Mac, PC, or iOS device. They appear to be authentic, because they might include details such as your IP address and an icon of the browser you're using. Some of them include voiceovers or annoying alert sounds. You can't find a way to dismiss the popups, and you can't find a way to quit Safari. Even if you were to completely shut down and restart your Mac or iPhone, the annoying popups might just keep reappearing.

A variant of the same scam will cause a webpage to appear accusing you of en-

gaging in some sordid or illegal Internet activity. The page might bear official-looking government or law enforcement seals, say your Mac is infected with some ick, and / or employ technobabble intended either to intimidate you or create an impression of authenticity.

Needless to say whatever text they contain should be utterly disregarded, because it's all false: Your Mac is not infected with anything and you did nothing wrong. What you're experiencing is a lame and 100% fraudulent attempt to extort money from you. No matter how legitimate the message appears to be, it did not originate with Apple, the FBI, RCMP, Bundes-

polizei or any legitimate organization.

This is a very common and easily perpetrated scam that can affect any computer or Web browser. Don't fall for it!

The problem is that they cannot be dismissed. You can't close the page or even quit the web browser you're using, and you're stuck.

Whatever you do, never call any phone numbers that appear. They will just want payment, usually in multiple hundreds of

US dollars. Worse yet, they may attempt to deceive you into granting them remote control of your Mac, conceivably enabling them to install a "backdoor" granting

criminals unfettered ability to harvest



## Taking the Solar Plunge Part 2

The Meeting  
By Steve Woron



The next step after the Home Depot meet was to arrange a meeting with one of the SolarCity consultants. Our consultant was a real nice soft-sell guy from MA named Brain Grout.

The consultation consisted of him explaining the solar power business model which consisted of basically two options:  
1: Buy the electricity at a rate lower per kilowatt hour or competitive with my current supplier and lock that rate in for 20 years. Or...

2: Through a low-interest payment plan, purchase in full the complete solar generating hardware system on my roof. (It would be maintained and monitored completely by SolarCity.) Basically it works like this; during the day the solar panels generate a great deal of electricity on a sunny day and most of the electricity is sent back to the supplier, so at night when no

electricity is generated you get it free back from the supplier. I kept looking for a catch or trick why this wouldn't work but I couldn't find one. It truly was a win-win. Brian had the answers to all my questions of snow, cloudy days, obsolete hardware, excess generated power, everything. After all my questions were answered I was to be scheduled for a home inspection for the precise fit/layout of the panels.

I just want to take a moment to remind you that the utility industry is one of the largest water consumers in the US. On the West Coast, they have the worst drought in recorded history. They really have a big problem ahead of them. The best way to conserve water is to install solar. Installing solar has better water savings than not using water at all.

Solar Power will solve:

- Air pollution
- Water consumption
- Water pollution (The utility is also the largest water polluter in the country.)

If you think solar power is for you give Brian a call at (413) 530-7755. Tell him Steve Woron sent you and I get a keychain. Everything is no hard sell, no obligation. Next time Pt 3 (Inspection of my house for the solar panels...)



any or all the information contained on your Mac, to be used for any conceivable purpose. That's a road you do not want to travel.

There are different solutions for Safari on the Mac and Safari on an iPhone or iPad device. Follow the applicable one below. Although the instructions specifically address Safari, they are easily adapted to other web browsers.

#### Possible Solution:

Some of these scam popup messages are very easy to dismiss:

If a checkbox appears with the text "Don't show more alerts from this webpage", select it, then click the Leave Page or OK button.

If that option does not appear, try repeatedly and quickly clicking the Leave Page or OK button while also pressing the key combination ⌘ W. If the Leave Page or OK button is not visible because the dialog box extends beyond your display's lower limit, the Return or Enter key should perform the equivalent action.

Either option may result in interrupting the script preventing you from closing the page normally. If it does, you're fin-

ished. You'll have to contact me or call Apple.

In an abundance of caution, consider the following additional actions. Determine if certain Safari settings have not been unexpectedly altered.

Open Safari's Preferences... again and select Extensions. Uninstall any Extensions that you are not certain you require by clicking the Uninstall button.

If you are not sure what to uninstall, uninstall all of them. None are required for normal operation.

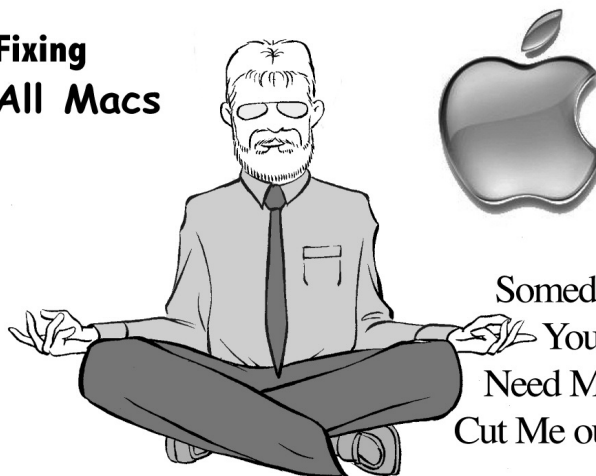
Select the Privacy pane. Verify "Cookies and website data" is configured the way you expect. If you are not certain what choice is appropriate, choose "Allow from websites I visit".

For OS X versions prior to Yosemite the equivalent preference is "Block cookies and other website data" > From third parties and advertisers.

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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# A Philosophy That Transformed My Health And Impacted My Entire Life

By Mary Hurley

For much of my life, I was your typical Type-A go-getter, an all-or-nothing, be-perfect-in-every-pursuit kind of person. Well, that level of stress and self-imposed pressure was simply not sustainable and my body let me know by breaking down in various ways. I experienced headaches, upper respiratory ailments, nausea, anxiety, fatigue, and had a difficult time enjoying much of anything in my downtime. My life had boiled down to doing my high-intensity job, going to the gym, running the minimum number of errands one can perform, and sitting at home with my cat. I knew the importance of exercise in relieving stress, but I didn't realize that I was overexerting myself and actually enhancing the effects of the stress rather than lessening them. On top of that, I was a live wire of caffeine and sugar and my food choices were not always the best to support my body.

(Does this sound familiar?)

About twelve years ago, I understood that I needed to change my approach to living, pushing aside the need to be perfect (which is an unattainable myth anyway) and I adopted the philosophy of simply being consistent in making small sustainable changes in how I ate, slept, exercised and worked as a means of stabilizing my body, mind, and spirit.

The easiest place for me to begin my journey was with my diet plan. I started to make adjustments to how I was fueling my body by adding a glass of water to my morning routine while reducing my coffee from twenty ounces to twelve. I was an performing arts manager at the time and high consumption of coffee simply came with the job. I had been up to ten 8-ounce cups of coffee PER DAY! No wonder I was nauseated and anxious! I had created a cycle of being dehydrated and over-caffeinated. I increased my water intake gradually until I reached the number of ounces equivalent of half my bodyweight. For example, if you weigh 140 pounds, you would aim to consume a minimum of 70 ounces of water each day. The result of this action was I no longer needed so much caffeine and reduced my coffee intake to about three cups of coffee each day.

I made sure my breakfast was a healthy combination of protein and carbohydrates - usually scrambled eggs with a piece of whole wheat toast and a pat of real butter. At lunchtime, I often purchased a made-to-order salad with various greens and chopped vegetables, sliced chicken, with a balsamic vinaigrette dressing. For dinner, I was already in the habit of using lean cuts of beef and chicken. However, I focused on incorporating more fresh vegetables sautéed in olive oil rather than smothered in creamy, sodium-rich sauces and I measured out the rice or pasta that I cooked instead of promoting overeating by eyeballing the amount.

My next step was making the decision to reduce the snack foods - I have quite the sweet tooth! I knew that going cold-turkey would not work for me, so I gave myself permission to have one type of sugary dessert each week and then the rest of my sweet cravings had to be satisfied by fruit and sweet vegetables. The result of being consistent with this practice is that over time I transformed my impulse-buy from boxes of snack cakes or bags of candy to purchases of items like locally-grown strawberries and peaches and even non-calorie rewards like books and magazines.

As the landscape of my diet plan was changing, I placed some attention on how I was exercising. After a couple of months of trial and error, I found that the best combination of activity for me was completing two hours per week of strength training in either 30- or 60-minute bouts, doing some form of moderate-level cardiovascular exercise from 20-60 minutes in duration at least five days per week, and incorporating a brief 20-minute, gentle beginner-level yoga practice a couple of times per week. I created a schedule of workouts at the beginning of each week based on my known appointments and then tracked what I completed each week. I've been using that method for at least 8 years now with great success in adhering to regular activity.

After approximately six months of making these gradual changes, I was sleeping better, feeling more energized throughout my days, experiencing less anxiety and a reduction in seasonal allergies and other respiratory issues, and my headaches and nausea had almost fully disappeared. I began to have the energy and desire to be out and about with my friends and was able to let go of those little mistakes I might have made at the office. A former boss used to tell me that pencils have erasers for a reason and while I didn't set out to make mistakes on a regular basis, I was far more forgiving of myself when I did make one.

Here I am twelve years later and I am still that Type-A go-getter. I still push myself to be the best version of myself but I now look at every experience as an experiment. A "failure" simply means that my method was off and I need to find a different approach. When it comes to slipping into old eating habits, I simply ask myself how did I feel physically and emotionally and was it worth it? If I miss a workout, I note why and commit to getting the next workout in, even if it's not what I had originally planned. to do

My own journey transformed my life's purpose into serving as a facilitator in helping others redesign their wellness picture and realize their dreams. When we have control of our health, we have an improved outlook on our lives and we have the capacity to experience the little joys that life has to offer.

And this all began with embracing the philosophy of making consistent, little changes over time.

Mary Hurley is a certified personal trainer, Integrative Nutrition health coach, and author of *Behind the Scenes: A Survival Guide for the "Crazy-Busy" Performing Arts and Entertainment Manager*. She created the *Better Busy Lifestyle* program with the mission to help busy people take back control of their bodies and lives through a combination of healthy food, realistic physical activity and positive lifestyle choices. For more information about the *Better Busy Lifestyle* program, visit: [www.betterbusylifestyle.com](http://www.betterbusylifestyle.com)

**P.K. Willey continued from page 29**

- Karamchand Gandhi. Ministry of Information and Broadcasting, Government of India, New Delhi. 2:364.  
 2 Gandhi, M.K. (2007). *The Story of My Experiments with Truth*. Navajivan, Ahmedabad.  
 3 The Indian Broadcasting Company officially started in Mumbai, India July 23, 1927. Source:<http://www.radioheritage.net/Story23.asp> As seen Aug 21, 2015.  
 4 Ibid. 36: 369.  
 5 Tendulkar, D.G. (1920). *Mahatma: Life of Mohandas Karamchand Gandhi*. Ministry of Information and Broadcasting, Government of India, New Delhi. 7: 375.  
 6 Gandhi, M.K. (1956–1983). *Collected works of Mahatma Gandhi*. Navajivan: Ahmedabad. 48: 149  
 7 Tendulkar, D.G. (1920). *Mahatma: Life of Mohandas Karamchand Gandhi*. Ministry of Information and Broadcasting, Government of India, New Delhi. 2:42. 8  
 8 Bapu – meaning Father – the endearing term that millions called Gandhi by.  
 9 Bhava, V. *Thoughts on Education*. Sarva Seva Sangh Prakashan, Varanasi: 59.  
 10 Bhava, V. *Vinoba on Gandhi*. Sarva Seva Sangh Prakashan, Varanasi: 26.  
 11 This analogy is taken from two brothers, characters in the epic, Mahabharata. Yudhishtira was known for justice and righteousness. Bhima, his younger brother, for his physical strength and valour. Growing-up with the ethical discourses of any true religion, spawns awareness and reflection on righteousness, right from the cradle.  
 12 Ibid. 27-29.  
 13 Ibid. 95.  
 14 Ibid. 29.

## 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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# When One Door Closes In Life, Another One Opens Step Through It And Enjoy The Journey!

By Dan Blanchard

Life is a journey! I'm sure we've all heard that one before, right? Sadly, though, sometimes this journey has some disappointments and sometimes doors slam in our face. I'm sure we've all experienced disappointments in our lives from time to time, right? But don't sweat it because just like winter has its opposite in summer, and night has its opposite in day, a door closing on our hopes, ambitions, and dreams has its opposite in the form of another door opening that promises us even better hopes, ambitions, and dreams.

The really tricky thing here though is that these "better doors" won't reveal themselves to us until the other doors in our life are completely closed and out of site.

For example, how many of us can remember an ex-girlfriend or ex-boyfriend that we used to think that we couldn't live without? What do most of us think of that particular closed door now? That's right! Most of us are probably wondering what all the fuss was about. I know many of us had a hard time closing that door because we were afraid that we would never find someone else like that. But guess what? We did find someone else, and we've probably found several "someone elses" since then that we have enjoyed spending time with. Now here is the tricky part again; if we didn't close that earlier door all the way then we wouldn't have found and opened those other girlfriend or boyfriend doors later that allowed us to spend some quality time with all those other people. Hmm... One door closes, and another one opens, right?

Let's think of another example. Can you remember a past job you had that you were afraid to leave? Guess what?

The same dynamics were at work there with that job that was at work with that ex-girlfriend or ex-boyfriend. Do you remember having that job and being afraid to let go of it? Most of us were probably afraid to leave it. Do you remember being worried about closing that door to go out into the unknown? Well, what happened when you did?

That's right! We eventually closed that job door all the way and later another job door opened. Heck, I bet you that several other job doors have opened since then, right? And I bet you that once again most of us are probably sitting here now scratching our heads and wondering what all the fuss in our past was about...

Now what happens when we just outright get rejected and hurt by a door slamming violently in our faces? Believe it or not, same success and leadership principle from above is still at work! That violent door brutally slamming on us and even hurting us has its opposite too. Passing through that painful slamming door just wasn't meant to be. There is a better door right down the road for us if we'd only be brave enough to pick ourselves up, brush ourselves off, and journey down the road a bit further. If we find the courage, will, and wisdom to travel further, I'm sure we'll find an even better future door opening for us that we couldn't see from way back there in our past.

Now teens, go learn, lead, and lay the way to a better world for all of us. Remember, when one door closes in life, another finds a way to open a little bit later and a little bit further on down the road. Step through that newly opened door and enjoy the new, exciting journey. And once again, thanks in advance for all that you do, and all that you will do...

---

## Come Join the Quiet Corner Camera Club

By Susan Audette

Like photography? Have a new camera and are not sure how to use it? Confused by all the post-processing programs or maybe you would just like to get a great shot of the bird at your bird feeder. We may be able to help.

We are Quiet Corner Camera Club, a group of photography enthusiast of all skill levels. We meet at the Buchanan Center of the Mansfield Library, the first and third Tuesdays of most months beginning in September annually.

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

together.

The Quiet Corner Camera Club's mission is much the same. It is open to any and all (no need to be a Quiet Corner resident) who enjoy photography and hope to better his/her skills in the craft. Our meetings include speakers, workshops, and hands-on activities, all for the betterment of the craft. Each year we host an annual show at Art Space of Willimantic. This year it will be held in November. There we have the opportunity to display and sell our work. The gallery show is open to public viewing. Other opportunities arise during the year, such as the Windham Hospital exhibit and whatever else the membership feels would be a good place to display. As an affiliated camera club of the New England Camera Club Council (NECCC), our members can also participate in NECCC competitions and activities. Don't wish to display your work? No pressure to do so, as we are just happy to have you join and learn along with us. We welcome new members at any time. Need more information, contact Joanne Sibicky, Secretary at: [jsibicky@hotmail.com](mailto:jsibicky@hotmail.com). Dues are minimal, the rewards are maximum! See us on FACEBOOK @ Quiet Corner Camera Club.



Connecticut

# State Innovation Model

## SAVE THE DATE

The CT State Innovation Model Consumer Advisory Board presents:

### A CT Rural Healthcare Forum

*Exploring the status of healthcare delivery in a rural setting; responding to challenges of new initiatives and models throughout New England and across the state.*

#### Participants to include:

Area providers from all aspects of healthcare including,  
physical, behavioral and oral health; consumers,  
&

Federal, state and local officials.

There will be formal presentations and opportunity  
for consumer dialogue.

Come, listen, voice concerns and be a part of  
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When:

**October 15, 2015 9:00am-2:00pm**

Where:

**Generations Family Health Center**

40 Mansfield Ave, Willimantic, CT.



# Your Local Community Media Resources

By John Murphy

Greetings everyone, I hope the summer has treated you well!

My columns in *Neighbors* focus on local community media programs and producers, to promote their good work to inform, connect and inspire the wide diversity of people in our region.



For this issue I am covering a unique experiment to create a new and exciting source of local multi-media content to serve the public. This new distribution platform will be based at the official website of one of our important and historic local social service and community development agencies. There will also be linkages and content sharing with existing local radio stations, print media, public access cable and social media channels.

In addition to new agency website media content this effort includes a plan for a series of quarterly community conversations/dialogues about critical issues facing our communities. The first event is scheduled for October 15 and will focus on health care issues and the growing concern about impacts of pending changes to local hospital services. Read below and look for the full page ad elsewhere in this issue for more details and how you can participate.

## Media Service Expansion at Windham Regional Community Council (WRCC)

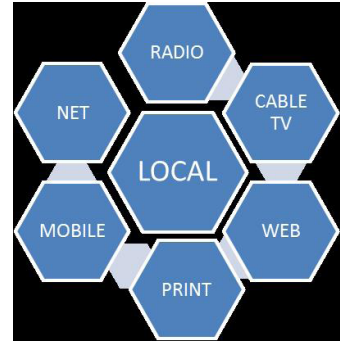
I have been very busy working on an exciting new media project with Jeffrey Beadle, Executive Director of the Windham Regional Community Council (WRCC) in Willimantic. Our effort will create a new and unique Internet-based media source to help many people and families in our region with the following social and economic needs—content will be available in English and Spanish:

- Children and Youth
- HIV/AIDS Awareness and Treatment
- Housing the Homeless
- Food Access and Food Security
- Veteran's Issues and Challenges
- Entrepreneurial and Job Training
- Health Care Reform and Local Health Impacts
- Assistive Technology for Persons with Disabilities

If you or someone in your family would like more information about local services at WRCC you can contact them right now—stop by at 872 Main Street in Willimantic or call 860-423-4534. Our project is intended to use media technology to support and extend public information outreach

and provide program and participation information. The website will offer video and audio content to share stories, specially recorded meetings and trainings, and archived community conversations/dialogues.

The website with current information is [www.wrccinc.org](http://www.wrccinc.org) and this project will conduct a major redesign and expansion to achieve these public service goals. I am pleased to report that Neighbors is already a print-media partner, WECS-90.1 FM at Eastern Connecticut State University is a radio partner, and Charter Cable Public Access TV is our local TV partner. The Center for Community Engagement at Eastern is also involved with early plans for creating new content for the website. THANKS to everyone for your support and participation!



## Additional project background and context:

Our vision is to co-create a virtual radio and TV station from within the website of a well-established social service agency and multi-service provider. Strategically combining the best elements of existing traditional broadcast, cable and print channels, we will incorporate the dynamics of the Internet and social media. The goal is to have WRCC develop a deeper, more meaningful and continuous relationship with the public as a whole and especially the people and families they serve directly.

A historic potential exists for us to create the first radio/TV/print/web source of local news and vital information in Spanish in our region. Content can be produced in both languages for posting on the website for internal staff training, for public communications, and for access and linking to organization partners. A diversity of community audiences can access, re-purpose or recycle content created in one channel across others, for sharing, archiving, grant reporting and fundraising. We hope to co-create and grow an audience with intentionality across all platforms and from the ground up.

There is momentum for positive change but our community is divided on racial and ethnic lines. This lack of unity is historical and is a major obstacle to success in efforts to improve socio-economic conditions. Media is of course part of the problem but it can be a very large part of the solution.

WRCC's ability to reach and communicate with its service base and the public is increasingly limited by historic changes in the media marketplace. The decline of local journalism has produced a growing gap between people and the information they need to be engaged citizens, to participate fully in community living and find help for solving personal

and family challenges. The news holes (available space or time) in newspapers and radio are shrinking. Broadcast coverage for most nonprofits exists as an occasional announcement and news story once or twice a year. Our project is meant to combine the best of DIY ethics and values with current socio-economic conditions.

I will keep you posted on our progress in the next issue. In the meantime you can connect to this effort and our local community—right now—by participating in the Connecticut Rural Healthcare Forum. See below and I hope to see some of you there!

#### New Series of Quarterly Community Conversations about Critical Local Issues

As part of the outreach and media effort I am sharing with WRCC, a series of open community conversations is being planned for the next year on a quarterly basis. Locations will be in the local Willimantic/downtown area. We will record parts of the dialogues for airing on local media and for sharing on the web for people who could not attend. It will be a mix of English and Spanish content.

The first event in the series is about local health care. The Connecticut State Innovation Model Consumer Advisory Board is presenting a Connecticut Rural Healthcare Forum with WRCC and the Generations Family Health Center. It will be on October 15, 2015, from 9 am to 2 pm at Generations Family Health Center, 40 Mansfield Ave, Willimantic, CT. See the ad elsewhere in this issue.


We will be exploring the status of healthcare delivery in a rural setting and how we can respond to challenges of new initiatives and models throughout New England and across the state. Participants will include a mix of area providers from all aspects of healthcare including, physical, behavioral and oral health; consumers, as well as federal, state and local officials. There will be formal presentations and opportunity for consumer dialogue. This is truly a critical issue that affects all of us.

We will be recording part of the forum for airing on Charter Public Access TV and WECS Radio as well as for posting on the WRCC website.

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

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

Co-Producer of Pan American Express on WECS 90.1 FM on Tuesdays from 12—3 PM  
Co-Producer/Co-Host with Bruce John of On the Homefront on Charter Public Access Channel 192



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# Fiddle and Song

By Tom French

A person stepped up to the fiddler and asked, “How do you find the notes you play on the fiddle?” The fiddler replied, “How do you find the notes that you sing with your voice?” A common saying among the old time fiddlers is: “If you can whistle or sing it, you can fiddle it.” While the violin changed western European classical music from being primarily a vocal music to being primarily an instrumental music during the 100 years of its development, it’s impact on the folk music of most all ethnic and national cultures was far greater, due simply to its aural playability and its almost unlimited pitch and rhythmic expression capabilities.

At the heart of a violin is a blank fingerboard allowing strings to be stopped anywhere, and a bow that beats out rhythms in a full range of pressures. Little wonder that it adapted to essentially all conceivable musical pitch and rhythmic patterns in existence, and easily created more possibilities unavailable in other instruments. The human voice is capable of the same pitch and rhythmic possibilities within a limited pitch range and speed. Both the fiddle and the voice are played the same way, by simply imagining the music and then giving it a voice.

Fiddle & Song (F&S), now beginning its second year, is a free September through June opportunity to explore playing the fiddle by ear. Unlike using your voice (which you’ve trained since birth), holding and playing a violin is a new experience and requires some time to feel comfortable. But within an hour you can play a tune that is in your head. We have been using Old MacDonald and a few other tunes that everybody seems to have known since they were a child, and players produce them readily. Repeat it several times and the tune begins to smooth out, losing the hesitations. Best of all, your mind also has you playing the tune with musical expression like you would sing it, rather than mechanically, a trait that appears in the early stages of learning keyed and fretted instruments, or even violin if you don’t approach it with your mind’s ear. As the first little story illustrates, the violin, like your voice, is played from a musical pattern in your mind. With the tune firmly in your mind you can easily sing it, but you can also easily find it on a blank fingerboard with a bow. With both singing and fiddling, you simply listen to your results and adjust to recreate the sound in your memory. And as the old fiddlers recognize, playing a tune on a fiddle is really a matter of having it in your head first. If you know the tune in your memory, you can either sing it or play it as you wish. Some people find the violin to be daunting and prefer the security of single keys that yield a specific pitch. But when played by ear, the fiddle is completely pliable just like your



voice. You find your tune by matching it to your mind’s tune.

The F&S program, while you will (with consistent playing) be able to play fiddle tunes well, is also an opportunity to improve your singing abilities. The violin has always been a recommended starter instrument for people who wish to sing because it uses your mind in the same way that singing uses it. While a child’s voice changes over a period of 12 to 15 years, a violin provides a consistent sounding instrument and more mental musical control can be achieved with playing in the early years. But for everyone, F&S uses singing as a learning tool. We sing the songs we play using words if the tunes have words, but we also sing solfege (Do, Re, Mi, Fa, So, La, Ti) syllables to all tunes, whether or not they have lyrics.

Solfege, in turn allows a way to describe a melody. You will become alert to scale lines, chordal lines, and sequences. Likewise we approach a melody historically from the ancient pentatonic (Do, Re, Mi, So, La) 5-tone structure that remains the core of most all tunes to the present. You will understand how a single 7 note scale can be either major, minor, dorian, or mixolydian by simply focusing on different scale tones as the tonal center. Your understanding of melodic features will increase your control over tunes. Likewise if you enjoy creating on the spot rather than duplicating existing tunes, like a jazz musician, you will be able to improvise with basic melodic musical logic. Certainly what F&S can offer you, has benefits for all kinds of instruments, but we insist you work with a violin, which is, at most, a \$160 purchase for fiddle outfit, tuner, and shoulder rest. F&S is a course in musical hearing and the violin forces you to search for sounds. In finding sounds, you draw a mental picture of tonal distances on the fingerboard, measuring them out with your fingertips and string crossings. We also take up blues notes and slides (of which the fiddle is more capable than any other instrument) and get to the essence of groove, the infinities between two adjacent notes.

The world has always been alive with fiddling and violin playing. In the 1900’s woodwinds and brass winds had gained a center in popular music simply because they are louder. But the fiddle/violin held sway in orchestras and in folk and country music. Today amplification allows any instrument to match others in volume. Cellos are invading rock bands and violins are being used in many new genres of music. It is an orchestra instrument; it is a rock and jazz instrument. With the volume problem solved, the expression capacities of the violin can be heard, and I have a feeling that its same abilities which changed the musical world from 1550 to 1650 will make the violin and violin family be more commonplace to all types of music in the future. Today there are even string quartets that



move your body. Interestingly, Shiniki Suzuki in the 1950's introduced his new method of teaching string instruments. He decided that students should spend the first seven years of instruction learning by rote, that is by hearing and then playing back. His approach was so successful that rote learning was adapted to many other instruments. Small pianos, and small versions of other instruments joined the ranks of the longstanding production of small fiddles for small bodies. Due to Suzuki, there is a major resurgence in violin playing. Kids begin at three or four years old. Rote learning works! But the folk world has known this since violins appeared in the 1600's. The folk world has always been playing by ear, not only to learn to play, but to always play by ear. You can play by ear too!

If you are interested in joining F&S, please contact me at [tomfrench@charter.net](mailto:tomfrench@charter.net) or call 860-974-0197. (Do not purchase an instrument before contacting me, as advice is necessary.) Initially we are following last year's schedule of sessions at the Eastford School on Mondays 3:30-5:00 for children and at 6:00-9:00 for adults. We are open to other locations and times should anyone be able to organize different venues with sufficient interest. F&S also operates by email and provides Sibelius Scorch Files that display notes, solfege, which scan/play the tunes on your computer screen, offering additional rote learning at home. The goal of F&S is to encourage all people to make their own music, and in particular to encourage instrument skills. Recent scientific research has demonstrated that our brains channel music differently from other learning, and that increased mental musical capacities offer benefits in preparing for all walks of life and a more alert mind throughout our lives. If such things are important to you, and worth your time and effort, please join us in F&S. I look forward to discussing the program with each of you.

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## UConn's Center for Learning in Retirement Begins Fall Session

Submitted by Robert Boucher

UConn's Center for Learning in Retirement (CLIR) begins its Fall session Tuesday, September 8. You don't have to be retired to come join us and take a "visual paddle" down the rivers of the Last Green Valley, hear the UConn student jazz ensemble, view the nuclear-technology documentary Pandora's Promise, and learn the history of UConn's Morgan horses. These are only a few of the many classes offered; a fee of \$25 covers any or all of them. For a complete listing see [clir.uconn.edu](http://clir.uconn.edu) or the brochure available at your local library or by calling 860-570-9012. Classes are held during the day on UConn's Depot campus on Route 44.

Photos wanted!

See your photos in print!

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# Our Community Calendar

Compiled By Dagmar Noll

## September 2, Wednesday

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Learn authentic African rhythms. All levels and all ages. Drum provided if needed. BENCH SHOP, 786 Main Street, Willimantic. Info: 860-423-8331

## September 4, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Windham Textile & History Museum, near the mills. Info: 860-423-1878 bevishistory@yahoo.com

## September 6, Sunday

**Community Food:** Ashford Farmers Market with music by Mack and Melanie Johnston, 10:00a.m. - 1:00p.m. Pompey Hollow Park, Route 44, Ashford.

## September 7, Monday

**Crafts:** Apple Stamping, 10:00a.m. - 11:30p.m. Handkerchiefs and paper will be provided or bring your own materials: tote bags, t-shirts, aprons and napkins. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**History:** Labor Day Child Labor Protest Reenactment, 6:00p.m. Join the protest against child labor, meet some 19<sup>th</sup> and 20<sup>th</sup> century activists, and join in the march of the mill children with Mother Jones. Donations. People are welcome to dress as 1903 mill workers or injured people. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

## September 8, Tuesday

**Kids:** International Story Time, 6:00p.m. - 7:00p.m. Guest reader Esme, from China, reads legends and folktales from her native country. Paint your name in Chinese characters. Grades K and up. Willimantic Public Library, 905 Main Street, Willimantic. Info: 860-465-3082

## September 9, Wednesday

**Hike:** Hike to Brown Hill Marsh, 12:00p.m. - 2:00p.m. Take a 2-mile hike to Brown Hill Marsh. Moderate walk on semi-even terrain. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

## September 11, Friday

**Art Exhibit:** Art in the Garden, 5:00p.m. - 7:00p.m. Enjoy the nature-inspired showcase of artist in residence Maya Fraga. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Art Exhibit:** Art Opening: Muriel Miller Landscapes in Plein Air, 5:00p.m. - 8:00p.m. ArtSpace Windham, 480 Main Street, Willimantic. Info: murielmillerart@aol.com

**Singing:** Quiet Corner Sings, 7:00p.m. - 9:00p.m. Sing-along. Woodstock Hill First Congregational Church, Woodstock. Info: qcsongswap@gmail.com

## September 12, Saturday

**Skill share:** Gardening Workshop, 10:00a.m. - 11:30a.m. Workshop for gardeners with several years of experience. Focus on canning and seed saving. Chef and canning expert present. Bring envelopes and bags for seed sharing. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Kids:** Toys of Yesteryear, 2:00p.m. The Kid's Club at the Mill Museum discovers old toys, marbles and 100 years of Raggedy Ann. Includes a craft, activity, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. www.millmuseum.org Register: 860-456-2178

**Community Food:** Hampton Congregational Church Chicken BBQ Dinner, 5:00p.m. - 7:00p.m. \$11. Hampton Congregational Church, 263 Main Street, Hampton. Tickets: 860-455-9677

**Film:** "Limitless", 7:00p.m. \$5. The Packing House at The Mill Works, 156 River Road, Willington. Snacks and soft drinks available. Reservations: 518-791-9474 Info: themillworks.us

## September 13, Sunday

**Community Food:** Ashford Farmers Market with music by Roots Dulcimer Group, 10:00a.m. - 1:00p.m. Pompey Hollow Park, Route 44, Ashford.

## September 14, Monday

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. Early session for children, late session for adults. Learn to fiddle by ear. Eastford Elementary School, Eastford. Info: tomfrench@charter.net 860-974-0197

**Film:** "Project Censored the Movie: Ending the Reign of Junk Food News" & John Oliver's Interview with Edward Snowden, 7:00p.m. Storrs Unitarian Universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867 or on facebook under "Second Monday Film Series"

## September 15, Tuesday

**Kids:** Martial Arts Demonstration, 5:30p.m. West Haven Martial Arts Academy presents a student demonstration. Willimantic Public Library, 905 Main Street, Willimantic. Info: 860-465-3082

## September 16, Wednesday

**Hike:** Senior Walk, 2:00p.m. - 4:00p.m. Easy to moderate walks on forest trails. All welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton.

Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

### September 18, Friday

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

**Books:** Brian Selznick presentation and book signing of his new book, "The Marvels", 7:00p.m. Von der Mehden Recital Hall, 875 Coventry Road, UCONN, Storrs. www.bookstore.uconn.edu

### September 19, Saturday

**Community Food:** Farmers & Artisans Market, 8:00a.m. - 12:00p.m. Artists and other creative businesses showcase and sell their work. Union Street & Jackson Street, Willimantic.

**Kids:** Scavenger Hunt, 10:00a.m. - 12:00p.m. Scavenger hunt lists will be given to children based on age as everyone walks together. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

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

### September 20, Sunday

**Community Food:** Ashford Farmers Market with music by Ryan Lizcotte, 10:00a.m. - 1:00p.m. Pompey Hollow Park, Route 44, Ashford.

**Film:** "Limitless", 7:00p.m. (See 9/12).

### September 21, Monday

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. (See 9/14).

### September 22, Tuesday

**Books:** David Maraniss Talk and Book Signing for "Once in a Great City", 6:00p.m. UCONN Co-op, Storrs Center, Storrs. www.bookstore.uconn.edu

### September 23, Wednesday

**Music:** Fiddle Course for Beginners, evening. Presented by Old Fiddlers Club of Rhode Island. 6-week free course. Bring a fiddle. Register: 860-928-6797 or joyal40@yahoo.com Info: ofcri.webs.com/learningtoplayfiddle.htm

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

### September 25, Friday

**Nature:** Southbound Bird Migration, 8:00a.m. - 10:00a.m. Andy Rzeznikiewics, CT Audubon Society Land Manager, instructs on migrating birds around the forest. Bring binoculars.

Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 emma.larusso@ct.gov www.friendsofgoodwinforest.org

**Painting:** CoLoR UnCoRkEd, 7:00p.m. \$35. An artist gives step-by-step instructions for creating a displayed painting. Take your painting home at the end of the night. 861 Main Street, Willimantic. Register: www.kerriquirk.com

### September 26, Saturday

**History:** Mill of the Month: Turnerville, Hebron, 4:00p.m. Carpool from Willimantic to a local museum for a program sponsored by the Windham Textile & History Museum. www.millmuseum.org Reservations: 860-456-2178

**Community Food:** 80<sup>th</sup> Anniversary Celebration of the Hungarian Social Club of Ashford, 6:00pm - 12:00am. Dinner and dance with the Hovarth Trio. \$30. Reservations (by September 20). Info: 860-375-3390

### September 27, Sunday

**Community Food:** Ashford Farmers Market with music by Gypsy Hearys: Michael and Judy Annati, 10:00a.m. - 1:00p.m. Pompey Hollow Park, Route 44, Ashford.

### September 28, Monday

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. (See 9/14).

### September 30, Wednesday

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

### October 2, Friday

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the intersection of routes 66 and 14 and Ash Street in Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

### October 4, Sunday

**Community Food:** Ashford Farmers Market with music by Lugnauts (Gino LoRico), 10:00a.m. - 1:00p.m. Pompey Hollow Park, Route 44, Ashford.

**Open House:** First Sunday at the Mill Works, 12:00p.m. - 5:00p.m. Workshops, tours, demonstrations, performances, readings and music. The Mill Works, 156 River Road, Willington. themillworks.us

**Live Music:** Kerri Powers and Erica Wheeler, 4:00p.m. \$12. St. Paul's Church, 220 Valley Street, Willimantic. Tickets: 860-429-4220. www.breadboxfolk.org

### October 5, Monday

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. (See 9/14).

### October 7, Wednesday

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

## 52 Neighbors

**October 9, Friday**

**Kids:** LEGO(R) Fun!, 3:00p.m. - 4:30p.m. Drop in to build with LEGO(R) bricks. Grades 3 and up. Willimantic Public Library, 905 Main Street, Willimantic. Info: 860-465-3082  
**Singing:** Quiet Corner Sings, 7:00p.m. - 9:00p.m. (See 9/11).

**October 10, Saturday**

**Kids:** Alexander Graham Bell and Telephones, 2:00p.m. The Kid's Club at the Mill Museum discovers the invention of the telephone. Includes a craft, activity, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. www.millmuseum.org Register: 860-456-2178

**October 12, Monday**

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. (See 9/14).

**Film:** "A Burning Question", 7:00p.m. Storrs Unitarian Universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867 or on facebook under "Second Monday Film Series"

**October 13, Tuesday**

**Kids:** Family Movie Night, 6:00p.m. Popcorn and drinks provided. Willimantic Public Library, 905 Main Street, Willimantic. Info: 860-465-3082

**Live Music:** Quiet Corner Fiddlers, evening. Midway Restaurant, Route 44, Ashford. qcf.webs.com

**October 14, Wednesday**

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

**October 15, Thursday**

**Performance Artists:** Talent Showcase Series at The Packing House, 7:00p.m. - 10:00p.m. Acoustic musicians, filmmakers, puppeteers, dancers, poets, comedians, and creative artists are invited to perform (register by 10/10). Open to the public. \$5. Reservations & Info: 518-791-9474 themillworks.us

**October 16, Friday**

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

**October 17, Sunday**

**Community Food:** Farmers & Artisans Market, 8:00a.m. - 12:00p.m. (See 9/19).

**October 18, Sunday**

**Community Food:** Ashford Farmers Market with music by Smart Play (Mark Campbell), 10:00a.m. - 1:00p.m. Pompey Hollow Park, Route 44, Ashford.

**Live Music:** Atwater-Donnelly with Tuesday Saints opening, 4:00p.m. \$12. St. Paul's Church, 220 Valley Street, Willimantic. Tickets: 860-429-4220. www.breadboxfolk.org

**October 19, Monday**

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. (See 9/14).

**October 21, Wednesday**

**Books:** Kaitlin Roig-DeBellis presentation and book signing of her book "Choosing Hope", 7:00p.m. UCONN Co-op, Storrs Center, Storrs. www.bookstore.uconn.edu

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

**October 23, Friday**

**Spooky:** Nightmare on Main Haunted House Museum, 7:00p.m. - 9:00p.m. Purchase a ticket and be led through the museum where haunting creatures reside. Event not for young children. Patrons under 12 must be accompanied by an adult. Refreshments available. \$8/person, \$25/family. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

**October 24, Saturday**

**History:** Mill of the Month: Cemetery Stroll, 10:00a.m. Meet at the cemetery in Mansfield Center. Carpool or caravan with the group from there for a program sponsored by the Windham Textile & History Museum. www.millmuseum.org Reservations: 860-456-2178

**Singing:** Rise Again Sing-Along Concert, 7:00p.m. - 9:00p.m. Celebrate the release of Annie Patterson and Peter Blood's second songbook with them at Storrs Friends Meetinghouse, 57 Hunting Lodge Road, Storrs. \$20. Benefit for the Carry it on Fund. Tickets: www.riseupsinging.org/tour Info: judyhyde@charter.net

**Spooky:** Nightmare on Main Haunted House Museum, 7:00p.m. - 9:00p.m. (See 10/23).

**October 25, Sunday**

**Kids:** Hibernation Festival, 12:00p.m. - 4:00p.m. Free. Open to the public. Kids activities, food, and crafts at Oak Grove Montessori, 135 Pleasant Valley Road, Mansfield.

**Fundraiser:** Mount Hope Montessori School Annual Silent Auction and Brunch. Info: mthopemontessori@snet.net

**October 26, Monday**

**Music:** Fiddle & Song, 3:30p.m. - 5:00p.m. And 6:00p.m. - 9:00p.m. (See 9/14).

**October 28, Wednesday**

**Music:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 9/2).

**October 30, Friday**

**Clean-Up:** Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Old Willimantic Cemetery and the VFW lawn. Park in the Stop & Shop lot, West Main Street, Willimantic. Info: 860-423-1878 bevishistory@yahoo.com



Natchaug River as it comes out of the dam at Mansfield Hollow

Sue Audette photo

## Learning to Live Without Pain

By Paul Recker

When I was in my early 20's I worked in a hospital and considered going to school to be an Operating Room Technician. However, I knew I couldn't stand at an operating table all day because my back pain would become unbearable. My neck and shoulder muscles were always tight and back pain could be brought on by a variety of triggers: standing, hiking, shoveling snow, worrying and washing dishes to name a few.

I gave up the idea of going to school. I didn't know what was causing this excess tension and pain. And I didn't know how to change what I was doing to myself or even that I needed to change. So I made adjustments in my environment and learned to live with it. I was picky about the bed I slept in, the shoes I wore and the chairs I sat in. I was careful to avoid the things that would trigger severe spasms that could put me in bed for a week with muscle relaxants and pain-killers.

When I was 48, I began to play the guitar with a flat pick instead of finger picks. In the process of trying to get it right, I became more and more tense. Eventually I developed a painful, burning sensation in my forearm so severe I couldn't hold the pick in my fingers. After taking a three-week break from playing, the pain lessened but returned as soon as I played again.

I looked for a solution and found the Alexander Technique, a method for "re-educating individuals to move

with a minimum of muscular effort." After only a few lessons my arm pain disappeared and I could play the guitar as long as I wanted. I continued lessons because I was intrigued by the discovery that I needed to improve the use of my whole body, rather than trying to fix a specific problem.

One of the milestones in my learning was to recognize that I was contributing to my chronic tension problem and that I could learn to stop doing it. I sensed that even more changes were to come and I wasn't disappointed. Soon I noticed I could turn my head from side to side freely. My back didn't hurt when I expected it would.

Learning the Alexander Technique has changed my life. I no longer avoid activities that used to cause back pain. I can work outside as much as I want, play the guitar for hours with no problem, and I can sit or stand for long periods without pain. Now, rather than trying to control my environment, I can control how I use my body. The Alexander Technique gave me the skills to learn to live without pain; skills I can use anywhere at anytime.

I completed the 3 year, 1600 hour training course to become an AmSAT certified teacher of the Alexander Technique in 2008 and am now teaching at the Song-a-Day Music Center in Coventry on Tuesday and Friday afternoons. Anyone interested in learning about the Mind Body Connection and its many benefits, including reducing pain, can call Ruth at Song-a Day, 860-742-6878 or Paul at 860-614-9506.

# Where to find Neighbors

## Ashford

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

## Bolton

Bolton Post Office  
Subway-Bolton Notch

## Chaplin

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

## Columbia

Saxon Library  
Columbia Package

## Coventry

Highland Park Market  
Meadowbrook Spirits  
Coventry Laundromat  
Meet Me on Main Café  
Subway  
Booth-Dimock Library

## Eastford

Eastford Post Office

Coriander

## East Hartford

Raymond Library

## East Windsor

Geisslers Market

## Hampton

Hampton Post Office  
Hampton Library  
Hampton Gen. Store

## Lebanon

Green Store

## 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  
Starbucks  
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 MountainPottery  
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  
The Mill Works  
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

Neighbors-  
Locally Written  
Locally Read.

Don't go home without it.

Take two copies...  
Give one to a friend.

*Marisa Calvo*  
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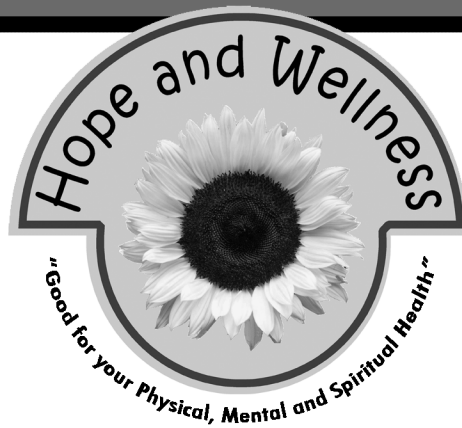


Learn more about your community  
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**EVERYONE IS INVITED!**

# Hope and Wellness Center and Salon



Hope and Wellness is a complete wellness and salon facility specializing in a variety of services. We are here for your mind, body and spirit to help aid in a healthier and more peaceful way of life. Please come try our gentle care in a warm inviting environment.



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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 Complex 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